



Natural Standard

Question & Answer with Dr. Jacob Teitelbaum



*Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews Dr. Jacob Teitelbaum, Medical Director of the Fibromyalgia & Fatigue Centers, Inc. (FFC). Dr. Teitelbaum is a best-selling author and regarded as an authority on integrative medicine throughout the world. His best-selling book, *From Fatigued to Fantastic* has sold over 500,000 copies. His latest book, *Real Cause Real Cure*, focuses on the causes of most health problems and a 28-day plan to cure them.*

Catherine: This is Dr. Catherine Ulbricht here today with Dr. Jacob Teitelbaum who's one of the most frequently quoted integrative medical authorities in the world. He is a Medical Director of the Fibromyalgia & Fatigue Centers. And the author of the best-selling *From Fatigued To Fantastic*, which has sold over 500,000 copies; *Pain Free 1-2-3*; *Beat Sugar Addiction Now!*; and his latest book *Real Cause Real Cure*. Dr. Teitelbaum appears often as a guest on Oprah, and friends with Dr Oz, CNN, Fox, ABC, and on all sorts of news and talk shows nationwide. So we are really honored to have him here with us today. His website is jacobteitelbaum.com and that is T-e-i-t-e-l-b-a-u-m. Welcome.

Jacob: Well Kate, it's a pleasure being with you.

Catherine: Thank you. We have so many exciting areas to explore with you today; I'm going to dig right in if you don't mind.

Jacob: Let's take it away.

Catherine: You have had a lot of success treating fibromyalgia and chronic fatigue syndrome using natural botanicals. How effective are botanicals for treating these serious conditions?

Jacob: Ok, natural remedies are very, very effective. Let me give you an idea, one of the double blind studies we've done on fibromyalgia looked at using the integrative approach, what we call the S.H.I.N.E. protocol; 91% of patients improved with an average 90% increase in quality of life after 99 days. And toxicity was very low and of course the placebo effect was very dramatic and very significant as well. So fibromyalgia is very treatable. And the fun thing is that similar principles apply for treating pain and chronic fatigue in general. So if you remember S.H.I.N.E., sleep, hormones, infections, nutrition, and exercise, you are going to find that these problems improve dramatically.

Catherine: HORMONES- some are afraid, hearing about sports people taking hormones... So what kind of hormones are you talking about?

Jacob: First of all, we are not talking about the toxic substances and synthetic high dose stuff



Natural Standard

Catherine: Ok. Phew!

Jacob: That is nasty stuff, that's not what we are talking about here. We are talking about bioidentical hormones that put the level of the hormones back in the normal optimal range for that person. What happens is there is a lot of a nutritional deficiencies; iodine for example is a major one. We've lost half of our iodine intake in the last 30 years and iodine use to be a major epidemic deficiency which is coming back now. Low iodine equals low thyroid. We've seen over 80,000 chemicals in the environment that are blocking thyroid, estrogen, progesterone, testosterone, adrenal and other hormone functions. So we are seeing widespread chronic stress that is exhausting our adrenal stress handler glands. So we are seeing widespread hormonal deficiencies. And what you want to do, for example a very nice recipe for adrenal, how to bump up and help stabilize the adrenal function. We can do the same for thyroid, for estrogen - edamame. A hand full of edamame each day is a nice traditional way; this is soybean pods to help balance estrogen levels as people enter perimenopause. So no, we are not talking about the toxic testosterone, hydro-injections.

Catherine: What about DHEA, would that be considered something that you would use in fibromyalgia? Because that has some potential steroidal effects, right?

Jacob: Yes, but the thing is, it's funny how some hormones are over the counter and some are prescription, and the rationale behind it is absent. DHEA is best used under the supervision of a holistic practitioner because it is good to do blood levels; if it's too high you are going to grow facial hair. Guys might not mind that, but the ladies are not going to be too happy with that.

Catherine: I was going to say, not for me, no thank you. Ok.

