

5-Alpha-reductase, Dutasteride, #409/410 p.78–9  
 5-Alpha-reductase, Women's health, #407 p.60–8

**A**

Abdominal pain, probiotics, #403/404 p.34  
 Abscopal effect, cancer, #409/410 p.88–91  
 Accreditation Counsel for Continuing Medical Education, anti-CAM bias, online, #407 p.1+  
 Acne, niacinamide, #409/410 p.96  
 Acupuncture, acute musculoskeletal pain, #405 p.26  
 Acupuncture (electrical stimulated), autonomic dysregulation syndrome, online, #403/404 p.45  
 Adaptogens, #413 p.68  
 Adaptogens, stress, #412 p.32–4  
 Addiction, integrative medicine, #409/410 p.76, #411 p.62–4  
 Addiction, nutrition, #412 p.79–80  
 Adrenal fatigue, Holly Lucille, ND, RN, #412 p.14  
 Adrenal support, #412 p.68–9  
 Adverse childhood events, HPA axis, #412 p.32–4  
 Agave inulin, gut microbiota, online, #407 p.79+  
 Aging, functional foods, #403/404 p.87–90  
 Aging, glutathione, online, #407 p.55–6  
 Aging, gut microbiota, online, #407 p.80  
 Aging, L-carnitine, #406 p.36+  
 Aging, malnutrition, #413 p.15+  
 Allergic rhinitis, antioxidants, #406 p.26  
 Allergies, low-dose immunotherapy, online, #407 p.28–9  
 Allergies, microbiota, #406 p.24+  
 Alpha-tocopherol, prostate cancer, online, #407 p.95  
 Aluminum, Alzheimer's disease, #411 p.43  
 Aluminum vaccine adjuvants, behavior abnormalities, #405 p.20+  
 Alzheimer's disease, aluminum, #411 p.43  
 Alzheimer's disease, low-carb, high-fat diet, #411 p.70+  
 Alzheimer's disease, periodontal disease, #411 p.88–9  
 Alzheimer's disease, thiamine, #411 p.43  
 Amino acids, arterial health, online, #405 p.32  
 Amnesia, sensory integration, #411 p.56–9  
 Anemia, iron supplementation, #405 p.1+  
 Anesthesia, melatonin, #407 p.44+  
 Angiostop (Sea cucumber extract), cancer, online, #409/410 p.55–61  
 Angiotensin-converting enzyme inhibitors, potassium interaction, #405 p.27  
 Angiotensin receptor blockers, potassium interaction, #405 p.27  
 Angus, Robert C., ND, obituary, #409/410 p.77  
 Anti-aging medicine, MMI/A4M Education Fellowship, #402 p.52–5  
 Antibiotics, honey, #403/404 p.90  
 Anticoagulant regimen, online, #406 p.48–53  
 Antioxidants, allergic rhinitis, #406 p.26  
 Anxiety, niacinamide, #409/410 p.96  
 Apple juice, gastroenteritis, #405 p.28  
 Aromatherapy, #408 p.81  
 Aromatherapy, sleep, #403/404 p.30–1  
 Arthritis, copper, #403/404 p.95–6  
 Artificial intelligence, medicine, #402 p.29  
 Artificial light, breast cancer, #412 p.70–2  
 Artificial sweeteners, glucose intolerance, #407 p.41+  
 Ascorbic acid, oral bioavailability, #408 p.58–61  
 Ashwagandha, weight management, #406 p.92+  
 Asthma, IV magnesium, #405 p.27  
 Atopic dermatitis, melatonin, #403/404 p.34  
 Attention deficit hyperactivity disorder, homeopathy, #411 p.81–3  
 Attention deficit hyperactivity disorder, integrative medicine, #408 p.80  
 Attention deficit hyperactivity disorder, oligomeric proanthocyanidins, online, #411 p.18+, #411 p.46–50

