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Hours
 Mon-Fri 9:00am - 6:00pm
 Saturday 9:00am - 3:30pm

Dr. Daniel T. Wagner,
 R.Ph.,MBA,Pharm.D.

July
 August
 September
 2005

NutriFARMACY

Newsletter



WHAT'S NEW AT NUTRIFARMACY?

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Helping to Stem the Rise of Diabetes in Nigeria, West Africa

In April 2005, I made my sixth trip to Nigeria, West Africa to participate as a medical volunteer with *The World Health Mission*, a non-profit, Pittsburgh-based charitable organization of health professionals. My particular project in Nigeria these past few trips has been to set up and administer diabetes-screening clinics at a number of hospitals around the country. Along with a Canadian colleague, I set up clinics at Bauchi Specialist Hospital and Gombe Specialist Hospital, two state hospitals located in the eastern part of the country.



Dr. Wagner doing blood-glucose screenings at Bauchi Specialist Hospital in Nigeria

Continued on p.5 (Nigeria)...

The pH Miracle- A Key Role to Health and Weight Loss?

With a litany of diets (where Americans spend more than \$40 billion a year) on the market and a diversity of dietary habits around the world, food has become more than sustenance: it reflects an aspect of culture, tradition and life. A primary key to healthy diet habits appears to be the major influence of maintaining appropriate pH levels throughout the body.

Acid pH is defined as everything with a pH less than 7.0 (neutrality), and alkalinity is anything with a pH greater than 7.0. When the diet is unbalanced, as are most American diets, the pH of the body fluids is affected. A highly acidic diet may be one of the most significant offenders in causing poor health in our society. There is ample proof that a highly acidic body pH may predispose a person to certain serious and chronic conditions, including diabetes, cataracts, gout, hypertension, ulcers, irritable bowel syndrome (IBS), osteoarthritis, obesity, stroke, heart attacks, low energy, poor sleep, autoimmune diseases, cancer and pre-mature death.

Each and every food you eat can create a pH imbalance in your body that may pollute your blood. An imbalance may make you sick and cause you to gain weight in the long run.

In the case of high-protein diets (Atkins, South Beach) one may lose weight up front (2-4 months), but in a vast majority of cases these diets prompt you to eat foods that are highly acidic that usually leads to regain the weight loss (plus more), and serious sickness or disease may result.

Continued on p.4 (pH)...

NEW PRODUCTS AT NUTRIFARMACY !!!

WHAT'S THE SCOOP ON EDTA AND ORAL CHELATION

Is chelation therapy one of the world's best-kept secrets? Even though the medical-industrial complex has attacked the practice for years, more patients are turning to a viable and affordable alternative-**oral chelation**. The correlation between EDTA and improvement in cardiovascular function is emerging as an effective (albeit still controversial) therapy. EDTA is a synthetic amino acid that in oral (capsule) form may help to:

- Lower high blood pressure
- Break down or dissolve cholesterol- calcified plaque
- Detoxify the body of heavy metals and minerals from the body
- Act as an anticoagulant **120 caps/ \$27.99**



NEUROSOL for Neuropathy?

NEUROSOL is a unique, all-in-one combination of nutrients that directly support peripheral nerve function. METAGENICS is the producer of this new product to help optimal nerve system function.



\$34.95 / 60 capsules

ULTRA GLYCEM-X

METAGENICS has created a new medical food used specifically for the nutritional support of dysglycemia (blood sugar elevations associated with diabetes or pre-diabetes situation, also called "insulin resistance." Extensive research has been done on this product, and supplementation may decrease or eliminate your need for diabetes medications.



\$58.45 / 728 grams

MSM-GLS PLUS BIO-MED

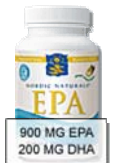


MSM-GLS PLUS BIO-MED's newest product to help replace the non-steroidal, anti-inflammatory drugs (like Bextra, Celebrex, and Vioxx) naturally. This product contains MSM, Boswellia, Glucosamine sulfate, and Evening primrose oil. A perfect blend to help decrease pain and inflammation.

\$25.99 / 120 caps.

NORDIC NATURALS EPA

EPA is a healthy omega-3 fatty acids that protects your heart and blood vessels. Research shows that EPA can benefit cardiovascular health, and reduce inflammation associated with minor arthritis, joint pain and mobility, and other aches and pains. Take **ONLY** the best brand, NORDIC!