Jacob: It can be very helpful, but you want to check the levels. And then in my books we have a thing that says if the blood levels are this, this is how much you give. So it's very, you know recipe oriented, it's very straight forward. But for the other hormones, you can go predominantly based on symptoms, thyroid, and adrenal especially. The symptoms are way more telling than the blood test. And the recipes we give are really quite safe to use, and those I'm very happy to have over the counter.

Catherine: And they are even safer if you are doing it in conjunction with your healthcare provider. I like how you encouraged working together as a team so that we can all optimize and personalize therapy based on the specific patient's needs, so that's great advice.

Jacob: Absolutely. Note one thing. It's funny, when you write books, I'm in the media a lot, they always likes say to add "get your doctor's ok," you know, for this natural thing. Well most doctors are absolutely clueless, you go up and ask them about adrenal support or Strontium support for osteoporosis, and for other things, they are going to have this glazed over like, huh look. What I'm saying is go to your holistic practitioner, whether you



Natural Standard

are going to your naturopath, your holistic physician, there's many great websites where there are a whole host of, you know the natural pharmacists, like your case for example who are very familiar. So you want to go to a holistic practitioner who is familiar with natural therapies.

Catherine: And that's a big part of what Natural Standard does, is we aggregate, not only the science and the statistical analysis of the clinical trials like you mentioned, but we include experience from practitioners in the field because traditional use and their clinical acumen of actively treating patients is equally important as a science for a truly integrative approach. Some of the other therapies that we've studied for fibromyalgia include 5 HTP, Carella. And then for physical therapy as opposed to taking something by mouth, for example, acupuncture and trigger point therapy actually gets a grade of a "B" good scientific evidence based on the Natural Standard Grading Scale. Do you have any comments on any of those therapies for fibromyalgia?

Jacob: Let's start with the last one you mention which is a trigger point therapy. Because if you take a look at acupuncture, what a trigger point is when a muscle does not have enough energy, muscles are like springs, they're naturally in the shortened position. It takes energy to stretch them and to relax them. That's why it may seem odd but it takes more energy for the muscle to relax after you let down a bowling ball then to pick up the bowling ball, it's like a spring. When the muscles get locked in the shortened position, because very often they don't get enough energy to relax, the bunched up part of the center of the muscle feels like this tender marble, it's called a trigger point. This was developed by Janet Travell who is one of my personal heroes. If you look at my books you will see in my dedication, she is one of the few doctors that I dedicate my book to as one of the heroes in this field. And the fun thing is, if you look in the acupuncture point map, and if you look at the trigger point maps there is about a 70% overlap. Which means many of the trigger points are actually, I'll say closed down acupuncture points, that's not a good technical description but gives an idea. And when you put a needle in the trigger point, you put a needle in the acupuncture point, you release the flow of energy, the muscle relaxes, the muscle releases. Now the problem with trigger point therapy in fibromyalgia is that as opposed to some situations where you have a localized problem and you can put a needle in one or two or three trigger points and release it. The muscle shortening in the body in fibromyalgia is widespread. So even though we do a lot of stretching in trigger point therapy, for the fibromyalgia giving the metabolic approaches that feed the muscles throughout the body so that they can release becomes even more powerful. But the two are used together, and these all overlap. If doctors would learned about trigger point therapy, there would be whole lot less pain.

Catherine: Now there are more schools for becoming a doctor in osteopathic medicine where you get trained in conventional medicine, chiropractic techniques, myofascial release and trigger point therapy, for example. Chiropractic and acupuncture is covered by more and more insurance companies or third party payers. So hopefully, hopefully by more doing



Natural Standard

educational discussions like this, getting the word out to as many people as possible to know that there are alternatives, they don't have to suffer in pain.

