

		<a href="https://www.cliniclibrary.com/">https://www.cliniclibrary.com/</a>
<p><b>YOU NEED DOCTORS. JUST DON'T GO UNPREPARED. THEY ARE RUNNING A BUSINESS. THEY ARE LIMITED BY INSURANCE PAYMENTS (ESPECIALLY MEDICARE) AND THE "STANDARD OF CARE". YOU MAY GET 10 MINS IF YOU ARE LUCKY. YOU MUST KNOW ENOUGH TO CHALLENGE THEM BECAUSE THEY MAY NOT BE "CURRENT" AND MAY NOT BE ALLOWED TO DO THE BEST THING FOR YOU BASED ON THEIR PRACTICE RULES &amp; STANDARDS. EXAMPLE: WHAT IS MORE IMPORTANT THAN DIET &amp; EXERCISE FOR CARDIOVASCULAR DISEASE? WHEN DID YOUR CARDIOLOGIST ADVISE YOU ON PROPER DIET, OTHER THAN TO SAY LOSE WEIGHT, EXERCISE &amp; DON'T SMOKE?</b></p>		
	<u>Subcategory</u>	<u>Details</u>
<b><u>AGING , LONGEVITY &amp; LIFESTYLE</u></b>		
	Dying of "Old Age"	Aging is the highest risk factor for most chronic diseases <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4852871/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4852871/</a>
	Dying of "Old Age"	Even the very old do not die of "old age" <a href="https://www.ncbi.nlm.nih.gov/pubmed/16079208">https://www.ncbi.nlm.nih.gov/pubmed/16079208</a>
	Inflammation	Inflammation 'game changer' as cellular death dance discovered <a href="https://medicalxpress.com/news/2020-01-inflammation-game-changer-cellular-death.html">https://medicalxpress.com/news/2020-01-inflammation-game-changer-cellular-death.html</a>
<b><u>ALZHEIMER'S , MEMORY &amp; DEMENTIA</u></b>		
	ALZHEIMER'S DISEASE, SPIROCHETES—A CAUSAL RELATIONSHIP	Can bacteria cause AZD? The same type of bug that causes Lyme disease, venereal disease, dental disease, etc. <a href="https://www.researchgate.net/publication/318070659_ALZHEIMER'S_DISEASE_SPIROCHETES-A_CAUSAL_RELATIONSHIP">https://www.researchgate.net/publication/318070659_ALZHEIMER'S_DISEASE_SPIROCHETES-A_CAUSAL_RELATIONSHIP</a>
	Amyloid and Cognition Dilemma	Could objective subtle cognitive difficulties help predict Alzheimer's pathogenesis? <a href="https://tinyurl.com/voprh5">https://tinyurl.com/voprh5</a>
	AZD Research is not even close to a cure	The maddening saga of how an Alzheimer's 'cabal' thwarted progress toward a cure for decades <a href="https://tinyurl.com/y5jbvzkh">https://tinyurl.com/y5jbvzkh</a>
	Herpes Simplex Virus Type 1 in Alzheimer's Disease	Strong evidence has emerged recently for the concept that herpes simplex virus type 1 (HSV1) is a major risk for Alzheimer's disease (AD). <a href="https://www.frontiersin.org/articles/10.3389/fnagi.2018.00324/full">https://www.frontiersin.org/articles/10.3389/fnagi.2018.00324/full</a>
	Inhalation AZD	Inhalational Alzheimer's disease: an unrecognized—and treatable—epidemic <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4789584/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4789584/</a>
	More than AZD	A broader view of dementia: multiple co-pathologies are the norm <a href="https://academic.oup.com/brain/article/141/7/1894/5045300">https://academic.oup.com/brain/article/141/7/1894/5045300</a>
	Recode / Bredesen	Reversal of cognitive decline in AZD <a href="https://www.aging-us.com/article/100981/text">https://www.aging-us.com/article/100981/text</a>
	Recode / Bredesen	Reversal of cognitive decline in AZD <a href="https://www.foundmyfitness.com/episodes/dale-bredesen">https://www.foundmyfitness.com/episodes/dale-bredesen</a>
	Recode / Bredesen	The most current data on the RECODE method for AZD. <a href="https://www.omicsonline.org/open-access/reversal-of-cognitive-decline-100-patients-2161-0460-1000450.pdf">https://www.omicsonline.org/open-access/reversal-of-cognitive-decline-100-patients-2161-0460-1000450.pdf</a>
	Ten types of Dementia	It is not all AZD. Dementia comes in many other forms. <a href="https://www.healthline.com/health/types-dementia">https://www.healthline.com/health/types-dementia</a>

