

Why Medicine today needs to embrace complementary therapies

And how they work

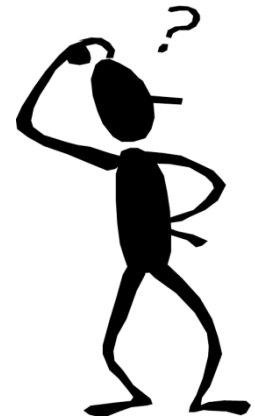
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Slides at
www.drgeraldlewis.com

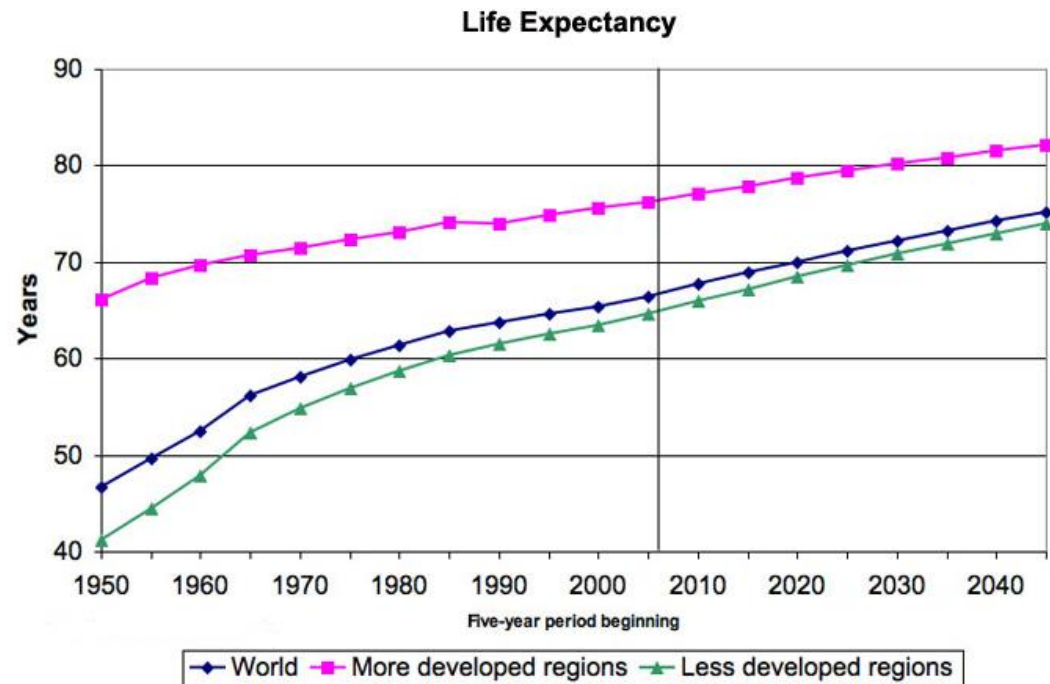


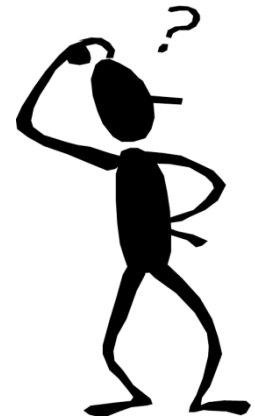
Governments around the world have a real problem



Governments around the world have a real problem

- People are growing older:



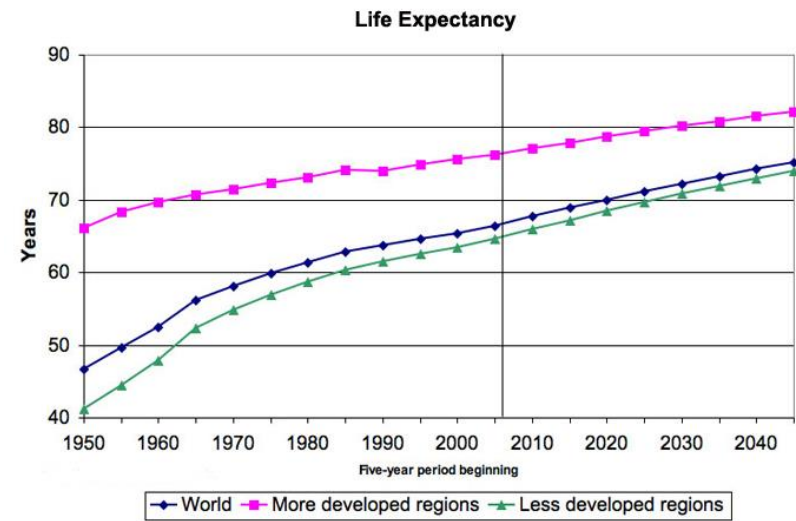


Governments around the world have a real problem

- People are growing older
- As they age they develop diseases



20 years plus after stopping work
The cost of treating aged diseases
Nursing homes hospital care
Superannuation....

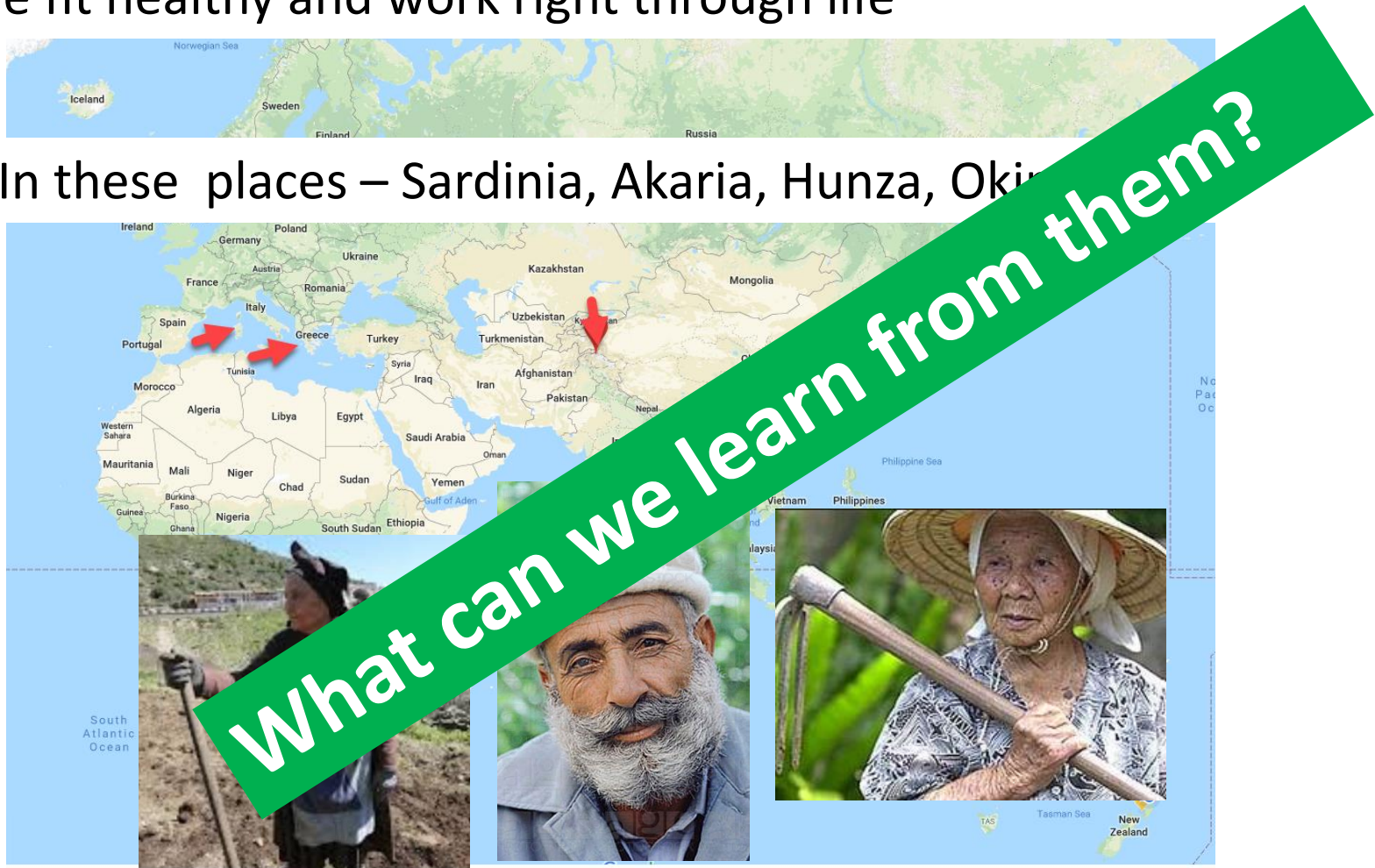


How are we going to pay for this – as the ratio between young and old changes?



But in some areas in the world people live routinely to 100 – but are fit healthy and work right through life

In these places – Sardinia, Akaria, Hunza, Okinawa



Live to old age active and healthy

Little or no cancer, heart disease, diabetes, Alzheimer's



Medicine has even greater problems

Chronic degenerative diseases are epidemic

Alzheimer's – not our medical texts

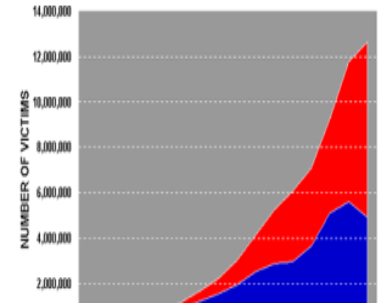
Diabetes – 1 child in 3 born after 2000 will develop diabetes*

Risk of developing **cancer** men and women 39% & 37%**

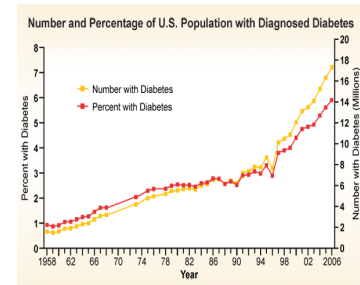
Heart attack – 1 in 3 men and 1 in 4 women will have a heart attack or stroke***.



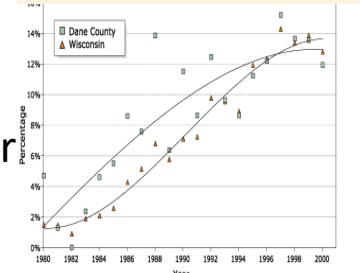
Alzheimer's



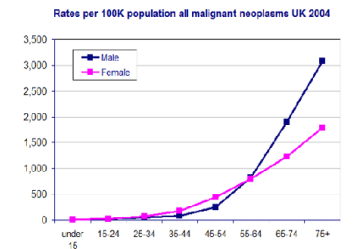
Diabetes



Cardiovascular



Cancer



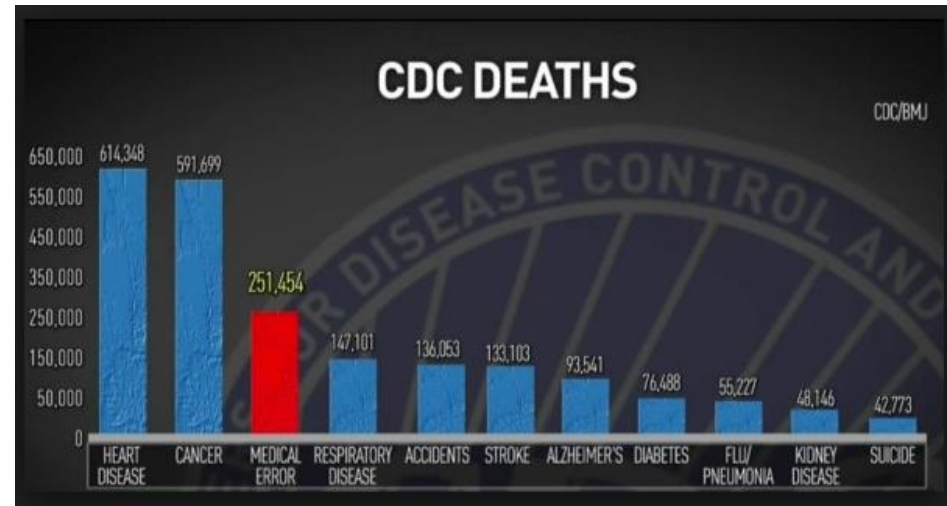
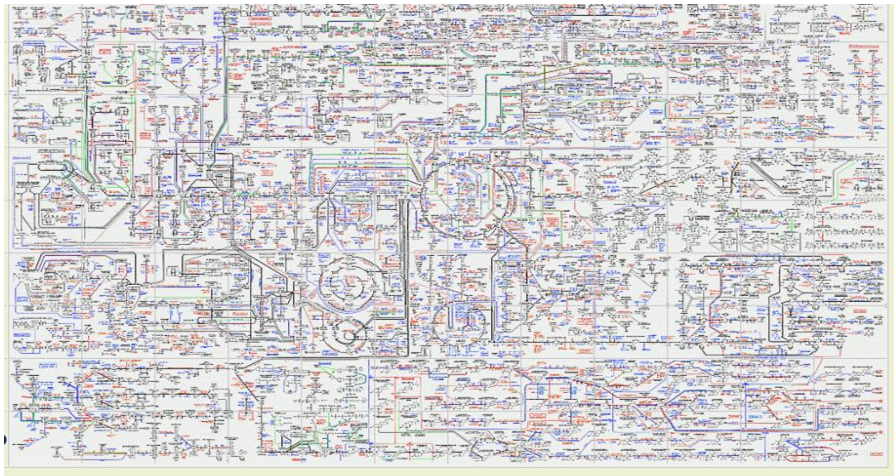
* CDC report, **Am Cancer Soc ***Framingham study

Despite the incredible advances in investigations, treatments and drugs we are not winning





Almost no drugs cure disease –
They just control symptoms
All have significant side effects
The 3rd cause of deaths in the USA



How do we expect putting foreign chemical
drugs into the biochemical pathways in cells
is not going to do harm?