Jacob: Absolutely Kate. And what I would like listeners to get too, as a MD whose been trained in internal medicine and the standard thing, we working on this whole bias, anybody who's not us is a quack, is really kind of bizarre. And the difference between chiropractic, and osteopathic, and naturopathic, these are more political than substance. These are all approaches to the human body, these are simply different specialties. And it's no, it should be no more difference between an internist and a chiropractor than an internist and ophthalmologist or a rheumatologist; these are simply specialties in the healing arts. But when you see doctors throwing stones at each other and calling each other names, that is just politics and economics and ignore that.

Catherine: I could not agree more, I'm with you on that one. So it exactly means that the more eyes the better, the more helping hands. I'm a pharmacist at Mass General Hospital, which is a Harvard training facility and over the years that I've worked there, for about 15 years now, I've really seen people start to open their minds and being more welcoming of including other disciplines as opposed to only "the doctor knows best." It's really encouraging a multi-disciplinary healthcare team. I understand not only do they help patients get the best care, but they help each other, the colleagues save each other time, and prevent them from liability by covering all the bases, better patient counseling, screening, prevention. So, I think we are getting there. Our persistence has been rewarded. We just have to stick together and keep fighting for it.

Jacob: Fortunately, the old dinosaurs are dying.

Catherine: We have a Mind/Body Center at Mass General now; I never thought I would see that day. At Natural Standard we have pharmacy and medical students from all over the world who come and they learn how to explore research in this area- we welcome all interested disciplines. They shadow practitioners, visit Buddhist Zen Center and participate in meditation, take yoga classes, observe acupressurists, all sorts of disciplines... it's really opened their minds that there are other things out there to help with a healthy lifestyle other than drugs and surgery. There certainly is a place for drugs and surgery but a lot of these natural therapies can be used for prevention or as an adjunct with conventional care.

Jacob: I'm going to say, take that a step farther. A lot of these natural therapies as effective as or more effective than many of the prescription medications, but generally are much less expensive and much less toxic, they are much safer. I would like to get past this, because I think Mass General has really opened this up, it's really fun to watch the two of them. To me what I'm seeing is this imbalance between the art and science of medicine and the art has been buried and the science has gotten corrupted. And now we are swinging back to a re-balancing. I like best what's here at Mass General, those are my symbols, and the images I see are those two arms of medicine. And they now coming back together



Natural Standard

again, it's a very good thing to see. And part of the art of medicine lays in the natural healing techniques. But what I would like to do is not downplay it; "all prescription are the way if you have a severe medical problem," no, we have a toolkit. And it's nice to have a hammer in the toolkit and prescription medications are like that hammer. But if all the doctor has is a hammer, people walk out of the office feeling like they've been nailed each time. There are tires, and wrenches, and there are screw drivers and all the other ones, this is what the natural remedies are, they fill out the toolkit. I don't want to give you the hammer, but I like the practitioners, nurse, and the patients to know all these tools are available to them.

Catherine: Both social economically, saving money, saving environmental resources and lessening the side effects profile... Some therapies might be really good for one patient but if you have diabetes or you are pregnant or you are allergic edamame might be awesome unless you are allergic to soy. We need as many tools in our kit like you say, so that we have something for everybody, for various stages life and various conditions that may come and go. In the past, you've expressed concerns about arthritis medications in particular. What are the problems with common NSAIDS or nonsteroidal anti-inflammatory, arthritis medication? We've talked about steroids and S.H.I.N.E. a little bit, so what about the NSAIDS?

