



Dr. Frank Shallenberger's **SECOND OPINION**[®]

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HEALTH NOTES

Why E-Cigarettes Increase Your Risk of Disease

Electronic cigarette use has been rapidly increasing over the past few years. About 20% of Americans between the ages of 25-44 use electronic cigarettes. For those in this age group who have struggled to overcome Covid-19, these cigarettes could be to blame.

Electronic cigarettes typically contain anti-freeze (propylene glycol), glycerin, and a host of different and unknown chemicals. Common sense tells you that this can't be good. But recently, researchers at the University of California, San Diego School of Medicine and Veterans Affairs San Diego Healthcare System found out why. They reported that exposure of human epithelial cells, the kind that line the lungs, to fresh vapors from an electronic cigarette killed the cells. And, the more vapor the cells were exposed to, the more of them died. But, that's not all.

When the researchers exposed mice to electronic cigarette vapors, they discovered that the vapors suppressed immune system defenses, increased inflammation, and made bacteria more infectious.

According to senior author Laura Alexander, MD, an assistant clinical professor at UC San Diego School of Medicine, "This study shows that e-cigarette vapor is not benign -- at high doses it can directly kill lung cells, which is frightening." She and her team also found that when they exposed mice to electronic cigarette vapors for one hour a day, five days a week, for four weeks they had a 10%

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An Open Letter to the President's Coronavirus Task Force

I recently submitted a letter to President Trump's Coronavirus Task Force to ask them to consider ozone therapy combined with vitamin C therapy to treat patients who have developed Covid-19 – and for future pandemics. I also submitted several studies along with other documents to help them see how effective ozone is for treating infections.

And this month, I'm writing an open letter to the task force to encourage the public to contact their representatives and get this therapy into the hospitals. Please make photocopies of this article and send them to your representatives.

To the President's Coronavirus Task Force:

Your work on finding solutions for the coronavirus pandemic is too important to wait for double-blind studies on treatments that have already been proven safe and effective for viral infections. As the president and founder of the American Academy of Ozonotherapy (AAOT), I want to introduce you to an amazing therapy that can revolutionize how we handle all flu infections.

Ozone therapy is widely used around the world, but it is relatively new to the U.S. The AAOT has a library page that links to close to 3,000 published studies in the international literature on ozone and all kinds of various medical conditions. All these studies speak to safety and efficacy.

I have six studies that I am sending you for review (see references on pages 4/5). In my mind, the beautiful thing about ozone therapy is that it compliments every other medical therapy I use. It is safe, inexpensive, and easy to use. It is not antagonistic to any other medical therapy. With it in combination with vitamin C, I know it can knock out viruses of all kinds. Here is why:

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increase in full-body inflammation in both their airways and their blood.

"We don't know specifically which lung and systemic diseases will be caused by the inflammatory changes induced by e-cigarette vapor inhalation, but based on clinical reports of acute toxicities and what we have found in the lab, we believe that they will cause disease in the end," Dr. Alexander said. "Some of the changes we have found in mice are also found in the airways and blood of conventional cigarette smokers, while others are found in humans with cancer or inflammatory lung diseases."

But it gets even worse than that.

Not only did the researchers find that electronic cigarettes damage the lungs of those inhaling them, they also make bacteria more deadly. Specifically, when they exposed *Staphylococcus aureus* bacteria to the vapors, the bacteria were better able to form biofilms, adhere to and invade airway cells, and resist human anti-infectious peptides.

When they infected mice with regular *Staphylococcus aureus*, all of the mice survived. But, when they infected them with *Staphylococcus aureus* that had been pre-exposed to electronic cigarette vapors, an amazing 25% of them died!

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Ozone is an oxidant molecule. That means that it will destroy any molecule, bacteria, or virus without sufficient antioxidant enzymes. This is true of virtually every pathogenic organism so far tested, which is why ozone is so effective as a disinfectant. Many cleaning companies use ozone very effectively to clean and disinfect buildings. But, although it can destroy a virus or anaerobic bacterium on direct contact, this is not how it functions in the human body.

