

## Putting it all together!

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Hello everyone and blessings to you this new year!

We had an excellent question posed on our new blog (access via [www.iwantmyt3.com](http://www.iwantmyt3.com)). Someone wanted to know how to “put it all together” so to speak regarding health. That indeed is the premise of “holistic” medicine. I spend considerable time in the office trying to teach people the four principles I am going to share with you in this month’s newsletter. I am encouraging you to consider these four principles over the New Year and how to best implement them in your life. The first thing to understand is that your body does not operate in a system based fashion. It operates as one unit. There is a direct link between the function of your gut, endocrine, circulatory, neurological and other “systems”. They cannot be separated. What affects one will eventually affect all. You need to begin to think you yourself as “one”, hence the word “holo” (which is Greek for “whole” meaning entire or “just spray some Windex on it”.) The image I use is a pretzel. I challenge you to break a pretzel in just one place...can’t be done. You will invariably break it in two. So that is the pretzel logic of the “holistic paradigm” or “whole thinking”. You are one big salty pretzel... (Please do not start chanting!).

OK, so with this in mind, you cannot remain under stress for long without cracking up. So principle number one (and just as hard as principle number two) is **STRESS REDUCTION !!!** Yes there I said it. Prolonged stress both physical and emotional results in prolonged Cortisol output from the adrenal glands and eventual symptoms of “adrenal fatigue”. This starts a whole cascade of problems. Check out the self test at the website. Remember that Cortisol is the hormone that controls the secretion of TSH from your brain. It also regulates the peripheral conversion of T4 to T3. So mess up your adrenal glands, and you will mess up thyroid function. This is why the symptoms of both conditions overlap so much. You can read online and in books about the many contributing causes and cures for Adrenal fatigue. In my experience, stress reduction along with diet is the key to long term adrenal health. My patients who make lifestyle changes to reduce stress and improve diet always fair better than the ones who insist on staying in the grinder. That being said, there are many ways to reduce or deal with stress. Physical activity is an excellent choice. However, too much of anything can kill you. I always tell my patients to remember what happened to the original Marathon runner. He keeled over and died at the end of the run. Many studies have shown no improvement in longevity and possibly harm from vigorous repeated exercise. It simply adds stress!! So I tell my patients to go on long brisk walks with their partner (which can simply be Fido). It helps on two fronts but both regard the heart. You get increased oxygen delivery and blood flow, but you also get some time to talk and bond thus healing the heart. You can also get the same benefit from Tai, Chi Gong, Yoga or other movement programs. Other strategies include hobbies, clubs, volunteering, etc...just go have some meaningful fun.

There are many web pages and books about adrenal fatigue and as many equally expensive supplements. Over the years, we have been able to distill this down to a reasonable and affordable protocol using a few key supplements. I have enclosed my “adrenal protocol sheet” in appendix A that outlines this in more detail. In addition, check out the upcoming video on Adrenal fatigue for further information (should be ready by mid January).

So this leads us to principle number two **DIET**. Now this is an emotional subject for many and feelings run high. There is great debate about fats, protein and carbs. The truth of the matter is that the more you eat food that is in the package God put it in, the better off your health will be. So I boil the diet debate down to 4 principles.

