they need more glucose, and therefore more insulin to open more windows. That’s why cancer cells have more insulin receptors—as many as ten times more.

IPT takes strategic advantage of this fact by giving you insulin along with low-dose conventional chemotherapy drugs. The insulin opens up significantly more windows in cancer cells than in your normal cells, thereby hitting cancer cells harder, while giving your healthy cells a pass. It even opens windows in cancer cells that aren’t reproducing at the time, and encourages all cancer cells to gobble up chemotherapy drugs more readily than they otherwise would. It makes chemo a lot stronger, while using only about 5 to 10 percent of the usual dose.

Detractors of IPT, such as the big-name conventional medical centers, say it’s dangerous. They’re living in the past. When IPT was first conceived of more than 70 years ago, enough insulin was given to induce an insulin coma, then the coma was reversed with intravenous glucose. It was safe if done under skilled professional supervision, but you can understand why there was concern. Today, insulin is carefully titrated and balanced with IV glucose, and a day’s treatment course takes only about two hours on an outpatient basis—roughly the same as a chemo treatment at a conventional cancer center. The same, that is, except for those details about the greater efficacy, and little or no side effects.

The biggest argument against IPT is that no statistics have been published about its success rates on various types of cancer. That’s probably because the folks that use it are clinicians who use it because they’re thrilled with the results, not researchers. And, researchers have a tough time finding somebody to fund the research, because the biggest donors are drug companies. In a private communication, Dr. Donato Perez Garcia, Jr., grandson of IPT’s inventor, estimates that in his experience with cancers that have not already been treated conventionally, IPT results in full remission 95 percent of the time for tumors less than 4 cm across, and 80 percent of the time for tumors greater than 4 cm across. If the cancer has recurred or metastasized after conventional therapies were used, he estimates the full remission rate to be about 25 percent, partial remission about 70 percent, and quality of life improvement 98 percent. For patients who are terminally ill and have no liver impairment, the quality of life improvement is about 40 percent. For brain tumors that are smaller than 2 cm in diameter when no other treatment has been given, the rate of response (shrinkage of the tumor) is 65 percent.

So, do you think IPT is worth looking into? I do. You’ll find a source for cancer centers that offer IPT in the Resources section on page 8.

One Final Thought

Luck has little to do with getting cancer, or with recovering from it. What I’ve just described is not just a great way to prepare for chemo, it’s a great way to make yourself so healthy that chemo never appears in your life. Why wait until you’re under the gun?

References


Natural Wellness

Melatonin’s Many Benefits

If I say melatonin, is jet lag the first thing that comes to your mind? Melatonin’s ability to reset your internal clock if you’ve just stepped off an international flight is legendary. But this sleeper of a hormone is integral for the health of every living thing—plants, amoebas, canaries, and hippopotami, as well as you and me. It wouldn’t make much sense if melatonin’s only role in your body was to help you deal with jet lag.

Melatonin is lipophilic—lipid-loving—and carries the master key for access through every barrier in your body—every tissue, every cell, every inner cell compartment. We don’t yet know all the things melatonin can do, but you’ve got it in every nook and cranny in your body, from your brain to the mitochondria inside the cells of your little toe, so we know it’s big. Some researchers even feel it may be a universal panacea—a solution to every health problem that exists. Jet lag? Please. Here are just some of the incredible things melatonin can do for you.

The Sleeper The connection between sleep and melatonin runs both ways. Supplemental melatonin helps adjust your sleep-wake cycles, which is how it works to help you recover from jet lag. But you need proper sleep to generate melatonin as well.

As a mammal, you make most of your melatonin in your pineal gland. This requires absolute darkness, so if you know what’s good for you, you’ll allow no night lights, computer screen savers, street lights streaming through the window, or other light sources in your bedroom. (I realize that this may not be practical for many of you. In that case, get a comfortable sleep mask to block out the light.)

The rhythmic secretion of melatonin creates a hormonal pacemaker in your brain that helps you
sleep when you're supposed to, and be sharp and refreshed when you're on your feet. There aren't many things that are more important than that.

The Anti-inflammatory Melatonin dampens the major pro-inflammatory chemical COX-2 (cyclooxygenase 2). As a result, it can protect you against the illnesses, cardiovascular troubles, degenerative diseases, and vulnerability to cancer that go along with chronic inflammation.

The Antioxidant Melatonin is one of the body's most powerful broad-spectrum antioxidants—stronger even than vitamin E. It helps you counteract oxidative stress, which is at the root of things like DNA mutations, cancer, aging, and the breakdown of your immune system. And, it rapidly vacuums up toxic radicals. If your innate antioxidant supply can't keep up with the oxidative stress in your life, it becomes a matter of which health problems will get you first. Melatonin doesn't discriminate. It'll go to any tissue and counteract oxidative damage.

The Antidiabetic When you have diabetes, critical organ systems come under lifelong attack. That's why such conditions as nerve damage, cardiovascular disease, and kidney disease suddenly appear on the radar screen once you're diagnosed with diabetes. Taking supplemental melatonin may be one of the most important ways you can protect yourself. Studies show that the daily rhythm of melatonin in your pineal gland is mirrored in the tissues of your pancreas, kidneys, spleen, and small intestine, but if diabetes takes hold, melatonin levels decline in those organ systems, as well as in your nerves and arteries. At the same time, the chronic stress hormone cortisol goes up and stays up, indicating that there's been a decline in antioxidant protection, and an increase in oxidative stress, inside the same tissues that are known to fall under siege in diabetes.