\$31.99/60 caps

Xlear Spry Gum



Studies have shown that the incorporation of xylitol-rich products in sufficient quantities (8-10 grams) into your daily routine, has substantial oral health benefits.

- Sugar Free Gum
 - Sweetened with All Natural Xylitol
- 10 sticks/.99 cents**

KRILL OIL MAKING A SPLASH!



Krill, small shrimp-like crustaceans are considered a delicacy and a good source of protein in Japan. Scientists have discovered that Arctic krill have a higher concentration of omega-3 EPA and DHA than any other source. Also, krill's high fatty acid profile closely resembles that of the human brain's own phospholipids, therefore making it more recognized by the body. TWINLABS has KRILL products for JOINT PAIN and for CARDIO KRILL OIL.

\$38.99 / 100 CAPS

HOODIA CRAZE IS CATCHING ON

Hoodia gordonii is the remarkable plant that was discovered in the South African Kalahari Desert. Used by natives for thousands of years to provide appetite satisfaction and energy enhancement during periods of prolonged hiking, *Hoodia* is now available to you-as an appetite-satisfaction mint with 50 mg of active ingredient to diminish hunger and provide greater energy.



100 mints/\$29.49

...continued from p.1 (pH)

You are what you drink

The human body is 70 percent water. Each person has about 10-13 gallons of water in their body. Water makes up 75 percent by volume of your muscles and heart, 83 percent of your brain and kidneys, and 90 percent of your eyes and lungs. Drinking pure, filtered water (lots of it) helps to alkalize the body and is probably the one most important thing you can do not only to be more healthy, but also to find and stay at your ideal weight. Water washes away acids and wastes, helping your whole body stay alkaline. Remember, adding anything to the water (aspartame, Splenda, Sweet and Low, honey) makes it more acidic. Adding a pinch of lemon or lime can make the water more alkaline.



Alkaline Foods

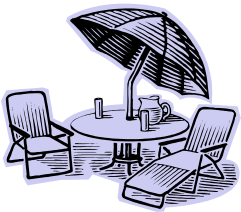
The heart of eating an alkaline diet is to eat green foods and drinks and healthy fats. This gives you a huge spectrum of wonderful foods to choose from. Essential fatty acids like avacados, coconuts, fresh fish, flaxseed, borage and primrose oils are alkaline and healthy choices, and contain very little sugar and no starch. Green vegetables provides the vast majority of your body's needs: vitamins, minerals, fiber, and even micronutrients like protein and fats. They contain chlorophyll (which gives green plants their green color), phytonutrients that give some plants their yellow, orange and red colors. They help neutralize acids, act as antioxidants, and provide energy for the body.

You can't go wrong choosing green vegetables like broccoli, cucumbers, celery, spinach, sprouts, lentils, wheat, soy, beans and seeds. Other alkaline fruits that seem to be acidic when you taste them (tomatoes, lemons, limes, grapefruits) are actually alkalizing when they are metabolized in the digestive tract. Healthy grains such as buckwheat and quinoa are high in protein and are excellent choices to round out a meal of good fats and green veggies. It may surprise you to find that salt (sodium) keeps a body alkaline. Sea salt is preferable to table salt.

Acidic Foods

Foods that are themselves acidic, or have an acidic effect on the body once they are digested, are better to avoid if you wish to reach your ideal weight and stay there. Be aware of the following acidic foods in your diet. Animal protein including meat and dairy, has been linked to increased heart disease, and other modern diseases. In addition, eating meat stimulates insulin production so the dangers of blood sugar fluctuations cannot be avoided by simply avoiding carbohydrates. Pork is loaded with acid. Pigs have no lymphatic system to move acid out of the body, so metabolic acids are stored in their fat. Chickens absorb their own acidic urine into their flesh, since they do not urinate. Eggs from chickens fed with grain have been documented to contain acid, and dairy products have concentrated sugars called lactose. All sugar is acidic in pH.

