



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Reader Says Prolozone Cured My Arthritis Pain

Last month, I told you more about Prolozone and its amazing ability to relieve pain. This month, I'd like to share an email I recently received from one of my patients. Bill D writes:

"This e-mail is long overdue. In late January, I came to your office to receive Prolozone treatment for arthritis. Prior to the treatment, I had continual pain with some good relief from the product Synerflex.

"Since the treatment, it has felt as if there had never been a problem. I am thoroughly pleased that I took the Prolozone therapy and would recommend it to anyone that has gone through the experience of trying this attempt and that attempt to solve the problem with negligible results.

"I thank you and Dr. Shallenberger, whose e-mail introduced me to the therapy, for the fact that my leg and back now feel normal. So thank you once again."

If you would like to experience similar relief, find a doctor near you who does Prolozone. You can find a doctor at www.oxygenhealingtherapies.com.

Fight Cancer and Viruses While You Lose Weight

I've always been a fan of green foods. Their healing powers are astounding. I've told you about chlorella and spirulina in the past. These are blue/green algae with wondrous qualities. Food algae are microorganisms that grow in fresh water and have highly concentrated nutrients.

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Can Electricity Cure Diabetic Ulcers, Incontinence, and Edema?

If you're like me, you'd much rather treat your health conditions in your own home than visit a doctor. So I'm always on the lookout for powerful do-it-yourself treatments. Most of these treatments can treat only one or two ailments. But every now and then, I find one that works on a wide variety of ailments. This month, I'm going to tell you about another very simple and easy-to-use home remedy. This treatment has profound powers to heal many different ailments. It can help incontinence, injuries, arthritis, and many other ailments.

Take Patty K., a patient of Roopa Chari, MD, at the Chari Center of Health in Santa Barbara, CA. She had significant incontinence caused by a prolapsed colon that was pushing down on her uterus causing it to prolapse and protrude from the vagina. Incontinence is a scourge in older women. Some experts estimate that one out of three women has some form of incontinence.

Within just a few weeks, Patty reported that her prolapsed uterus and colon was completely healed. Her incontinence and urgency improved so much that she wanted to shout it to the world.

But Patty's case is just the tip of the iceberg. Erma is a 76-year-old woman, my own patient, with congenital clubfeet. For years, her toes were curled down and under. And she also suffered from edema (fluid buildup) in her ankles. In one session, the edema was much better. In a subsequent session, in my office, a single treatment uncurled her toes for the first time in memory. Erma broke down crying in an emotional release.

Another patient, in his mid 60s, had severe osteoarthritis of the knees and a previous serious fracture of his femur. He was totally frustrated by his lack of mobility. He did a "knee protocol." After just five ses-

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And new evidence suggests that one particular strain of blue-green algae can significantly enhance your body's ability to fight cancer and drop excess fat.

According to a new study, *Aphanizomenon flos-aquae* (AFA), a strain of blue-green algae, has profound effects on your immune system and central nervous system.

In the study, the researchers looked at the effect of AFA on natural killer cells (NK) in 21 healthy human volunteers. NK cells are your body's primary immune defense against cancer. Here's what the researchers found.

Within two hours of consuming 1.5 grams of AFA, an average of 40% of NK cells left their bloodstream and migrated to tissues. NK cells remaining in the blood developed up to two to three times as many adhesion molecules (ability to attach to bad guys). After a few hours, the NK cells in the tissues came back into the bloodstream. The action told the researchers that the plant molecules of the blue-green algae activated the NK cells. Activating these cells gives your body more protection against cancer and viruses.

But AFA does more than kill bad cells. It contains phycocyanin, a blue pigment. Like other colorful plant molecules, this one helps prevent inflammation and pain

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sions, he could stand up with just his legs. For the first time in years, he didn't need his arms to help push himself up. And he could walk up stairs unassisted.

Still another patient had a forearm fracture. Her doctor put a cast on, and she received the treatments while wearing it. When her doctor removed the cast, he was shocked that her forearm muscles didn't have atrophy (wasting), as they usually do when you wear a cast.

And, one of the most amazing experiences of my professional life came at a meeting where we first learned about this incredible treatment. There, a woman displayed her chronic edema in her lower legs, ankles, and feet. I watched in amazement as the edema literally disappeared right in front of our eyes!

These cases are just a small sampling of the miracles this treatment can bring. So what is this amazing treatment? It's just a small box built on the work of the famous Nikola Tesla. This little box delivers electricity. No, it's not a TENS machine. TENS units deliver very low DC voltage. Low voltage requires higher amperage. And the higher amperage can burn your tissues. So TENS machines have to stay in the lower amps range to avoid injury. This makes them less effective. The ideal treatment would deliver higher voltage with lower amperage. This would offer a better treatment without burning you.

