



Dr. Mark Stengler's

HEALTH REVELATIONS

Superseed ends embarrassing hot flashes and drives down cancer risk!

Flaxseeds are a nutritional goldmine and a true powerhouse when it comes to women's health. They're the richest source of the phytonutrients known as lignans and a good source of both fiber and omega 3 fatty acids. Lignans are unique because they have hormone balancing properties. When you eat them they're metabolized by bacteria in the intestinal tract forming the compounds known as phytoestrogens. These phytoestrogens help keep the hormone estrogen in balance.



Slash hot flashes naturally

One of the important phytoestrogens compounds is known as enterolactone. A recent study in the *Journal of the American College of Nutrition* found that flaxseed extract known as HMRlignan was metabolized very effectively into enterolactone and relieved hot flashes.¹ The study included 22 postmenopausal women who were experiencing hot flashes, but not taking any hormone replacement therapy.

The women were divided into two groups with a low dose group receiving 36 mg per day of the flaxseed extract and the high dose group getting 72 mg per day of the HMRlignan for eight weeks. Both groups experienced a significant improvement in hot flashes. The low dose group achieved an im-

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The "strange" little device that could transform your health...

Heal your entire body with nothing more than the incredible power of medicinal light

I'm always on the lookout for natural treatments that can do amazing things for my patients and *Health Revelations* readers. They must be safe, effective, and have solid science behind them for me to support them. And every once in a while one comes along that's so revolutionary...that's such a game changer...that I can't wait to share it with you all.

About a year ago a colleague introduced me to a ground-breaking medicinal light therapy. The ingenious nasal device attaches to the inside of the nose emitting wavelengths of light into the bountiful network of capillaries inside the nasal cavity.

This deceptively simple and non-invasive treatment benefits the *entire* body. The treatment leads to healthier more robust red blood cells which then travel all over the body resulting in better whole body health.

Research reveals the power of light therapies

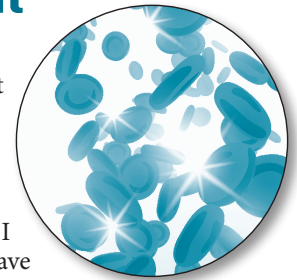
I realize if you've never heard of light therapy before it may sound, at first, like something out of a bad sci-

fi movie. But the fact is light therapies have a long history of success. I personally have clinical experience with the healing power of laser and LED (light emitting diode) light therapies. And there's a vast amount of scientific literature supporting the use of light therapies for treating a wide range of conditions including super infections, Parkinson's symptoms, memory loss, fatigue, and even brain and muscle injuries.

The use of lasers for blood irradiation is an accepted treatment by doctors around the world. Laser irradiation is widely practiced in China, Russia, Germany, and several other European countries.

Unfortunately, this highly effective and inexpensive therapy is virtually unknown in North America where doctors are seldom exposed to natural healing methods.

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TRANSFORM YOUR HEALTH WITH MEDICINAL LIGHT (continued from page 1)

Portable and powerful healing

One of the obvious drawbacks of blood irradiation is that it's an intravenous therapy that needs to be performed in a doctor's office using a needle connected into a vein. The therapy is time intensive and, if you have a problem with needles that can be a real roadblock.

That's what's so exciting about Intranasal Light Therapy (ILT). ILT is completely portable and totally non-invasive. The simple device clips into one of your nostrils, gets connected to a small power supply, and then begins releasing specific wavelengths of light into the blood rich capillary bed in your nasal cavity. As your red blood cells pass through the nasal cavity the ILT "energizes" them before they make their way around the rest of your body. Ultimately, the discomfort-free treatment stimulates your body's *own* self-healing properties. This makes it a true naturopathic healing device!

Reduce inflammation and improve immunity with light

ILT has several different mechanisms of action. First it stimulates the energy warehouses of your cells to produce more energy in the form of ATP (Adenosine triphosphate).

This increased energy output leads to improved cellular healing. It reduces inflammation and improves immune system response allowing your body to make tissue repairs and to regenerate blood capillaries.

But the healing benefits of ILT don't stop there. ILT also penetrates deep enough into the nasal cavity to gently stimulate a homeostatic (balancing effect) on the midbrain including the hypothalamus. The hypothalamus is a critical part of your brain that communicates with your pituitary gland to exert influence over a variety of hormone functions. It also influences your nervous system, body temperature, energy levels, and motor function as well as helps to regulate your food and water intake and your sleep-wake cycles. This may be why researchers investigating photobiostimulation (light stimulation) treatments such as ILT report some success with relieving the symptoms of Parkinson's disease, post stroke recovery, chronic facial pain, migraines, diabetic peripheral neuropathy, and mild cognitive impairment.