Attention deficit hyperactivity disorder, sensory integration, #411 p.56–9  
 Autism, folic acid, vitamin B12, #413 p.20+  
 Autism, hair testing, online, #402 p.72  
 Autism, methylcobalamin, #406 p.37  
 Autism, sensory integration, #411 p.56–9  
 Autism, vitamin D, #407 p.43+  
 Autoimmune disease, lifestyle, #408 p.73–5  
 Autoimmune disease, low-dose immunotherapy, online, #407 p.26–31  
 Autoimmune disease, mercury, online, #402 p.60–70  
 Autoimmune subgroup testing, chronic fatigue syndrome, online, #412 p.41–5  
 Autonomic dysregulation syndrome, naturopathic medicine, online, #403/404 p.43–6  
 Autonomic dysregulation syndrome, POTS or hypotension, #412 p.35–7  
 Autonomic nervous system, interference fields, online, #412 p.46–51  
 Autonomic nervous system, nutrition, #411 p.75–7  
 Autonomic nervous system imbalance, diabetes, #407 p.40+  
 Autonomic response testing (ART), Lyme disease, online, #411 p.20–2

**B**

Back pain, UPRIGHT device, #402 p.29–30  
 Berkson, Devaki Lindsey, MA, DC, #413 p.12  
 Beta-glucans, cancer, online, #409/410 p.73  
 Bias, JAMA editorial on cranberry, #406 p.96+  
 Biobran, anticancer agent, #407 p.18, #411 p.36–7  
 Biofeedback, autonomic dysregulation syndrome, online, #403/404 p.45  
 Bioresonance testing, Field Control Therapy®, #405 p.29–31, #406 p.18–19  
 Bioresonance testing, functional medicine, #402 p.47–9  
 Biotin, laboratory testing, #406 p.37  
 Biotin, multiple sclerosis, #403/404 p.33  
 Bisphenol A, prenatal exposure, #405 p.22  
 Bisphenol A, uterine fibroids, #405 p.75  
 Black currant anthocyanins, glaucoma, #408 p.44  
 Blood type, diet, #402 p.8+  
 Bone loss, melatonin, #402 p.39  
 Borrelia, pulsed dosing, #408 p.40  
 Borreliosis, test panels, online, #402 p.44–6  
 Botanical medicine, naturopathic medicine, #403/404 p.71–2  
 Botanical medicine, premenstrual syndrome, #405 p.38  
 Botanical medicine, traditional formulation, #403/404 p.62–9  
 Brain, electromagnetic radiation, #411 p.41+  
 Brain fog, leaky gut syndrome, #411 p.86–7  
 Brain glymphatic transport, #403/404 p.26  
 Branched-chain amino acids, liver cancer, #409/410 p.34+  
 Brandt, Annie, cancer, #402 p.104–6  
 Bravo (probiotics), microbiome, online, #403/404 p.14  
 Breast cancer, artificial light, #412 p.70–2  
 Breast cancer, chili pepper, online, #405 p.32+  
 Breast cancer, diet, online, #405 p.72–4  
 Breast cancer, Gonzalez nutritional protocol, #402 p.100–1  
 Breast cancer, heavy metals, #406 p.86–8  
 Breast cancer, insulin dysregulation, online, #409/410 p.66–9  
 Breast cancer, dental infections and root canals, #409/410 p.82–3  
 Breast density, Eumastós (botanical-nutrition formula), #402 p.109  
 Breast milk, fenugreek, #402 p.109+  
 Breast milk, microbiome, #405 p.70–1  
 Breast reconstruction, stem cells, online, #405 p.14, #405 p.40–3  
 Broccoli, anti-aging medicine, #403/404 p.87  
 Bromelain, tooth extraction, #412 p.24  
 Bronchopulmonary dysplasia, vitamin A, #413 p.80