There is such a device. The company Neurocare had developed a "True Tesla" technology that is unique among electrical devices. It delivers alternating current at very high voltage, but at extremely low amperage. This causes very deep muscle contractions without the discomfort caused by high amperage output units. The difference in effectiveness is startling.

You may have heard of Nikola Tesla. He's the inventor of modern alternating current (AC) electricity. His discovery enabled the transmission of large amounts of current, since wires, like our tissues, heat up with amperage. Alternating current provides a means to transmit electricity at high voltage needing much less amperage. You may know that high voltage power lines often transmit in excess of 183,000 volts. If the electric company delivered that same voltage in DC, the power lines would have to be 12 feet in diameter to handle the higher amperage load because of the resistance of DC current flow.

Direct current (DC) moves the electrons in one direction. This causes great heat build-up from the friction of the electrons as they move through the wire. Alternating

current overcomes the resistance of distance by simply alternating the direction of the flow of electrons down the wire back and forth in a very rapid manner at much lower amperage levels. This minimizes the friction and allows smaller lines to carry higher voltage.

Amazingly, you have the same resistance issues in your body. In 2008, researchers proved the human body normally functions with more than 15 million volts of electricity per cubic meter of human tissue. Your body can produce this astoundingly high voltage because it operates at very low amperage.

This amazing medical device uses this same extremely low amperage strategy. It saturates active muscles with large amounts of voltage. High voltage can penetrate atrophied muscle fibers. That's why Patty was able to recover so miraculously. When the voltage penetrates atrophied muscles, it stimulates them to contract. The contraction actually reverses atrophy. The wasted muscles regain their girth and recover so they can do their job. In Patty's case, it strengthened the muscles around her uterus and bladder so these organs could have greater control (like they do in your youth).

This effect is not possible with DC output electrostim systems. Because of the burning, the DC output systems just can't do what the "True Tesla" technology can do. Even AC systems using high amperage in relation to the voltage can't accomplish what the True Tesla does.

So why does this technology cause edema to disappear? When excess fluid builds up in the matrix that surrounds our cells, it can disrupt the delicate mineral balance around and inside our cells. That damages the electrical energy flow within the cells, causing them to become dysfunctional. Cells that do not function properly electrically will eventually die unless you correct this condition. Diseased tissue has great resistance to electricity moving through it. Mineral laden edema may conduct electricity better than muscle. The current will be "stolen" from and deny the muscle cells the benefit of the electricity.

Muscles need higher voltage to stimulate them. But your body cannot mount the higher voltage needed to activate diseased cells. The Neurocare True Tesla device delivers an astounding 440 volts of AC current. But since it's AC, it needs very little amperage. The high voltage penetrates and saturates all tissues. Yes, it will even penetrate diseased cells regardless of edema or atrophy. But because of the minuscule amperage, you

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and protects the body against heavy metal and pesticide toxicity.

I especially like this particular blue-green algae for a special component. It has significant amounts of a compound called PEA (phenylethylamine). This molecule acts as a neurotransmitter. And quite a beneficial one at that. It increases mental alertness, concentration, helps mood, and prevents depression and ADD.

In particular, these properties make it quite beneficial for those battling addictive tendencies. This includes over-indulging in comfort foods. Comfort foods alter your neurotransmitters to make you "feel better." However, a more beneficial way to feel better is to take a "superfood" that contains the neurotransmitter you need. By doing this, you can feel better without the dangerous empty calories.

There are many products on the market containing AFA. You can easily find them online.

Ref: *J Med Food*. 2007 September;10(3):435-41.

More Dangerous Than Driving

What if I told you that opening your medicine cabinet puts you at more risk of dying than driving on the highway? Well, it's true. Long-term readers of *Second Opinion* know that drugs are far more dangerous than they advertise. And a new study confirms what I've said for decades.

New government data shows that in 2009, there were more deaths caused by "legal" drug use than by motor vehicle accidents. While most major causes of preventable death are on the decline, that's not so for drugs. The report says that the rise in deaths is largely due to the growing popularity of powerful prescription pain and psychoactive drugs (i.e., for anxiety). Prescription drugs account for more deaths than heroin and cocaine combined!

I really don't get it. Big Pharma petrochemicals kill more people than cars and street drugs. Yet our government has waged a lost war on street drugs wasting

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bazillions, inciting border carnage, and looks the other way when Pharma chemicals murder people. While you can't control the insanity of our rulers, you can absolutely control what goes in your body.