Jacob: Besides the approximately 30,000 deaths a year caused unnecessarily in the United States, we have 16,500 deaths from bleeding ulcers and this is considered a conservative estimate each year in the United States from NSAIDS. A recent medical journal study which is a very large meta-analysis showed more than a doubling of heart attacks and stroke deaths at risk from many of the NSAIDS. Motrin massive increase of heart attacks deaths. And this is the largest cause of death in the United States, would be heart attacks and strokes. There is a recent studies showing that osteoarthritis patients were almost twice as likely to die over a given period of follow-up than those without, and my suspicion is that was because of the NSAIDS. And the reason why I say we have over 30,000 unnecessary deaths a year, is if you take a look at natural remedies for arthritis, I like to use a 4-step program for treating arthritis pain, number one you want to feed the joints, and glucosamine sulfate can be very helpful, and minocin can be very helpful, there are a host of things that really do feed the joints. It's funny in the NIH study, they have the NIH Complementary Medical Division and Congress forced them to do research and set up a part of the NIH to do research and in the height of, oh god, it just reminds me of just being a pissy cat kind of a thing, the people at the NIH said "good, we will put somebody in charge of the division who boasts that they had absolutely no experience or knowledge at all in his life using natural remedies. They took the money, paid it to drug people on the payroll of the drug companies, and said set up the studies against your medication. They set up studies designed to fail and then misinterpreted the data. So you look at the arthritis studies, and you look at the glucosamine chondroitin, glucosamine chondroitin is actually more effective for moderate to severe arthritis pain than the Celebrex. And the difference between the Celebrex and natural remedies, on a



Natural Standard

P-scale of I think .0, minimally differences .96 verses .94, it's compared in the P-Value to be almost 1, there's no difference between the natural and prescription therapies in terms of effectiveness. But the conclusion was natural remedies don't work, use the medications. But every study author but one was on the payroll of the drug companies. It was almost scandalous to see what was going on. But if you look at the studies, these natural remedies are as effective as the medications without the toxicities. A very nice mix of anti-inflammatory herbs, there is one call Curamin which is amazing. In my 30+ years in pain management I've not seen any medication or natural remedy, including ones I've formulated, that are more effective than Curamin. The Curamin which is a mix of boswellia, curcumin, DLPA, and Nattokinase, it's one of those synergies that are just amazingly effective for pain. And you take one capsule, two to three times a day. I'd say give it 6 weeks with natural remedies, with often hours to days. Osteo pains that have lasted 20 – 30 years and the pain has gone away, way more effective than the medications. Other mixes - willow bark, boswellia, and cherry end pain, and Enzymatic Therapy would be another common one. There are so many natural mixes that are so much, I mean we have effective pain relief now; we just don't have people knowing about it. So the Curamin by EuroPharma. If you look at the physical therapy measures maintaining range of motion is critical, but again if you have a tight muscle and you try to stretch it, it's going to pull back and hurt. So you take these many hot packs you can put, there's some very nice herbal ones you can put in the microwave, you heat up the area with it and then you put that joint through the range of motion and all of a sudden you are going to increase function dramatically. And food allergies, a whole other area that are important in treating arthritis patients.

Catherine: We've seen in our research, when you are talking about exercising being equally as important as some therapies you may take is that stress reduction, physiotherapy and yoga actually in our analysis has good scientific evidence for use in arthritis. So it's really using all those modalities.

Jacob: Yes. And when you do the full host of things, this is why it's nice to have the whole toolkit we've talked about. Or I'll put it differently; we have a whole buffet to choose from. Because if you have 10 people in line at a buffet, they are not all going to take the same thing. Some like one, some like the other. Some people like to do the Qigong or the tai chi, other people would rather take a nice herb mix, some people prefer to stick with nourishing the joints with good nutrients, or mix one of those, some people want to just do the exercise and go for the walks. So, people should know that, you want to see what feels best to you. Your psyche, your intuition, you really have a good sense what is authentic to you, which part of the toolkit you want to go with. And that's why having the whole scope available to people becomes so important.

Catherine: Now, off the top of your head are there any patient populations for which you would recommend the different mixtures for over others? For example, if you are breastfeeding,



Natural Standard

don't take this one, this one would be more appropriate or if you have high blood pressure, for example.