Sweeteners such as white sugar is a major contributor to acid production in the body, and is a major contributor to obesity. When you eat sugar, the extra that isn't used for energy is fermented into acids, which contributes to cellular breakdown. Other simple carbohydrates are handled by the body such like white sugar and should be eaten sparingly. They include white flour, white rice, and pasta. Artificial sweeteners like aspartame (NutraSweet), saccharin (Sweet 'n Low), and sucralose (Splenda), break down into potential deadly acids in the body. For example, the worst choice is aspartame. One of the ingredients of aspartame is methyl alcohol, which converts into formaldehyde, a known carcinogen. From there it turns into formic acid, the same stuff fire ants use in their attacks. Aspartame (although used widely in diet foods) will specifically contribute to obesity. No one ever loses weight when eating diet foods or drinking diet cola, never! The acid component of the sweetener is called aspartic acid. Other potential acidic foods include peanuts, yeast, fermented malt foods (soy sauce, vinegar, miso, pickles, olives, mustard, ketchup, salad dressings, and chili sauce. Alcohol is fermented and acidic, as is caffeine and coffee. Mushrooms of all kinds are acidic as they are digested, as is chocolate and MSG. Most fruits are high in sugar, and even though they are high in nutrients, certain one can produce acid. The highest acidic fruits are pineapple, honeydew melons, cantaloupe, watermelon, and grapes. Apply and orange juice has enough sugar to create an acidic internal environment.



RECENT STUDY SHOWS THE BENEFITS OF ZINC

A new double blind, placebo controlled study involving thousands of patients (children and adults) has verified what health advocates have known about dietary zinc for a long time - it builds immunity.

In Germany, physicians advise patients to take up to 50 mg of zinc whenever they feel symptoms of cold or flu. The apparent reason for the sudden larger dosing of zinc lies in the fact that zinc is involved in more than 70 key enzymes that must be synthesized by our cells to put the immune system into high gear.

Other possible effects of zinc supplementation include its positive effect on decreasing inflammation, increasing the resolute time to heal infections, improving protein synthesis and carbohydrate metabolism and enhancing the healing process. Zinc supplementation may protect the lungs from inflammatory stages, whereas zinc deficiency definitely enhances airway inflammation and cellular damage. Zinc is especially important for men because of its well known affinity for the tissues of the prostate gland.

Low zinc levels are commonly associated with chronic skin problems such as acne, psoriasis and eczema. Zinc is important in transporting vitamin A to the surface of the skin. Vitamin A is essential for healthy skin. Zinc also is required for the production of cortisol, the body's own steroid that it secretes in response to any inflammation (caused by various stressors). A healthy adrenal gland is essential for secreting hormones that will heal skin manifestations, such as acne and psoriasis.

At NutriFarmacy, we conduct hundreds of hair-sample tests. One of the most common findings in patients when looking at the balance of their minerals and vitamins in their body's, is the deficiency of zinc. Zinc is required for the production of insulin from the pancreas, its release in the bloodstream, and for prolonging the action of insulin. A low zinc level is associated with the impairment of normal insulin activity, and thus an inability for the pancreas to break down carbohydrates and simple sugars. Depressed zinc levels also raise copper levels, causing an increased inadequate protein synthesis, and possible accumulation of excessive copper in the brain causing insomnia and emotionalism.

Our modern American food supply and eating lifestyles are not conducive to adequate mineral intake, including zinc. Food sources of zinc includes wheat germ, cheese, nuts and seeds, herring, oysters, brewer's yeast, and tea. We advocate supplementation of vitamins and minerals daily as simple good sense.

...continued from p.1 (Nigeria)

For this special project in diabetes training, education, and testing, we allocated more than two dozen *FreeStyle* and *Accu-Chek* blood glucose monitors. Many of these valuable glucose monitors were donated by *Global Links*, a Pittsburgh-based, charitable organization that recovers surplus medical supplies, equipment, and furnishings in good condition to redistribute to hospitals in third-world countries. We had to purchase the glucose strips and lancets, as we were unable to secure them through donation.

The opening day of our screening clinic at Bauchi Specialist Hospital was met with fanfare and excitement. The local Nigerian radio station had previously aired announcements regarding the free diabetes-screening clinic being set up on the first Monday following our arrival. The response was unbelievable. Nearly 200-300 people showed up the first day to be tested.

Many of the patients (ages 20-80) were having their blood glucose checked for the first time in their lives. I would estimate that about half of the crowd knew they were diabetics and were on medication or insulin, while the rest of the group had no idea.