What if your pancreas is still working normally? There are melatonin receptors in your pancreas, within the pancreatic cells that secrete insulin—the very cells that succumb to oxidative damage when conditions such as insulin resistance start taking hold. In fact, melatonin influences insulin secretion and protects the pancreas against the oxidative damage that causes diabetes. Maintaining healthy levels of melatonin appears to be a good way to protect against getting diabetes in the first place.

The Cancer Answer Researchers consider melatonin to be one of the most promising "new" cancer therapy agents. The incidence of breast cancer is about five times higher in people who live in industrialized countries, where excess light interferes with our natural day-night rhythms, and where working the night shift is common. People with low circulating levels of melatonin are at significantly higher risk of many different kinds of cancer, including breast, endometrial, and colorectal. Cells from these and other kinds of cancers slow down or even stop growing in response to melatonin alone, and melatonin added to conventional chemotherapy provides a better clinical response, and better survival, than chemo alone. Melatonin also significantly reduces chemo's tissue damage, including bone marrow and immune system suppression, as well as chemo-induced pain, nerve damage, mouth sores, and nausea.

The Immunomodulator Melatonin strengthens your immune system through a number of different avenues. Among other things, it "primes" your T-helper cells so they're more efficient against a variety of pathogens, enhances Natural Killer (NK) cell activity against viruses and cancer cells, and prolongs the lifespan of your white blood cells. It does all this as a modulator, not a stimulator—it helps you launch a stronger defense against any challenge, including cancer, while also fighting excessive inflammation, to keep your immune system from becoming over-reactive and self-defeating.

The Antidepressant There's a strong link between depressive disorders and the loss of synchronization of your body's natural rhythms. Sleep disturbances are common in just about every form of clinical depression and anxiety. Recent studies show that melatonin's antidepressant properties are at least partly related to its ability to restore your natural circadian rhythm (your body's 24-hour clock that regulates body temperature and hormone levels, among many others). There's also a direct link between melatonin and another major mood-mediating neurohormone, serotonin. (For more information about the link between melatonin and serotonin, visit the NWT Web site, www.drmarcuslaux.com.)

The Fountain of Youth? With all these health-protective effects, it makes sense that melatonin is being recognized as a major player in the fight against aging. Thus far, studies on this topic have focused on lab animals whose shorter life span makes it possible to follow the aging process from start to finish. A recent study found that when aged rats were treated with melatonin, measurable physiologic changes associated with their aged condition were reversed, particularly in the liver and skin. One mechanism for this effect was reduced oxidative stress and longer cell survival.
The Plan

I can't overemphasize how important I think melatonin is to your well-being. While keeping your stress under control and getting a good solid seven or eight hours of sleep in absolute darkness every night are very effective ways to maintain healthy melatonin levels in your blood and tissues, let's face it: In this world, it's just not that easy. But remember, melatonin is present in every living thing, including plants. Eating a nutritious diet that includes foods that are naturally melatonin-rich can only help. The only problem is, while food-sourced melatonin can help, few foods contain enough melatonin to completely cover most people's needs. Walnuts and tart cherries happen to be good sources, but I don't believe you'd be able to eat enough of either one to provide your total daily need for melatonin—though any boost you get from eating them regularly is a bonus.

(By the way, quite a few plants used in Chinese medicine are high in melatonin; many of these plants are used to treat conditions associated with free-radical damage.)

For the best, most reliable protection, it just makes good sense to take supplemental melatonin. There are three ways to do this. One is to take natural melatonin made from the pineal glands of animals. This is not my first choice; pineal tissue is brain tissue, and it could easily be contaminated with viruses or prions (as in "mad cow" disease). The second choice is synthetic melatonin. It's safer, but not all manufacturers care about creating bioidentical and quality-controlled products. The winner in my book is natural, bioidentical melatonin sourced from plants.

My favorite melatonin supplement is Natural Health International's Herbatonin. It's standardized to contain specific levels of plant-derived melatonin per capsule. The 0.3 mg dose is right for daily use as a restorative. I use the 3.0 mg amount for the more traditional uses of sleep and jet lag recovery—for three to four days before I travel, and two to three days after I arrive.

To determine your personal needs, I recommend a consultation with your physician. The most important thing about supplemental melatonin is to take it at the right time: one half hour before you go to bed, not in the morning. This complements your natural melatonin secretion and maximizes its broad-spectrum health benefits, without disrupting your sleep cycle.

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Eating Well

Cooking for the Best Nutrition

Let's say you're at a buffet, where raw, boiled, steamed, and stir-fried vegetables of every shape, size, and color are heaped on serving dishes. Which would you take? I'll bet my lab coat that by the time you finish reading this report you'll change your answer. Not all nutrients respond the same way to being cooked. Some really can't stand the heat, so the hotter and longer you cook them, the more is lost. Some quickly leach out into the cooking water. Some are more tightly locked into the vegetable's matrix that you have to cook it 'til it softens, just to make the nutrients bioavailable.

So, the "best" way to prepare your vegetables isn't cut and dried. The physical structure of the vegetable and the nutrients it started with will determine the most appropriate cooking method. In a recent Italian study, three different state-of-the-art nutrient analyses were conducted on vegetables commonly found on American plates. The researchers compared raw to three different cooking methods: boiling, steaming, and stir-frying. Here's a summary of the results, plus some nutrient nuggets from other studies. Don't get too tangled up with the categories here; the NWT Web site, www.drmarcuslaux.com, has a summary of the different groups, with specific examples of each and the foods in which they're found.

Carotenoids

Believe it or not, boiling is the way to go if you're looking for the best yield of carotenoids from most vegetables. It takes both heat and time to soften the vegetable's matrix enough to liberate carotenoids.