Now we have a new problem

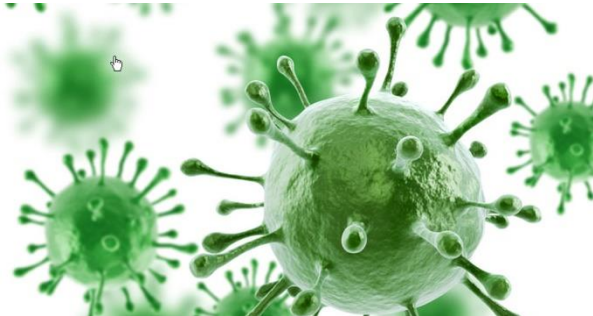
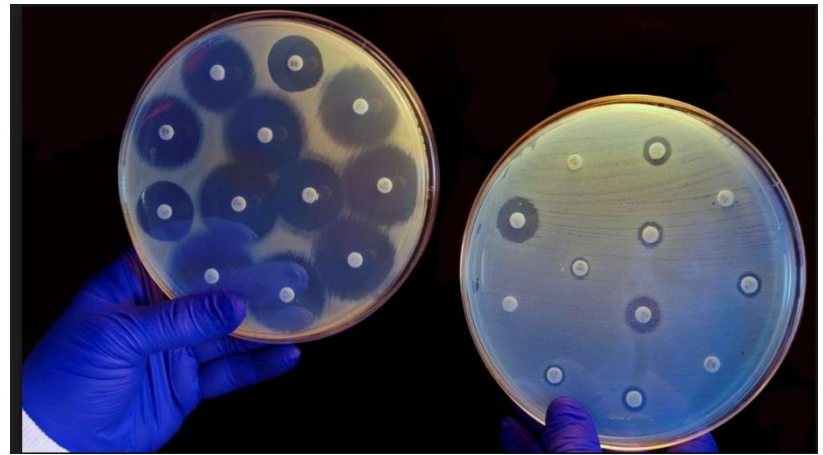
Drug resistant bacteria:

Over prescribing antibiotics

Patients not finishing AB course

Antibiotics given to animals

Antibiotic in animal foods



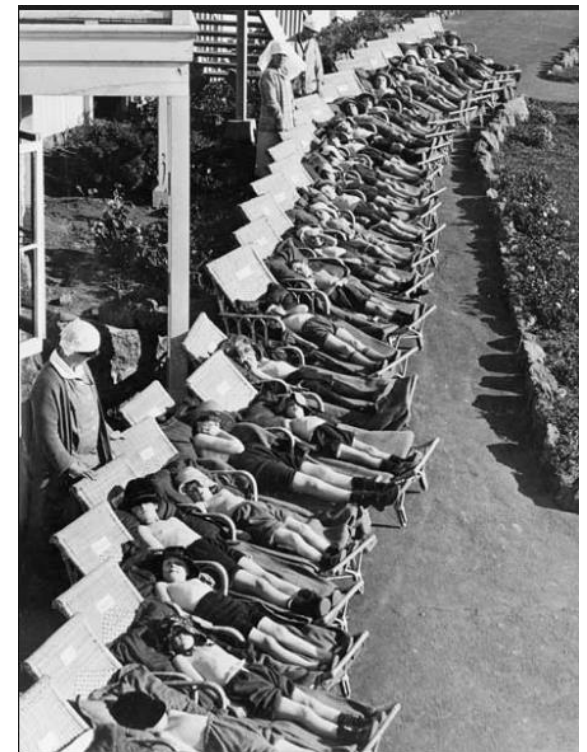
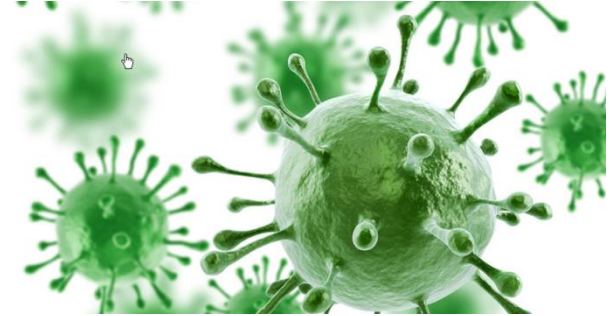
Staph, Strep, gonococcus, TB, pseudomonas, enterococcus, helicobacter, salmonella, haemophilus...

Bacteria can pass on resistance

No sooner does a drug firm make a new antibiotic – then bacteria come up with resistance – which is then passed on

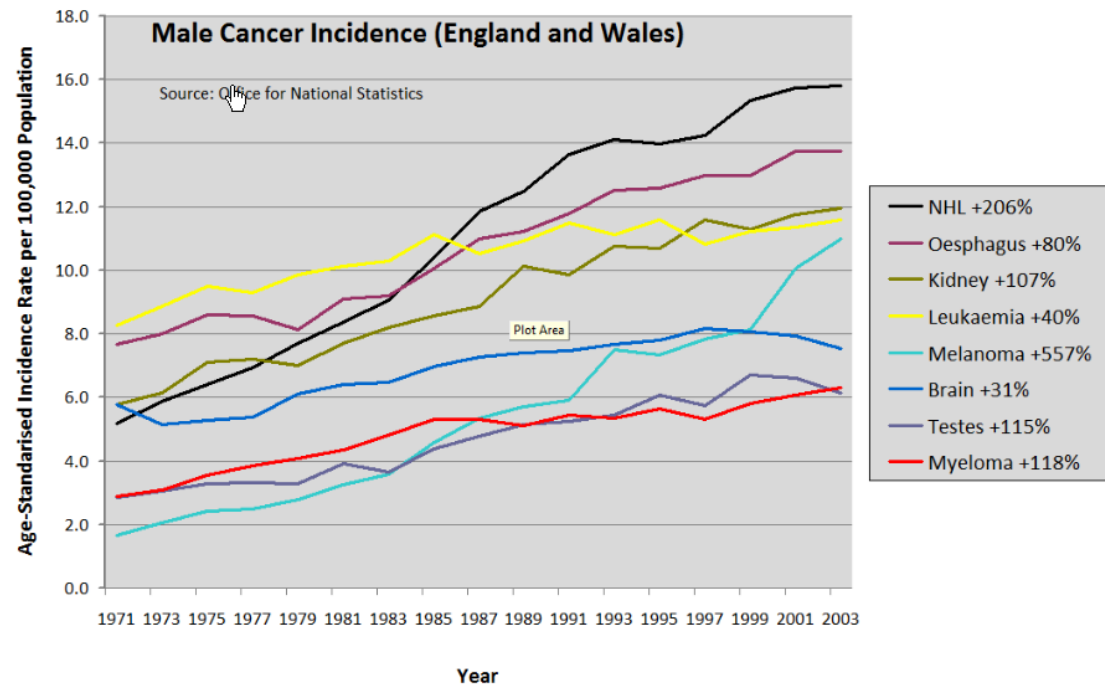
It takes \$2 billion to develop a new drug.
Current new antibiotics being created
world wide: **ZERO**

We could go back to the early 1900's
where sunshine and fresh air was the
treatment for TB

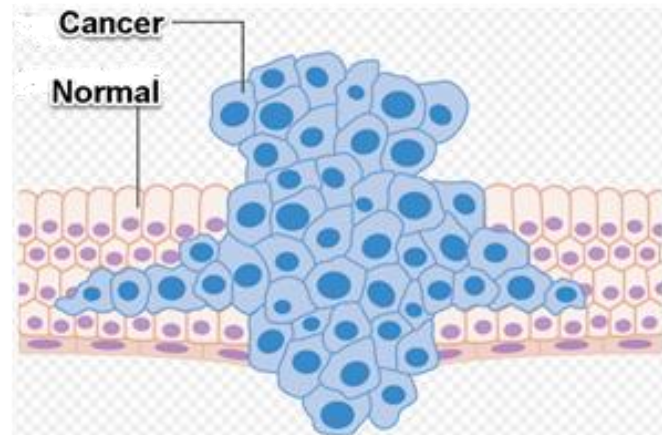


Cancer has been the feared and most dreaded of diseases.

The incidence of all continues to rise:
Treatment (chemotherapy, radiotherapy) is so unpleasant



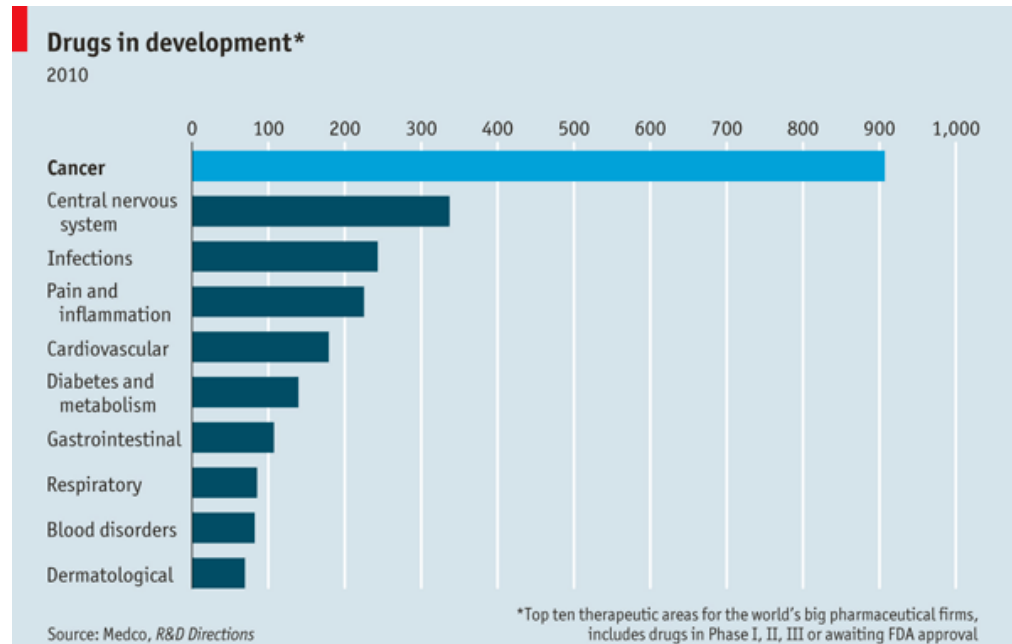
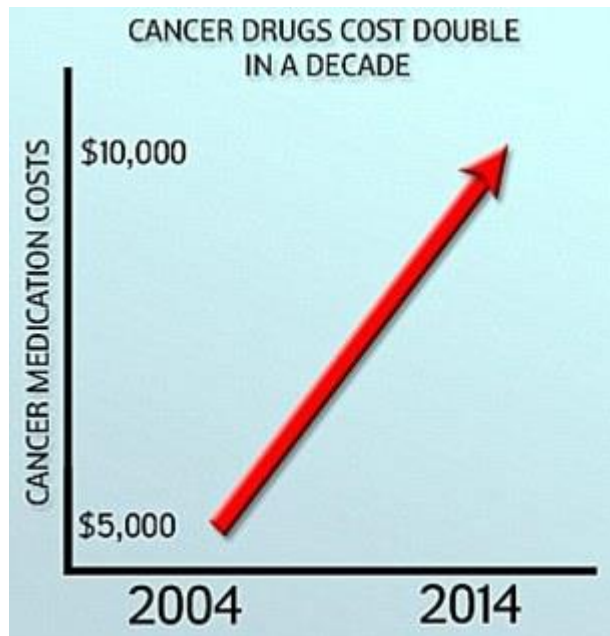
Cancer cells are just rogue 'normal cells',
To kill cancer cells we always damage our healthy cells as well.



Chemo also weakens the immune system
– our body's defences against infection
and CANCER.



Scientists are now developing newer more
targeted drugs which just fight the cancer cells
But they are hugely expensive.



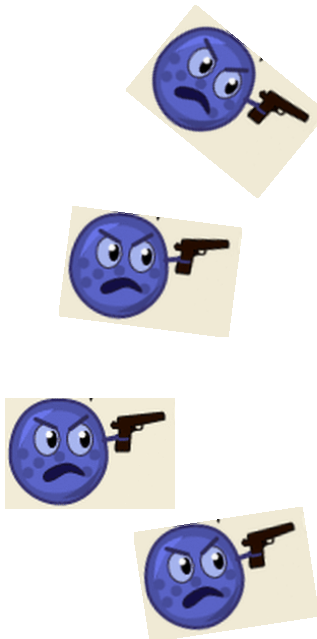
Immunotherapy is a huge advance.

We have all had cancers in our lives
our immune system recognises them and kills them.