Jacob: Ok. I'm going to treat breastfeeding very much like pregnancy, I'm very conservative. To me, an herb, I don't want to say is like a medication, but it's foreign to the body. And I'm more likely in pregnancy and breastfeeding to go with nutritional support. So we talked about 5 HTP earlier, which helps serotonin levels, improve sleep, decreases pain, I'm going to go with smaller amounts, 100 – 200 mg as oppose to the usual 300 – 400 mg dosing. So in pregnancy I'm going to go more with magnesium. Although calcium is toxic the way it is used in this country, if you add up magnesium and Vitamin D, you will avoid that toxicity. So, I'm really going to vary things. In pregnancy and breastfeeding I'm going to decrease herbs, go more with the physical modalities and go more with nutritional support. And in fact on the website, for those looking to get pregnant or anybody with infertility issue, is beyond the scope of today's talk, but there's a whole article I've put together that goes through, in fact there are some researchers at Harvard looking at the difference between whole milk and skim milk on fertility. People don't even think about these little things. But there is a nice article on treating infertility naturally, there's a nice article on the 10 Health Tips for Pregnancy, all of this is at fertility101.com under the *Conditions A – Z*. But there are many, many things and let's go through a bunch of things today, Kate. We will give people thumbnail sketches just like we did for people who have arthritis what they can do, because people need to know.

Catherine: Well, I like how when you were talking about pregnancy, using things found in foods. For example curcumin is an herb or a spice or a flavoring that is commonly found in food and is generally recognized as safe - has GRAS status and we are hearing a lot about it for pain and inflammation. Can you talk to us a little bit about benefits of curcumin and preventing Alzheimer's too, isn't Alzheimer's related to inflammatory responses as well?

Jacob: Inflammation is a broad area, Kate. This is such, being involved and again, I'm a science geek, I read the medical literature for fun, it's not uncommon for me to go through 100 studies a day, stand there and going through. And what's frustrated for me for decades is that with the curcumin with over 1000 studies on its effectiveness, but for most of the studies, there is no way to get that dose into a person unless they are eating Indian food all day. So it wasn't very useful. But now we have super highly absorbed curcumin products where they've added the natural oils back in and increased the absorption 690%, almost 7-fold. So what you can take is one or two capsules instead of having to take 7 to 14 capsules. Now we have something really powerful. So whether you are looking at cancer, especially colon cancer, whether you are looking at Alzheimer's; in India 1/3 of Alzheimer's that we have in the United States and this has been contributed largely to the high amount of turmeric and curcumin. Talking about NSAIDS, recent studies are showing that the advice to give NSAIDS to prevent Alzheimer's is probably a mistake. In fact one of the studies I recently looked at showed that Alzheimer's is associated with almost a double risk of having been on NSAIDS, probably NSAIDS is



Natural Standard

worst and they don't help. But the boswellia, like curcumin but it has to be the high absorbable form. There's one call Curamin, which is my favorite, by EuroPharma that has outstanding absorption. I think we will have dramatic effects at both preventing Alzheimer's and in treatment. If you don't mind me taking a tangent now Kate, I think listeners need to know that if you've had a family member who has a loss of mental function, you take them to the doctor and the doctor has 5 minutes of a visit with them and slaps them with a label of Alzheimer's, give them 2 essentially what I consider useless medication. And what the recent studies have shown done in Honolulu was that majority of people diagnosed with Alzheimer's, when they did autopsy after they died did not have Alzheimer's disease, they had other preventable and treatable causes of their loss of mental function. And if you have somebody with loss of mental function, you optimize hormones, you optimize nutrition, you look for infections, you look for other treatable causes that goes with the cure meds, the curcumin, all these things, you are going to find mental function dramatically increasing. And Kate, I'm going to give you a very important tip for somebody with so called Alzheimer's disease, take them off the 15 medications they are on and you will often find their Alzheimer's goes away.

Catherine: Because if the side effects due to poly-pharmacy. You talk about NSAIDS causing ulcers and bleeding, then people have to be on H2 blockers and the little purple pill, they end up being on this regiment of 20 things and they are all causing worse things and counter balancing each other, so slim it down and use lower doses of safe, effective, natural, and preventive measures is what you are advising.

