



## Key Points

- Analyzing the health status of vaccinated vs. unvaccinated children
- The parents of vaccinated kids reported more health problems than those of unvaccinated kids
- These findings confirm earlier research about childhood vaccination
- Adults and seniors are also at risk

### PLUS

- **Glutamate: Powerful cancer stimulator**
- **CoQ10 benefits more than just the heart**
- **Ivermectin has anticancer properties**

### ASK DR. BLAYLOCK

- **Should I get the shingles vaccine?**

# Previously Suppressed Research Confirms Vaccine Dangers

Experts have observed that very little of the information that appears in medical journals is reliable. The manipulation of scientific journals is a growing problem I have addressed in the past, including research influenced or directly controlled by pharmaceutical companies appearing as ghostwritten medical articles. The goal, of course, is to induce practicing doctors to use the drugs made by these companies.

In addition, pharmaceutical companies heavily influence the research, medical education, and physician training at major medical centers through massive donations and by manipulating federal agencies such as the CDC, FDA, and NIH.<sup>1</sup> This influence spreads to virtually all medical associations, including the American Academy of Pediatrics, the AMA, and most others.

Lastly, pharmaceutical manufacturers use their massive wealth to influence media outlets, even local news programs.

And that isn't all. They also use their influence to silence anyone who might, in any way, contradict their claims.<sup>2</sup> This can include personal attacks, gaslighting, influencing hospitals to deny whistleblowers privileges, persuading medical boards to revoke licenses, and using their financial influence to have medical journals reject article submissions that question their products' safety or effectiveness — even retracting medical articles that have already been accepted and peer-reviewed.

In this month's issue of The Blaylock Wellness Report, I will tell you about several separate studies that show unvaccinated people have fewer health problems than those who receive vaccines.

## Questioning the Establishment: Medicine's 'Third Rail'

There are in medicine certain "third rail" topics — that is, matters that are considered sacrosanct and never to be questioned no matter how much evidence mounts against them. To question such orthodoxies can mean professional suicide, and open a person up to national or even international scorn.

Today, cancer treatment, vaccines and vaccine policy, all the COVID

policies (mask, lockdowns, social distancing, and PCR testing), statins, autism spectrum disorders, and many less high-profile topics fall into this category of “third rail” topics. To even suggest that the establishment view on these topics is wrong, or is in need of further consideration, can bring down the establishment on one’s head. But historically, that is the price of truth telling.<sup>3</sup>

I find it baffling that so many physicians trust pharmaceutical companies that have been fined more than \$10 billion for serious safety violations, as well as criminal fraud.

Since 1995, Pfizer has paid more than \$6.5 billion in penalties for 42 instances of misconduct. In 2009 alone, the company paid a \$2.3 billion fine for fraud.<sup>1</sup> These violations cost thousands of people their lives and health. Yet no matter how many people have suffered as a result of their behavior, no company official has gone to jail.

Likewise, Merck has paid out \$8.8 billion in penalties. In one instance, it was estimated that more than 100,000 may have died as a result of fraudulent practices. And no one was punished.

## Analyzing the Health Status of Vaccinated vs. Unvaccinated Children

Dr. Paul Thomas is a highly regarded pediatrician who had one of the largest pediatric practices in Oregon. I know him personally.

He is one of the finest, most compassionate and dedicated physicians I know. His whole life has been dedicated to his practice, his patients, and their families. He has designed and run one of the most innovative pediatric practices anywhere in the United States.

He calls his special program the “Vaccine Friendly Plan.”<sup>4</sup> It is based on the idea of informed consent about each vaccine, including pros and cons, and letting the parents make the final decision about their children’s health.

In today’s world, that almost seems taboo. These days, all decisions are to be made by medical boards, government agencies, and other controllers. Mothers and fathers — and even in some instances, their pediatricians — are considered to be just too ignorant to make decisions about their children.

(Unfortunately, the same attitude is seen from many physicians toward patients. That is, patients are too ignorant to make medical decisions about proposed treatments.)

Dr. Thomas has never had a complaint filed against him, and his practice was growing, thanks to many satisfied parents, when the Oregon Medical Board asked him to conduct a study using his extensive practice to compare the health outcomes of vaccinated vs. unvaccinated children. Such a study has rarely been conducted.<sup>5</sup>

Dr. Thomas carried out the study in conjunction with Dr. James Lyons-Weiler, a brilliant scientist and

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expert in the field of statistical analysis. The study was very carefully conducted, making allowances for all factors that might produce false data. Of course, the medical board was sure that the vaccinated children would be significantly healthier, otherwise they would almost surely never have commissioned the study.

Dr. Thomas and Dr. Lyons-Weiler submitted their article on the study to the *International Journal of Environmental Research and Public Health*. After extensive peer review and final corrections to the manuscript (answering questions of the reviewers), the article was accepted for publication. It was published in November 2020, and read by a large number of physicians.