- 1) GET RID OF PROCESSED FOODS!
- 2) LEARN TO FERMENT!
- 3) EAT GOOD FAT!
- 4) IDENTIFY FOOD ALLERGIES/INTOLERANCES

There is no amount or type of supplement in the world that will overcome a bad diet. It just can't be done. I am constantly seeing people in the office who come in with a shopping bag full of supplements yet still feel terrible. I invariably find that they eat out at least 3 times a week and have a diet high in processed foods. They are looking for the magic pill that makes them feel better. It does not exist. The internet preys upon folks like this. They read about this or that and immediately purchase it in hopes of feeling better whilst they munch on Twinkies or chips. This newsletter (and possibly all of the bandwidth in the world) cannot encompass a “diet” for everyone. Each of you is an individual. Some of you have food allergies that need to be addressed. Some of you will feel better on a low carb diet vs. whole grain based diet. You need to listen to your inner voice about food choices. You can go to my website and download a little thing called the elimination diet that my patients dread. This diet forces you to eat well for 1 week. You then introduce possible offending foods back in and see what hits you over the head! I have had many patients over the years that did not achieve wellness until they took this step. In addition, some patients respond beautifully to the addition of raw fermented foods into their diets such as sauerkrauts, Kimchi (Kimchee), Kefir, yogurt, etc...Now before you start howling, some of you are aware of Candida and its link to illness. Candida is opportunistic yeast that can really wreck havoc. This is outside of the scope of this article but I will address this soon. I only mention this in that there are some patients who need to avoid fermented foods until they get the Candida issue resolved. I will tell you that EVERYONE with Candida problems that does the elimination diet feels better after the requisite die off reaction. You simply stop feeding the buggers (unless you drink a lot of fruit juice during the diet). This is indeed an issue that needs to be explored further but Candida sufferers always respond to the principles outline in this article. It is just that sometimes, folks need a little weeding to be done first to kill of the yeast.

Now that I have bashed supplements, it is important to recognize that the nutrient content in our food supply has suffered greatly from modern agricultural practices (even organic food). This has to do with overworked depleted soils, food storage and transport and food

processing. Due to these issues, there are some select supplements I do recommend to folks. We will outline this later but it is important to remember that they are supplements. They supplement a good diet not replace it!! I recommend only two diet books in my office as both are practical and useful although I am sure there are others.

Nourishing Traditions by Sally Fallon ISBN 10: 0967089735, this can be ordered on the web for 15-20 bucks. I have also seen it in most “health food” stores and regular book stores.

This book is an excellent introduction into the realities of food outside the indoctrination you all have received from Big Pharma and Agri businesses (trust me they are not “here to help you”). It talks about the correct way to prepare and consume food. This is my favorite book.

The Best Way to Stay Healthy: Stay as Far Away From Doctors as You Can Volume I By George Steele MD ISBN 10: 1411602757, this book can also be ordered on the web for about 25 bucks. In addition it can be downloaded at [www.lulu.com](http://www.lulu.com).

This book is excellent if you also have weight problems, diabetes, hypertension, high cholesterol, or acid reflux. Many of my patients have eliminated ALL medications for these problems by following the precepts in this book.

So bottom line is that diet is the foundation of all health. After all you are what you eat, or as Wavy Gravy said, “you are what you don’t crap”!! There is no way around this fact no matter how hard it is to swallow (ha-ha).

So now that I’ve stirred up the diet controversy let’s dish out principle number three **HORMONE BALANCING.** Your body spends a lot of energy and time trying to achieve what is called homeostasis or steady state. Many enzymes and hormones are designed to do just that. To keep things centered. It is an unfortunate fact of life that the combination of diet, toxins and stress has caused severe dislocation in many peoples hormone balance. As already discussed, the Adrenal gland is subject to stress. The thyroid gland is subject to toxins and the lack of iodine found in many people (see prior newsletter). Sex hormones are subject to toxins and nutritional deficiencies. If you want to have a bad day, just Google “xenoestrogens” and you will have your eyelids peeled back regarding how many substances encountered in modern living stimulate the estrogen receptors in the body and thus potentially cause disease. Recent studies have clearly linked Bisphenol-A to the rampant problems with obesity and diabetes found in today’s population. The government will tell you that this stuff is safe however follow the links to these studies if you still believe that.