Cancer cells have developed a protective shield -
Immunotherapy destroys these shields

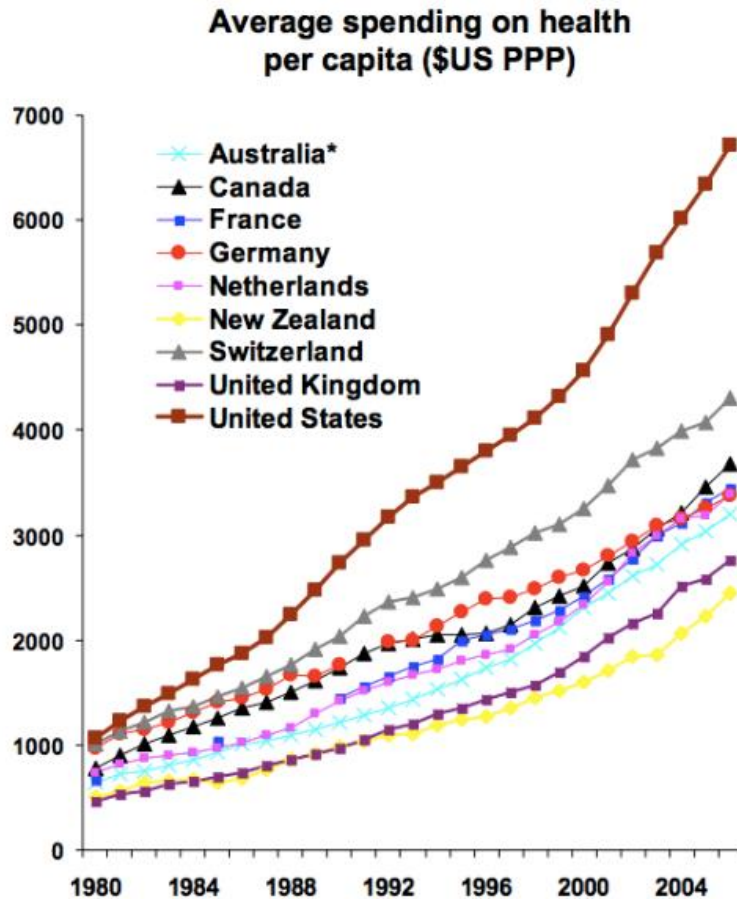
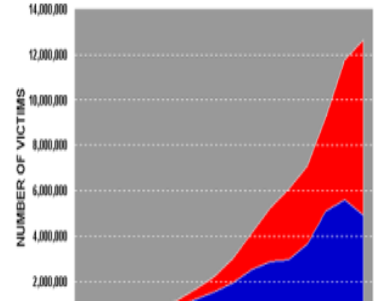
The immune cells can attack the cancer –

Everywhere - anywhere, not just the primary
source but also secondaries anywhere in the body

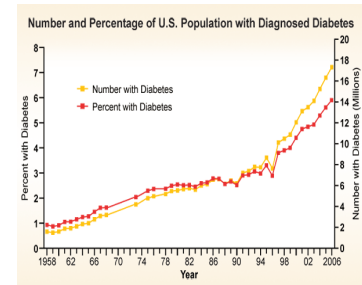




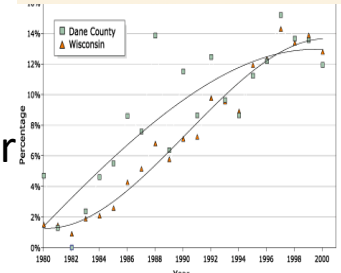
So medicine has a huge problem
We are spending more and more Alzheimer's
And diseases continue to rise



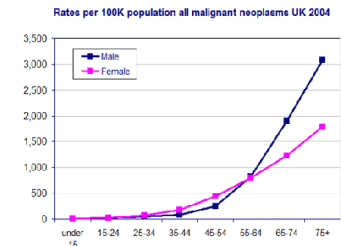
Diabetes



Cardiovascular

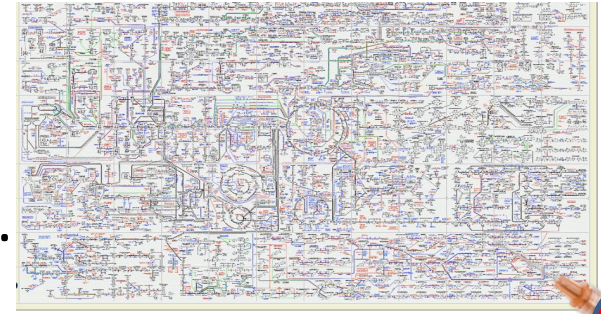


Cancer



We need to be looking at a new approach

Find ways to support the biochemistry and immune systems, and help the body – to prevent and also to fight against diseases.



Working together – complementary treatments plus medicine
This way – WE CAN WIN!



Patients are confused – medical treatment or complementary?
They often have to decide
They should be offered BOTH!

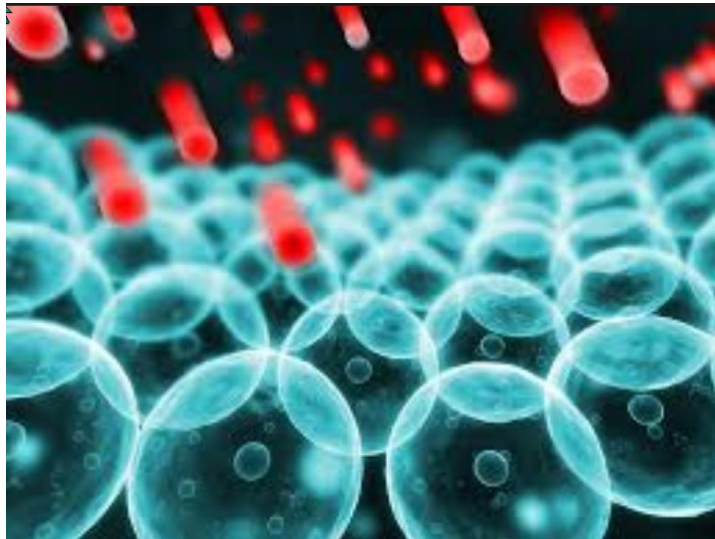
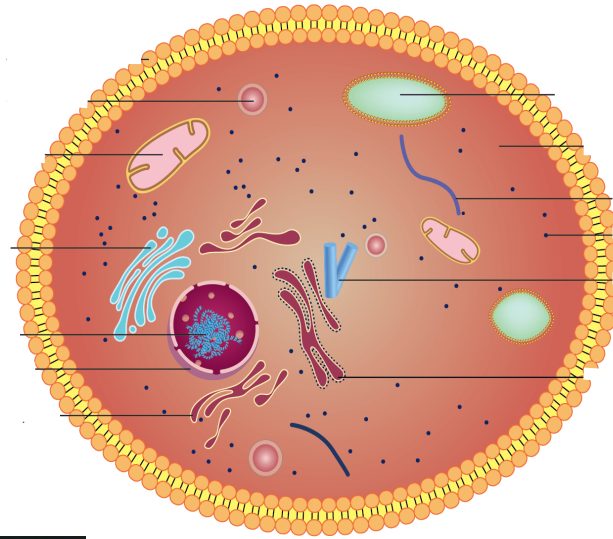
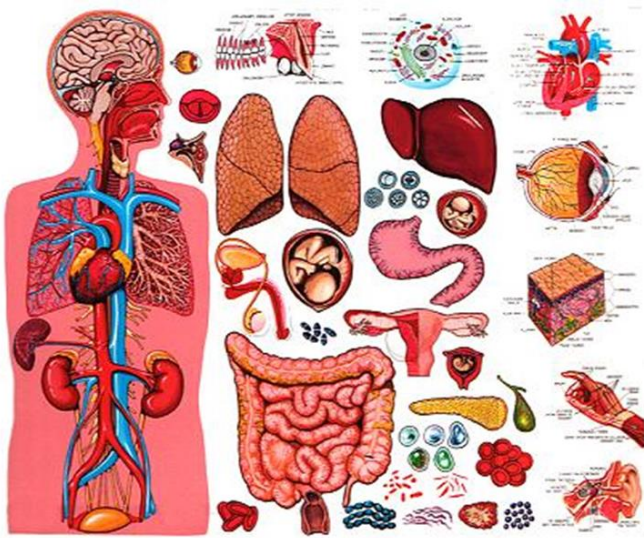
The best answer - **Nature usually knows best!**



1. Why do some areas have no disease and live to 100?

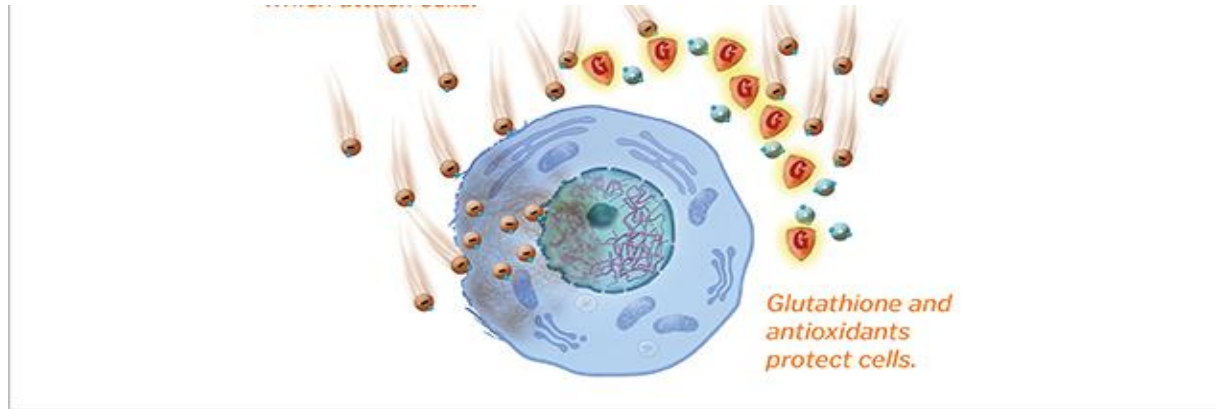


To understand, we need to look at our cells and how they respond to the outside world.

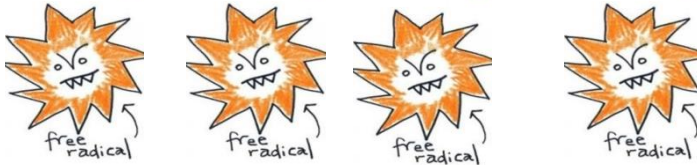


Free radical bombardment

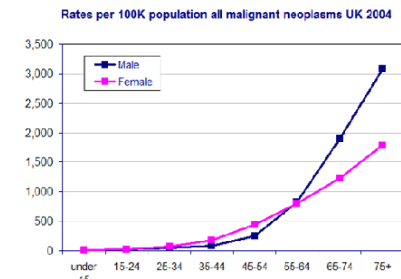
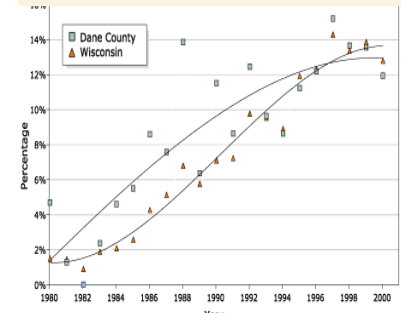
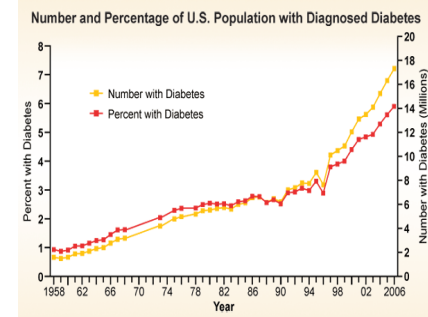
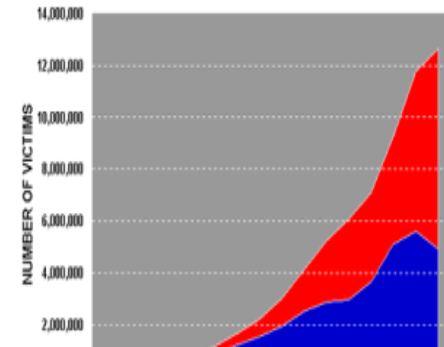
Our bodies and cells are under constant attack by free radicals which create or aggravate diseases.



Free radicals (unstable harmful particles) damage everything they touch



They cause or aggravate most of today's degenerative diseases

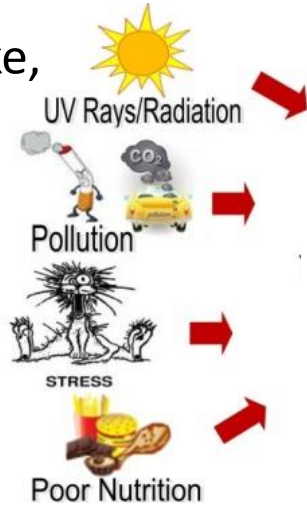




Free radicals are the major cause of today's diseases

CAUSES of FR

pollution,
alcohol,
tobacco smoke,
heavy metals,
transition
metals,
industrial
solvents,
pesticides,
certain drugs
radiation
EMF
phone towers



DISEASES CAUSED

macular
degeneration,
cardiovascular
disease,
cancers,
emphysema,
alcoholism,
Alzheimer's
disease,
Parkinson's
disease,
Ulcers
all inflammatory
diseases, such as
arthritis and lupus

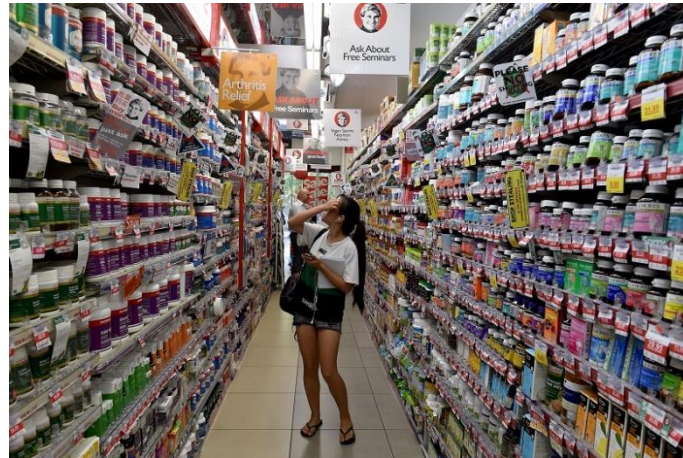
**We can neutralise Free Radicals
with Antioxidants**



