

Dr. Levin's

News You Can Use

"If the human brain were simple enough that we could understand it, we would be so simple that we couldn't understand it." –Emerson Pugh



Summer 2011 Edition

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Can't Get Enough of Dr. Levin?



LISTEN TO DR LEVIN ... WITH A FOCUS ON INTEGRATIVE MEDICINE.

The In Short Order radio show is hosted every Sunday evening, 7- 9PM EST by Sue Vogan and co-host Dr. Warren Levin. The topic is health because we feel you deserve only the best!

<http://www.blogtalkradio.com/in-short-order>

Have you been trying to lose weight but nothing seems to work?

Try the new HCG Weight Loss Program—an exciting approach that Dr. Levin has reintroduced from his years in Bariatric Medicine. We'll support you from start to finish!

Check page 6 for more details!

The Latest

What's Happening in the Health World and How it Affects YOU

Fluoride in Infant Formula

An ingredient universal to all baby formulas is FLUORIDE. It has been found that formula, when mixed with fluoridated water on a regular basis, increases the risk of discolored teeth. Most tap water has fluoride in it already, and it is also a popular additive in foods, drinks, toothpaste, and medicines. Because of this fluoride epidemic, "more than 41% of adolescents are fluoride-overdosed and afflicted with dental fluorosis (discolored teeth)."

"Fluoride, neither a nutrient nor essential for healthy teeth, was never FDA safety-tested for human ingestion. The FDA regulates fluoridated toothpaste as a drug for topical application, which requires poison warning labeling."



"Twenty-four studies link fluoride to lower IQ in children and 100 animal studies link fluoride to brain damage."

For more information: <http://www.FluorideAction.Net>

Revealed: What Food Coloring is Really Adding to Your Snacks

In a recent article in the Washington Post, two leading science professionals expressed their concern with the overabundance of colored dyes present in our food today. What was once the worry for parents feeding their children candy and snack foods, synthetic colored dyes have begun to pop up in foods as unassuming as pickles, yogurt, and even oranges. It's not the idea of having more colorful food that worries researchers, it's the studies that have begun to prove a link between children's





behavior and the presence of artificial food dyes in their diets. It has been found that hyper-active children that eat food dyes “become significantly more hyperactive than children who get a placebo”. Even worse, another study by the British government showed that “artificial food dyes (in combination with a common preservative) could make even children with no known behavioral problems hyperactive and inattentive.”

“The greatest hazard that dyes pose for children may also be the most obvious: They draw kids away from nutritious foods and toward brightly

The true credit for this “discovery” belongs to Ben F. Feingold, MD who identified the problem *over 50 years ago!* His loyal followers now run the Feingold Association. See the website: www.Feingold.org – it’s filled with solid scientific research and resources.



Infectious Disease—How Much Do Doctors Really Know About Treatment?

The AMA has uncovered some very important information about the lack of evidence backing up most treatment recommendations for infectious disease. Most recommendations, they found, are based on the knowledge of individual experts or panels, while only a small percentage were based on at least one randomized clinical trial (the “Gold Standard” of science data). What does this mean for you? It affects people with bacterial meningitis, pneumonia, and infectious diarrhea, and, most importantly for Dr. Levin’s practice (and patients), it also includes LYME DISEASE. It’s just another proof that there is no ‘one way’ to fight Lyme. The jury is still out. There are few, if any clinical trials to prove or disprove any given method of treatment.

New

NEURO-ENDOCRINE-IMMUNE SYSTEM

Testing!

Dr. Levin is working in conjunction with NeuroScience Inc. to bring the latest method of testing to hone in on specific ‘root causes’ of problems from LYME DISEASE to Chronic Fatigue. Dr. Levin’s patients will receive an EXCLUSIVE DISCOUNT on this innovative testing, but the offer runs out JULY 1, 2011!!! These tests can detect delayed food allergies, inflammatory bowel problems, as well as many other symptoms and syndromes. Call the office to ask about these tests to see if they might be right for you!

