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Optimal Health Newsletter #3
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In this newsletter:

As a member of ACAM (The American College for Advancement in Medicine) Dr. Sobo has just attended their 3 day conference: **NEW ADVANCES IN COMPLEMENTARY MEDICINE**

In this issue of our newsletter, (and to continue in future issues) we bring to you the latest research and clinical results achieved by researchers and cutting edge physicians around the country.

#1 AMINO ACIDS AND THE NATURAL TREATMENT OF DEPRESSION, MIGRAINES, WEIGHT LOSS, PAIN RELIEF AND OTHER PROBLEMS

#2 HIGH BLOOD PRESSURE, THE NATURAL APPROACH

#3 NUTRIENT DEPLETION CAUSED BY TAKING MEDICATIONS

1. AMINO ACIDS AND THE NATURAL TREATMENT OF DEPRESSION, MIGRAINES, WEIGHT LOSS, PAIN RELIEF AND OTHER PROBLEMS

Amino acids are the building blocks for proteins, hormones and neurotransmitters. Neurotransmitters are naturally occurring substances, which are secreted between nervous system cells and are needed for sending information through the brain and nervous system.

Serotonin is a neurotransmitter. The major antidepressant medications were developed to enhance the amount of serotonin between the neurons (brain cells) to relieve the symptoms of depression/anxiety. An important problem found with the use of these medications is that over time the natural levels of neurotransmitters like serotonin are depleted. Many people are not able to stay on their original dose of the medication. When the medication has stopped working as well, or has side effects, the patient either gets a higher dose, or a second medication, or a switching of medications. Patients are told that

the problem is their depression. If the true underlying problem is a depletion of neurotransmitters, that should be the problem which is addressed. The amino acid 5-Hydroxytryptophan is converted to serotonin. L-tyrosine another amino acid, is converted to the neurotransmitters known as catecholamines. By addressing both systems and putting them in balance patients can be treated naturally.

Information taken from numerous studies and a database of thousands of people support the view that the proper treatment with amino acids will treat not only depression/ anxiety states but many other conditions as well. 5-Hydroxytryptophan (5-HTP) taken between twice and four times per day in doses ranging from 300mg and above, and L-tyrosine at doses from 3,000 mg and above, taken together allows many patients to get off anti-depressants or avoid them altogether. Vitamin B6, calcium, magnesium and Vitamin C are accessory factors which assist on this process.

One piece of good news is that there are no known drug interactions with these amino acids. A person who is taking antidepressant medication can take the amino acids at the same time and then slowly reduce the dose of their antidepressants over time.

In medicine today, doctors and their patients are “flying blind”. Antidepressant / anti-anxiety medications are prescribed without any concern for the actual levels of neurotransmitters the medication is working on. Testing a urine sample for the neurotransmitters, serotonin, dopamine, epinephrine and norepinephrine we can determine the individualized correct treatment .

This natural treatment is also effective for hunger and weight control. These amino acids can also work as natural appetite suppressants. Those who may be taking appetite-suppressing medication can be helped this way because amino acids may enable them to avoid the tolerance, or “getting used to” the medication so that its effect to control appetite will not only not wear off, but also actually work better.

Finally, since the nervous system an informational system for the entire body, this can help wide array of medical problems including migraine headaches, PMS, autoimmune conditions, fibromyalgia and others.

If you would like to see how this can work for you, contact our office.

2. THE NATURAL TREATMENT OF HIGH BLOOD PRESSURE

High blood pressure is an important national health problem because of its role in the development of vascular diseases, namely heart disease, stroke, poor circulation, generalized “hardening” of the arteries and kidney disease. Mark Houston, M.D., a hypertension specialist and member of the American Board of Anti-Aging Medicine, presented a talk entitled The Role of Vascular Biology, Nutrition and Nutraceuticals in the Prevention and Treatment of Hypertension and Arteriosclerosis.

Using an integrated approach taking into account dietary and lifestyle changes, and natural supplements Dr. Houston presented studies showing that up to 60 % of

people will be able to maintain a normal blood pressure without medication studied for as long a three years off medication.

Among the more important considerations were these:

1. Maintaining lean body mass
2. Exercise
3. The following nutrients help lower blood pressure; Magnesium, Calcium, potassium, Fish oil, extra virgin olive oil, DHA, GLA, Zinc, Vitamin C, Vitamin B6, and Coenzyme Q 10, lipoic acid and arginine. Also the herbs hawthorne, ashwaganda and garlic are known to be helpful.
4. Dietary restriction of sodium, and a diet high in fruits and vegetables.
5. Minimize alcohol intake.
6. Green tea.
7. Celery stalks.
8. Stress reduction/meditation techniques.
9. Sleep 8 hrs. per night
10. Water intake 100 ounces per day.
11. Avoid caffeine.
12. Don't smoke.

AN IMPORTANT POINT:

Although patients on high blood pressure medications, lower their risk for cardiovascular disease compared to those who are not receiving treatment, the risk is still elevated compared to those who have normal blood pressure without medication. One reason for this may be that taking various high blood pressure medications causes depletion of nutrients as so many medications do. This makes our following review all the more important.

3. NUTRIENT DEPLETION CAUSED BY TAKING MEDICATIONS

Ross Pelton, PhD, is a pharmacist and Certified Clinical Nutritionist. In 1999, he was named one of the Top 50 Most influential Pharmacists in the United States for his educational work in natural medicine. Dr. Pelton's profession as a pharmacist gives him an appreciation for medications and their actions. He has for years taken that expertise and applied it to the study of how drugs affect the body's nutritional status. He has authored a book THE NUTRITIONAL COST OF PRESCRIPTION DRUGS-How to Maintain Good Nutrition While Using Prescription Drugs.

The various classes of commonly used medications all deplete the body of a variety of nutrients, and taking nutritional supplementation is all the more needed by those on medication, than even those who are not taking any. **An important point that he made was that in the list to follow we can only say that these nutrient effects are known because they have been studied and proven.** By logical extension, there are other nutrient depletions which occur, but they simply haven't been studied.

Anti-ulcer medications; B12, Calcium, Vitamin D, iron, zinc , protein
Antibiotics; B complex vitamins, Vitamin K
Beta-blockers; coenzyme Q10, melatonin
Cholesterol lowering drugs; CoQ10, Vitamin E, zinc, B12
Anti-inflammatories; Calcium, potassium, Zinc, iron, B6, Vitamins C and D
Steroids;
Diabetes medications; coQ10, B12, fatty acids
Antidepressants;
Hormone replacement therapy and oral contraceptives; B6, Magnesium, B12, C,
Folic acid
Chemotherapy; most nutrients are depleted

It is important to remember that using natural techniques to help medical conditions is not an “either/or” proposition. When people need to take medication, natural means will also help make their treatment more effective and healthier in the long run.

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 e-mail us at optimalhealth@optonline.net with their address to be on our e-mail newsletter mailing list.

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