



California  
HealthSpan  
Institute A.M.C.

# CALIFORNIA HEALTHSPAN INSTITUTE NEWSLETTER

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## HEALTH MANAGEMENT

Summer is here and most of us are spending more time outside and appreciating good health. This issue of the CHI Newsletter is devoted to new therapies and supplements now available at CHI to support your health and age management program. The newsletter can also be viewed and printed from the CHI website in color. Just go to [www.eHealthspan.com](http://www.eHealthspan.com) and click on the Newsletters Quick Link. Previous CHI newsletters are also available there.

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### What Are You Barbecuing This Summer?

We hope all of you are having a great summer and spending time enjoying your favorite summer pastimes. A favorite activity for most of the CHI staff is a summer barbecue. Most of us are grilling more vegetables and less meat these days. The reason for this is that grilling any type of meat over an open flame can increase the cancer properties of the meat at least 20-fold. Apparently, when the fat from meat drips onto an open flame the carcinogens increase.

Please enjoy your summer barbecues but try to keep your grilling of meat to a minimum. We will have more in our fall newsletter on cancer prevention and integrative cancer therapies.



## Intravenous (I.V.) Antioxidant Therapy

At California HealthSpan Institute (CHI) we are continually researching and looking for the most effective treatment modalities to keep the body and the mind healthy and optimally functional for as long as possible. Antioxidant therapy is a major component in maintaining overall wellness. Decreasing free radical damage with appropriate antioxidant therapy is necessary for maintaining cellular health. There are thousands of toxins that the body is exposed to daily. Further, as the body ages, it is at risk for more free radical damage because inherent antioxidants (antioxidants within our cells) such as glutathione (GTH) coenzyme 10

***“Antioxidant therapy is a major component in maintaining overall wellness.”***

(CoQ10) catalase (CAT) and super-oxide dismutase (SOD) are not as abundant as they once were.

Therefore, oral antioxidant therapy should be an essential component of any wellness program. Additionally, intravenous (I.V.) antioxidant therapy is even more effective and can be given in conjunction with oral antioxidant therapy. CHI currently provides I.V. antioxidant therapy to any CHI patient wishing and able to receive this wonderful treatment option. A discussion of the various intravenous antioxidant therapies offered by CHI follows:

### **Intravenous Glutathione:**

Glutathione (GSH) is probably the most important inherent antioxidant in the body. GSH is known as the master antioxidant. It is a protein that is naturally produced by every cell in the body. As we age GSH levels decline significantly putting us at greater risk for inflammation and all of the disease processes associated with inflammation. GSH is essential for a well-functioning immune system. GSH also manages the antioxidant activity of vitamin C and vitamin E, improves respiratory function and can help increase athletic performance.

***“GSH...the master antioxidant”***

Large concentrations of GSH are found in the liver. The liver needs GSH to filter out all the toxins we absorb, ingest & inhale daily. CHI continues to recommend Immunocal™, an undenatured whey protein oral supplement that is safe, effective and reliable in maintaining therapeutic GSH levels if taken daily. However, intravenous GSH is even more effective.

GSH is essential for life. The less GSH we have, the less resistance we have to viruses, cancer, bacteria and other toxins. If a person has an auto immune disorder such as multiple sclerosis, fibromyalgia, lupus, arthritis, asthma, etc., GSH intravenous therapy has been shown to be very effective in improving well being and functionality.

Since 1999, GSH intravenous therapy has been used successfully in treating patients with Parkinson’s disease. Parkinson’s patients have decreased levels of dopamine. L-Dopa, the drug most commonly used to treat Parkinson’s disease, only treats the symptoms and

increases the levels of free radicals in the brain and levels of the amino acid homocysteine. As you know, an increased homocysteine level is associated with more inflammation in the body. GSH works as a brain and total body antioxidant. Therefore, Parkinson's patients receiving intravenous GSH, within an hour after receiving GSH, may show decreased signs of rigidity, increased mobility, increased ability to speak, decreased depression and decreased tremors. For more information about GSH and the treatment of Parkinson's disease, you may wish to purchase the book *Brain Recovery.com*. by David Perlmutter, MD.

Intravenous GSH and GSH via a nebulizer are effective in treating patients with emphysema (COPD). Intravenous GSH is also effective in treating peripheral neuropathy associated with many chemotherapies.

There are no toxic side effects when giving intravenous GSH since it is a naturally occurring substance in the body. Since GSH is an antioxidant it needs to be replenished on a continuing basis. However, there are a small number of people who have inadequate levels of the enzyme glucose-6-phosphate dehydrogenase (G6PD) and should not receive GSH. Because of this, Dr. Rothenberg requires that all patients wishing to receive GSH intravenous therapy have a G6PD blood test prior to GSH intravenous therapy, to ensure that their levels of the enzyme G6PD are normal. Infusions of GSH can be given daily to Parkinson's patients. For prevention, intravenous GSH can be given weekly, biweekly or monthly. Intravenous GSH takes one hour per treatment. CHI patients' that have already had GSH intravenous treatments state that they have more energy and feel better overall.

## **Intravenous Vitamin C:**

Intravenous vitamin C therapy and GSH can be given together or separately Did you know that vitamin C is both an antioxidant and an oxidant? ***That means large doses of vitamin C can decrease free radical damage (anti-oxidant activity) and at the same time oxidize the DNA of cancer cells (oxidative activity). At high doses, intravenous vitamin C can enhance the therapeutic effects of chemotherapy. Intravenous vitamin C in high doses is being shown to be an effective chemotherapeutic agent in and of itself.*** If a person has cancer, **low doses** of vitamin C are not recommended since it may support the growth of cancer cells. However, when preventing any type of disease, vitamin C should be taken routinely. CHI patients taking Poly MVA and also taking high doses of vitamin C should take the Poly MVA in the morning alone and wait at least 6 hours before taking vitamin C. High doses of vitamin C taken at the same time as Poly MVA can decrease the effectiveness of Poly MVA.