Only one person, who was not a physician, submitted a complaint that there was an error in the study. After careful review, the chief author answered the complaint, emphasizing that it had previously been explained by the authors to the peer reviewers; it was not a new observation.

Approximately eight days later, the article was retracted from the journal, based on a complaint by a nonphysician concerning a question that had been answered fully and correctly during peer review.

Meanwhile, the Oregon Medical Board did not like the conclusion of the article — that unvaccinated children were healthier than vaccinated children — and submitted a complaint against Dr. Thomas, insisting that he no longer engage in research until they could review his case. His medical license was at risk.

Dr. Lyons-Weiler asked me if I would look over their research. If I agreed with the outcome, he asked if I would join him in presenting the data as a new article submitted to another journal.

I carefully reviewed the data and met with Dr. Lyons-Weiler for three hour-long video conference sessions in which we went over all the study data in detail. I suggested that we add an analysis of children who were administered only a portion of the vaccine schedule to the analysis of those who received the full compliment of vaccinations, in order to see if this led to different results.

## Reviewing the Study Results

The data from the original study were carefully reanalyzed. First, we found that the vaccinated kids'

### BLAYLOCK TIP

## Copper Is an Antibacterial Marvel

Most people are familiar with silver compounds as a powerful antibacterial agent. But few know that copper compounds and copper as a metal are equally, if not a more powerful antibacterial agent. In fact, in ancient times Roman soldiers used to save the filings when they sharpened their bronze spears (bronze is a copper and tin compound) to prevent wound infection. Copper kills all bacteria and viruses on contact.

While I don't recommend using copper on open wounds (because it produces high levels of free radicals), it can be used to prevent the transfer of infections from surfaces.

For example, it has been shown that copper doorknobs, countertops, and bed railings do not transfer infections, and kill all bacteria and viruses on contact.

This prevents not only the spread of bacterial infections, but more importantly the spread of viruses such as the flu.

parents were asking for significantly more office visits for specific health problems — not just routine visits for children who were well.

That is, the parents of vaccinated kids reported significantly more health problems than those of unvaccinated kids.

Whatever possible way we looked at the data, the results were the same: The unvaccinated kids were far healthier than vaccinated kids, who had a significantly higher incidence of:

- Fever
- Edema
- Otitis media (infection of the middle ear)
- Anemia
- Gastroenteritis
- Eczema
- Food allergies
- Respiratory infections
- Breathing issues
- Diarrhea
- Nausea and vomiting

The greatest difference in health outcomes were for fever, gastroenteritis, eczema, anemia, otitis media,

and food allergies. We had the results of this extensive analysis published in the *International Journal of Vaccine Theory, Practice, and Research*, which is completely fair in its publishing philosophy.<sup>6</sup>

### Findings Confirmed Earlier Studies

One of the first studies comparing the health of vaccinated vs. unvaccinated children was conducted by a friend of mine, Dr. Anthony Mawson, who is an epidemiologist.

Prior to his study, he and I had discussed the fact that no such research had been done, primarily because vaccine proponents claimed there was no available unvaccinated population to use in the comparison.

But of course, that was not true. There was a large Amish population in the U.S. that did not vaccinate their children. In addition, many homeschooled children do not undergo mandatory vaccination that public schools require.

Dr. Mawson decided to go forward with the study, even though the government refused to provide funds. He procured independent funding and conducted the study,<sup>7</sup> which found that compared to completely unvaccinated children, vaccinated children had:

- 30 times greater incidence of allergic rhinitis
- 5.2 times greater incidence of learning disabilities
- 4.2 times greater incidence of ADHD and autism
- 5.2 times greater incidence of neurodevelopmental disorders
- 2.4 times greater incidence of overall chronic illness

There were some valid criticisms of this study, but those disappeared when other studies confirmed Dr. Mawson's results.

The second study was conducted by two other friends of mine, Dr. Brian Hooker and Neil Z. Miller,<sup>8</sup> both of whom are highly regarded researchers. Their study found that compared to unvaccinated children, vaccinated children had:

- 2.18 times greater incidence of developmental delays
- 4.49 times greater incidence of asthma
- 2 times greater incidence of ear infections

Clearly, these two studies had found a statistically significant difference in health outcomes between vaccinated and unvaccinated children (who were far healthier). But the news media reported nothing about this research.

Now Dr. Lyons-Weiler and I have published an even more extensive study, involving far more children and employing intense statistical analysis, as well as categorizing the children in every conceivable way. And like the earlier research, our study demonstrated a dramatic difference in the health of vaccinated vs. unvaccinated children.

Another important question was answered by our study. Unvaccinated children were no more likely to end up in the hospital or become seriously ill from the diseases the vaccines were designed to prevent. In essence, these harmful vaccines were shown to be unnecessary for the health of children.

Despite these shocking findings, the CDC keeps adding new, unnecessary vaccines to the childhood vaccine schedule, in many cases even insisting high school and college students should be given "makeup vaccines" that they may have missed.