Please see an integrative physician before you take any petrochemical drug. In my opinion, 95% plus of all prescriptions do far more harm than good. My own dad, just turned 93, barely escaped the above 2009 statistics from a doctor-prescribed lethal cocktail of FDA-approved drugs, including one for anxiety/depression. He's now free of the chemicals they poured into him. Amazingly, by using my program, he became the first person I've ever known to leave a nursing home after the age of 90 who was NOT in a casket. Drugs kill! That same year, the Poison Control Centers said vitamins, minerals, and other nutrients killed ZERO people. You tell me where the government needs to focus its tyrannical attention.

Ref: Associated Press, September 18, 2011.

Marijuana for Cancer?

As you may know, I live in California. You also may know that there's a big war going on right now between the federal government and California over the use of medicinal marijuana. I'm not going to use this article to fight for or against drug legalization. But in light of the previous article on drug deaths, I think the topic warrants discussion to show you how corrupt our federal medical system and government have become. And the marijuana situation shows it clearly.

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For a complete listing of Dr. Rowen's recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

barely feel it. Yet you get significant muscle contraction. And these deep muscle contractions will move out the edema helping the body return to normal function.

Contracting muscles are vital to good health. When your blood moves through your capillaries, it squeezes a clear fluid out of the capillaries into the space between tissue cells, which becomes lymph. But your lymph is totally passive. The channels don't even have valves to direct the flow. Gravity pulls lymph down, muscle contractions pumps it back up. If your muscles don't contract, this fluid just stays there, causing edema.

You experience this on long distance plane flights. Your legs, motionless for hours, allow fluid accumulation (edema) in your feet. If your body is healthy, this edema eventually resolves when you begin walking again. But diseased cells will prolong the process.

While the Neurocare unit vigorously contracts muscles, it's completely painless. It doesn't hurt at all. So, patients can tolerate the treatments for 45-minute-long sessions. And, according to a recent study from Creighton University, this 45-minute treatment provides all of the benefits of full resistance exercise, hard to perform with severe edema.

With muscle action "propelling" lymph fluid back to your bloodstream, your kidneys can eliminate the excess. As edema leaves, normal blood circulation to the area returns. And this restores normal cellular function almost immediately. As I mentioned earlier, this device can quickly resolve chronic edema in one session.

What about women with incontinence? When women give birth to children, it can cause trauma to the pelvic muscles, weakening them. The common Kegel contraction does little to restore generalized deep pelvic floor muscle atrophy and weakness. By applying electrodes on opposite legs, the high voltage/low amperage AC current crosses the pelvis from one leg to the other. This stimulates the weakened muscles, restoring normal architecture and strength. Reversing the atrophy can effectively resolve the incontinence. And it can improve general muscle tone in the treated muscles.

Another ailment the Neurocare device can treat very effectively is diabetic neuropathy. The device won't resolve diabetes; only diet can do that. However, the neuropathy is a circulatory defect impairing peripheral nerves. It especially affects your lower legs. A primary cause is a sedentary lifestyle. Inducing full resistance

contractions in your muscles can move out the edema that accumulates from insufficient muscle activity. It restores circulation and gives a quick neuropathy fix!

The Neurocare company registered its device with the FDA, which gave it a 510k certification, back in 1993. There are thousands of units in use worldwide for the following FDA registered indications. These include: relaxing muscle spasm, preventing or retarding disuse atrophy, muscle-re-education, maintain or increase range of motion, increase local blood supply, immediate post surgery, and circulation stimulation of calf muscles to prevent venous thrombosis.

But that's only a small sample of what the Neurocare can treat. You can use it for a wide range of muscle-related applications. These include: stroke recovery, frozen shoulder, athletic performance and specific muscle toning, post-op muscle rehab, sprains/strains, carpal tunnel, whiplash, TMJ, postural imbalances, instability on your feet, repetitive strain injuries, plantar fasciitis, tension headache relief, MS symptom relief, spasticity, muscle wasting, and even Cerebral Palsy.

Another is diabetic and vascular ulcers. Leg ulcers are a common and painful condition caused by poor circulation. I reviewed several cases (none of my own yet) where the Neurocare helped heal leg and foot ulcers that patients had endured for years. And it healed these ulcers completely in just two months. Most actually experienced granulation (the beginning of the healing process evidencing return of circulation) around the wound by treatment six on day three. That's simply astounding.

The news gets better. Neurocare is a small portable device made for home use. It's really easy to use and painless. You will feel your muscles contract without even trying to move them. The company has a clinical support advisor who will assist in your use and electrode placement if the easy-to-use protocol manual doesn't specifically cover your symptoms.

I got one for our office. My wife, Terri, was so pleased with the results she ordered a second one for home use. This is simply a Godsend for people. With the FDA registration, insurance will often reimburse you for it (depending on coverage). The company even has some client clinics functioning around the country that offer in-office treatments that Medicare covers.