In the human body, ozone is a signaling molecule released by peripheral mononuclear white cells (PMBCs) during the interaction between an antibody and an antigen in the extracellular space. The signal stimulates other PMBCs to dramatically increase their production of cytokines. These cytokines are predominantly ~~IL2~~ and ~~gIFN~~, and they orchestrate the CD56/CD8 innate immune system.

The innate immune system is the first line of defense when we are exposed to any infectious agent. It is especially critical when it comes to infectious organisms that are new to a body, to which there is no immunological memory. It is also the system that will ultimately control the virus by killing the cells that the virus has invaded. Here's how it works.

Viruses are not alive. They do not have the capability to generate energy for life, nor can they make the energy required for replication. The only way they multiply and create havoc is by invading a cell, and then using the cell's genetic system and energy to encode itself and replicate. The newly created viruses are then released into the extracellular space. Without the cell, the virus cannot replicate and ultimately will not survive. The cell essentially becomes a viral factory. And, here's the problem.

While PMBCs and antibodies are capable of destroying viruses on contact in the extracellular space, they cannot destroy the virus when it is intracellular. Therefore, the only way to stop a viral infection once it has established itself intracellularly is to kill the cells that it has invaded and is using to replicate. This is exactly what the cytotoxic CD8 cells and CD56 natural killer cells do. And unless these cells are sufficiently activated during a viral infection, it could turn out to be a problem. Because there is no way to ultimately control a viral infection until the infected cells are eliminated.

We have no drugs that will do this without at the same time killing healthy cells. But, our immune systems under the control of cytokines, do exactly that. They can determine which cells are infected and which

ones aren't. And they can then kill those they identify as infected while preserving healthy cells.

Those people who are exposed to a virus and have absolutely no symptoms are those whose innate immune systems are working optimally. In them, the infections never get off the ground.

Those who come down with the infection but eventually get over it are those whose innate immune systems were not working well at the time of exposure, but which eventually became activated and work effectively.

And those who die from a virus are those whose innate immune systems never sufficiently become activated. And that's where ozone therapy works.

In ozone therapy for infections, we remove about 200 cc of blood into a bottle. In that bottle there are about 0.16% of the body's PMBCs. Ozone gas is then introduced into the bottle and interacts instantly with the PMBCs. This treated blood is then reintroduced back into the patient. The whole process takes about 5-45 minutes depending on the equipment used. The treatments require about \$7 worth of materials.

When the ozone is introduced into the bottle it stimulates the PMBCs in the bottle to start making the cytokines that activate both the innate immune system and the humeral system. These activated PMBCs then increase their production of the needed cytokines.

Some studies show that when properly done, the cytokine production can increase 400-600%. When the newly activated PMBCs are then reinfused into the patient, they circulate to the liver, spleen, and bone marrow where they in turn stimulate other PMBCs to increase their production. This is termed paracrine stimulation and was first described by Bocci in 1989. It is this increased cytokine activity that eventually controls the infection by activating the innate system and by killing off the infected cells.

Thus, when an individual is very sick from a viral infection, the reason is not the virus itself, but the inability of the innate, cytotoxic, and humeral immune systems to control the viral replication. Comorbid diseases only increase the risk. So, to treat these patients, I have found two things that dramatically improve outcomes when given in addition to standard medical therapy.

One is ozone therapy, and the other is vitamin C therapy. Vitamin C is instrumental in our immune reaction to infections and has been shown to be quickly depleted at the onset of any infection. Vitamin C was also shown years ago to be instrumental at calming down

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The results were consistent with e-liquids from seven different manufacturers, demonstrating that the findings are not limited to one formula or brand. So, there is no way to be safe from this toxic habit. Please show this research to anyone you know who still uses electronic cigs.

