
Focus on Health

May 2007

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Cells and Aging

Dendritic cells are white blood cells (leukocytes) that are produced in bone marrow. When they migrate across the blood brain barrier into the central nervous system they become known as astrocytes. These astrocytes are characteristic features of inflammatory diseases of the Central Nervous System (CNS) such as Multiple Sclerosis and Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease). These astrocytes produce apoptotic cell death by attracting other dendritic cells, a process known as "homing."

You can greatly slow "normal" aging. Most aging is the dry rot we program into our cells by sedentary living, junk food, and stress. So says Dr. Henry S. Lodge, co-author of Younger Next Year.

You replace about 1% of your body's cells every day. Think of it as getting a whole new body every three months. Exercise and your muscle cells get stronger, sit down and they atrophy.

You may think that food is the controlling signal for muscles to get stronger. It is not. Motion controls your system. Sedentary muscles let out a steady trickle of chemicals that whisper to every cell to atrophy day after day.

Men who go from sedentary to fit cut their risk of dying from a heart attack by 75% over a five year period. Women cut their risk by 80%. Double your leg strength with three months of exercise. Double it again in another three months. This is true whether you are in your 30's or your 90's.

The other master signal to our cells: Equally important – and maybe more important – is emotion. Emotions change our cells through the same molecular pathways as exercise. Anger, stress, and loneliness are a chronic danger. Optimism, love, and positive relationships build our

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As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. Please read this now. Perhaps you have seen a new item that I have not included in this newsletter or have not seen myself. If so, feel free to bring it to my attention.

... Cells and Aging Continued
bodies, hearts, and minds. We are wired to exercise and to caring.

An equally important role is played by hormones. These include but are not limited to: estrogen, testosterone, thyroid, dehydroepiandrosterone, and cortisol. Normal blood levels for these hormones have been identified and should be maintained throughout life in order to enjoy optimal performance, both sexually and otherwise. Route of administration of the hormones is crucial. They should be taken non-orally (not by mouth) to prevent a first pass effect through the liver.

Antiperspirant or Deodorant?

What is the difference between an antiperspirant and a deodorant? Antiperspirants work by closing, clogging, or blocking the pores that release sweat. The active ingredient used to accomplish this purpose is aluminum. Deodorants, on the other hand, work by neutralizing the smell of sweat and using an antiseptic action against bacteria. Deodorants do not stop the sweating process; they break down and process the bacteria that cause the odor produced by sweat.

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... Antiperspirant or Deodorant?
continued

The main concern with antiperspirants is the aluminum they contain which is absorbed into the body. Aluminum has been linked to Alzheimer's Disease and other autoimmune disorders.

We sweat for a very good reason, to cool the body and release built up toxins. Native Americans knew this and implemented the sweat lodge to cleanse any "bad medicine" out of the body. Our modern day equivalent to this is the sauna.

The best alternative deodorant is a crystal deodorant stone, available at all health food stores, that is 3 times more effective than commercial deodorants. They are not sticky or greasy and do not stain clothing. They do not contain aluminum.

Answer to Autism

The answer to autism may lie in the gut and the immune system, not in the head. An interaction between vulnerable genes and environmental trigger points to an autoimmune etiology similar to Lupus and Alzheimers. Chronic inflammation of white matter may be the culprit. This can be viral or due to environmental toxins. Thus the Provin Plan described in previous newsletters as treatment for diabetes and multiple sclerosis should be just as effective in treating autism as it is in those two diseases. A gene called MET doubles the risk for autism. This gene variant occurs in 47% of the population. Glutathione balance in children is potentially very important here in terms of toxic environmental exposure. A biomedical approach, a term developed by Dr. Larry Dossey of Dallas, is yielding gains in detoxification by methylation with chelation in autistic children.