**WORLD HEALTH ORGANIZATION
INTERNATIONAL AGENCY FOR RESEARCH ON CANCER
CLASSIFIES RADIOFREQUENCY ELECTROMAGNETIC
FIELDS AS POSSIBLY CARCINOGENIC TO HUMANS**

May 31, 2011 -- The WHO/International Agency for Research on Cancer (IARC) has classified radiofrequency electromagnetic fields as **possibly carcinogenic to humans**, based on an increased risk for **glioma**, a malignant type of brain cancer, associated with wireless phone use.

****Radiofrequency electromagnetic fields' means all radio frequency fields, not just cell phones.****

See the following link for full report.

http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf

The world knows how dangerous BPA is. Even China, following the lead of Europe and Canada, has now banned BPA in baby bottles. In the absence of leadership from the federal government, many states have also started to take action.

The endocrine-disrupting chemical bisphenol-A (BPA) is a common ingredient in polycarbonate plastics and has been linked with serious health problems, including cancer, birth defects, and heart disease.



By contrast, the Federal government still doesn't get the message.

There are new bills in California, Delaware, and New York that seek to ban BPA in various products. ***If you are a citizen of these states, please contact your legislators immediately*** and ask them to support these important bills!

To read the full article: <http://www.anh-usa.org/bpa-its-time-for-the-federal-government-to-catch-up/>

Breaking News on Amalgam Fillings!

Finally, the United States government has recognized the danger of amalgam fillings and has announced that it supports a “phase down, with the goal of eventual phase out by all parties, of mercury amalgam.”

For more information about this exciting turnaround:

http://www.bolenreport.com/feature_articles/Guest/CharlieBrown/phaseout.htm

<http://us1.campaign-archive1.com/?u=27e2f2d4d51d0311acb2ec134&id=a2d5ee92f5&e=5f935095a6>



Links to More Great Articles and Information.....

*Take This Antidepressant, and You Too May Have a Violent Psychotic Break

<http://www.anh-usa.org/take-this-antidepressant-and-you-too-may-have-a-violent-psychotic-break/>

*Dr. Levin Interview!!! Alternative Medicine and Science: Integrative Pediatrics

<http://www.opposingviews.com/i/alternative-medicine-and-science-integrative-pediatrics>

*Self-Funded Study Found HUGE Tumors From This Everyday Food!!!

<http://articles.mercola.com/sites/articles/archive/2011/04/09/victoria-innessbrowns-aspartame-experiment.aspx>

*Diet Pills that “Help” Depression—With Confusion, Hostility, and Heart Problems

<http://www.anh-usa.org/diet-pills-that-help-depression-with-confusion-and-heart-problems/>

In The Office: New Supplements

Researched Nutritionals

We have many products from this fine company.

They provide a wide variety of “Transfer Factors”, the molecules that were first found in *colostrum*, that I refer to as the second gift of the mother to her newborn – all of the Antibodies that she has made will now protect her child while other factors stimulate the immune system into activity, and others prevent it from over-reacting! We have specific T-F’s for many viruses, flu, Lyme and Candida as examples, as well as the broad coverage offered by T-F Immune.

New Nutrients for Brain Protection

Advanced Memory Formula – a “complete” formula that has good science behind it.

Zymenta – another “complete” formula that also has good science but there is virtually no duplication!

I recommend taking BOTH if you feel that you are “losing it” – car keys, word block, names and faces, etc.

Probiotics from Advanced Naturals

Ultimate FloraMax Critical Colon 80 Billion
(Capsules)

Ultimate FloraMax Super Critical 200 Billion
(Powder)

**DELICIOUS New Shakes from NuMedica*

Total Vegan Chocolate Delight (or Natural
Vanilla) Powder

Comprehensive plant protein blend of 5 hypoallergenic sources: pea, rice, hemp, chia and cranberry providing 24 g of protein and only 6 net carbs.