<http://www.pbs.org/wgbh/nova/genes/expert.html>

<http://www.foodproductiondaily.com/Quality-Safety/New-studies-link-BPA-to-heartbeat-and-fertility-problems>

This toxin not only is an endocrine disruptor but it actually changes your DNA expression and makes it harder for you to get rid of other toxins. OUCH!!! Again “follow the money” for the truth. This and other toxic substances line all of your cans and food packages and are found in water bottles, flame retardants in mattresses and children’s clothes, processed foods, pesticides, etc... It would take a week to list all the toxins in today’s world and we have not yet discussed heavy metals. Here is a link to a series of eye popping studies that showed that EVERYONE tested is loaded with these substances. You can spend \$4,900 to get tested but why bother since everyone tested thus far has been found to have high levels of toxins.

[www.ewg.org/sites/humantoxome](http://www.ewg.org/sites/humantoxome)

So what can you do? Well first thing is to limit your exposure. You can do this by following Principle #2. Avoiding processed foods helps reduce toxin exposure. Additionally you need to make sure your water is pure. This can be done with filters and Reverse Osmosis systems. Many people make the mistake of buying bottled water. Well guess what? Expose the plastic to time, heat and sunlight and you are releasing toxins into the water to various degrees. Glass is really probably the best container for food but make sure it is not covered with lead glaze or lead crystal. Secondly you can help your body remove toxins by sweating and taking certain key supplements which leads us to our final principle.

Principle number four is **THE PROPER USE OF SUPPLEMENTS**. Too many times I see people spending hundreds of dollars a month on supplements. First thing to do is understand that supplements mean just that. They supplement a good diet, they do not replace it. I tell folks who bring in the shopping bag full of bottles that they suffer from OSS (Over Supplementation Syndrome). Health is not dispensed from a bottle. You would be better off spending that money on quality food. That being said, it is a fact that modern agriculture has deprived our foods of many key nutrients. More important is that most of you folks are not eating the nutrient containing foods but get most of your calories from processed foods. Here is a link to an excellent article on this point.

[http://nutrition.suite101.com/article.cfm/declining\\_nutrient\\_levels\\_in\\_vegetables](http://nutrition.suite101.com/article.cfm/declining_nutrient_levels_in_vegetables)

So what are the key nutrients that we all seem to be missing? In my office the most common deficiencies we find are Iodine, Selenium, trace minerals, essential fatty acids and for many folks vitamins B-12 and D.

**Iodine** was covered extensively in last month’s newsletter so please refer to that.

**Selenium** is a key nutrient involved in the conversion of T4 to T3. It also is essential for the function of the immune system. Selenium is a critical component of many antioxidant enzymes and deficiency is linked to some cancers, hypothyroidism, arthritis, congestive heart failure, heart attack and stroke. You may have heard about a recent study linking higher selenium levels with diabetes. The study itself and the conclusion the authors made is almost laughable. This study is one of a slew of recent studies that show supplements are bad for you and probably dangerous (remember drugs are good, supplements are bad). These studies are always very poorly done and the conclusions are biased and not scientific. Trust me (I am a doctor!!) there is an agenda out there in almost all “science” being done today. Look no further than the recent “climategate” controversy for proof of that. Once again, follow the money (by the way, Al Gore discovered Selenium). Now it is true that selenium levels in individuals vary with the selenium content in the soil where you live or where your food is grown. The major source of dietary selenium is plant based foods. Brazil nuts used to be a very good reliable source of selenium but even now, farmed Brazil nuts do not pack the punch that wild harvested ones used to. The average American eats about 100 mcg of Selenium a day. This is above the RDA of 55 mcg per day. This amount is considered sufficient to keep most of your enzymes working at idle speed. Throw in a few toxins and you need more Selenium. Over the years, I have found that about 100 - 200 mcg of supplemental Selenium per day helps most folks feel better. It is important to take the form that is found in foods and is the most absorbable called Selenium Methionine. It is also very important to add up all the selenium in other supplements you might be taking (multivitamins, trace minerals, herbal supports, etc...) and make sure you are not taking more than 400 mcg per day. Selenium has a narrow beneficial range and more is NOT better. Too much Selenium is toxic and starts to show up through hair loss, fatigue, nerve damage, irritability and garlic breath. You can spend a lot of moola getting your selenium levels checked but most folks do not need that and simply taking 200 mcg per day of Selenium Methionine is safe and effective.