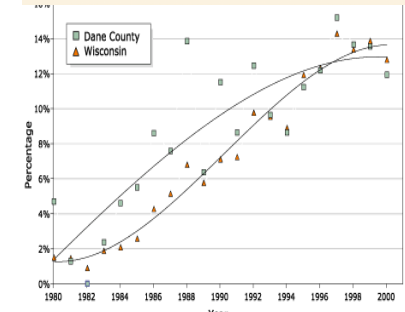
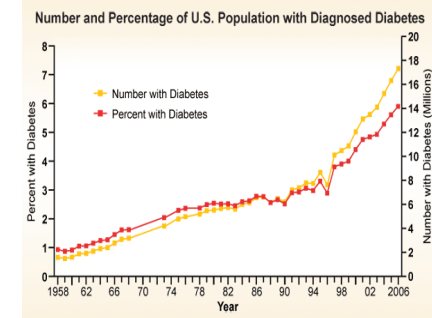
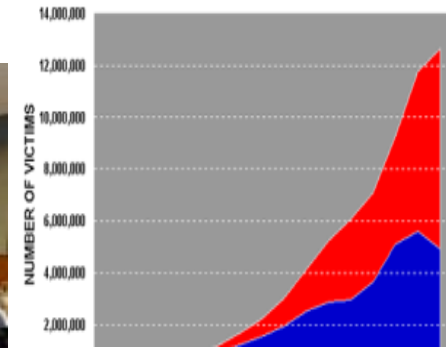
So we have been telling people
to get antioxidants –
“ Eat lots of fruit and veges”

BUT:

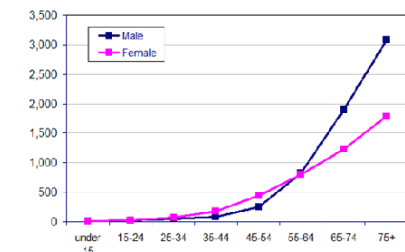
Its hard to do all year round
And still diseases climb
So – why not supplement
with the antioxidant
vitamins – A, C, D and E?



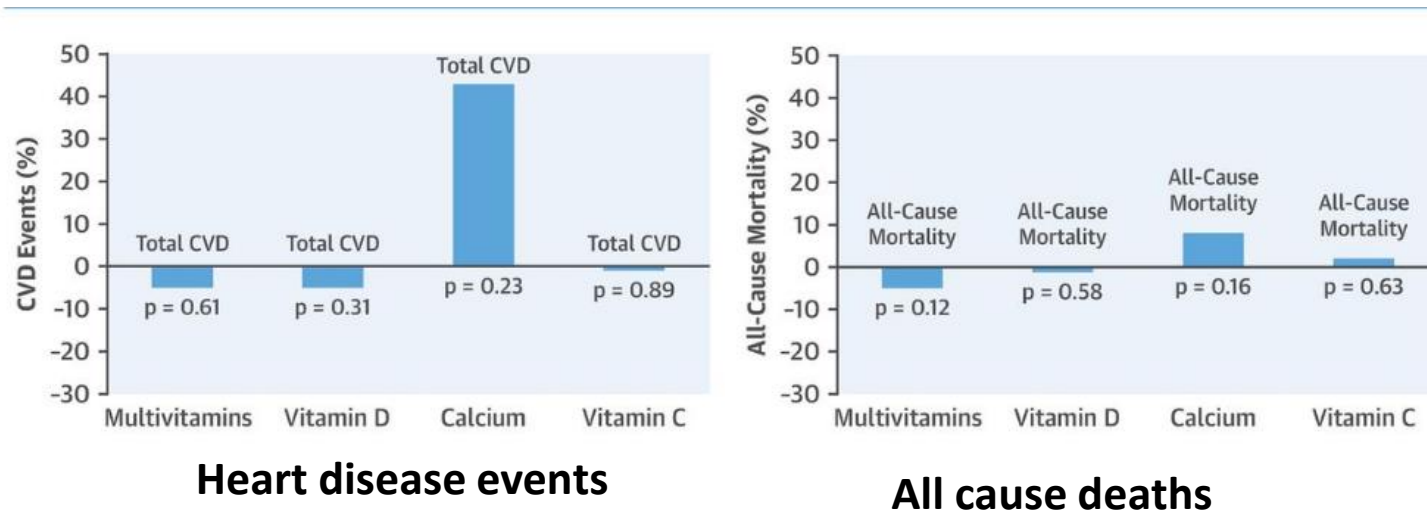
But it hasn't worked!



Rates per 100K population all malignant neoplasms UK 2004



No trial has shown an increase in longevity from OTC supplements
People feel and live better – but not longer

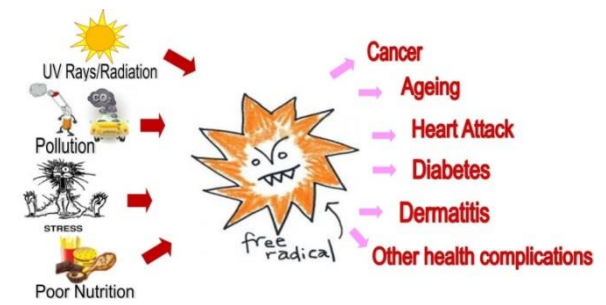


All published trials Jan 2012 – Oct 2017
179 controlled trials,
Supplements gave No harm and no benefit.

Jenkins, D.J.A. et al. J Am Coll Cardiol. 2018;71(22):2570-84.

Are high quality, pharmaceutical grade supplements the same
We don't know.

So disease are caused by free radicals



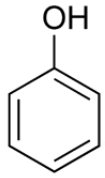
Eating or supplementing with antioxidants doesn't work.

We have been ignoring the elephant in the room



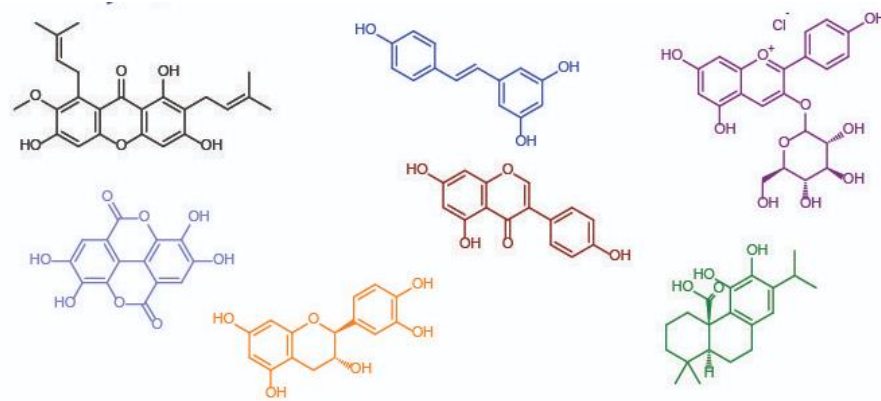
POLYPHENOLS!

Polyphenols



Phenol

Thousands of polyphenols



Give fruits, nuts & berries their colour, taste, bitterness
PROTECT plants from diseases



In our search for health, we have ignored them



What is special about – Sardinia, Akaria, Hunza, Okinawa



Live to old age active and healthy
Little cancer, heart disease, diabetes, cancer

Mediterranean –fruit & berries + red wine



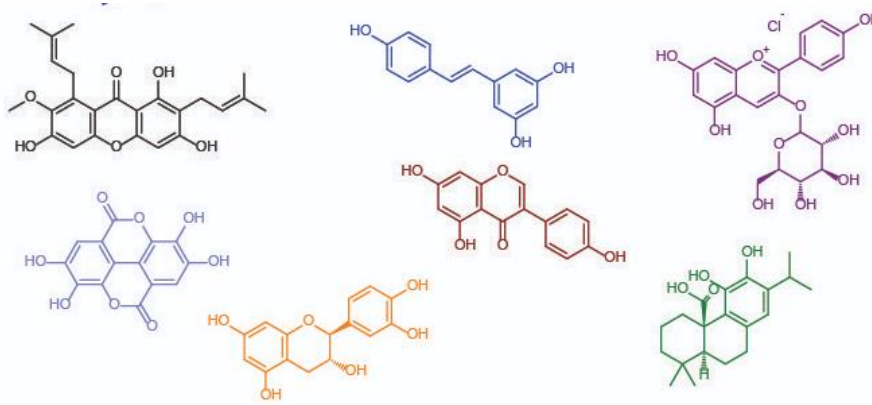
Okinawa – purple sweet potato instead of rice

Hunza valley - milk, cereals, fruits and vegetables, apricots and juice



Rich in polyphenols all year round

Eating fruit and vegetables reduces some diseases



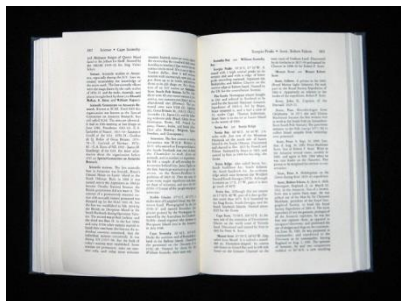
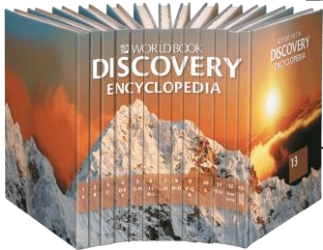
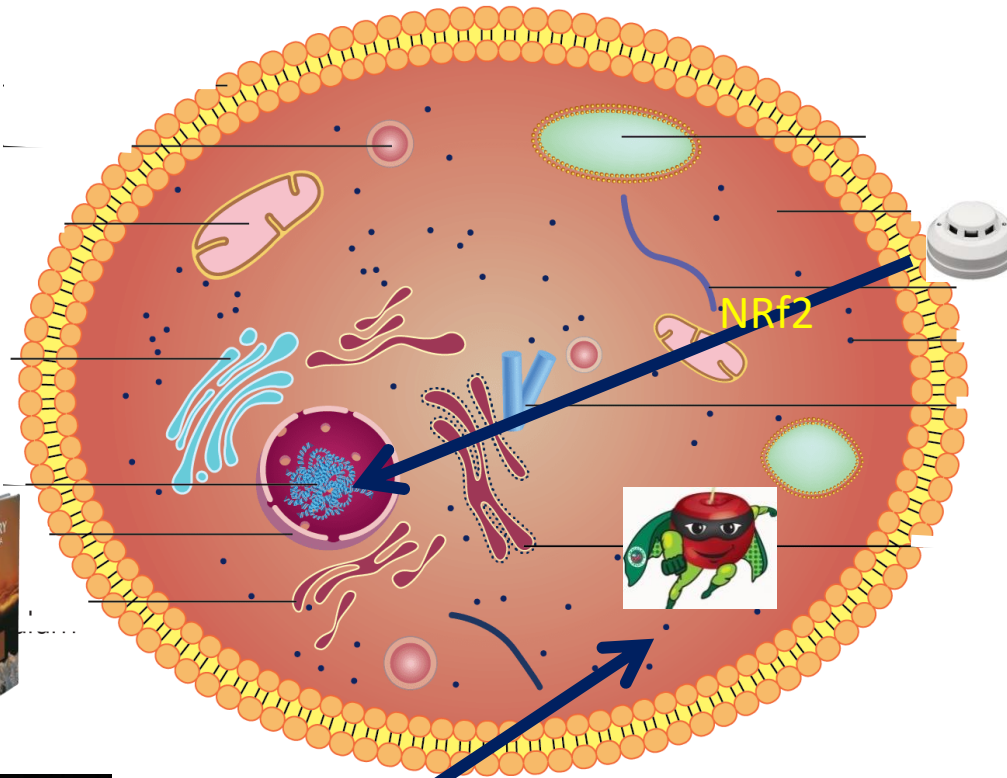
Why do polyphenols protect from these diseases almost completely?