## **AUTOIMMUNE, RHEUMATOLOGY, LUPUS**

Extracellular Vesicles for SLE	Beyond stem cells: Using Exosomes to treat SLE	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5412303/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5412303/</a>
Low-dose naltrexone	Tricking the body to heal itself	<a href="https://www.sciencedaily.com/releases/2011/09/110902133047.htm">https://www.sciencedaily.com/releases/2011/09/110902133047.htm</a>
Stem Cells and Exosomes for SLE	Using EVs (Exosomes) from MSCs(stem cells) to treat SLE (Lupus)	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423896/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423896/</a>
Systemic Lupus Erythematosus	SLE is so complex you need the encyclopedia.	<a href="https://www.amazon.com/Lupus-Encyclopedia-Comprehensive-Patients-Families/dp/1421409844">https://www.amazon.com/Lupus-Encyclopedia-Comprehensive-Patients-Families/dp/1421409844</a>

## **CANCER**

Cancer & Supplements	Antioxidant supplementation during chemotherapy also promises higher therapeutic efficiency and increased survival times in patients.	<a href="https://tinyurl.com/u2zvetz">https://tinyurl.com/u2zvetz</a>
Cancer & Supplements	Taking certain vitamins during breast cancer chemo tied to recurrence, death	<a href="https://ascopubs.org/doi/10.1200/JCO.19.01203">https://ascopubs.org/doi/10.1200/JCO.19.01203</a>
Cancer and body mass index (BMI)	High BMI may improve cancer survival (NOT obese)	<a href="https://medicalxpress.com/news/2019-12-high-bmi-cancer-survival.html">https://medicalxpress.com/news/2019-12-high-bmi-cancer-survival.html</a>
Dietary Sulforaphane in Cancer Chemoprevention	Dietary Sulforaphane in Cancer Chemoprevention	<a href="https://www.ncbi.nlm.nih.gov/pubmed/25364882">https://www.ncbi.nlm.nih.gov/pubmed/25364882</a>
Metabolism & cancer	Dietary Recommendations for Cancer and the Warburg Metabolism	<a href="https://blog.virtahealth.com/dr-colin-champ-diet-cancer-warburg/">https://blog.virtahealth.com/dr-colin-champ-diet-cancer-warburg/</a>
Metabolism & cancer	Dietary Recommendations for Cancer and the Warburg Metabolism	<a href="https://youtu.be/rCK6t966xx0">https://youtu.be/rCK6t966xx0</a>
Metabolism & cancer	Metabolic theory of cancer	<a href="https://academic.oup.com/carcin/article/35/3/515/2463440">https://academic.oup.com/carcin/article/35/3/515/2463440</a>
Obesity is an established risk factor for several cancers.	Overweight before age 40 increases cancer risk	<a href="https://medicalxpress.com/news/2019-10-overweight-age-cancer.html">https://medicalxpress.com/news/2019-10-overweight-age-cancer.html</a>
The War on Cancer	It is generally thought that obesity may account for about a third of many cancer types, particularly breast, colon, uterus, kidney and esophagus	<a href="https://peterattiamd.com/war-cancer/">https://peterattiamd.com/war-cancer/</a>
Androgen Deprivation Therapy and Future Alzheimer's Disease Risk	Results support an association between the use of ADT in the treatment of prostate cancer and an increased risk of Alzheimer's disease	<a href="https://ascopubs.org/doi/abs/10.1200/JCO.2015.63.6266">https://ascopubs.org/doi/abs/10.1200/JCO.2015.63.6266</a>
Prostate Cancer & Diet	Increasing Vegetable Intake Does NOT Slow Pca	<a href="https://tinyurl.com/t5ntxc">https://tinyurl.com/t5ntxc</a>
Prostate Cancer & proton therapy	Proton therapy lowers risk of side effects in cancer compared to traditional radiation	<a href="https://medicalxpress.com/news/2019-12-proton-therapy-lowers-side-effects.html">https://medicalxpress.com/news/2019-12-proton-therapy-lowers-side-effects.html</a>