Why are they doing this? Because pharmaceutical companies can realize more profit from more vaccines being added to the schedule.

And now, in addition to the 50 injections already required before attending school, the bureaucracy has added the COVID-19 vaccine (a bivalent injection for both the Omicron strain and the original SARS-CoV-2 virus, which is no longer circulating).

The SARS-CoV-2 part of the injection is the dangerous component. Millions of children will have their health destroyed, and many will die as a result of being given this injection. Adding it to the already crowded vaccine schedule will be devastating to a whole generation of children.

Several of us have noted that children today appear to be far sicker overall (especially with chronic illnesses) than they were in the 1950s. In fact, one

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**BLAYLOCK TIP****Tattoos: Source of Cancer-Causing Inflammation**

Tattoo ink is a source of cancer-causing aluminum. Of the some 200 or so tattoo inks used, researchers have found a number of toxic metals and even known carcinogenic compounds such as polycyclic aromatic hydrocarbons, primary aromatic amines, and similar such compounds. Researchers have also demonstrated the presence of these compounds in regional draining lymph nodes, along with aluminum and iron.

High levels of iron in these draining lymph nodes is of major concern because iron drives cancer toward increased aggressiveness. With women increasingly getting tattoos — especially those being tattooed on or near the breasts, shoulders, and other skin areas sharing lymph nodes with the breast — there should be major concerns about cancer development.

The brightly colored tattoos have the highest levels of toxins.

These metals increase inflammation within the lymph nodes and breast tissues, a major mechanism of cancer induction.

Approximately 25 percent of Americans now have tattoos, and extensive tattooing is becoming more and more popular. When you combine foods, vaccines, and municipal drinking water, one can see disaster in the making. Add tattooing and things can only get worse — much worse.

pediatrician has said that sick is the “new normal” for children in the United States.

Unfortunately, the pediatrics establishment has fully endorsed this devastating vaccination program and refuses to look at the data that warn of real dangers.

The same is true for conventional OB/GYN doctors. So far, hundreds of pregnant women have lost babies after COVID injections, and many surviving babies are malformed.

Yet the injections are still being pushed by medical societies, government bureaucracies, public health officials, and the media.

**Adults and Seniors Are Also at Risk**

Unfortunately adults — especially seniors — face many of the same risks as children. This is true for traditional vaccines for influenza, pneumococcal pneumonia, and shingles, and is particularly true for the COVID injections. Combining flu vaccines with a COVID injection will produce the greatest damage, increasing the risk of long-term consequences including death.

A number of studies have demonstrated that the spike protein (produced continuously by COVID injections) damages many tissues, organs, and cell components.

For example, two careful studies using sophisticated techniques demonstrated that the spike protein alone severely impaired the mitochondria of the cells. That impairs energy production, dramatically increasing inflammation and excitotoxicity.

This explains the fatigue and brain fog that have been reported among many people who receive the COVID injections.

Another study found that the spike protein by itself inhibited a specific cell-signaling factor, causing a drastic increase in inflammation.

Loss of this factor in experimental animals resulted in severe inflammation and widespread excitotoxic damage to many parts of the brain, leading to the death of the animal.

Yet another study found that the spike protein, used alone, blocked one of the brain’s primary means of protection against inflammation — which was also essential for memory and learning.<sup>9</sup>

Animals exposed to even a fragment of the spike protein demonstrated significant impairment of memory.

Two other studies found that the spike protein alone could cause microglial cells (the brain’s main immune cell) to become much more destructive.<sup>10,11</sup>

Finally, a recent study found that injecting the S1 fragment of the spike protein (a damaging part of the spike protein in the vaccines) into an animal’s hippocampus caused a significant cognitive deficit and anxiety.<sup>12</sup>

Examination of the animals’ brains demonstrated a loss of neurons in the hippocampus areas most involved in memory and anxiety.

**Extensive Blood Clotting Is Being Observed**

Several studies have shown that the spike protein is especially concentrated in the brainstem, an area that

controls heart and blood pressure function. While the virus itself can cause similar damage, it's not as great or as long-term as the damage we are seeing from the COVID injections.

Because of the influence of glutamate receptors in the heart, you would expect to see heart damage from these injections. We certainly have, and in increasing numbers.

In addition, recent studies have shown that the spike protein contained in the injections localizes intensely in the endothelia (the inner lining) of blood vessels.

One study showed that the spike protein that entered endothelial cells caused severe damage to the cell's mitochondria.<sup>13</sup>

Damage to endothelial cells in blood vessels leads to difficulty controlling blood flow, which can trigger blood clots. In fact, immune damage to the endothelium is the primary pathological cause of atherosclerosis.

Because the spike protein infiltrates the endothelia, an immune response will occur in those cells, causing high levels of inflammation and free radical damage, just as we see with atherosclerosis.