Jacob: In fact, you talk about them going on the little purple pill, will that causes osteoporosis. We make stomach acid for a reason. We've created medication to turn it off for 15 years and we wonder why this person is breaking bones and dying. So we are treating using medicines to treat the side effects of other medications. It just gets crazy.

Catherine: It's like those brown bags; you know where they have people bring a brown bag..It's more like they bring a grocery cart of everything. And you look at the money they are spending to have all this stuff, it's crazy. Well, this is all very helpful information. I was going to add to the toolbox, like you said we like to give listeners some take home tips and some things they might want to explore after they hear our discussion. And some of the things we've studied here at Natural Standard for Alzheimer's include ginkgo for dementia, multi-infarction and also Alzheimer's type dementia, some therapies that aren't necessarily oral like aroma therapy has good scientific evidence for helping agitation in dementia. And music therapy also has good scientific evidence for dementia. We also studied about bacopa for cognition and lecithin for cognitive disorder. So depending on the specific person, those might be some other things that might be worth exploring along side with their healthcare provider.

Jacob: And let me give you one other thing that I'm going to invite you guys to look at. It's kind of an odd remedy, but still natural, methylene blue for Alzheimer's disease. It is a very strong muscle builder, it has very good properties, and it's been around for thousands of



Natural Standard

years. It does have one side effect; it turns your urine blue. You should be warned about that. When I was a kid, like a said I'm a science geek and the bullies kind of kicked me around a bit, but I would get even, I could have them peeing every color of the rainbow.

Catherine: You can feed them beets, they are peeing purple. If you have soft contact lenses, could it die those blue too?

Jacob: Well, no... I've never seen that.

Catherine: Not high enough concentrations to get up there.

Jacob: You might want to take a look at, they are trying to market an herb called Rember, they are trying to figure out how to make an expensive prescription out of it. Holistic compounding pharmacist can put it together pretty cheaply. But do a quick search on rember or methylene blue for Alzheimer's. And I'm going to invite your group to go ahead and take a look at some of that, because there is some interesting research on that.

Catherine: Terrific. We will. I'm jotting it down right now. I can barely keep up with you with all this stuff you are teaching me, this is great. So my next question is and I know that this is also when we were talking about pain that the omega 3s can contribute and help with some types of pain but in addition, then we steered the conversation towards Alzheimer's, how can omega 3 contribute to brain health and heart health?

Jacob: Well, most of the brain is made of docosahexaenoic acid, which is DHA from fish oil. And we have a fish oil deficiency in general and because of that, the brain lipids are starved, the cell membranes are starved, the signaling is starved. And I think that fish oil overall is very, very good, I do have some concerns with toxicity for some of the fish oils, but there is really nice new development in fish oil which is to mix the phospholipids back in so that you increase the absorption. And there is a form of fish oil that is called Vectomega where you just have to take 1 or 2 a day instead of taking 8 – 16 pills a day as in most fish oils. And the absorption and it's getting into the cells, its 50-fold the standard. So what I find for people, and I don't know if you know my policy Kate, I don't take money from any companies natural or pharmaceutical, I work as a patient advocate, and that's what allows me to be totally unbiased in giving things thumbs up or thumbs down. For fish oil, it's a form that I use called Vectomega. One or two a day gives very high levels through the body, fish oil is wonderful for inflammation, it's wonderful for heart health, it's wonderful for brain health and it's probably more effective then Prozac for mood without the toxicity.

Catherine: Now, so are there any potential risks though, because you know fish oil seems almost magical. You know, you mentioned the possibility early on, what were you saying about certain types, is it because of mercury in the fish or something in high levels?