## **CARDIOVASCULAR DISEASE & STROKES**

A Fib	Lifestyle Changes That Cut Afib Recurrence	<a href="https://tinyurl.com/wz3cpe6">https://tinyurl.com/wz3cpe6</a>
Arterial Plaque Reduction	Heart attack proofing	<a href="https://youtu.be/QOWF0KTNu2g">https://youtu.be/QOWF0KTNu2g</a>
Exosomes & Stroke	In 25 years only one stroke drug approved.	<a href="https://tinyurl.com/s56c2ur">https://tinyurl.com/s56c2ur</a>

Triglycerides	Triglyceride Risk Factors and FDA Supplement Regulation	<a href="https://www.youtube.com/watch?v=K7NPbt7OEs4&amp;feature=youtu.be">https://www.youtube.com/watch?v=K7NPbt7OEs4&amp;feature=youtu.be</a>
<b><u>DIABETES, INSULIN, BLOOD SUGAR</u></b>		
Insulin resistance	What is it and what is the best test? By Dr Berg.	<a href="https://tinyurl.com/u3n9es3">https://tinyurl.com/u3n9es3</a>
Insulin resistance was associated with lower cognitive test performance	Insulin resistance was associated with lower cognitive test performance (CTP) in those > 60 years	<a href="https://www.ins-journal.com/article/S0022-510X(17)34464-7/fulltext">https://www.ins-journal.com/article/S0022-510X(17)34464-7/fulltext</a>
Metformin	Side effects & off label uses	<a href="https://youtu.be/cb51Ed90p28">https://youtu.be/cb51Ed90p28</a>
Metformin	Wonder drug? Exploring the molecular mechanisms of metformin, a diabetes drug with Medieval roots	<a href="https://tinyurl.com/sjlg7xi">https://tinyurl.com/sjlg7xi</a>
T2 Diabetes trigger - not sugar	Study finds type-2 diabetes trigger that doesn't involve high blood sugar	<a href="https://tinyurl.com/rgd6kl7">https://tinyurl.com/rgd6kl7</a>
<b><u>DIET, FOOD, NUTRITION</u></b>		
Alcohol	Alcohol metabolism	<a href="https://pubs.niaaa.nih.gov/publications/aa35.htm">https://pubs.niaaa.nih.gov/publications/aa35.htm</a>
Diet & hunger on Keto	Starving on Intermittent Fasting	<a href="https://tinyurl.com/vk7hpnj">https://tinyurl.com/vk7hpnj</a>
Dietary Study Troubles: Food Frequency Omissions	Possible biased omissions	<a href="https://tinyurl.com/vmp3g85">https://tinyurl.com/vmp3g85</a>
Dietary Study Troubles: Food Frequency Omissions	Possible biased omissions	<a href="https://youtu.be/1sl3uka-Orc">https://youtu.be/1sl3uka-Orc</a>
Dietary Study Troubles: Food Frequency Questionnaires	Food Frequency Questionnaires: Do you recall what you ate last week?	<a href="https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30135-X/fulltext">https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30135-X/fulltext</a>
Dietary Study Troubles: Food Frequency Questionnaires	Food Frequency Questionnaires: Do you recall what you ate last week?	<a href="https://youtu.be/Ce6eHcUOc4s">https://youtu.be/Ce6eHcUOc4s</a>
Healthy Aging / Longevity	Study Finds New Key To Longevity — And It's In The Gut	<a href="https://www.mindbodygreen.com/articles/study-finds-new-key-to-longevity-in-the-gut">https://www.mindbodygreen.com/articles/study-finds-new-key-to-longevity-in-the-gut</a>
Metabolic Disease & Diets	Treating metabolic disease and strategies for long-term health	<a href="https://peterattiamd.com/paulgrewal/">https://peterattiamd.com/paulgrewal/</a>
Obesity	A person's DNA is not the key to obesity for most Americans	<a href="https://www.medicinenet.com/script/main/art.asp?articlekey=227238&amp;ecd=mnl_spc_010920">https://www.medicinenet.com/script/main/art.asp?articlekey=227238&amp;ecd=mnl_spc_010920</a>
Review of literature on diet	Here are the science-backed principles that get the green light — and what we're still figuring out.	<a href="https://tinyurl.com/v85yp35">https://tinyurl.com/v85yp35</a>
Weight loss math	Where does the fat go?	<a href="https://youtu.be/vullsN32WaE">https://youtu.be/vullsN32WaE</a>
<b><u>GASTROINTESTINAL</u></b>		
Gut Brain Microbiome	Can gut bugs change the world?	<a href="https://youtu.be/IDqMB6C1uys">https://youtu.be/IDqMB6C1uys</a>
Gut Brain Microbiome	How gut microbiome affects the brain	<a href="https://youtu.be/b4CBY0uVgRc">https://youtu.be/b4CBY0uVgRc</a>
Inflammatory Bowel Disease	Exosome-induced regulation in inflammatory bowel disease (IBD) is becoming increasingly popular	<a href="https://www.frontiersin.org/articles/10.3389/fimmu.2019.01464/full">https://www.frontiersin.org/articles/10.3389/fimmu.2019.01464/full</a>
<b><u>NEUROLOGY</u></b>		

