



Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share.

Each month, he will select a few to be published and answered in the newsletter.

Please remember that he cannot answer every question.

When submitting a question or comment, please include full name, city, and state.

Please e-mail the doctor at: askblaylock@newsmax.com.

Q: A gastroenterologist suggested an iron supplement after three endoscopic procedures to relieve dysphagia. The only one I have been able to tolerate is Ferretts IPS Liquid, 40 mg per day, which I've taken for six months, and the dysphagia appears to have stabilized. How much is safe?

— Warren W., Kirkland, Wash.

A: The safest and least irritating form of iron to the stomach is carbonyl iron, which you can get over the counter at many pharmacies. Six months of iron should replace most iron loss.

You should be checked for occult bleeding with a stool test. Aspirin causes occult blood loss.

Your problem might also be absorption. Several vegetables and teas prevent iron absorption. Tea contains tannins, which bind the iron and prevent absorption. Also, many cereals contain phytates that bind iron. Take the iron supplement 45 minutes before a meal.

Also, vitamin C (buffered form) dramatically increases iron absorption. You should have your iron levels tested regularly during replacement treatment to make sure they do not get too high. Once they are normal, stop the iron. High iron levels are associated with a number of conditions, including cancer, atherosclerosis, heart attacks, heart failure and neurodegenerative diseases.

Q: What is your opinion of the sweetener xylitol?

— Sandy M., Hancock, Md.

A: I have discovered a product that I like a lot called **Just-Like-Sugar**. It is made from natural products such as chicory root and orange peel and can be used to cook with as well. As far as xylitol, I would not advise it since studies have shown that it can cause damage to brain cells. **Go to www.justlikesugarinc.com for more information.**

Q: Are there natural supplements that might help with RPF/retroperitoneal fibrosis?

— Michele M., High Point, N.C.

A: There are a few things you can try for your condition. Although none has been tested specifically for retroperitoneal fibrosis, they have been used for other fibrotic conditions. An excellent anti-inflammatory combination is curcumin 500 mg and quercetin 500 mg mixed with a tablespoon of extra virgin olive oil. Take this mixture three times a day. These ingredients have a number of additional benefits, such as inhibiting cancer and promoting the healing of tissues. High dose vitamin E (Unique-E) in a dose of 1,000 IU twice a day, has been used for other fibrotic conditions.

Fish oil high in DHA will reduce the inflammation as well. You can get pure DHA in a product called Neuromins. The dose is 1,000 mg a day. I would also suggest a good multivitamin/mineral such as Extend Core from www.vrp.com. A high dose of vitamin B12 as methylcobalamin (5,000 ug a day) helps the nerves heal. Borage oil (1,000 mg a day) could also be helpful.

Q: I cannot take caffeine because it causes premature ventricular contractions (PVCs) of my heart, but I would like to get the benefits of white tea. Would I still get the benefits if I get naturally decaffeinated instead of the regular?

— Lynn L., Santa Barbara, Calif.

A: Decaffeinated white tea has all the powerful ingredients found in caffeinated teas. Magnesium, carnosine and acetyl-carnitine have been shown to help reduce PVCs. Avoid all excitotoxin food additives such as MSG, hydrolyzed proteins, protein isolates, soy protein, caseinate, autolyzed yeast, etc. since all of them make the heart more