The friendships and relationships we made with many peaceful and gentle Nigerians will always be a memorable part of the trip. I also hope that as ambassadors of our bountiful country, we can play a small part in helping to improve the quality and quantity of life for many third-world people.

If you would like to make a tax-deductible contribution on behalf of Global Links or World Health Mission please contact via the information below:
Global Links - Website: www.globallinks.org or Phone: (412) 361-3424
Call Dr.Wagner at 1-877-289-7478 for further information about World Health Mission.



???????????????? ASK DR. DAN ??????????????????

Dear Dr. Dan:

Sometimes I feel as though I am aging too quickly. Is there anything you can suggest to slow this process? -S.H., Pittsburgh

Dear S.H.

Aging is an inevitable process of deterioration. You may not be able to stop it, but you can surely slow it down. Think of aging as an "oxidation" process. In scientific terms oxidation refers to "aging" or a "tearing down" process that robs the body of precious oxygen. For example, if your automobile sits long enough in the weather outside, it eventually rusts. Rusting is an aging process that could be referred to as oxidation.

Our bodies don't rust because they are not metal, but they oxidize. So what do I suggest to reverse oxidation? Anti-oxidants, of course. First, get a potent vitamin and mineral regimen. Then add supplements that are potent anti-oxidants, such as vitamins C and E, beta carotene, CoQ10, grape seed extract, green tea, zinc, alpha-lipoic acid, and others.

Next, you've got to exercise- you simply cannot maintain or restore health without it. Third, shape up your diet. Eat more fibre-rich vegetables and fruits as well as whole grains and lean proteins. Cut out the refined carbohydrates, red meat and processed fats. Drink plenty of filtered water, and avoid acidic drinks such as soda pop, alcohol, and artificial sweeteners (aspartame).

Finally, I usually recommend natural hormone replacement therapy for some of my patients, both male and female- but it's not for everyone. Hormones such as DHEA and melatonin have been thoroughly researched for their ability to decrease the aging process. I would suggest seeing a qualified practitioner before taking these hormones.

COUPONS FOR HEALTH !!!



THE ANODYNE THERAPY SYSTEM

New hope for painful and numb feet. The Anodyne system is FDA approved and used to relieve the pain of diabetic & peripheral neuropathy.

REG \$30/treatment
\$10⁰⁰ OFF
 (2 treatments)
 Expires 6/30/05

ARL HAIR ANALYSIS

The ARL hair analysis is an excellent test for assessing mineral balance/imbalance in the body, heavy metal toxicity, adrenal/thyroid stress, and how carbohydrates, proteins and fats are being metabolized in your body. The ARL is an excellent tool for looking into the window of your body. See Dr. Wagner. REG \$88 w/ free evaluation/consultation.

\$8⁰⁰ OFF
 Expires 6/30/05

ION CLEANSE DETOX SYSTEM



Our popular detoxification treatment that draws toxins, heavy metals, yeast, and acidity from your lymph, liver, and tissues. Safe and effective. Reg \$20.00

\$5⁰⁰ OFF
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COUPON

\$1⁵⁰ OFF

Any Sisu Product

Expires 10/30/05

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Any TwinLab Product

Expires 10/30/05

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\$.50 OFF

Any Food Product

Expires 10/30/05

CLASSES AT NUTRIFARMACY SUMMER 2005

ESSENTIAL YOGA WITH DR. DAN WAGNER

Level I

Mondays 6:30 - 7:30pm \$50 (8 sessions)

Jul 11, 18, 25 Aug 1, 8, 15, 22, 29

OR

Thursdays 12:00 - 1:00pm \$50 (8 sessions)

Jul 7, 14, 21, 28 Aug 4, 11, 18, 25

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SEMINARS & WORKSHOPS JANICE POLANSKY, MS, ND

Relief for Arthritis, Sprains, and Strains

Wednesday, Aug 10 7:00 - 8:30pm Cost \$15

Healing Digestive Disorders Naturally

Wednesday, Sep 7 7:00 - 8:30pm Cost \$15

Natural Approaches for Dealing with Depression

Wednesday, Sep 28 7:00 - 8:30pm Cost \$15

**Call Janice at Personal Health Dynamics at
(412) 492-0767 for more information.**

Website: www.personalhealthdynamics.com

Email: Jan@PersonalHealthDynamics.com

David Speer, PhD

REFLEXOLOGY - Cost \$15

Wednesday July 13 7:00 - 10:00pm

CRYSTAL HEALING - YOU CAN

REALLY HEAL WITH

QUARTZ CRYSTALS - Cost \$15

Wednesday July 20 7:00 - 10:00pm

Call (412) 362-3569 for details.