That could mean a higher incidence of aggressive atherosclerosis and increased risk of heart attack, stroke, and peripheral vascular disease in people injected with the COVID vaccines.

Morticians from the U.K. and Australia say they are seeing extensive blood clots in as many as 90 percent of dead vaccinated people.

Many have lost limbs, and some even had infarctions (obstruction of blood supply) in their intestines.

And these are not normal blood clots. They are white in color, elastic, and quite large.

Injection-related damage to the endothelial lining of arteries and veins explains these massive blood

clots as well as the microclots that have been found in smaller vessels.

Endothelial cells are also critical for the integrity of the blood-brain barrier. The spike protein has been shown to severely damage this barrier, which protects the brain.<sup>13</sup>

When the blood-brain barrier is damaged, toxic substances from the blood are able to enter the brain and wreak havoc.

Elderly people are at a much higher risk from all vaccines, but especially from the COVID injections. One reason for this danger is that as we age, we become progressively more inflamed by the priming of our microglial cells. (This is called inflammaging.)

In part, this happens because many of the brain's immune cells undergo senescence, or aging changes. Senescent immune cells are much more destructive, through both inflammation and excitotoxicity.<sup>14</sup>

This priming of microglia means that if you receive a vaccine, the immune reaction will be significantly more intense and destructive than it would be in a younger person.

These harmful effects are far greater than what occurs from a natural COVID infection.

All neurodegenerative diseases arise from intense chronic activation of brain microglia. Each time the immune system is activated, either by natural infections or vaccinations, additional damage is done to the nervous system.

As we age, the activation of our immune cells by repeated natural infections or repeated vaccinations greatly worsens the damage being done, and can even cause microglia to become chronically activated — even for decades.

This can lead to Parkinson's disease, Alzheimer's dementia, or ALS. Getting a flu shot and other virtually useless vaccinations every year greatly increases the risk of a major neurological disease. Most doctors are completely unaware of this.

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Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

## BLAYLOCK TIP

## Nutritional Compounds Can Improve Happiness

Research is finding that there are a number of simple ways to improve your outlook on life. For instance, a good diet is crucial because a poor diet leaves a person drained of energy, including mental acuity and mood. A diet that includes a lot of sugars, high-glycemic carbohydrates, omega-6 oils, excitotoxic food additives, and highly processed foods will have a powerfully negative impact on your emotions. I've written before that the

makeup of a person's gut bacteria (if abnormal) can have a powerful negative impact on behavior and mental function.

Taking probiotics and prebiotics regularly can play a big part in improving your mental well-being. I suggest taking a balanced probiotic that contains around 50 billion CFUs of multiple strains of *Lactobacillus* and *Bifidobacteria* at least once a week. In addition, at least once a day you should take a prebiotic

(which is food for probiotics), preferably galacto-oligosaccharide (GOS). The prebiotic encourages growth of beneficial bacteria in your colon. This has been shown to reduce abdominal bloating, improve mental health, and prevent a number of diseases.

Taken daily, the compound N-butyrate not only improves gut function, it also helps heal leaky gut problems and reduces the risk of colon cancer.

The flu vaccine has been shown to be essentially worthless for preventing the flu, especially in the elderly. In fact, strong evidence suggests that getting a flu vaccine each year greatly increases the risk of pneumonia over the next several years.<sup>15-17</sup>

COVID injections not only increase your risk of getting the flu, it also increases the risk of all other infections — and cancer.

A study in which elderly people were followed for 33 flu seasons found that the flu vaccine did not reduce the risks that serve as the major justifications for the receiving the vaccine:

- Reducing hospitalizations for pneumonia
- Reducing deaths from influenza or its complications
- Preventing influenza cases among the elderly<sup>18</sup>

Other studies have confirmed these conclusions.<sup>19-21</sup>

The best way for seniors to protect themselves from infection is to eat a healthy diet, exercise regularly, stay socially engaged, and take natural compounds that foster a healthy immune system, including:

- Vitamin D3
- Vitamin C
- Vitamin E (mixed tocopherols and tocotrienols)

You should also take selenium in a dose of 100 mcg a day, magnesium (slow-release forms or powdered magnesium citrate), and zinc in a dose of 20 mg three times a week.

Masks not only don't prevent infection, they can actually cause significant damage to your health for

many reasons (hypoxia, hypercapnia, infections, and rebreathing viruses with an increased risk of brain infection).

More effective immune defense can be accomplished during high-risk seasons by using immune enhancers such as:

- Nano-andrographis
- Beta-1,3 glucan
- Maitake mushroom extract
- Olive leaf extract
- Nano-curcumin
- Nano-EGCG

Several flavonoids can powerfully inhibit viruses, including influenza viruses. These include baicalin, nano-curcumin, nano-quercetin, and nano-EGCG. N-acetyl-L-cysteine (NAC) reduces the impact of viral illnesses. ■

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# Health and Nutrition Updates

## Glutamate Is a Powerful Stimulator of Cancer Growth and Spread

Glutamate receptors were first identified in the nervous system, brain, and spinal cord. Over time, researchers discovered that the receptors for glutamate — a neurotransmitter — were quite complex, giving it a wide range of properties.