Bulimia, neural therapy, #411 p.53

**C**

Cadmium, uterine fibroids, #405 p.76  
 Calcium supplementation, cardiovascular disease guidelines, #405 p.78  
 Canadian College of Naturopathic Medicine, #403/404 p.22  
 Cancer, #409/410 p.85-7  
 Cancer, Angiostop (Sea cucumber extract), online, #409/410 p.55-61  
 Cancer, Annie Brandt/*The Healing Platform*, #402 p.104-6  
 Cancer, biobran, #407 p.18, #411 p.36-7  
 Cancer, exercise, #409/410 p.28  
 Cancer, flax oil diet, #409/410 p.29+  
 Cancer, German clinics, #408 p.48-51  
 Cancer, glyphosate, online, #402 p.41  
 Cancer, Gonzalez nutritional protocol, #402 p.100-1  
 Cancer, immunity hypothesis, #409/410 p.28+  
 Cancer, integrative medicine, #402 p.104-6, #409/410 p.14  
 Cancer, ketogenic diet, online, #409/410 p.45-6+, #409/410 p.80-1, #412 p.8+  
 Cancer, lifestyle, #409/410 p.31-2  
 Cancer, medicinal mushrooms, online, #409/410 p.73-5  
 Cancer, metabolic approach, #409/410 p.80-1  
 Cancer, microbiome, #409/410 p.70-2  
 Cancer, modified citrus pectin, online, #402 p.76-80  
 Cancer, mycotoxins, online, #411 p.24-6  
 Cancer, pesticides, #408 p.82-4  
 Cancer, vitamin C and doxycycline, online, #409/410 p.86  
 Cancer Center for Healing (Irvine, CA), protocol, online, #409/410 p.41-4  
 Cancer pain, vitamin C, #409/410 p.36+  
 Cancer treatment, cost-benefit, #409/410 p.30  
 Cancer treatment, hype, #409/410 p.10+  
 Candida overgrowth, prevention, #412 p.22  
 Cannabinoids, online, #411 p.65  
 Cannabinoids, chronic pain, #408 p.41+  
 Cannabinoid therapy, online, #412 p.57-63  
 Cannabis, online, #413 p.60-2  
 Cannabis, medical use, online, #407 p.69-71  
 Cannabis, history and law, online, #408 p.62-7  
 Cardiac arrhythmia, homeopathy, #406 p.83  
 Cardiac arrhythmia, magnesium, #406 p.36  
 Cardiology, self-care, #403/404 p.24-5  
 Cardio-renal anemia syndrome, naturopathic medicine, #406 p.54-8  
 Cardiovascular disease, calcium guidelines, #405 p.78  
 Cardiovascular disease, cheese, #406 p.6+  
 Cardiovascular disease, galectin-3 biomarker, online, #402 p.76-80  
 Cardiovascular disease, integrative medicine, #406 p.82-3  
 Cardiovascular disease, mitochondria, #406 p.43-4  
 Cardiovascular disease, natural anticoagulant regimen, online, #406 p.48-53  
 Cardiovascular disease, orthomolecular medicine, #411 p.34-5  
 Cardiovascular disease, Pauling therapy, online, #406 p.27-30+  
 Cardiovascular disease, prevention, #406 p.8  
 Cardiovascular disease, risk factors, online, #406 p.42-6  
 Cardiovascular disease, saunas, #406 p.22  
 Cardiovascular disease, scurvy, #406 p.8+  
 Cardiovascular disease, sugar, #405 p.80+  
 Cardiovascular disease, teeth, #408 p.1+  
 Carnitine, Lyme disease, #408 p.52  
 Causal associations, vitamin D supplementation, #403/404 p.75-9  
 Celiac disease, transaminases, #411 p.84-5  
 Cell-assisted lipotransfer, breast reconstruction, online, #405 p.40-3  
 Cell danger response, mitochondria, #413 p.73-4