Improve blood flow and reduce blood vessel damage

As a reader of *Health Revelations* you already know that blood viscos-

ity (blood thickness and how easily blood flows) is critical to both your heart and whole body health. ILT reduces the clumping of red blood cells so that there's less shearing force on the blood vessel walls. This means less damage to the blood vessel walls and potentially less plaque and clot formation. It also means that oxygen and nutrients are delivered more efficiently to your cells while cellular waste products are disposed of more efficiently as well. The red and near-infrared light energy particles are distributed throughout the body through the circulatory system, drawing a healing response from tissue cells that are dysfunctional.

ILT also stimulates the temporary production of a reactive oxygen species, also known as a free radical. Let me guess, you've heard that free radicals are a bad thing, right? The truth is free radicals are often misunderstood. They aren't bad, especially when produced at a low level in a controlled manner. You see, your immune system actually utilizes free radicals to destroy harmful invaders and cancer cells. When ILT stimulates free radicals it signals your immune system to respond and heightens its beneficial activity.

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Dr. Mark Stengler has appeared as a medical expert on FOX, CBS, NBC and hosts his own weekly PBS TV show, "Natural Healing with Mark Stengler." He's also written 17 books, which have now sold over 1 million copies. What makes Dr. Stengler different is his diverse medical training in conventional medications and natural alternatives. This means he can combine the best of modern technology and traditional time-tested therapies, for safer, long-term treatments. His track-record of success with this breakthrough approach has earned him national acclaim as "America's Natural Doctor®." When he's not busy sharing his knowledge of amazing alternatives to toxic "mainstream" therapies, Dr. Stengler practices what he preaches at his state-of-the-art Stengler Center for Integrative Medicine in Encinitas, California. For a consultation call 760-274-2377.

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TRANSFORM YOUR HEALTH WITH MEDICINAL LIGHT *(continued from page 2)*

Blood flow is increased to distressed tissues triggering cell DNA (genetic code) to repair. Your cells start producing more antioxidants for healing and damaged cells are replaced with healthy ones. This restorative process is known as “Redox Signaling.”

From asthma to stroke recovery ILT can help

There are a variety of conditions that ILT may help with. It can be used as a standalone treatment or in conjunction with other natural or conventional therapies. Examples include:

- ▶ Asthma and allergies can be relieved using ILT. Russian research has shown that laser therapy can reduce asthma severity. Users report similar benefit with ILT. This may be due to a reduction in inflammatory compounds and an improvement in antioxidant status.
- ▶ Blood pressure may be improved with ILT. ILT reduces the clumping of red blood cells improving circulation and leading to reduced blood pressure. It also helps release nitric oxide, a molecule that relaxes blood vessels.
- ▶ Cancer can be fought using ILT to improve the immune response. It can also help reduce the pain and fatigue associated with cancer. This may be linked to ILT’s ability to increase blood levels of B endorphin, one of your body’s natural painkiller chemicals and increased oxygenation. It can also help those recovering from chemotherapy and radiation by improving their immunity and cellular energy production.
- ▶ Elevated cholesterol can be treated using ILY. Research has shown that ILT reduces total and LDL cholesterol as well as fats in the blood known as tri-

glycerides. ILT can be combined with diet and exercise changes.

- ▶ Diabetes symptoms may be relieved. ILT can help improve nerve conduction and reduce inflammation decreasing pain in the nerves known as peripheral neuropathy. ILT also improves microcirculation in the small blood vessels which could help reverse diabetic retinopathy a condition leading to blurred vision and blindness. And antioxidant status, which tends to be very poor in people with diabetes, can be improved.

Your cells start producing more antioxidants for healing and damaged cells are replaced with healthy ones.

- ▶ Exercise recovery can be improved. Post exercise fatigue and pain can be reversed using ILT. The therapy helps improve blood flow, reduce inflammation, and boost neurological function. ILT may also benefit those suffering from chronic fatigue as well as athletes who want to improve their performance recovery.
- ▶ Insomnia can be relieved with ILT. Since ILT has a balancing effect on the hypothalamus and the pituitary gland it’s no surprise that it can help relieve chronic insomnia in as little as 10 to 14 days. Elevated levels of melatonin (the sleep hormone) have also been noted after ILT treatments.
- ▶ Post-stroke recovery can be improved with ILT. Studies done in China on people who had suffered a stroke or traumatic brain injury have shown ILT improves motor function and reduces damage to

affected areas of the brain. In addition, combining drug therapy with ILT was superior to drug therapy alone for stroke recovery. In addition, brain scans (SPECT) have shown that ILT improves brain blood flow.