More recently, researchers found that virtually all tissues and organs in the body contain glutamate receptors, and that these receptors work essentially the same way as those in the brain.

Immune cells also contain glutamate receptors, and when activated they secrete glutamate, which is how they do much of their damage.

Furthermore, it has been discovered that many cancerous tumors contain glutamate receptors, and that several release high levels of glutamate into surrounding tissues.

This is true of melanomas, primary brain tumors (glioblastomas), and even breast cancers. Studies of patients with the highly malignant cancer glioblastoma multiforme have shown that tumors secreting high levels of glutamate lead to the worst prognosis — they grow faster and invade the brain more extensively. Patients whose tumors have low levels of glutamate live much longer.

Tumors with the greatest glutamate sensitivity include:

- Lung cancer
- Colon cancer
- Ovarian cancer
- Pancreatic cancer
- Primary brain cancers
- Breast cancer
- Melanomas
- Squamous cell cancers
- Thyroid cancer
- Medulloblastomas

Importantly, cancers exposed to glutamate developed a greater ability to invade surrounding tissues, meaning they are more likely to metastasize.

Taking advantage of this finding, researchers exposed tumors to glutamate receptor blockers and found that

this significantly reduced the growth of the cancers and their ability to invade tissues. Several studies found that administering substances that block glutamate receptors greatly enhanced the effectiveness of chemotherapy treatments.

Cancers use glutamine as their primary fuel. Glutamate is derived from glutamine by a special enzyme called glutaminase.

Unfortunately most hospitals (even in specialized cancer units) feed cancer patients foods that contain both high levels of glutamate and glutamine.

In fact, most oncologists I have spoken to are not even aware of the link between glutamate and cancer growth.

## COVID Injections Linked to Cancer

Dr. Ryan Cole, a pathologist with a practice in Idaho, has found by examining his carefully catalogued records that shortly after the rollout of the COVID injections, he began to see a growing number of cancers of every kind, but especially melanomas in young men and endometrial cancers in women. This exponential increase in cancer cases is continuing.

Dr. Cole also noted that cancer patients who had been in remission for a long time developed severe recurrence after vaccination. He then inquired of pathologists from all over the world, and they told him they were seeing the same thing.

I personally know people who have had this post-vaccination cancer happen to their family members.

The question is: Why would the COVID injections cause cancers to develop or cause existing cancers to go wildly out of control?

The most obvious answer is that a vaccinated person develops very low levels of lymphocytes, the most important immune cell for controlling cancer, as well as the one used for immune surveillance, killing cells that are at risk of becoming cancerous. But there are other reasons.

It has been observed that vaccinated people often experience activation of latent viruses, such as:

- Herpes simplex viruses
- Cytomegaloviruses

- Epstein-Barr
- HHV-6
- HHV-7

All of these viruses, when activated, can cause cancer — a process known as oncomodulation.

These viruses cause cancer mainly by manipulating cell-signaling pathways in stem cells. This manipulation can alter the metabolism of the cell and convert immune cells from cancer-killers into cancer-protectors.

The viruses also stimulate proliferation mechanisms of stem cells, increase inflammation, stimulate angiogenesis (formation of new blood vessels), and increase production of enzymes that enhance cancer cell invasion.

Spike proteins from the COVID injections do all of these things as well.

In addition, the spike protein inhibits DNA repair enzymes, which are essential for protecting stem cells from becoming malignant.

No other type of vaccine is as harmful as the mRNA injections being used against COVID. In fact, they technically are not vaccines, which by definition prevent infections and transmission. COVID injections do neither.

Rather, these injections progressively destroy the immune system. And each booster increases the damage.

## CoQ10 Benefits More Than Just the Heart

Most people associate the vitamin-like nutrient coenzyme Q10 (CoQ10) with heart health, which is certainly true. Because the heart is a highly metabolic organ, it demands tremendous amounts of energy.

CoQ10 is the driving force for energy production (in the form of ATP) within the mitochondria of cells. For this reason, CoQ10 is also useful for preventing and treating a wide range of disorders.

Normally, CoQ10 is generated within the cell. But under certain conditions, its production is impaired and additional quantities need to be taken orally. Conditions that can lower CoQ10 levels include:

- Aging
- Use of statin drugs
- Neurodegenerative diseases
- Degenerative muscle disorders
- Excessive stress caused by chronic inflammation

- Cardiovascular diseases
- Migraine headaches
- Chronic kidney diseases
- Heart attacks
- Autoimmune diseases
- Strokes

Unfortunately, CoQ10 is very poorly absorbed when taken orally, though absorption varies based on the formulation used, if it is taken with or without food, a person's pancreatic secretions, and the amount of fat in meals consumed.