Jacob: Well our environment has had a lot of chemicals pop into it, and these tend to concentrate in the oils over time. You want oils that are very pure, like I say, you don't



Natural Standard

have the chemicals like the mercury and other chemicals, and it goes well beyond mercury. But also you have the issue of rancidity. A lot of people have the experience they take fish oil and then all day they are burping up and every cat in the neighborhood, every time they burp their heads goes like an end field fly, this kind of things. That's the nice thing about Vectomega, it's pure, it's stabilized, you don't get the fish oil burps, you only have to take 1 or 2 a day, you don't have the chemicals and toxins that's in them, it's a very simple and natural way. I don't like people to be part of what I call the "handful club" they take handfuls of pills all day. That's why, if anything, if I can do something like Vectomega where you only need one pill a day instead of 8, where you have all the other benefits and it lowers the cost, I'm a happy camper.

Catherine: And it's a lot more convenient to travel with and for compliance to make sure that you take on schedule and all of those things, so that's good to know.

Jacob: Yep.

Catherine: Ok. Great. Before you talked about osteoporosis a little bit, and I was hoping circle back to that. You know because there are some drugs out there that are known to have some doozy side effects, kind of like the NSAIDS. I've learned that you recommend Strontium supplements rather than prescription drugs like Fosamax, and I was hoping you could teach us more.

Jacob: Let me give some, broaden that out a little bit, osteoporosis is very common. Things that contribute to osteoporosis include anti-depressants, acid blockers, as well as the hormone deficiencies, decrease exercise, and a host of other factors. Interestingly the mineral Strontium has been shown in many, many, many studies, and this should be getting an "A" on your site if it's been reviewed in terms of the science behind it, has been shown to increase bone density 70% more than Fosamax. After 5 years Fosamax, bisphosphonates have been shown to no longer be helpful, they caused more fractures then prevented, and after 5 years on the medication people are supposed to be off of the Fosamax. And for most people you never need to put them on them. But the Strontium almost twice as effective and you add magnesium, Vitamin D, Vitamin K, and a host of other nutrients. So the way to simplify that for people, the Strontium 680mg a day is twice as effective as 340, so for osteopenia I always use the 340, for osteoporosis I use 680mg a day. I usually give that in the morning. And then at bedtime there is a product call OsteoStrong™ which is a mix of almost a dozen other crucial nutrients for bone health and the OsteoStrong™ people can take 3 – 6 of those at bedtime because it will help them sleep as well. And that mix for most people, way more effective than the bisphosphonates. You can take this along with a bisphosphonates if somebody is on the medication; it's not a problem with using them together. But these natural things, way more effective, much safer, much cheaper and will actually continue to increase effectiveness over time, because Strontium has shown not to just prevent of the breakdown of old bone bisphosphonates makes bones very brittle, but also helps build new healthy bone. So Strontium gets my A+ as a first line treatment for osteoporosis.