**Trace Minerals** are also very important and as alluded to in the previous section, many proteins and enzymes use a mineral as a central component. We all know about Iron and hemoglobin but were you aware that Zinc is what holds our DNA together, Cobalt is in the center of Vitamin B-12 and Copper is used by many enzymes? It is interesting that taking too much of one element can cause deficiencies in another. Zinc and Copper are classic examples of this, take too much Zinc and you can become Copper deficient. Once again you can spend a lot of dough getting analyzed for trace minerals but I have never found this to be very useful. I think of it as watching 5 seconds of a movie. You may see a great scene but cannot really get the whole flick. These levels are always changing and the tests themselves have accuracy problems. It is an easy matter to simply use authentic unrefined sea salt added to food and drink. Many people have been brain washed into avoiding salt. What they should avoid is a refined chemical called Sodium Chloride. Real salt actually helps normalize blood pressure for many people. In addition to alkalinizing the body, true unrefined sea salt contains 82 trace minerals and also helps detoxify halides(Bromine). ½ to 1 teaspoon daily in food or drink should do the trick.

**Essential Fatty Acids (EFA's)** are just that. Fats that are essential to our health and essential for us to consume as we can't manufacture them. I find this to be one of the most common problems nutritionally. EFA's are critical to cell wall function and support cardiovascular, reproductive, immune, and nervous systems. It is interesting that EFA deficiency manifests as depression, anxiety, dry skin, attention/focusing problems, frequent infections and decreased memory (are you starting to see a pattern here?). Common symptoms of deficiency include itchy skin in the front of the legs, decreased memory, depression, tingling sensations, poor vision, frequent infections, increased triglycerides and LDL ("bad" cholesterol), high blood pressure, heart palpitations, ADHD, PMS, and increased tendency to form blood clots. In addition EFA deficiency is linked to heart attacks, stroke, cancer, diabetes, arthritis, lupus, obesity, Alzheimer's, Schizophrenia, and as mentioned, depression. So how do we get deficient? Bear with me because we need to understand the Omega factor (not Chuck Heston running around shirtless). Fatty acids are labeled by an Omega number. This number designates where the first double Carbon bond is found in the chain as EFA's are a bunch of carbons hooked together. Hence Omega-3, Omega-6, Omega-9, etc... The EFA's we need are one of each, 6 and 3. The Omega-6 EFA is called Linoleic Acid and is found a plenty in the American diet but because of high sugar, alcohol and trans fats intake, most folks cannot convert this into its useful form called gamma linolenic acid (GLA). The Omega-3 EFA is called Linolenic Acid which is converted to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). In a healthy body, these substances are all used to make a class of substances called eicosanoids. These eicosanoids are essential for cells to function by getting the good stuff in and the bad stuff out. It is very important for you to consume the correct ratio of Omega-6 to 3 fatty acids. This ratio should be no higher than 4:1. Most Americans land in the 15:1 to 30:1 ratio. This imbalance is mostly due to eating too little Omega-3 and too much Omega-6. Due to time, I will address dietary sources of these oils in next months newsletter but suffice it to say you would need to eat like an Eskimo to really have a balance (raw and fermented fish with very little carbohydrate intake). One last thing about oils and fats, if you heat them up enough, they twist around the double carbon bond and form a nasty substance called a Trans fat which we all have heard about lately. Luckily, one of the easiest ways to correct a ratio is to work on both ends of it. Lower your Omega-6 (easy to do by not eating processed foods) and raise your Omega-3 (by taking Cod liver oil) and viola! The ratio corrects. I am a big fan of Cod liver oil due to the fact it not only has readily available DHA and EPA (Omega-3's) but also has vitamin D and A. In addition, it has what I call the "Cod" factor. Something in it that helps joints and the brain!! It is very important to use molecularly distilled varieties to avoid consuming additional heavy metals. In addition, too much Cod liver oil can cause abdominal cramping and diarrhea. For most folks 1 teaspoon or 1-2 caps of a good quality Cod liver oil per day can go a long way to balancing the EFA ratio. Confused? Well don't worry, this stuff is the waterloo of many a medical and college student. Again I recommend 1/2 to 1 teaspoon or 1-2 caps daily of a good high quality molecularly distilled cod liver oil for good health.