Hwang JH, Lyes M, et al. Electronic cigarette inhalation alters innate immunity and airway cytokines while increasing the virulence of colonizing bacteria. *J Mol Med (Berl)*. 2016 Jun;94(6):667-79.

E-cigarette vapor boosts superbugs and dampens immune system by Heather Buschman. January 26, 2016

<https://www.sciencedaily.com/releases/2016/01/160126143759.htm>

Why Our Life Expectancy Is Declining

Every political cycle we hear a lot of talking about our fabulous health care system. But, here's the problem. The system we do have is indeed marvelous, but it's not a health care system. We have a patch and repair system.

Not that there is anything wrong at all with patch and repair. It's just that it's only a part of a health care system, not the whole system. A health care system would do so much more than simply patch and repair. It would provide for longer and better quality lives.

But according to the authors of a recent study published in the *Journal of the American Medical Association*, that is not what is happening in the United States.

In their paper entitled, "US life expectancy has not kept pace with that of other wealthy countries and is now decreasing," the researchers examined the history of changes in U.S. life expectancy and increasing mortality rates.

They did this by looking at life expectancy data for 1959-2016 and cause-specific mortality rates for 1999-2017. Their analysis focused on the healthiest members of our society, men and women between 25-64 years. Here's what they found.

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Between 1959 and 2016, U.S. life expectancy increased a whopping 10 years. But all that changed in 2014. Since then, American life expectancy has declined every year. Why is that?

According to the authors, mortality for the 25-64 group increased across all racial groups and was caused by “drug overdoses, alcohol abuse, suicides, and a diverse list of organ system diseases.” Here’s my point.

If we had a health care system, life expectancy would not be decreasing, it would be increasing. Drug overdoses and alcohol abuse can be prevented by proper diet, and targeted natural therapies like microcurrent neurofeedback and amino acid supplements.

Suicides can be decreased by reducing the misguided reliance we have on antidepressant drugs. These dangerous drugs do not work all that well and ironically, one of their side effects is suicide. Additionally, most of the time the various causes of depression – none of which are a lack of drugs – can be treated naturally, without the need for these medications.

And finally, according to the National Institutes of Health, the majority of organ system diseases can be prevented naturally by focusing on diet, exercise, and nutrition.

Dear readers, the best way to stay strong and live long is not to wait for the system to change.

It’s not going to change.

We need to do it, and stop pretending that our limited patch and repair system

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For a complete listing of Dr. Shallenberger’s recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

a cytokine storm – the same kind of cytokine storm that can kill patients with advanced viral infections. Patients who are a special risk (COPD, CHF, immune drugs or disease, infirm, frail) should ideally be started on this approach immediately. The protocol that has always worked for me – no matter what virus I was treating and no matter how compromised the patient may be, is described below. It has the advantage of being easy, safe, cheap, and convenient to use in the average clinic setting.

Perhaps, it would be a good idea to not only talk with virologists who check culture plates and treat mice, but to also talk with doctors like me who have been treating real live people for close to 50 years. We know a lot that virologists have no clue about – what works.

Systemic Infection Protocol:

1. Give an MAH ozone treatment according to international standards (typically 200ml @ 78 mcgm/ml) on two to three consecutive days or until the infection is well under control.

2. Follow each MAH with 25 grams of vitamin C.

3. Give 1,000 mg of vitamin C orally four times a day.

4. In severely ill patients in a hospital setting, this should be done two to four times per day as indicated. Safe doses have been well established.

By the way, this approach is also valuable in patients battling other infections. Thus when given with antibiotics, ozone can cure many cases of chronic infections that are otherwise not responding to the antibiotic. This would include septic joints, MRSA, pneumonias, and of course viral infections. It works well with antibiotics when indicated because while antibiotics can kill bacteria, they can’t activate the immune system. The combination of both ozone and antibiotics hits infections in two ways instead of one. That’s why the combination works so well when antibiotics by themselves fail.

I hope you now have a better idea of how ozone works in the human body. It does not work as an antibiotic, but as a signaling molecule to the immune system. This is precisely why it is so valuable when combined with other effective remedies.