Natural Standard

- Catherine:** And then with the vitamin D and the magnesium and then calcium, is for the bone loss prevention.
- Jacob:** You see osteoporosis is not a calcium deficiency. If I'm treating for osteoporosis, OsteoStrong™ will have just enough calcium in it, I mean if you only need 400 – 600 mg day of calcium. What the studies are showing is that women who are taking calcium tablets to prevent osteoporosis it increases heart attack risk 31%.
- Catherine:** Ok, so that is a good clarification. So if you are taking a strontium product, it has plenty of calcium so you don't need to double dip on that.
- Jacob:** Well you take the OsteoStrong™ along with the Strontium. So if I'm giving Strontium, one I want to make sure there is the magnesium, calcium and the other nutrients with it. Even though the studies use it with it by itself. I like to give the body the whole package that it needs. So this way the Strontium plus OsteoStrong™, those two products together, great mix, makes it really easy for people. And EuroPharma will have all those. Strontium you can find anywhere, they are cheap. The OsteoStrong™ you get from EuroPharma. I like them both. But they, what works really, really well, and again for people, I want listeners to know, if you are on medication for osteoporosis, don't stop your medication or if you are on other medicines because I'm saying there's alternatives here, these other ones compatible with all the other medications they are taking pretty much except Coumadin, there are rare exceptions. And you can safely do this and then go into your doctor and say "I'm doing so much better, can I stop this medicine?" You don't even have to tell the doctor that your migraines are gone or your gastritis is gone because of the natural things, because then they will flip out on you a lot of times. You are a genius in medicine; I'm so much better now, I would like to stop now, ok, good.
- Catherine:** Are you familiar with any of the data on isoflavones, because we were talking about soy and edamame and hormones What about isoflavones for bone density?
- Jacob:** I'm not a big fan. There is time for soy, edamame I'm ok using. A lot of the excess soy products will block thyroid function. There are benefits, but I'm hesitant; I think there are other things that I prefer that don't have some potential down-sides. So I....I'm familiar with the data and its low on my list of what I use because there are others I think are better.
- Catherine:** Ok, and I know to if you are supplementing with isoflavones that people with coagulation disorders or are on anticoagulant medication or people with diabetes or people on other hormonal products that those wouldn't be on, something you would want to use with caution. So in supplemental doses, the safety profile might not be as clean as some of the ingredients that you just described.
- Jacob:** To use not a mathematical term, it's about a zillion times safer than Premarin, but the other natural products push it so far down the list that I don't get to it.



Natural Standard

Catherine: Ok. Great. Well this has been such an informative discussion. And I really appreciate your enthusiasm and your passion for helping people, it's contagious. I know you have a new book coming out *Real Cause Real Cure*, can you talk about that?

Jacob: Absolutely, I'm twisting my arm...

Catherine: Drum roll!

Jacob: July 15th, 2011 Rodale will be putting out *Real Cause Real Cure*. Rodale only publishes initially through mail order, so it will be available online after July 15th, at www.realcauserealcure.com. It's an easy read, half the book is a nice easy read. It goes through the main 9 areas to optimize health and it gives you 28-day plan that's easy to do. I have a simple rule Kate; I don't take away anything pleasurable without substituting something equally pleasurable. If I live to be 120 years old and I take away all the joy in live, why bother? And the other half of the book is a reference section. Health conditions A – Z, whatever you got, you look it up, for all the things. For indigestion, we didn't talk about today, but there are some natural ways. But also I want to let you know on my website, at vitality101.com you will see *Health A – Z* along the top, you'll have a drop down list, 100's of different articles on things that give an overview on each medical condition and what to do, just very cookbook, here is what is going on, this is what you do. And for those with iPhones and Androids, there is an app *Cures A – Z*, over 1,000,000 people have downloaded it. I think it's the most downloaded holistic app out there. It's for free as all the other stuff on the website. And so these tools, and for people with chronic fatigue syndrome and fibromyalgia, I actually hold the patent in the United States on a computerized physician, that available on vitality101.com it's call the System Analysis Program, it will analyzes your symptoms. If you have them available, your blood test, you can analyze your blood test results as well. It will tell you exactly what's causing a CFS and fibro and tailored personal protocol to your case that tells you how to treat it naturally. So how does that sound?

Catherine: Wonderful. Thank you so much. Those are all excellent resources and I know that both Dr. Teitlebaum and I are both very excited people, we tend to be fast talkers, so I just wanted to confirm for listeners out there that we will have transcript of our discussion today posted on our website as well as the audio, so if you want to re-play and get any of these tidbits back or take notes or anything, they will be available to you and hopefully we will have the pleasure of speaking with you again in the future. And congratulations in advance on your new book. That is excellent news!

Jacob: Well thank you Kate. I've very flattered, it's going to be a really fun book for folks. And like I say if you are worried about how fast we talk, just go to the website vitality101.com look at *Health A – Z*, click on the button and all the stuff is there in easy to read, here is what you do.

Catherine: The take home message. The bottom line. Awesome. Well it's been a pleasure.