HAVE YOU TRIED **EVERY** WEIGHT LOSS PROGRAM?

Have you been on a **yo-yo** diet, losing weight only to gain it back again?



'PASS THE BATON' TO DR. LEVIN AND HIS STAFF, AND LET US HELP YOU TO ACHIEVE YOUR WEIGHT LOSS GOALS WITH OUR NEW HCG WEIGHT LOSS PROGRAM!

THE HCG PROGRAM IS A NATURAL HORMONE THAT WORKS IN VERY LOW DOSES TO RELEASE STORED BODY FAT THAT THEN CAN BE USED FOR ENERGY – THE WAY FAT WAS INTENDED.

The HCG protocol will not only help you to lose weight, but will also help you to bring about a restoration to good health using a natural hormone protocol, a healthy diet, and low-intensity exercise.

If you have **high blood sugar, high cholesterol, high triglycerides, high blood pressure, are a diabetic or borderline, or are suffering other health problems due to your weight, contact Dr. Levin's office for an appointment.** You will receive all the information about the HCG program, the necessary laboratory testing, a physical examination, an EKG, a diet and recommendations for an exercise program with the added bonus of fitting into clothes that didn't fit when you were the same weight going up! Your progress will be monitored for the most effective results.

WE'RE HERE TO SUPPORT YOU FROM THE STARTING LINE TO THE FINISH!

WHAT DOES YOUR PROGRAM INCLUDE?

- 2 visits with our medical staff, initially
- General laboratory testing including thyroid evaluation
- Thyroflex (www.thyroflex.com) to be repeated after one month on the program. If further testing or treatment is needed, the cost will be additional.
- A complete physical
- EKG
- Daily injections of HCG for 40 days including a nutritional support regime. Or the Homeopathic Kit, which is also good for 40 days of the program. Both kits contain nutritional support and adjunctive therapy beneficial and essential for the support of the program.
- Weekly Diary
- Postal Scale for measuring your food
- Complete review and on going support of the “Original” HCG program as developed by Dr. Simeons from Italy, and modified by Dr. Levin and his mentor - the late Peter Lindner, MD.
- Maintenance: Stabilization Program: Four-Week Program.

WHAT OUR PATIENTS HAVE TO SAY ABOUT THE DIET....

My cousin introduced me to the HCG diet, and I was very intrigued by this, being a woman of science. I started a massive research campaign and after I was happy with what I learned, I started to search for a physician. I spent two weeks searching and then found Dr. Levin. I called immediately and Susan came to the phone. She was as friendly as can be and explained the diet and the course of treatment.

My intention was to focus on the diet. However, I had another blessing come my way, Dr. Warren Levin. At our first visit we discussed my asthma, my thyroid problems, my chronic allergies, and as I heard him talking I could not get enough of his approach and his take on my health issues. He reviewed my condition, ordered some additional tests, and gave me the okay to start the diet. However, I had a great deal of learning and reading to do. With an open mind and tons of hope and support, I started the HCG diet on May 10, 2011 and I am happy to report that **in a month I have lost a whopping 30 pounds and I feel great!** Nothing is going to stop me now!

I am in it to win it, or in this case to lose it ALL! Dr. Levin's team is so friendly and always ready to help. Susan is my coach. As each week goes by, I know I will make it all the way. I am extremely happy and thankful that I was able to find all of you. -Mary P

The first time I did the HCG program was over 25 years ago. I decided that after many years struggling to get 17lbs off I would try it again. I found Dr. Levin's name on the internet and was impressed with his credentials and background. This was definitely more than just a quick in and out weight loss clinic, where your needs and total health picture are considered. As I had some issues, the program was personalized to my particular needs over and above the HCG program itself.