Now finally we come to **Vitamins B-12 and D**. I will go in to detail in a future newsletter but I am amazed at the number of people I test who are lacking one or both of these vitamins. Not everyone needs B-12 or D supplements but safe doses seem to be

1000 to 2000 mcg of B-12 in the form of sublingual tabs daily and 2,000-4,000 IU of Vitamin D3 daily with food. If you are taking these already, you should really get tested to see if you are in therapeutic range. These vitamins are again critical to proper cell function.

So in summary, here is what the vast majority of folks should do to be healthy!

1. Eat good food in the package God put it in
2. Don't eat crap
3. Eliminate food intolerances and allergies(elimination diet)
4. Reduce Stress, work on your relationships
5. Get moving
6. Drink enough pure water daily to stay hydrated
7. Get sufficient rest
8. Turn off the TV and the Computer
9. Check out your Iodine status
10. Selenium 200 mcg daily with food (do not exceed 400 mcg daily)
11. ½ to 1 teaspoon or 1-2 caps of cod liver oil per day
12. ½ to 1 teaspoon of true unrefined sea salt daily
13. Check your vitamin B-12 and D status
14. Last but not least – FORGIVE!! You are only hurting yourself

OK, I could go on for hours about each of these items but there you have it. Until next month here is to your health!

Thank you,  
G.Bouc MD  
Iwantmyt3.com, Medical Director

This information is not intended to treat or diagnose any condition and is for educational purposes only. Ask any regular MD, they will tell you Dr. Bouc is nuts!!

## Appendix A

### Adrenal Protocol:

A. 500 mg to 10,000 mg of vitamin C with bioflavonoid daily in divided doses. Vitamin C is quite gentle for most folks. For some people too much vitamin C causes gut upset and urinary irritation. It is best to get Vitamin C that is corn-free and GMO-free. Food based Vitamin C is best. Those who have a sensitive gastric system should consider the buffered version of Vitamin C such as calcium ascorbate / magnesium ascorbate. Take the vitamin C to "bowel tolerance". In other words, take 1,000 to 2,000 every few hours until you get diarrhea or loose stools then back off the total dose.

**B. 900 to 1,500 mg of vitamin B5 (panthothenic acid) as most hormone production in the adrenal gland needs the co-enzyme A pantethine, a by-product of Vitamin B5, to be produced.**

C. Adrenal glandular by Standard Process 2 tabs daily in the morning with food. You may take it all in the morning or split the dose. Some people have trouble sleeping if taken too late in the day.

D. Selenium Methionine: 200 mcg daily

E. Lugol's Iodine: 1-2 drops daily (see special report on Iodine).

F. Sea Salt: Dissolve ½ to 1 tsp in a glass of water and drink it up !!. You can also put the iodine drop in the solution as well. Most people think this works best first thing in the morning.

G. Sleep, Sleep, Sleep.

H. Avoid bright lights after 8 pm. No TV or computers. This will improve your natural melatonin production.

I. You have to reduce sugar, processed starches and additives in your food.

J. REDUCE STRESS!! YEAH RIGHT.....

K. Get moving!!

L. You can also consider DHEA or Cortisol (prescription) to support the adrenal glands but you should get lab tests prior to starting on this path.