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## *BIOIDENTICAL HORMONES*

We are proud to announce that in the new bestseller by actress Suzanne Somers, *BREAKTHROUGH - Eight Steps to Wellness*, Dr. Henry Sobo is referenced as a doctor who provides bioidentical hormone replacement and other treatments, which represent the latest trends in Anti-Aging Medicine.

Dr. Sobo believes that men and women can safely benefit in many ways by natural hormone replacement. Bioidentical hormones relieve many of the symptoms that plague us when our natural hormone levels drop. They may also be a part of disease prevention and play a general role in an Anti-Aging Medicine program.

This book is a good introduction to cutting edge treatments in Nutritional Medicine. Along with an outline of her book, Dr Sobo will provide you his perspective and his approach relative to some of the items presented in the book.

Suzanne Somers is not a scientist, but through her personal experiences with Integrative Medicine she has become an advocate for the non- drug approach to health care. Her book is easy to understand and provides good explanations for a number of different areas in the Nutritional Medicine approach that Dr Sobo employs in his office.

In the introduction for the book, Suzanne Somers lays out her "8 Steps to Wellness":

1. Get Bioidentical Hormone Replacement
2. Avoid Chemicals and Detoxify Your Body
3. Take Nutrition Seriously
4. Create a Healthy GI Tract
5. Avoid Pharmaceuticals Unless Absolutely Necessary.
6. Supplement Your Diet
7. Exercise Regularly
8. Get Proper Sleep

1. Get Bioidentical Hormone replacement

For adults whose natural production of hormones declines significantly in their forties, there are clear benefits to bioidentical hormone replacement. These benefits include relief of a long list of symptoms that may occur, as well as the potential benefits in terms of disease prevention and anti-aging effects for both men and women.

## 2. Avoid Chemicals and Detoxify Your Body

When appropriate, use natural treatments instead of pharmaceutical agents which expose you to side effects or long term risks that are present even when no side effects are apparent. The use of Intravenous Vitamin C, glutathione and chelation are all mentioned and further elucidated in the rest of the book.

## 3. Take nutrition Seriously

Nothing can take the place of the positive health benefits of a healthy diet. Research continues to accumulate and prove this point. Many doctors in a variety of medical specialties now appreciate and emphasize both dietary instruction and supplementation.

## 4. Create a Healthy GI Tract

A healthy GI tract is an important basis of maintaining a healthy body. The gastrointestinal tract is where we digest and absorb our foods and derive all of the necessary nutrients. This is one area where the conventional medical approach and the natural approach are different.

The presence or absence of a diagnosable disease is the focus of medicine conventionally, but achieving greater health through improved function is important for the preservation of health and prevention of disease. In conventional medical terms, there is great use of the stomach acid suppressing drugs to alleviate symptoms such as heartburn. But possible long term risks of an interruption of the digestive process in this manner is of great concern to many nutritional scientists. The questions that they pose is simply this- "If the suppression of acid secretion disrupts the natural digestive process what is the effect of the inhibition of the digestion of necessary micronutrients, and what may be the long term risks of these deficiencies?"

## 5. Avoid Pharmaceuticals Unless Absolutely Necessary.

As a physician, I am trained to prescribe medication, and I certainly do so, when it is needed. In our quick fix society, however, doctors and patients both emphasize relief of a symptom, often above all else. Natural methods which can provide relief of symptoms are a superior way to approach problems when they can be handled that way. A short list of problems for which medications may be over prescribed and natural medicine may be used includes:

- 1- Stress/ anxiety/ depression
- 2- Gastrointestinal disturbances
- 3- Allergies
- 4- Cholesterol lowering –heart disease prevention
- 5- Male and female hormone replacement

Of particular interest regarding two of the most prescribed synthetic hormones, I refer you to pages 284 and 285 of Breakthrough where you will find a review of the legal battles regarding the synthetic hormones Premarin and Prempro. These medications were found by a jury to be "defective products" and they also found that there was malice and fraud with regard to concealment of evidence of harm by the drug maker Wyeth.

#### 6. Supplement Your Diet

In today's world the purity of our food supply is adversely affected by depleted soils where foods are grown, the use of pesticides, the effects of storage and "Beautifying" your foods at the supermarket. Even a generally healthy diet benefits from supplementation. Also available to us now, is blood testing to identify the proper balance of nutrients which is optimal for any given individual

#### 7. Exercise Regularly

The benefits of regular exercise have been proven time and time again. Regular exercise should be a part of everyone's general health maintenance and disease prevention program.

#### 8. Get Proper Sleep

For proper balance to be maintained and for good health overall, get at least 7 hours of sleep nightly.

#### Intravenous Vitamin C infusions

Thomas Levy MD has authored a book with the title Vitamin C, Infectious Diseases and Toxins. His book references over 1,200 citations in the scientific literature. In the introduction to his book referring to the documentation he provides he states, "there is irrefutable evidence that vitamin C is the single most essential nutrient for achieving and maintaining optimal health, and for effectively treating the most common infectious diseases". Suzanne Somers refers to the fact that she regularly receives intravenous Vitamin C, intravenous glutathione, and chelation of toxins as a health promoting activity.

#### Intravenous Glutathione

In the book An Alternative Medicine Guide to Cancer Keith bock, MD states, "glutathione reduces free radical damage to DNA and prevents depletion of other antioxidants. It also helps to metabolize various carcinogens, activates certain immune cells, and may inhibit angiogenesis; a blood vessel forming process required fro tumor growth."

Finally, I present the following report of research regarding Intravenous Vitamin C from the National academy of Sciences

Ascorbic acid intake killed cancer cells. The intake of ascorbic acid killed cancer cells.

"Human pharmacokinetics data indicate that i.v. ascorbic acid (ascorbate) in pharmacologic concentrations could have an unanticipated role in cancer treatment. Our goals here were to test whether ascorbate killed cancer cells selectively, and if so, to determine mechanisms, using clinically relevant conditions," investigators in the United States reported.

M. Levine, U.S. National Institute of Diabetes and Digestive and Kidney Diseases, Molecular & Clinic Nutrition Sect. The researchers concluded, "Taken together, these data indicate that ascorbate at concentrations achieved only by i.v. administration... give plausibility to i.v. ascorbic acid in cancer treatment, and have unexpected implications for treatment of infections."

(Pharmacologic ascorbic acid concentrations selectively kill cancer cells: Proc Natl Acad Sci USA, 2005; 102(38): 13604-13609).

## ONE MORE THING!

I was very pleased to see that recently the respected medical journal Archives of Internal Medicine (vol. 168 Aug 11-5/2008) reported a research study, which concluded that people with lower Vitamin D levels had higher "all cause mortality" death rates. Death from a wide variety of causes (diabetes, high blood pressure, cancer etc.) This kind of study has been the reason that even many medical practitioners who for years told their patients that supplements were unnecessary are now recommending them.

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Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805. We welcome you to pass this information on to a friend and invite anyone to email us at [optimalhealth@optonline.net](mailto:optimalhealth@optonline.net) with their address to be on our e-mail newsletter mailing list.

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