The program has been fabulous. It is good as I remember. I lost all the weight I desired in less than the minimum 28 day cycle. As is discussed in the program, I lost the weight where I needed to lose it. I was never hungry and felt energized throughout the program. The support of the staff was the best. They were there for me whenever I needed them with questions and concerns. It is one of the best programs I know of, and as long as you follow the rules, it is a no fail program. I cannot recommend the program or the staff of Dr. Levin enough. They are outstanding. -Anonymous

Susan's Yeast Free Salad Dressing

- 1 cup of hemp oil or flax oil or both combined
- 2 tbsp lemon juice
- 2-3 cloves of garlic crushed
- 1 tsp. + Herbamare (can be purchased at Whole Foods--keep in freezer for freshness)
- A few leaves of fresh basil
- $\frac{1}{4}$ tsp + celtic or sea salt to taste
- 1 tsp dry mustard (add more as desired)
- 1 Tbsp. parsley flakes (health food store: and freeze)
- 1 hard boiled egg (sliced)

Put in blender.

Blend.

Enjoy!

*You can double it and it will last several days.



Office Announcements



COMING SOON...

Dr. Levin's NEW Website!!!

Old url, new look.

<http://warrenmlevinmd.org/>



THE BOOK CHRONICLING DR. LEVIN'S BATTLE WITH THE STATE OF NEW YORK AS HE FOUGHT FOR AND WON HIS RIGHT TO PRACTICE ALTERNATIVE MEDICINE IS OUT!

PRIME EXAMPLE – THE TRUE STORY OF THE CASE THAT SAVED ALTERNATIVE MEDICINE IN THE STATE OF NEW YORK.

We have copies for sale in the office for \$5.00 off list price!

AND.....

Dr. Levin is writing a book on **Chronic Illness** with Fran Gare, who co-authored several books with Dr. Atkins!

CRITICAL NEW INFORMATION:

The recent Nuclear disaster in Japan threatens the entire world with excess radiation exposure. What was learned at the previous serious Nuclear accident (Chernobyl), was that all those exposed who received prompt Iodine supplements did not develop Thyroid Cancer, which was widespread after many years in those who did not take extra IODINE/IODIDE. The major side effect is rare – in patients with Hyperthyroidism (overactive thyroid) the Iodine stores are depleted, and more Iodine can worsen the symptoms.

I suggest these amounts:

- Over 175 pounds, 50 mg daily for 1 month, then 12.5 mg long-term.
- Over 100 pounds, 50 mg daily for 1 month, then 6.5 mg long-term.
- Children over 15 pounds 6.5 mg daily for 1 month, then once every other day.
- Children under 15 pounds 6.5 mg for 1 month then once every other day.

I recommend that patients take their Iodine/Iodide in a combination that is now available in capsule form. Iodoral™ and I-Throid™ are brand names that we have in the dispensary, as well as I-Quench™ – a concentrate given as drops.

DOCTOR LEVIN RECOMMENDS.....



Overall, I feel healthier and better following this diet. I would highly recommend this cookbook if you have Lyme disease or any type of inflammatory condition. "

- Sarah, Lyme patient, review on Amazon

"Coupled with gorgeous photographs, the recipes should appeal to anyone seeking wholesome food. No sense of deprivation here. And no need for the cook to be preparing two different menus for people with different health status."

— Dorothy Kupcha Leland, book review on CALDA's Touched by Lyme blog

"Food-based healing is possible, and Recipes for Repair: A Lyme Disease Cookbook is a wonderful resource to help you accomplish your healing goals in a way that's highly satisfying to all of your senses. Gail Piazza and Laura Piazza do a masterful job of developing dozens of delicious and beautifully presented recipes based on the principles of the Lyme Inflammation Diet®."

– Dr. Kenneth B. Singleton, Author of The Lyme Disease Solution

AVAILABLE ON AMAZON.COM!

We hope you enjoyed our newsletter.....

Check your inbox!

We will begin to send out weekly newsletters and a special edition (like this one) every 6-8 weeks.

STAY TUNED AND
STAY HEALTHY!

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