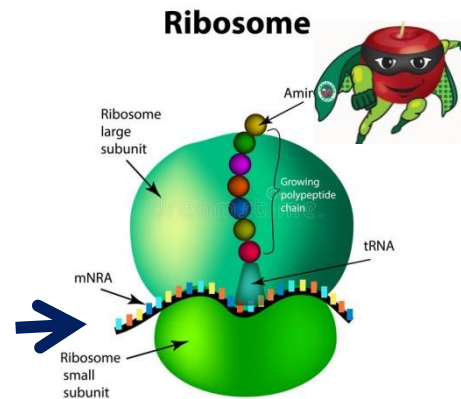


1. Our protection from Free Radicals

When a free radical approaches a cell



MRNA
Messenger RNA



1. Our protection from Free Radicals

Antioxidant vitamins A, C, D, E - from diet and supplements

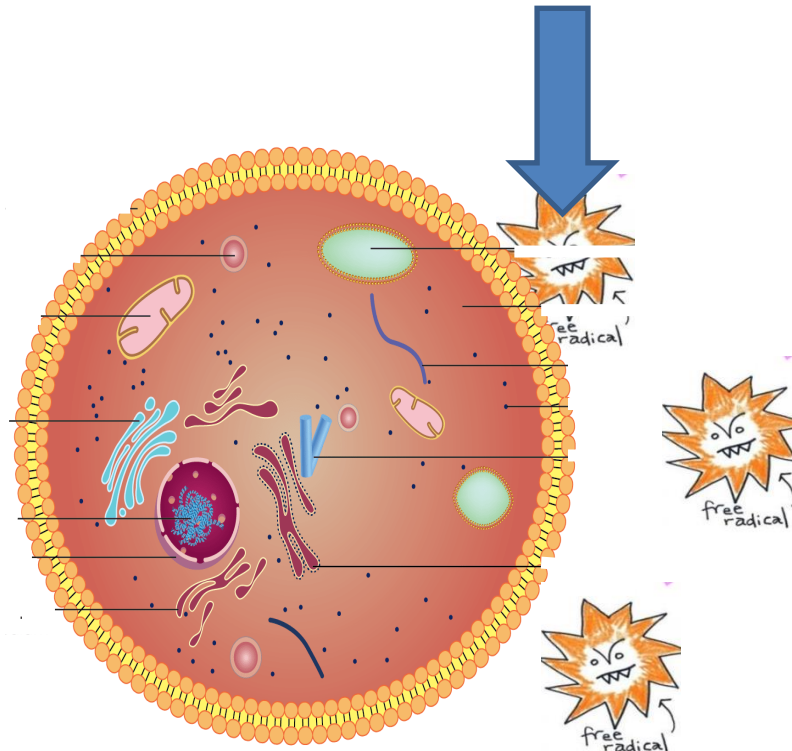
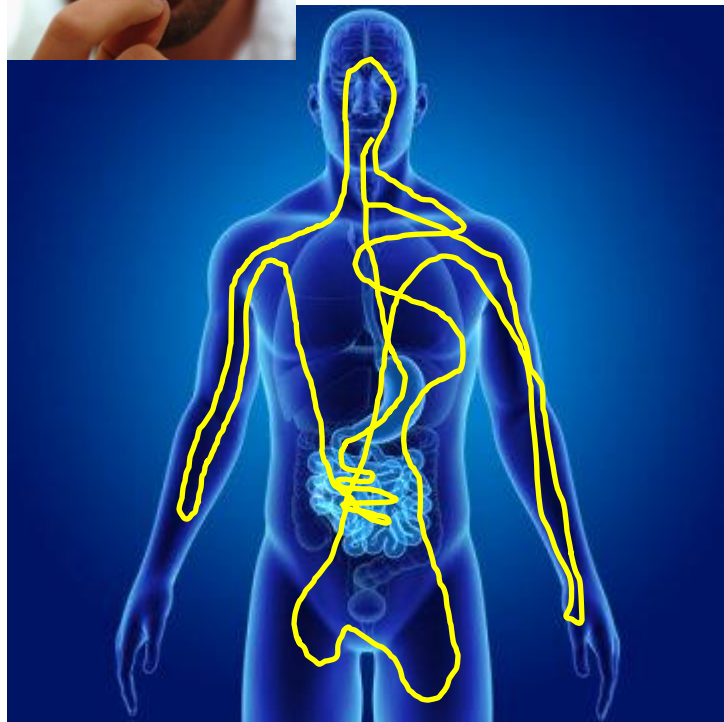


Cellular antioxidants – superoxide dismutase, catalase, glutathione reductase



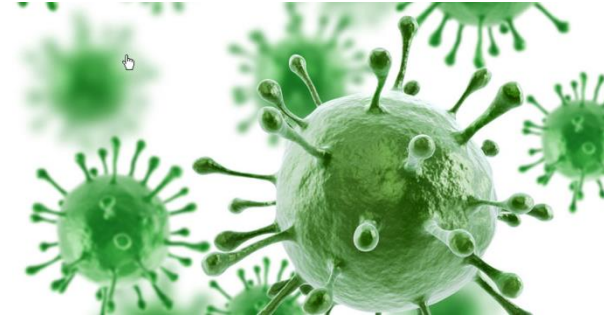
These are 100 – 1000s more powerful

Are made exactly where and when they are needed



2. How can we fight against Drug resistant bacteria?

By supporting and boosting our immune systems.



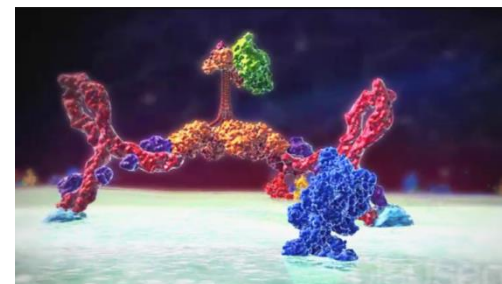
We have very powerful immune defences –
in the gut, lymph nodes, bone marrow, white blood cells, spleen

White blood cells – patrol looking for pathogens:

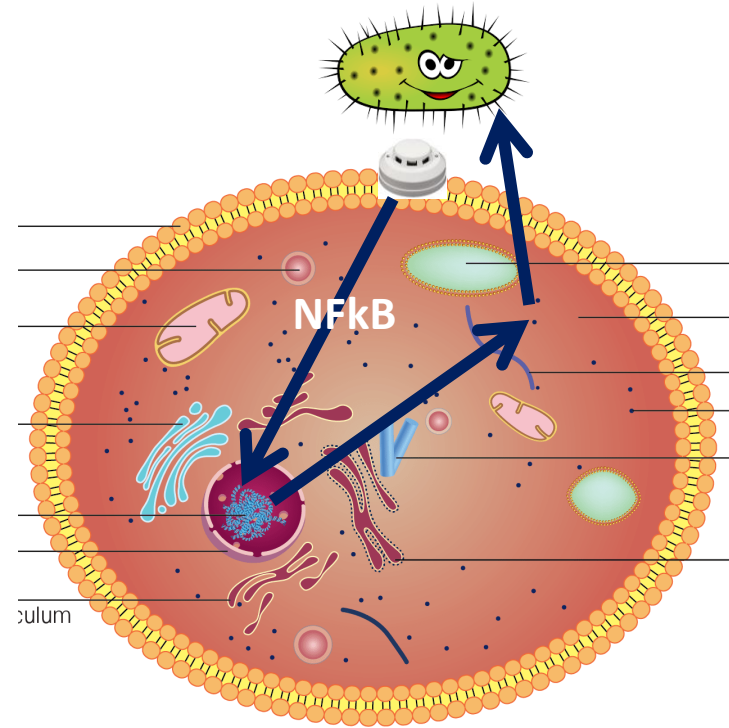
Phagocytes – eat up the bacteria

Lymphocytes make antibodies and Killer T cells,

Complement – like a limpet mine –
sticks to the bacteria wall and explodes it



When a virus or bacteria approaches a cell



The 'sensor' sends a message (NFkB) to the nucleus → anti bodies, complement and other defences.

But the immune system can be a 2 edged sword



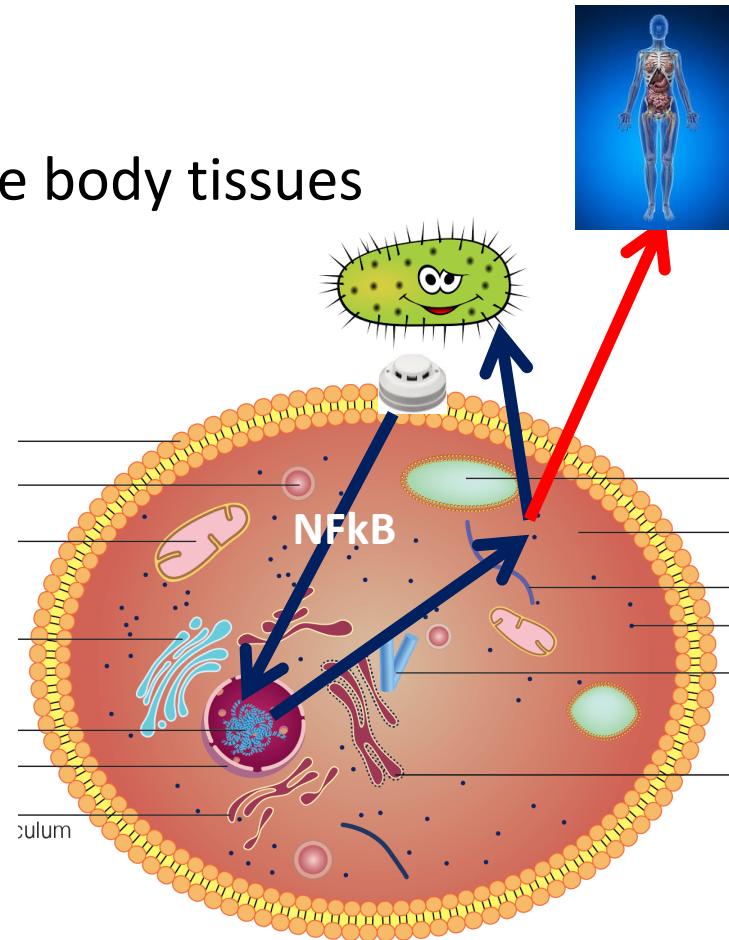
When the virus/bacteria is destroyed – the immune system needs to switch off.

If not it can attack the body tissues

Immune diseases –

Systemic lupus,
Rheumatoid arthritis,
Ulcerative colitis,
Crohns,
Multiple sclerosis,
Addisons,
Graves disease

.....

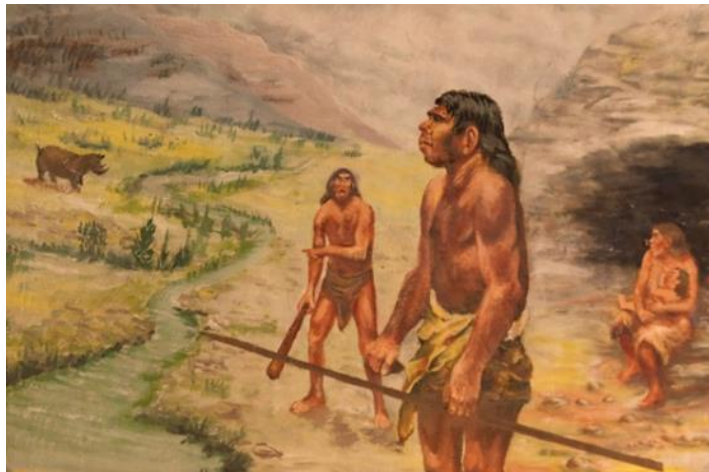


The sensor needs know when to stop creating Nfkb



1. Our protection against free radicals – NRF2 sensors
2. Our protection against bacteria and viruses- NFkB sensors
3. **How to cope with excess food (MTOR)**
4. **How to cope with famine**

Early man had to cope with changes in food supply.



The cells have sensors to detect this.

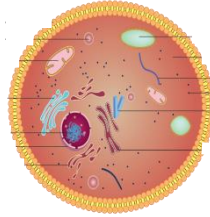


Times of plenty –

Store food and nutrition for famine coming soon



A sensor creates MTOR



The cells store energy - are stuffed with fat, protein and sugars,

Cells and organelles in them multiply

No repairing

Replacement of old cells

Everything is just stuffed in.

BUT

Today's world is very different

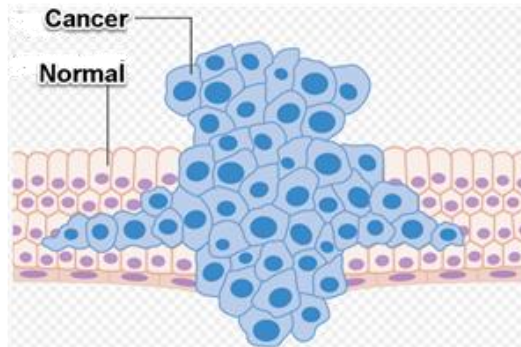


We are 'feasting' all year round and never have famines



MTOR doesn't switch off and the cells overflow and become damaged and can lead to diseases

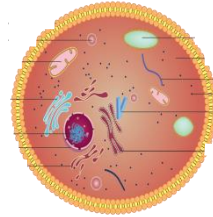
Cancer
Diabetes
Heart disease
Alzheimer's



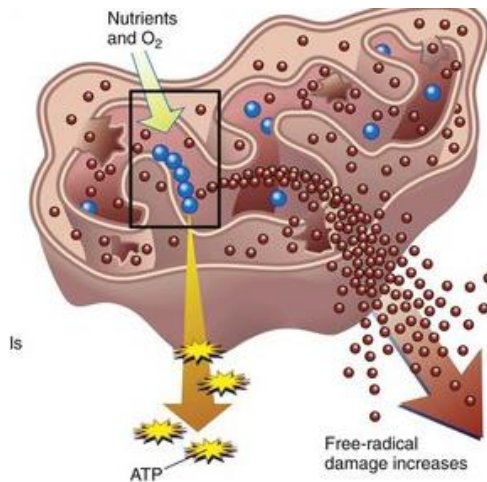
Times of Famine -



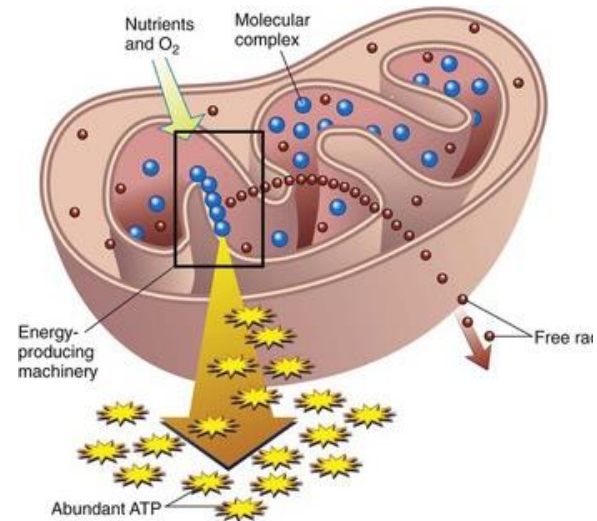
mTOR is switched off
and starts **Autophagy**



- Cleaning out the debris from the cell
- Replacing worn out inefficient organelles



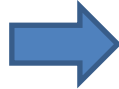
OLD



New

Mitochondria

Autophagy is like spring cleaning the cells



The cells work more efficiently
Can fight invaders and disease better



But we don't have famines

This is where FASTING can have a similar effects and benefits

Or switch off the mTOR sensor & start autophagy.