Taking CoQ10 with a meal that is higher in saturated fats greatly increases absorption. The nutrient is mostly fat-soluble, but special water-soluble preparations are available. The best absorption occurs when taking nano-formulations.

CoQ10 can exist as either a reduced form (called ubiquinol) or an oxidized form (called ubiquinone). The more beneficial form is the ubiquinol reduced form, which is significantly better absorbed, has increased antioxidant effectiveness, can regenerate vitamins C and E, and supplies greater energy than the oxidized ubiquinone form.

Considerable evidence suggests that people with migraine syndrome have a defect in CoQ10 production, and that high intakes of ubiquinol can significantly reduce the number of migraine attacks.

Taking CoQ10 (ubiquinol) in a dose of 200 mg three times a day with meals and combined with nano-curcumin, riboflavin, NADH with ribose, magnesium, and butterbur offers the best chance of preventing severe migraine attacks, reducing the incidence of attacks, and potentially stopping attacks altogether.

It is also possible to quickly terminate a migraine attack by using magnesium BHB (beta-hydroxybutyrate). This product comes as a powder that dissolves in water. Usually, 4 ounces is sufficient to terminate an attack.

One of the principle uses of CoQ10 is treating fatigue, including chronic fatigue syndrome, fibromyalgia, age-associated fatigue, and statin-induced muscle injury. Studies on patients with these conditions have shown considerable benefits, including increased energy levels. A dose of at least 300 mg a day is required to relieve fatigue, though some studies used doses as high as 1,500 mg a day.

Several studies have demonstrated improvement

of neurodegenerative diseases, such as Parkinson's disease and Alzheimer's dementia, with CoQ10 usage. The effective dose in these cases is in the range of 1,500 mg a day. Improvements were seen after three to six months supplementation with the ubiquinol form.

Combining CoQ10 with other compounds that reduce inflammation, reduce free radical and lipid peroxidation levels, and promote energy levels in brain cells also adds to the benefit of the supplementation.

These other compounds include:

- Magnesium BHB
- Nano-curcumin
- Nano-grape seed extract
- Nano-silymarin
- Nano-bacopa
- Luteolin
- Apigenin
- Hesperidin
- B-complex vitamins
- Mixed tocotrienols
- Vitamin D3
- Nattokinase (to prevent atherosclerosis and blood clots)

CoQ10 has also been shown to improve symptoms of and function in people suffering from multiple sclerosis. And studies have shown that the nutrient lowers inflammatory cytokines seen in autoimmune diseases, as well as lowering other inflammatory mediators that damage the nervous system.

CoQ10 is effective for treating some cancers. It can prolong survival for cancer patients with widespread metastasis. Improved survival and fewer recurrences were seen in melanoma patients given 400 mg of CoQ10 a day.

In addition, researchers found that in cases of highly aggressive tumors such as hepatocarcinomas, with high free radical generation and inflammation, CoQ10 dramatically reduced inflammation caused by hs-CRP and IL-6, and significantly increased antioxidant enzymes as well.

In all cancer cases, it is important to reduce inflammation, which is the driving force at every stage.

### **Ivermectin Has Anticancer Properties**

The drug ivermectin was demonized by people who seemed to want to prevent an effective early

treatment of patients infected with COVID-19. This antiparasitic agent has been used for many years to safely treat tens of millions of Africans with serious parasite infections. It also works to prevent such infections.

A tremendous number of studies have demonstrated ivermectin's safety when it is used appropriately. But acting as watchdog for the pharmaceutical companies, the media demonized this safe and effective drug on behalf of their interests.

A number of studies are now showing that ivermectin is a useful anticancer agent, with properties that make it even more effective than almost all chemotherapy drugs.

At the least, it should be used as a powerful enhancer for traditional treatments.

We now know that the reason most cancers recur is that the origin of the malignancy — the cancer stem cells — are resistant to almost all traditional chemotherapy agents. Studies have shown that ivermectin has the unique ability to inhibit these cancer stem cells and thus reduce tumor growth and recurrence.

Of particular interest was the finding that a highly malignant and resistant form of breast cancer (triple-negative breast cancer) is potentially highly immunogenic, meaning that the cancer is very sensitive to destruction by immune cells. Unfortunately, most of these tumors contain very few cancer-killing immune cells.

In a recent study, researchers found that ivermectin could convert these tumors into a state that makes them excellent targets for destruction by immune cells, as happens with checkpoint inhibitors, which recruit the person's immune system to gear up an intense attack on cancer cells.

Ivermectin dramatically increases breast cancer cells' susceptibility to such immune killing.

Ivermectin has also been shown to enhance cell-signaling within cancer cells. This aids in their destruction.

In addition, it inhibits angiogenesis, induces autophagy (triggering cancer cell death), and prompts immune-directed cancer cell killing.