Susan Rapani

Meditation Techniques For Everyday Living

Thursday September 29

9:00 - 10:00am Cost \$15

Call (412) 417-6300 for details.

To register for any of the above classes—please call
NutriFarmacy at (412) 486-4588.

DR. DAN PUBLISHES IN POINT OF LIGHT

Dr. Dan has recently published one of the lead articles in the Summer 2005 edition of Point of Light-Western PA's Journal of Meaningful Living (Vol 11, Issue 43, pp 16-17, 33). The article is titled "How Detoxification May Prevent Chronic Degenerative Diseases." The article stresses many issues involved in detoxification, including suggested vitamin and nutrient protocols. Wagner states, "Heavy metal toxicity is one of the greatest threats to our continued health, yet very few physicians check for it." He later points out, "Some of the greatest toxic exposure that we face daily is by far what we put in our mouths."

If you would like a free copy of Dr. Dan's article, please stop by Nutri-farmacy and pick one up. You may also access the article on-line by visiting HolisticPgh.com. If you prefer to have the article mailed to your home, call (412) 486-4588. Please keep in mind that Nutri-farmacy offers a variety of methods to help you detoxify, including the ARL Hair Analysis, and the popular Ion-Cleanse System.

Look for money-saving coupons in this newsletter!





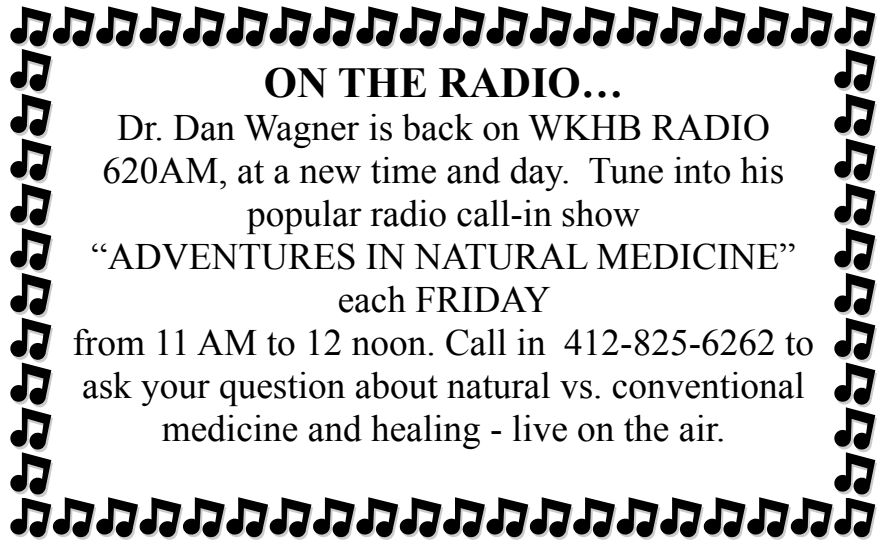
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“A healthy gift for yourself or someone you love for 2005”

Only \$19.95 for a whole year of 12.5% discount on any item that we sell, including classes, diagnostic testing, books, and hair analysis.

\$5.00 OFF

New and renewing members



ON THE RADIO...

Dr. Dan Wagner is back on WKHB RADIO 620AM, at a new time and day. Tune into his popular radio call-in show

“ADVENTURES IN NATURAL MEDICINE”
each FRIDAY

from 11 AM to 12 noon. Call in 412-825-6262 to ask your question about natural vs. conventional medicine and healing - live on the air.



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The Face Place

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- Glominerals (pharmaceutical grade mineral makeup)
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A Company rep will be present to answer questions and assist with makeup

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Gift with minimum purchase

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The Ultimate in Specialty Services

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- *Health Mate Infrared Sauna Dealer
- *Blue Lizard Chemical Free Sun Screen
- *Cellex-C Skin Care Products *Self-Tanning Products
- *GloMinerals Clinical Skincare Makeup
- *Gift Certificates