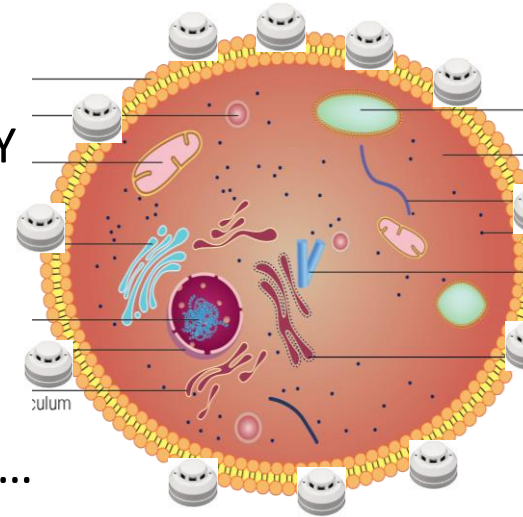


Why do eating polyphenols protect against ageing and diseases?



The cell has many hundreds of sensors for different things:

- NRf2 (free radicals), NFkB (infections), MTOR, AUTOPHAGY
- Glucose → Insulin
- Stress → cortisol and/ or adrenaline
- Dehydration → vasopressin
- Low thyroid → thyroxin
- Hormone levels → testosterone, progesterone, oestrogen...
-



They switch on and off as required....epigenetics

When the sensors are working well → HEALTH
If not they can cause disease

The sensors can deteriorate –

- With age,
- Overwhelming signals,
- Continuous background ‘noise’– like Rotorua smell,
- Drugs
- Toxins
- Preservatives
- Poisons



What can help them to function normally?



Polyphenols.

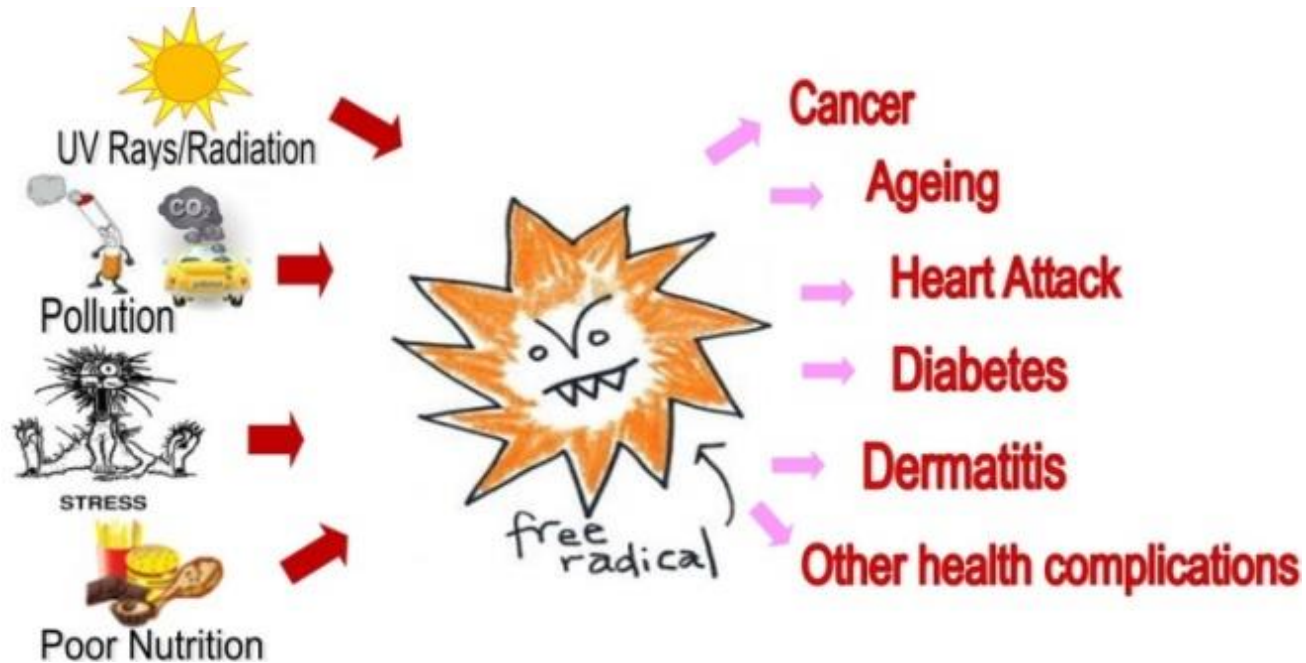
In tissue experiments -
Polyphenols
resensitise the cell sensors



Polyphenols:



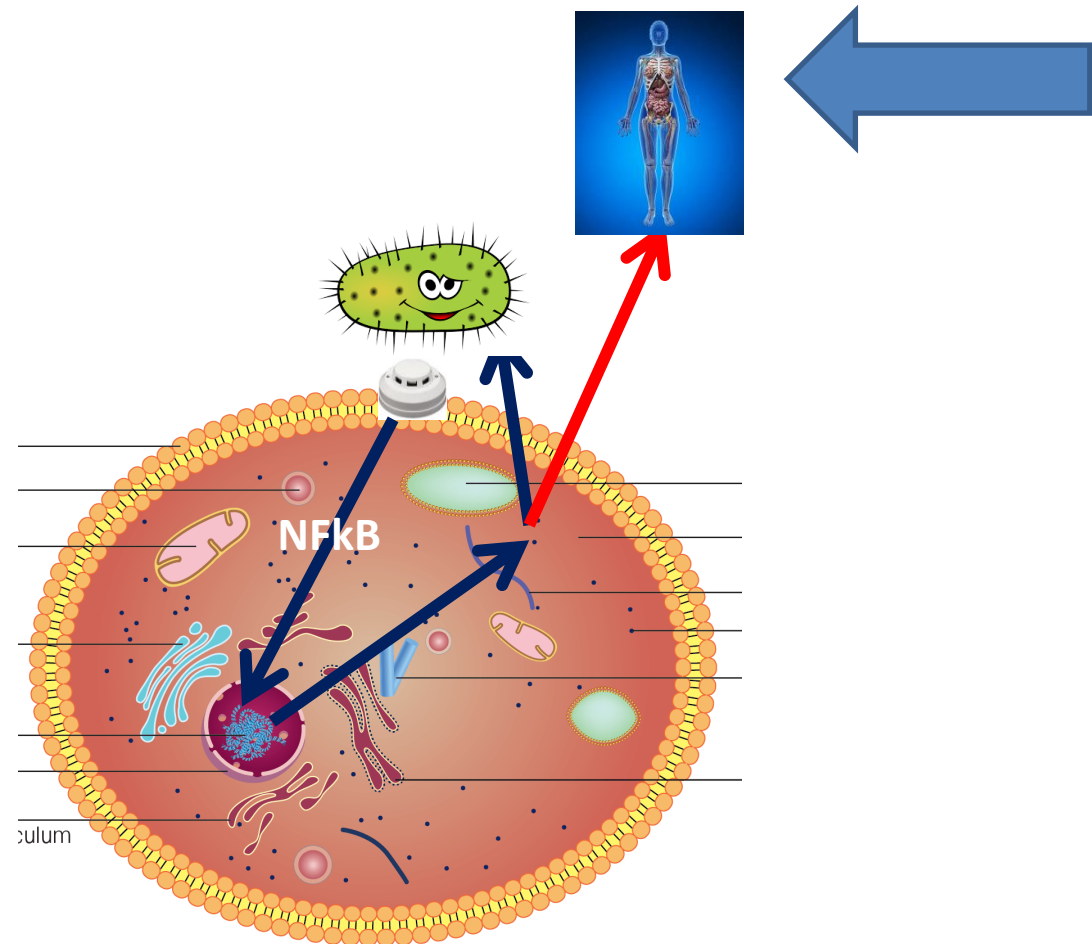
- Sensitise the **NRf2** sensors – reducing free radical damage
- There are many other **NRf2** switches (diabetes...)



Polyphenols:



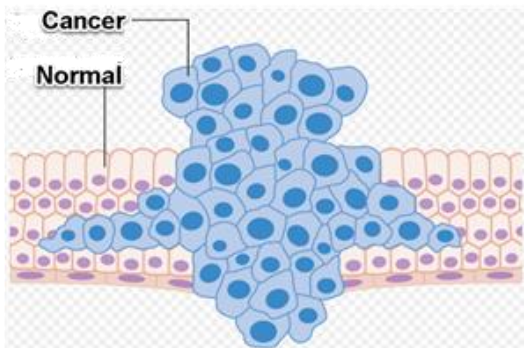
- Sensitise the **NRf2** sensors – reducing free radical damage
- There are many other **NRf2** switches (diabetes...)
- Help turn **off** the immune response to **NFkB** – immune diseases



Polyphenols:



- Sensitise the **NRf2** sensors – reducing free radical damage
- There are many other **NRf2** switches (diabetes...)
- Help turn **off** the immune response to **NFkB** – immune diseases
- Helps turn **off mTOR** when not needed



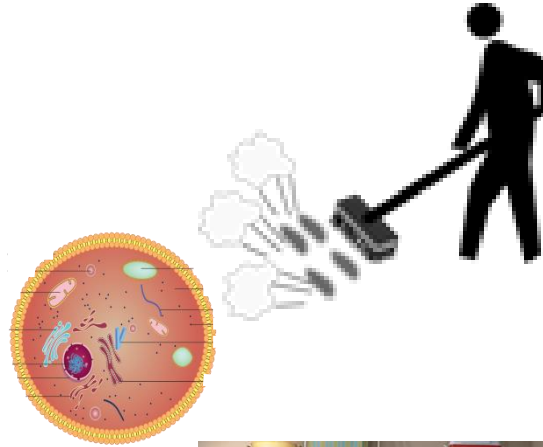
Cancer, diabetes, heart disease



Polyphenols:



- Sensitise the **NRf2** sensors – reducing free radical damage
- There are many other **NRf2** switches (diabetes...)
- Help turn **off** the immune response to **NFkB** – immune diseases
- Helps turn **off mTOR** when not needed
- Encourage **Autophagy** – clean, healthy cells



Efficient perfect
functioning cells



Polyphenols:



- Sensitise the **NRf2** sensors – reducing free radical damage
- There are many other **NRf2** switches (diabetes...)
- Help turn **off** the immune response to **NFkB** – immune diseases
- Helps turn **off mTOR** when not needed
- Encourage **Autophagy** – clean, healthy cells

All of these

1. **Protect** the body from toxins, radicals and infections
2. **Reduce the risk** of diseases – both protection and defences
3. May **help in treating and recovery** from diseases
4. **Helps the body function** and perform more efficiently



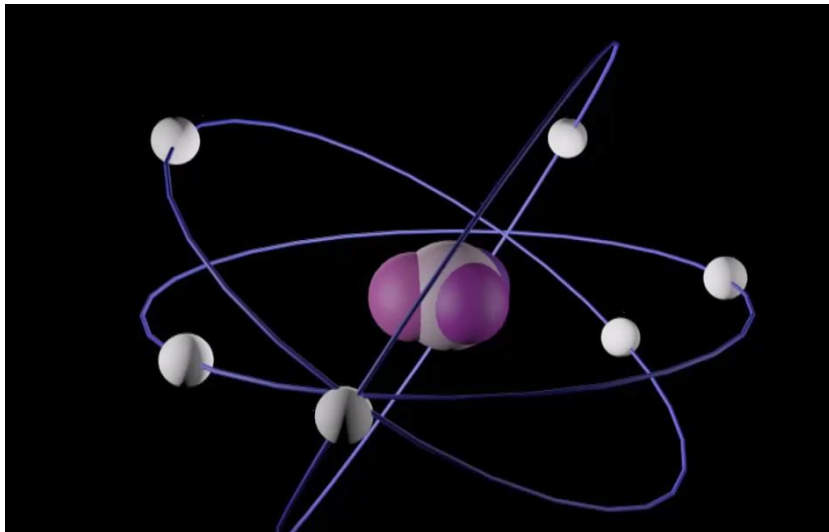
Another tool medicine rarely uses well is **MIND BODY MEDICINE**

Our bodies are made of energy

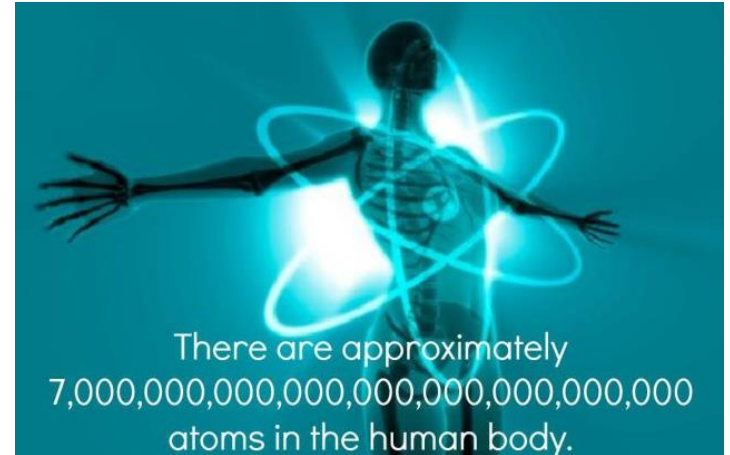
Trillions of atoms.