Combined with other cancer inhibitors and immune stimulants, ivermectin is poised to play a major role in cancer treatment. ■



## Ask Dr. Blaylock

### Attention 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](mailto:askblaylock@newsmax.com).

### Can My Friend Avoid Chemotherapy?

**Q:** A close friend has just been diagnosed with Stage IV bone cancer. He is 60 years old. He does not want to undergo the usual treatment of radiation plus chemotherapy. Do you have any further words of advice for us?

— Leon B., Vancouver, Wash.

**A:** The most common bone cancer is strongly linked to ingestion of fluoride early in life. Fluoride binds to the bone matrix and triggers chronic inflammation and bone destruction. A person should avoid all fluoride (in toothpaste, mouthwash, high-fluoride foods, and fluoridated water).

Several compounds have shown impressive benefits experimentally. These include luteolin, pterostilbene, apigenin, beta-glucan, and nano-andrographis. All are available without prescription and generally are safe.

### Should I Get the Shingles Vaccine?

**Q:** What do you think about the shingles vaccine for seniors? Should I get it?

— Margaret H., Wittmann, Ariz.

**A:** I get a lot of questions about this vaccine. I would not get this vaccine or any other. The best way to prevent shingles is to keep the immune system healthy.

Beta-glucan in a dose of 500 mg taken on an empty stomach once a week will keep the immune system attuned. L-lysine also inhibits the virus that causes shingles. The dose is 500 mg twice to three times a day, taken 20 minutes before a meal.

### Does L-Carnitine Impair Thyroid Meds?

**Q:** After reading about L-carnitine in the Blaylock

Wellness Report, I researched it a little more. I would like to try it, but I found some information that suggests L-carnitine might interfere with medications for hypothyroidism. I take 90 mg of Armour thyroid. Is this a real problem?

— Leesa H., Brandon, Fla.

**A:** While it is true that L-carnitine can interfere with T3 and T4 activity, several studies have shown that a number of patients complained of continuing fatigue, weakness, and especially mental fatigue despite being on adequate thyroid hormone replacement. Studies demonstrate that L-carnitine significantly improved weakness and energy levels.

It especially improved mental fatigue in hypothyroid patients.

Forskolin improves thyroid function and may overcome any interferences with the hormone caused by L-carnitine. So far, we do not have all the answers in such cases. The individual has to decide at this point.

### Can COVID Spread By Tissue Sharing?

**Q:** Can COVID be spread by a blood transfusion or other forms of tissue sharing?

— Frank W., Atlanta, Ga.

**A:** Yes, studies have shown that people who have been vaccinated have extensive spike protein infiltration of their blood vessel linings (endothelial cells). These produce large concentrations of spike protein-containing exosomes, which enter the blood.

Most blood is obtained from vaccinated people, and the units are not labeled as to vaccine status, preventing anyone from asking only for safe (unvaccinated) blood units.

You can have your own blood stored for long

periods or obtain transfusions from unvaccinated relatives or friends with a compatible blood type.

### Can You Take Nutrients Before Biopsy?

**Q:** My husband got his prostate MRI and show that his prostate is very large and has two spots with three lesions each. He will have a biopsy soon. We are so scared. Can he start to take some nano-medicine before the biopsy?

— Barbara W., Virginia, Minn.

**A:** Nano-curcumin and nano-quercetin have minor anticoagulant properties and it might be a good idea to stop taking them two days before the biopsy. They can be resumed within 24 hours of the biopsy. The biopsy can increase the risk of cancer spread by breaking the protective wall around the tumors. High dose vitamin C is recommended in most cases to strengthen this barrier.

### Will Supplements Treat Long COVID?

**Q:** For treating long COVID, you recommended 200 mg of luteolin three times a day with meals. You also recommended apigenin but gave no dosage. I am a healthy 88-year-old woman, not vaccinated. I weigh 110 lbs. My research tells me 300 mg of apigenin per day, divided into three doses each day, would be good for my recovery. Is this about right?

— Mary U., Roaring Gap, N.C.

**A:** Microglial and macrophage activation of a chronic nature explains most such problems. Mast cells appear to be playing a role and luteolin and apigenin are powerful inhibitors of mast cells and they suppress microglia/macrophage excess as well. The most effective dose of apigenin is 300 mg three times a day with meals. Both compounds protect the brain and prevent cancer. ■

To renew or subscribe to The Blaylock Wellness Report go to:  
[NewsmaxHealth.com/Newsletters](https://www.newsmaxhealth.com/newsletters) or call 1-800-485-4350

## About Dr. Blaylock

Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C. For 25 years, he has practiced neurosurgery in addition to having a nutritional practice. He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including “Excitotoxins: The Taste That Kills,” “Health and Nutrition Secrets That Can Save Your Life,” “Natural Strategies for Cancer Patients,” and his most recent work, “Cellular and Molecular Biology of Autism Spectrum Disorders,” edited by Anna Strunecka. An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition related subjects.

He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation. He serves as an assistant editor-in-chief for the journal “Surgical Neurology International.” He was also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine. At present, he reviews medical articles being considered for publication in various journals.

Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss.



# Heart Surgeon Declares War on “Public Enemy #1”

Top cardiologist develops revolutionary formula that fights back against stress and supports healthy cholesterol levels

By S.A. Nickerson, Health Correspondent

According to renowned cardiologist Dr. Chauncey Crandall, stress is such a threat, it should be declared “public enemy #1.”

When under stress, the body pumps out the hormones cortisol and adrenaline as part of the so-called “fight or flight” response.

These stress hormones ratchet up heart rate, blood pressure, and blood sugar. They even impact cholesterol levels.

After the stressful situation passes, the body should relax. Hormones should return to normal. But modern lifestyles expose people to constant stress. That means stress hormones like cortisol often stay elevated and the body remains on “high alert.” Over time, this impacts overall health.

## Stress Is the Enemy of Heart Health

Constant stress robs the body of vitality, good health, and energy. It affects blood fats, cholesterol, blood pressure, and blood vessels. These can all have a big impact on cardiovascular health.

Even happy events such as weddings and financial windfalls can contribute to the constant elevation of stress hormones.

It’s important to make simple lifestyle choices to reduce negative stress and cortisol levels. Regular exercise, prayer or meditation, and spending social time with friends and loved ones are all helpful.

But sometimes that’s not enough. That’s why Dr. Crandall created his advanced stress and cholesterol support formula **NEXOSTAT**®.

## NEXOSTAT Contains Targeted Ingredients for Stress & Cholesterol Management

**NEXOSTAT** contains three proprietary ingredients:

▶ **Sensoril**®. This patented form of the Ayurvedic herb ashwagandha improves the body’s response to stress by helping reduce cortisol levels.

In a double-blind, placebo-controlled clinical trial, people taking **Sensoril** experienced a 70% reduction in stress-related symptoms. They were less irritable, less anxious, and slept better. What’s more, **Sensoril** lowered their cortisol levels by 24%. There was also a big improvement in mood and emotional well-being.

▶ **Spectra**™. This proprietary blend of 29 antioxidant-rich fruits, vegetables, and herb extracts represents the latest evolution in the fight against free radicals.

In a groundbreaking clinical study, scientists were able to show that **Spectra** can measurably reduce oxidative stress and free radicals — working in as little as 60 minutes. Plus, it supports the production of nitric oxide, important in cardiovascular health.

## Health Benefits of Doctor-Developed NEXOSTAT

- ✓ Provides Measurable Reductions in Stress Symptoms
- ✓ Helps Support Healthy Cholesterol Levels
- ✓ Helps Support Nitric Oxide Production
- ✓ Stimulates Antioxidant Activity
- ✓ Fights Free Radical Damage and Helps Reduce Oxidative Stress

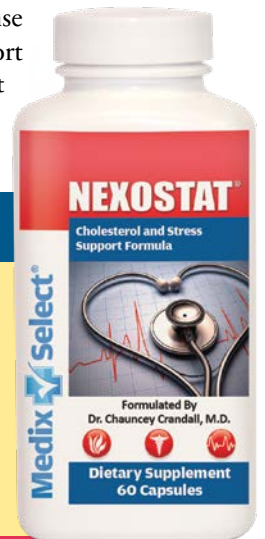


Formulated by Famed Cardiologist Dr. Chauncey Crandall, M.D.

▶ **EVNol SupraBio**™. This advanced form of tocotrienol — related to vitamin E — has been shown by clinical research to support healthy cholesterol levels and blood pressure. Studies show that **EVNol SupraBio** is 300% better absorbed than ordinary tocotrienol.

## The Simple Solution for Stress Management and Cholesterol Support

**NEXOSTAT** now makes it easy to improve the body’s response to stress and support healthy cholesterol at the same time. Try **NEXOSTAT** today!



## RISK-FREE Trial Bottle of NEXOSTAT

We at Medix Select, one of the nation’s premier nutraceutical companies, are sure you’ll love **NEXOSTAT**, too. That’s why we’re offering a risk-free trial supply at **NO COST**. That’s a **\$39.95 value!** Just cover a small shipping fee of \$4.95, that’s all.

**Toll-Free: (844) 462-9802**

**Online: Nexostat.com/News**

### NEXOSTAT Users Speak Out

- “I’ve experienced better sleep and lower stress.”  
— *Rosalinda, VA*
- “I trust the product. I feel more relaxed overall.”  
— *Hisako, Canada*
- “I have noticed a marked reduction in stress since taking it.”  
— *Robert, MO*
- “**NEXOSTAT** has helped with stress.”  
— *Carol, TN*
- “I use **NEXOSTAT** to help me sleep better — works well.”  
— *Lynda, OK*

\*Trial offer requires enrollment in SmartShip program. See Website for details. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Testimonials are from actual customers who have used our products. Testimonials reflect their experience but may not be representative of all those who will use our product.