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The federal government wants to destroy California's state law permitting the use of marijuana for medicinal uses. Recently, federal forces closed down a marijuana club and growing operation, which was in total compliance with state and local laws. I'll forgo the legal arguments here and concentrate on the medicinal side of the argument.

I live just south of an active marijuana growing area. I've seen several cancer patients who have used it successfully to counter their pain, nausea, and lack of appetite in cancer. I'm seeing increasing reports that marijuana might have significant uses in actually killing cancer.

A report from Spain came out in 2009 on two human volunteers. Both of them had a highly aggressive brain cancer. The researchers performed tumor biopsies both before and after a 26-30 day period of marijuana use. They found that marijuana killed tumor cells while leaving normal cells intact. A second report focused on the use of marijuana on skin cancers. In mice, local administration induces apoptosis (cell death) and strangles the blood supply of skin tumors.

God put every plant on this planet for a reason. Psalm 104:14 says that God has given us "herbs for the service of man." And Genesis says, "He gave us the plants for food." Marijuana is an herb. It's not a processed drug like cocaine or heroin. So it makes sense that it would have medicinal use. And compared to drugs, which cause over 100,000 deaths annually, marijuana didn't kill anyone in 2009. Again, you tell me where the government needs to focus its tyrannical attention.

Ref: *The Journal of Clinical Investigation*, April 2009.

Do You Need a Yearly Physical Exam?

For years, the medical world has encouraged you to have a yearly physical exam with a doctor. Most of the time, these exams focus on preventing cancer and heart attacks (mostly through blood

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pressure and cholesterol testing).

If you go back far enough, they commonly suggested yearly chest X-rays as a screen for lung cancer, yearly mammograms for breast cancer, PSA and rectal exams for prostate cancer, and stool samples for blood for colon cancer. The American Cancer Society had Americans whipped up in hysteria for fear of cancer. And your prescription for life was this annual exam. But is an annual exam really what you need? Is visiting a doctor once a year a good idea?

As I reported in my February 1, 2012 health alert (which you can view at www.secondopinionnewsletter.com for free), all this hype for cancer screening has focused on early *detection*. And, as you've been reading in these pages and even in the mainstream press, early detection has NOT translated into more cures, but only the illusion that you are living longer.

By the time your doctor can feel or see (on imaging) a prostate cancer, it's most likely spread. The same is true for breast and all other cancers. The whole cancer industry is reeling by these revelations. But dragons don't die easily.

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In between our monthly visits, be sure to check in online!

- Access your own account using your email address
- Simple, clear search function puts every issue of the newsletter and Health Alert at your fingertips
- Send your questions to Dr. Rowen directly from the website

Login using your customer number (above your name on the mailing label). Be sure to add your email address and password to make it simple to login every time.

www.SecondOpinionNewsletter.com

However, the best application of the instrument is self-administered right in the privacy of your own home. This lets you do the treatment at your convenience. Typical treatment times are 45 minutes per session, one-to-two sessions per day.

The unit does require a recommendation from a licensed health professional. This includes licensed nurses, chiropractors, psychologists, podiatrists, naturopaths, nutritionists, and even licensed body workers like massage therapists! (And even me!) Neurocare will provide you with the valuable extra electrodes and special lead wires as a courtesy at no additional charge.

The cost for the Neurocare is higher than many devices I've written about in the past. But, considering what it does, it's very cost effective (\$5,495 plus shipping and handling). Patients can be trained to take the unit home (without needing to purchase it) and treat themselves as part of a total three month treatment program supervised by select clinics nationwide. Treating yourself twice a day will get much better results than coming into a clinic 3 times a week and the home treatments also save travel time by eliminating the need to go to the office for each treatment.

Call Renua Medical at 877-885-1258 to find a Neurocare True Tesla™ clinic near you that offers the combination of clinic supervision and self administered treatments. You can also check out their website at www.RenuaMedical.com.

Ref: *Clinical Physiology* (1997) 17, 213-224.

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HEALTH NOTES.

I've told you a lot about nitric oxide (NO) lately. NO is that magic molecule that dilates your blood vessels. It protects your heart. And, in men, it's the end result of drugs used for erectile dysfunction. So how would you like to get NO for free? A new study shows you how...

Emory University researchers studied exercise on mice. I know, exercise doesn't sound exciting. But what these researchers found could save your life — including your sex life. The researchers had mice run on a wheel for four weeks. They found that exercise enables the heart to produce AND actually store more NO, which protects your heart from injury. The lead researcher, David Lefer, PhD, said, "Our study provides new evidence that nitric oxide generated during physical exercise is actually stored in the bloodstream and heart in the form of nitrite and nitrosothiols.