Electrons (energy)

Nucleus – protons and neutrons
up and down quarks (energy)

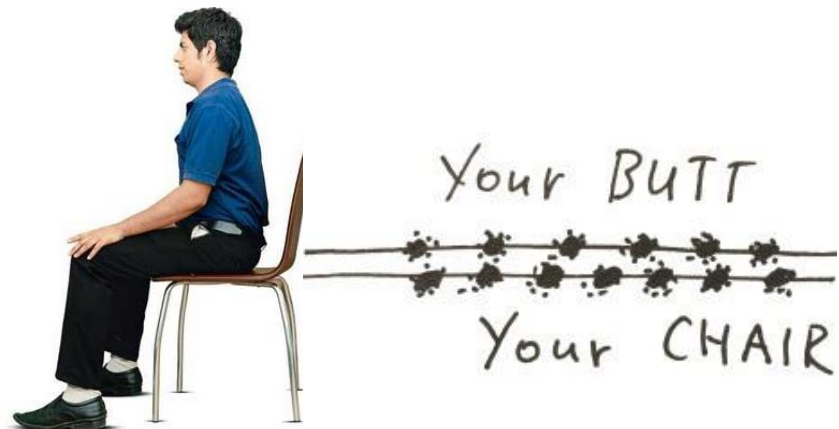


*Quantum physics – “until it is observed,
an electron must be regarded as being
everywhere and nowhere”*



There are approximately
7,000,000,000,000,000,000,000,000
atoms in the human body.

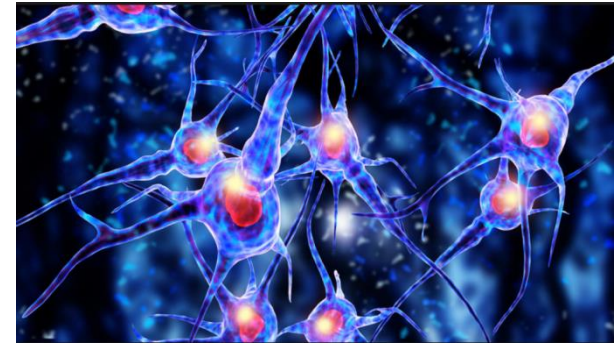
We are just energy &
electromagnetic charges



Thoughts are energy.

What we think - we are

People with a positive attitude get better,
Those who turn faces to the wall often don't improve.



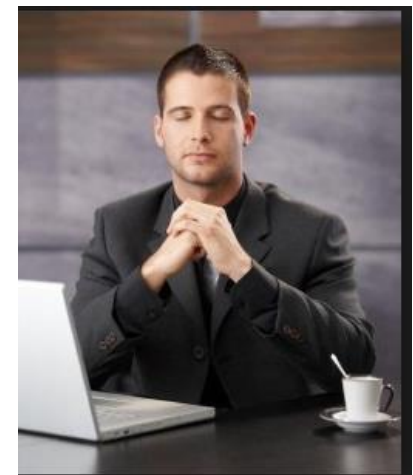
Do what you love, get out and experience the
positive energy of the world,
Grounding, Pray, meditate, live in the moment



Mindfulness – live in the moment!

Pause in the whirlwind of life and bring you attention to the senses and current moment

1. Compassionate thinking – think of the positives of what you are doing, family and friends, appreciate the small things,
2. Breathe and count – inhale using abdomen, slow deep breaths and count, do in groups of 5 . Can be done anywhere.
3. Mindful eating – no TV, facebook, concentrate on the taste, smell, texture of food. A time of calm, also helps digestion
4. Reduce multitasking –allow yourself to focus on one task, not spread across many. Make a priority list and do one at a time.





Reiki



Homeopa...



Naturopathy



Ayurveda



Herbalism



Just because we don't understand these, does NOT mean they don't work.

Why Medicine today needs to embrace complementary therapies

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Physician, Clinical Pharmacologist and Cardiologist



Slides at
www.drgeraldlewis.com

We need to use the best of modern medicine as well as the best of complementary therapies

HOW?

Beware of Google

30 % great

60% rubbish

10% lethal



80% can be terrifying



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MEDICAL ADVICE

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- Cancer - specific types
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- Complementary & Alternative medicines
- Consultation with Dr Lewis
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- Cramp, Jumpy Legs
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Dr. Lewis is a specialist General Physician, Cardiologist and Clinical Pharmacologist
www.DrGeraldLewis.com

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- LIFESTYLE CHANGES, DIET AND SUPPLEMENTS

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TOP DOCTOR Find a top doc 2018

Dr Gerald & Dr Monica Lewis

With his wife (Dr Monica), Dr Gerald has practised medicine in Public Hospitals and Private Consulting in New Zealand for over 40 years. They have together published a number of books on Complementary Medicine, Heart Disease, Nutritional Therapy, and Cancer; and have been asked to lecture on these topics

For each disease:

Description of the disease

What doctors can do – drugs, operations etc, and videos.

Dr Gerald Lewis MD

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Multiple Sclerosis

[Read Disclaimer / Info >>](#)

Description: the cause of this disease is unknown, but it may fit into the 'autoimmune' group of diseases, where the body's immune system attacks itself. The myelin sheath around the nerves and the brain is slowly destroyed, causing short circuits and **malfunction of the nerves**. Similar to damage to the plastic coating around an electrical wire. Multiple sclerosis patients tend to relapse with stepwise deteriorations.

What your doctor can do

For acute attacks, high dose steroid drugs (methyl prednisolone) is the treatment most used, it is effective in many cases but rarely modifies the disease progression. In some centres plasma exchange therapy is used. For relapsing attacks. Some doctors try steroids, or immune suppressors (cyclophosphamide, methotrexate) but these usually only give limited benefit when given long term, although they may cause a temporary improvement. Immunomodulatory therapies like teriflunomide, beta interferons and others seem promising, but they do have significant side effects and confirmation of their true value is awaited.

What you can do



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Medical Conditions

[ALS, Motor Neurone Disease, Lou](#)

[Gehrig's disease](#)

[Alzheimer's disease](#)

For each disease:

Description of the disease

What doctors can do – drugs, operations etc, and videos.

What you can do – exercise, cleansing, causes of relapses, Low dose naltrexone (plus video)....

What you can do

Lifestyle

- ✚ A positive mental approach is very important and may in itself reduce relapses.
- ✚ Plenty of rest and regular exercise are beneficial. Avoid getting over tired.
- ✚ Some people suggest bowel cleansing and a low stress diet (no milk products, gluten, chocolate or alcohol, and reduce simple sugars), to see if this reduces the relapses.
- ✚ Toxins - some practitioners do hair mineral analysis for heavy metal toxicity, and check the teeth for excess mercury, infected root canals or jaw cavitations.
- ✚ If there is anything which precedes a relapse (stress, pollen, changes in temperature, dietary change), try to avoid these.
- ✚ Low dose naltrexone - may well help ([click here](#) for more details) - and after a discussion with your health provider, should be considered.

Nutritional supplements

Alzheimer's disease

Angina

Arthritis

Asthma

Athletes

Atrial Fibrillation

Autonomic nerve dysfunction

Becoming an Affiliate

Blog

Cancer

Cancer – coping with chemo

Cancer – specific types

Children's Health

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Supplements I recommend

Nutritional supplements

- ✦ A good multivitamin/multimineral makes sure that brain tissues have all the nutrients and minerals required to function perfectly. The USANA Cellsentials * (see below) contain phytonutrients which help switch on and off many of the intracellular processes which may be working abnormally. We do not know if this has a role in MS, but it can do no harm.
- ✦ Omega 3 fish oils, 1-2 grams daily. This is very important for good brain function. Because MS is a disease affecting the nerves, a high omega 3 intake can be very beneficial. It may also reduce the relapse rate and improve symptoms. In a small study of patients with multiple sclerosis, over 2 years the incidence of recurrences fell from 1.39 to 0.06 in those taking omega 3 fish oils, B vitamins and vitamin C.78
- ✦ Calcium and magnesium, 800-1,000mg/day. Magnesium has a very calming effect, helps with sleep and enables people to cope better. It can also help with nerve function.
- ✦ Grape seed extract (proanthocyanidins) is a powerful antioxidant and anti-inflammatory agent and some people with multiple sclerosis find that taking high doses can help both with the severity and the frequency of the relapses.
- ✦ Vitamin C, 1-3 grams/day, is a powerful antioxidant, it is also essential in the repair of fibrous tissue, and may help the repair of the myelin sheaths around the nerves.
- ✦ Because the muscles can become weak, exacerbating tiredness, Coenzyme Q10 can be helpful to improve energy - 50 - 300mg daily)
- ✦ Vitamin D - we do not fully understand the actions of vitamin D, but it seems to turn on and off genes and the immune system. In areas where Vitamin D levels are low, there is much more multiple Sclerosis. I would suggest all MS patients take 6-10,000iu of vitamin D daily.
- ✦ Whenever there is an exacerbation of multiple sclerosis, the Co Q10 and grape seed extract should be greatly increased, by up to 3 or 4 times the usual dose, and may well reduce the effects of the relapse.

I have done a 20 minutes talk on how supplements can help in patients with MS - [click here](#)

Cancer – specific types

Children's Health

Cholesterol – good or bad?

Cluster headache

Celiac Disease

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Cramp, Jumpy Legs

Crohn's Disease

Depression

Diabetes

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For each disease:

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What you can do – exercise, cleansing, causes of relapses, Low dose naltraxone (plus video)....

Supplements I recommend

Other theories and therapies.

There are a number of other theories which reputable doctors have suggested but which have not been accepted by the conventional MS specialists - why? Not because they may or may not work, but because no trials have been done with them. The reason for this is that the treatments or drugs are not under patent, so no drug firm will sponsor a trial and they are expensive (costing millions of dollars). So until there is a trial conventional medicine will not recommend these therapies, even though they have very little to offer these patients.

✚ Infection by chlamydia pneumonia (CP) - there has been some interest in this as a possible cause, but it is very hard to identify this bacteria and even harder to treat it. Even though some studies have shown CP present in the brain tissue or cerebrospinal fluid of some MS patients, others have not. The topic is well described in this [short video](#) click here. The drugs recommended (doxycycline 200mg daily, roxithramycin 300mg daily and short courses of metronidazole) and are cheap and relatively free from side effects, but the recommended duration of 1 year to eradicate the disease is a long time. If I or a close relative/friend had MS which was not getting better, would I try these - I think I would. (A review of the evidence and Dr Wheldon's discussion can be found [here](#).

(Note in the video they discuss jugular vein dilatation as a therapy. Firstly it is difficult to see how venous return from one side of the brain could affect lesions in the spinal cord, and the reports of instantaneous recovery of sight after dilation, makes this therapy much less credible. Also in the video, the proponents for this treatment suggest that it may be C Pneumonia which is causing both.)

✚ You might also like to look at this video from youtube on MS. Dr. Terry Wahls cured her own MS using a hunter gatherer diet. It is a very powerful video, and for people who could do it, it seems a very good approach. I suspect huge doses of quality supplements as above could have a similar effect, but leave you to make up your own minds [click here](#)

Heart attack

Heart Failure

Hepatitis

High blood pressure

Immune diseases

Infections

Insect bites

Insomnia

Irritable Bowel Syndrome

Lupus erythematosus SLE

Meniere's disease

Menopause

Migraine

Multiple Sclerosis

Myasthenia Gravis

Osteoporosis

Other therapies – acupuncture,

Ayurvedic medicine, energy

healing, homeopathy, naturopathy,

HOW?

1. Use the best of modern medicine

Diagnosis, investigations

Second opinion (or www.drgeraldlewis.com)

2. Positive mind-set to healing and recovery

3. Exercise -



**Why Medicine today needs to embrace
complementary therapies**

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5. Ideal diet – as good as you can

Confused advice

Fats are OK (saturated, unsaturated

Avoid trans fats and sugars

Consider occasional fasting



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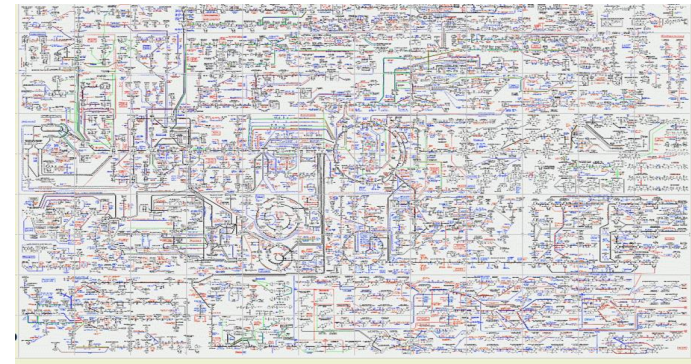
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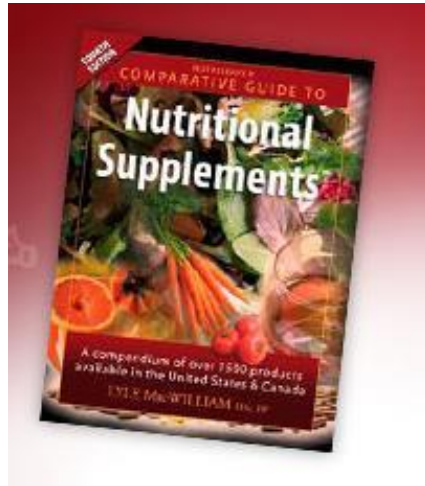


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Avoid trans fats and sugars
Consider occasional fasting
6. Take a complete supplement to make sure the
cells have all the nutrients they require
Multivitamin/mineral & fish oil/flaxseed oil



Most supplement trials are negative!