I hope you will give ozone serious consideration in the current pandemic and in any future pandemic.

List of studies sent and what they show:

1. Investigating antibody-catalyzed ozone generation by human neutrophils – This article from Script’s Institute shows that ozone is a signaling molecule that our antibodies form and use to initiate the viral killing mechanism.
2. Ozone therapy: A clinical review – This review article explains the

mechanism of action of medical ozone therapy, and also speaks to safety.

3. Mechanisms of Action Involved in Ozone Therapy: Is healing induced via a mild oxidative stress?

4. Ozone acting on human blood yields a hormetic dose-response relationship – Dosing is critical in ozone therapy in order to obtain the best possible results. This is why I teach doctors in three different seminars every year about proper dosing.

5. Preliminary Results of Ozone Therapy as a Possible Treatment for Patients with Chronic Hepatitis C – This article speaks to safety as well as the demonstrated antiviral effect in hepatitis C.

6. Medical Ozone Therapy - Safety and Efficacy of Five Modalities. This is a report on a recently completed 5-year safety and efficacy study conducted by the American Academy of Ozonotherapy.

Woman Sees Peripheral Neuropathy Virtually Disappear After One 20-Minute Treatment

Peripheral neuropathy is a real problem these days for more and more people. The disorder used to be mostly limited to diabetics. But these days it is showing up in many people without diabetes or any other diagnosed disorder. What's worse is that peripheral neuropathy is a tough problem to deal with. At least it was until now.

Peripheral neuropathy causes burning, stinging pains, numbness in the feet, and loss of balance. And, if that's not bad enough, it only gets worse over time.

The only conventional treatment is to treat the pain with various drugs. Unfortunately, the drugs have side effects, are expensive, don't improve or even halt the disorder, and do nothing for the numbness and balance problems. That's the bad news.

The good news is that this condition is now seeing the light – and responding. The light I am talking about is monochromatic low-level near-infrared light. Here's what we're finding out about this groundbreaking treatment.

About six months ago, a colleague of mine, Dr. Len Saputo in Walnut Creek, California, told me he was getting amazing results in patients with peripheral neuropathy. The device he is using is a new near-infrared light therapy device called Firefly Light Therapy. Dr. Saputo is a reliable man. He doesn't exaggerate. Also, he's been using various forms of infrared light therapy for decades. So, I checked it out.

Sure enough, there are several published studies using various infrared light devices to help with peripheral

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is going to be anything more than just that. All of us, me and you, need to take full responsibility for our health. You don't have to do it on your own. There are plenty of practitioners out there who can help.

Wolf SH, Shoomaker H. Life Expectancy and Mortality Rates in the United States, 1959-2017. *JAMA*. 2019 Nov 26;322(20):1996-2016.

American life expectancy continues to drop. <https://www.worldhealth.net/news/american-life-expectancy-continues-to-drop/>

It's Getting Harder to Find Good Health Information on the Internet – Here's Why

Wouldn't it be nice if you had unobstructed access to information about your health? That way you would be able to make your own decisions instead of just falling in line and doing what the "experts" tell you to do. I'm not saying that experts aren't usually right, but I am saying that they are often wrong. The examples are limitless.

In the end, we all need to be responsible for our health. And, that is exactly why this recent move by Google to limit your access to important health-related information is so significant. Here's what they've been up to while we've been sleeping.

In case you missed it, from 2018 and into the summer of 2019, Google and Facebook changed their search engine algorithms specifically to make it harder to find information about alternative and integrative therapies. They did it because they want to save you from yourself. That's because you don't have enough sense to do your own due diligence, and make up your own mind. Instead, according to Big Brother, all you are going to do is fall prey to "inaccurate potentially dangerous medical advice."

The result of the algorithm change is that health websites that focus on alternative and integrative therapies suddenly became very hard to find. The result is a dramatic decrease in the number of page

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