TIA & strokes	Patients with transient ischemic attack and symptoms traditionally considered low risk carry a substantive risk of acute stroke as defined by diffusion restriction (DWI positive) on a brain MRI scan.	<a href="https://tinyurl.com/uo9bmnn">https://tinyurl.com/uo9bmnn</a>
<b><u>PHARMA, DRUGS, N/E/C</u></b>		
Opioid troubles	The family behind the opioid epidemic per some sources	<a href="https://youtu.be/zGcKURD_osM">https://youtu.be/zGcKURD_osM</a>
<b><u>SLEEP, OBSTRUCTIVE SLEEP APNEA, SLEEP DISORDERS</u></b>		
Exosomes	Sleep Apnea & Reverse Dipping BP	<a href="https://eri.ersjournals.com/content/55/1/1901072">https://eri.ersjournals.com/content/55/1/1901072</a>
<b><u>STATISTICS, ANALYSIS, OBSERVATIONAL STUDIES, SCIENTIFIC FRAUD, LEGAL</u></b>		
One patient, one Doc, can make a difference.	'Why black swans matter: The difference N=1 and noticing success can make'	<a href="https://youtu.be/AoCzm9-J_Ok">https://youtu.be/AoCzm9-J_Ok</a>
Issues with statistical analysis	Trouble at Cochrane / Evidence Based Medicine	<a href="https://undark.org/2019/12/30/peter-gotzsche-cochrane/">https://undark.org/2019/12/30/peter-gotzsche-cochrane/</a>
Scientific fraud	Fraud at Duke University over cancer treatment	<a href="https://youtu.be/W5sZTNPMQRM">https://youtu.be/W5sZTNPMQRM</a>
Scientific fraud	The Perfect Crime - Scientific Fraud in America	<a href="https://youtu.be/FfzIS5vS314">https://youtu.be/FfzIS5vS314</a>
Studying the Studies: important series	Don't fool yourself	<a href="https://peterattiamd.com/ns001/">https://peterattiamd.com/ns001/</a>
<b><u>STEM CELLS, EXOSOMES, EVs, PLATELET RICH PLASMA</u></b>		
Exosomes	Literature review of uses	<a href="https://www.sciencedirect.com/science/article/abs/pii/S1521661619301548?via%3Dihub">https://www.sciencedirect.com/science/article/abs/pii/S1521661619301548?via%3Dihub</a>
<b><u>SUPPLEMENTS</u></b>		
DHA / FISH OIL / APOE-4 GENE	Role of phosphatidylcholine-DHA in preventing APOE4-associated Alzheimer's disease	<a href="https://www.fasebj.org/doi/10.1096/fj.201801412R">https://www.fasebj.org/doi/10.1096/fj.201801412R</a>
DHA / FISH OIL / APOE-4 GENE	Role of phosphatidylcholine-DHA in preventing APOE4-associated Alzheimer's disease	<a href="https://www.foundmyfitness.com/episodes/dale-bredesen">https://www.foundmyfitness.com/episodes/dale-bredesen</a>
DHA / FISH OIL / APOE-4 GENE	Role of phosphatidylcholine-DHA in preventing APOE4-associated Alzheimer's disease	<a href="https://youtu.be/Sq7uVZ_OD3U">https://youtu.be/Sq7uVZ_OD3U</a>