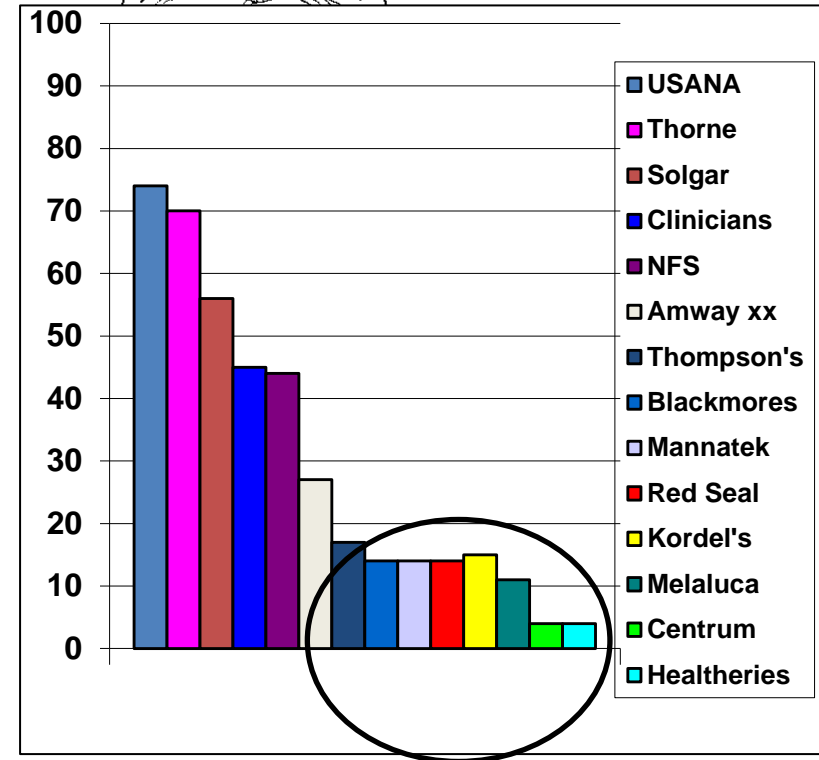


But when you look at the quality of the supplements used in most trials
It's not surprising.

Quality complete supplements
given in the correct doses can make
a huge difference to our patients



Supplements
don't work



Supplement trials where medicine has reached the end of its tether

↑ New Cochrane health evidence challenges belief that omega 3 supplements reduce risk of heart disease, stroke or death

New evidence published today shows there is little or no effect of omega 3 supplements on our risk of experiencing heart disease, stroke or death.



Prescription Omega-3 Fatty Acids Cut Cardiovascular Events: REDUCE-IT

In the second big trial surprise of the week, high-dose, prescription fish oil appears to have significantly reduced the risk of CV events.

Heart disease — REDUCEIT trial 2018
Over 8,000 people already on statins, 3 grams of fish oil reduced cardiac events and deaths by over 25%

Heart Failure — Q Symbio trial 2014

In Patients with severe heart failure, CoQ10 HALVED deaths and hospitalisation

JACC: HEART FAILURE
© 2014 BY THE AMERICAN COLLEGE OF CARDIOLOGY FOUNDATION
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VOL. 2, NO. 6, 2014
ISSN 2213-1779/\$36.00
<http://dx.doi.org/10.1016/j.jchf.2014.06.008>

The Effect of Coenzyme Q₁₀ on Morbidity and Mortality in Chronic Heart Failure

Results From Q-SYMBIO: A Randomized Double-Blind Trial



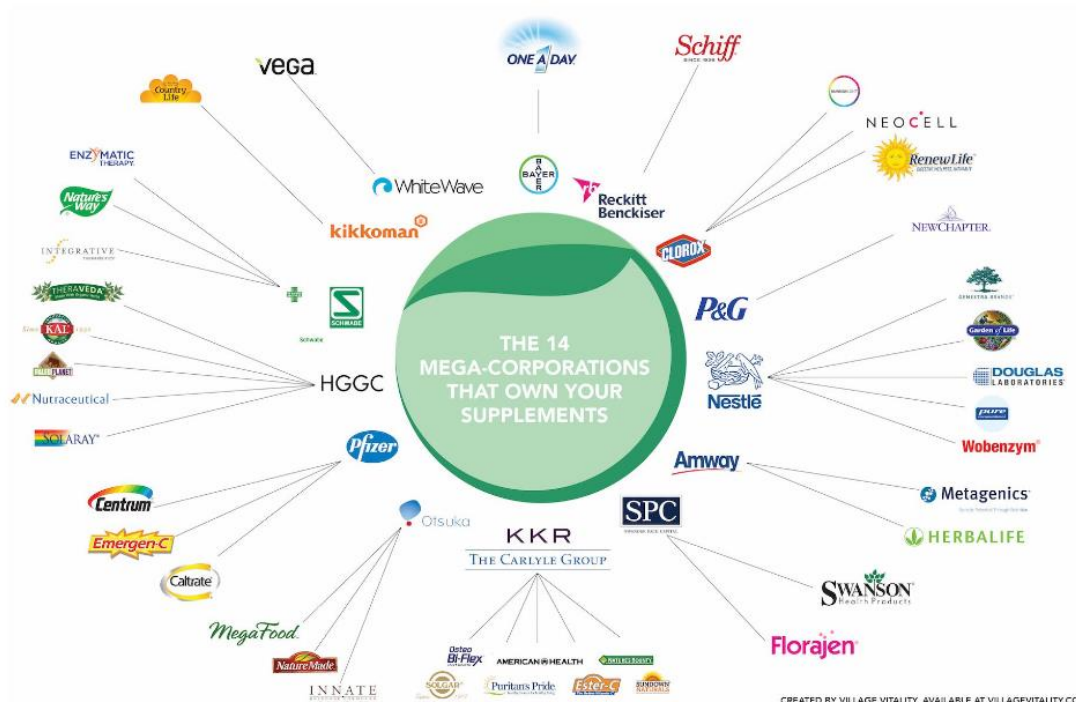
There is a real place for quality supplements at the right dose in preventing and treating many diseases.

Who own supplement companies – and why????

Centrum, EmergenC
Metagenics Hebal Life
Douglas, Wobenzyme
Neutraceutical, Solarray
Nature made
Once a Day

Pfizer
Amway
Nestle
HGGC
Otsuka
Bayer

The 14 Mega-Corporations That Own Your Supplement Brands



What is their incentive to

- Research
- Promote
- Create new products?

HOW?

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 - Confused advice
 - Fats are OK (saturated, unsaturated)
 - Avoid trans fats and sugars
 - Consider occasional fasting
6. Take a complete supplement to make sure the cells have all the nutrients they require
 - Multivitamin/mineral & fish oil/flaxseed oil

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 - Consider occasional fasting
6. Take a complete supplement to make sure the cells have all the nutrients they require
 - Multivitamin/mineral & fish oil/flaxseed oil
7. Take **polyphenols throughout life**

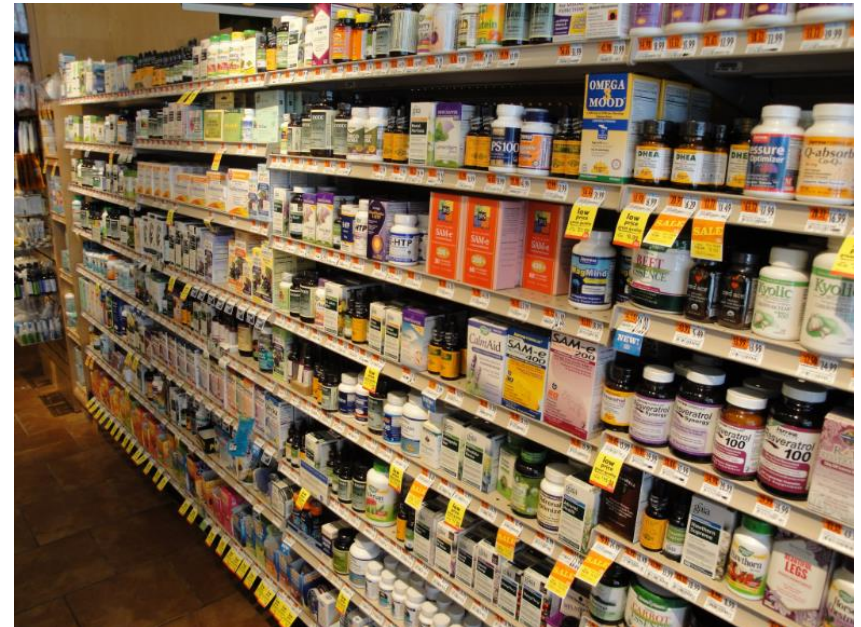


It's almost impossible to get enough polyphenols all year round

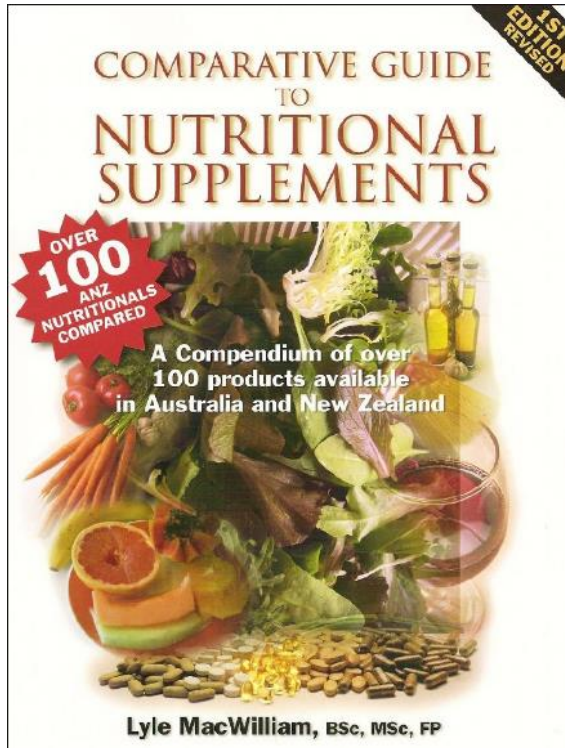


So take a supplement which contains them

But none do with one exception:



The USANA Cellsentials



Plus 8 new active polyphenols:

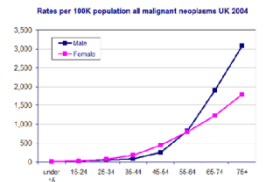
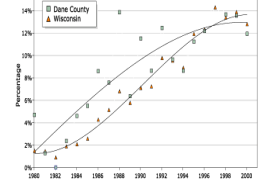
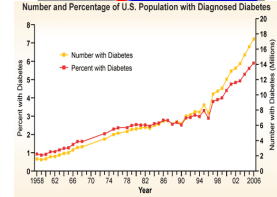
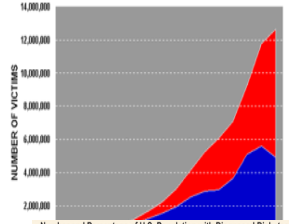
- Resveratrol
- Quercetin
- Hesperidin
- Ruthin
- Alpha lipoic acid
- Green tea extract
- Mareva Turmeric
- Olivol



If we took these 7 cheap and simple steps:

- We could slow, even prevent most of today's diseases
- Help recover from illness

Good medicine
Avoid toxins
Mindfulness
Exercise
Good diet
Good supplements
Polyphenols

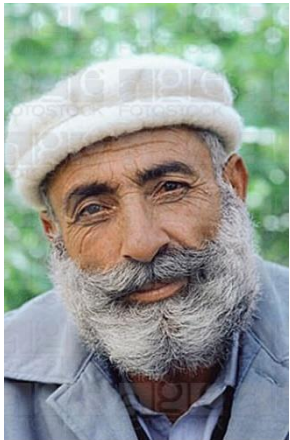
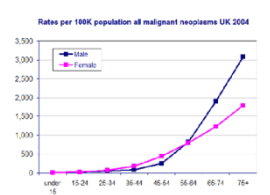
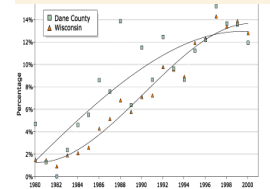
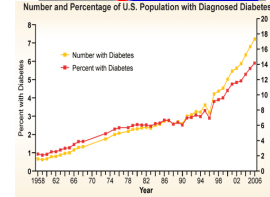
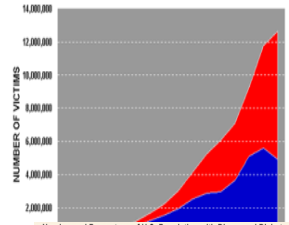




If we took these 7 cheap and simple steps:

- We could slow, even prevent most of today's diseases
- Help recover from illness
- **And live long and productive lives**

Good medicine
Avoid toxins
Mindfulness
Exercise
Good diet
Good supplements
Polyphenols

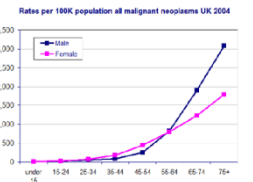
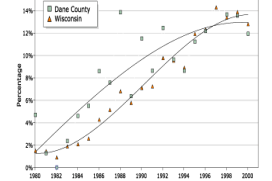
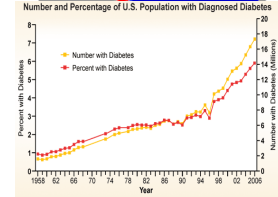
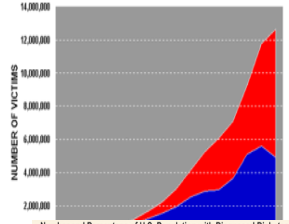




If we took these 7 cheap and simple steps:

- We could slow, even prevent most of today's diseases
- Help recover from illness
- **And live long and productive lives**
- **And enjoy every minute.**

Good medicine
Avoid toxins
Mindfulness
Exercise
Good diet
Good supplements
Polyphenols



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