***“Vitamin C is both an antioxidant and an oxidant”***

Vitamin C, known as ascorbic acid, is most commonly known as a powerful antioxidant. It enhances the effects of vitamin A and vitamin E. It can help prevent certain skin cancers, which have increased by almost 50% in the last decade. Vitamin C helps the immune system function more effectively and it helps in the production of the adrenal hormones. Vitamin C is crucial in the body's natural detoxification process.

As with GSH intravenous therapy, people with inadequate levels of the enzyme glucose-6-phosphate dehydrogenase (G6PD) should not receive intravenous vitamin C therapy. Because of this, Dr. Rothenberg requires that all patients wishing to receive intravenous vitamin C therapy have a G6PD blood test prior to vitamin C intravenous therapy, to ensure that their levels of the enzyme G6PD are normal. Patients with renal insufficiency, patients on chronic renal dialysis, patients who have iron overload and patients who form stones are not usually candidates for intravenous vitamin C therapy. However, if a patient has a history of forming oxalate stones, magnesium and vitamin B6 may be given to those patients to prevent stone formation and consequently, the patient would then be able to receive intravenous vitamin C therapy.

For patients with cancer, intravenous vitamin C therapy can be given three times per week for one year and about twice a month thereafter. For patients wishing to have intravenous vitamin C therapy for prevention, it can be given several times per month for optimal effect. Intravenous vitamin C takes one hour per treatment. As with GSH, CHI patients' that have already had vitamin C intravenous treatments state that they have more energy and feel better overall.

## **Intravenous Vitamin B:**

Many years ago, Maryland physician John Myers, who passed away in 1984, began using intravenous vitamins and minerals to treat a variety of medical problems. His creation is now known as the Myers' Cocktail. Dr. Myers and physicians after him found that weekly or twice weekly infusions of various B vitamins, certain minerals and vitamin C improved overall well-being and specifically improved symptoms of fatigue, depression, chest pain, heart palpitations, asthma, fibromyalgia, migraine headaches and various allergic responses. When patients continued their intravenous infusions, symptoms were well controlled but when infusions were discontinued, symptoms reappeared in some patients.

***“the Myers Cocktail”***

The Myers' Cocktail can be given intravenously over a fifteen minute period. For prevention, it is suggested that the Myers' Cocktail be given 1-2 times per month. To specifically treat various disease symptoms, the number of treatments varies.

**To learn more about intravenous vitamin therapy or to schedule a treatment after having the G6PD blood work done, please contact CHI.**

**PRICES: Intravenous GSH or intravenous vitamin C - \$200/treatment  
GSH & vitamin C combined into one treatment, - \$300/treatment  
Intravenous vitamin B (the Myers' Cocktail) - \$100/treatment**

## BLOOD PRESSURE, ERECTILE DYSFUNCTION AND L-ARGININE



The inner lining of blood vessels is known as the endothelium. Healthy endothelial cells are necessary for good cardiovascular function and good blood flow throughout the body. Endothelial cells secrete nitric oxide which is a primary regulator of overall vascular function. Nitric oxide promotes dilation of blood vessels. When blood vessels cannot dilate properly there may be reduced blood flow and an increase in plaque formation. L-Arginine must be present in proper amounts for the body to produce adequate amounts of nitric oxide.

As a person ages, levels of nitric oxide may decrease, causing hypertension, angina (chest pain) other heart problems, erectile dysfunction, peripheral vascular disease and cerebrovascular disease. Nitric oxide is also important in preventing oxidation of the unhealthy LDL cholesterol.

Many people with hypertension have poor endothelial function and can benefit by taking L-Arginine, which may help lower blood pressure in a more natural way. When a male has poor erectile dysfunction, it may be an indication of endothelial dysfunction and possibly something else going on in the cardiovascular system.

Supplementation with L-Arginine, under a physician's direction, may improve blood pressure, may improve erectile dysfunction and may improve cardiovascular and cerebrovascular function. For more information about the benefits of L-Arginine, please schedule a consultation with Dr. Rothenberg.

# IN THE NEWS

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## **Upcoming Anti Aging CME Courses with Ron Rothenberg, M.D.**

### **14th Annual International Congress on Anti-Aging Medicine**

July 14-15, 2006 Rosemont, IL

### **Fellowship in Anti-Aging Medicine**

July 17-18, 2006 Rosemont, IL

### **A Practical Application of Treating Adult Hormone Deficiencies**

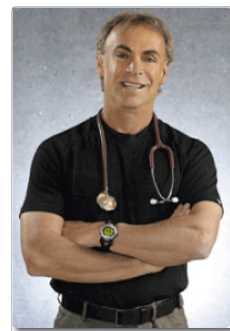
Sept 8-10, 2006 San Diego, Ca

### **Pain Treatment Seminar**

Oct 14, 2006 San Diego, Ca

### **Fellowship in Anti-Aging Medicine**

Oct 15, 2006 Detroit, MI



**NOTE: Dr. Rothenberg is committed to additional seminars and lectures for the rest of 2006 and into 2007. Watch for details in the next newsletter and on the CHI website.**

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