Cervical dysplasia, naturopathic medicine, #403/404 p.92-4  
 Cheese, cardiovascular disease, #406 p.6+  
 Chelation therapy, American College of Cardiology, online, #406 p.8+, #406 p.38-41  
 Chelation therapy, glyphosate, online, #402 p.41  
 Chelation therapy, mercury, #402 p.14  
 Chelation therapy, Trial to Assess Chelation Therapy, online, #406 p.38-41  
 Chelation therapy, urinary toxic element screening billing codes, #406 p.72  
 Childhood absence epilepsy, integrative medicine, online, #403/404 p.51-2  
 Childhood trauma, chronic pain, online, #403/404 p.47-50  
 Children, disaccharidase deficiency, #413 p.20  
 Cholesterol, cardiovascular disease, online, #406 p.42-6  
 Cholesterol, red yeast rice, #406 p.35  
 Cholesterol, research bias, #405 p.80+  
 Choline, Lyme disease, #408 p.52+  
 Chondroitin sulfate, knee osteoarthritis, #413 p.76  
 Chondroitin sulfate, osteoarthritis, #412 p.24  
 Chronic fatigue syndrome, autoimmune subgroup testing, online, #412 p.41-5  
 Chronic fatigue syndrome, muscle testing and nutrients, #412 p.52-3  
 Chronic health conditions, glyphosate, online, #402 p.40  
 Chronic illness, mercury, online, #402 p.60-70  
 Chronic illness, homeopathy and herbs, #408 p.86-7  
 Chronic infections, Field Control Therapy®, #408 p.18-20  
 Chronic lymphocytic leukemia, Glenn Sabin, #409/410 p.31-2  
 Chronic musculoskeletal pain, emotional awareness, #412 p.20  
 Chronic pain, cannabinoids, #408 p.41+  
 Chronic pain, neural therapy, online, #412 p.46-51  
 Chronic pain, restoration model, #413 p.46-9  
 Chronic pain, sleep quality, online, #412 p.38-40  
 Chronic pain, trigger points, #412 p.54-6  
 Chronic regional pain syndrome, vitamin C, #408 p.42  
 Chronic wasting disease, #413 p.8+  
 Cisapride, medical incompetence, #413 p.80  
 Cisplatin-induced nephrotoxicity, magnesium, #409/410 p.34  
 Clay therapy, online, #403/404 p.36-42  
 Climate change, soil, #402 p.97  
 Coenzyme Q10, fertility, online, #405 p.35  
 Cognitive disorders, sensory integration, #411 p.56-9  
 Cognitive function, green tea catechins, #406 p.37  
 Cognitive function, omega-3 fatty acids, #411 p.44  
 Collaborative on Health and Environment, #406 p.76  
 Collin, Jonathan, MD, honorary doctor of letters degree, #409/410 p.1+  
 Colon, iridology, #402 p.56-9  
 Colostrum supplementation, intestinal permeability, online, #407 p.33-6  
 Complementary and alternative medicine, ACCME bias, online, #407 p.1+  
 Complementary and alternative medicine, philosophy, #411 p.79  
 Complementary and alternative medicine, physician sales, #413 p.65-7  
 Complementary and alternative medicine, politics, online, #403/404 p.12+  
 Compounding pharmacies, FDA regulation, online, #403/404 p.12+, #412 p.19  
 Compounding pharmacies, tainted injectable corticosteroids, #407 p.10+  
 Constipation, live blood analysis, #402 p.58-9  
 Consumer products, safety regulations, #407 p.88-90  
 Copper, arthritis, #403/404 p.95-6  
 Corbier, Jean-Ronel, MD, #413 p.12  
 Coronary artery calcium testing, women, #407 p.93+  
 Cosmetics, FDA, #406 p.77  
 Cost-benefit databases, cancer, #409/410 p.30  
 Cranberry, urinary tract infections, #406 p.96+

Creatine, osteoarthritis, #412 p.76  
 Creatine, osteoporosis, #403/404 p.34  
 CRISPR genome editing, #402 p.33+  
 Cryoablation, naturopathic medicine, #409/410 p.88–91  
 Curcumin, prostate cancer, online, #409/410 p.24  
 Curcumin emulsion, FDA warning, #411 p.93  
 Cyclic vomiting syndrome, riboflavin, #402 p.38

## D

D'Adamo, Peter, blood type diet, #402 p.8+  
 Dark field transmission electron microscopy, nanoparticles, online  
 Dementia, saunas, #405 p.26  
 Dementia, sensory integration, #411 p.56–9  
 Dementia, urinary tract infections, online, #411 p.14+  
 Dental hygiene, Alzheimer's disease, #411 p.88–9  
 Dental infections and root canals, breast cancer, #409/410 p.82–3  
 Dentistry, integrative medicine, #408 p.1+  
 Depression, contributing factors, #407 p.75  
 Depression, hormonal contraception, #411 p.42  
 Depression, magnesium, #411 p.45, #411 p.92+  
 Depression, neurotransmitter testing, #402 p.35–5  
 Depression, yoga and controlled breathing, #411 p.40  
 Detoxification, adverse effects, #405 p.29–31  
 DHEA, fertility, online, #405 p.35  
 Diabetes, autonomic nervous system imbalance, #407 p.40+  
 Diabetes, chelation therapy, online, #406 p.38–41  
 Diabetes, insulin homeostasis, online, #402 p.91–6  
 Diabetes, manganese, #407 p.42  
 Diabetes, Mediterranean diet, #407 p.44  
 Diabetes, pears, online, #407 p.80  
 Diabetes, soluble dietary fiber, #403/404 p.28+  
 Dialysis, vitamin C, #413 p.25  
 Diamandis, Peter, MD, #402 p.30  
 Diet, blood type, #402 p.8+  
 Diet, premenstrual syndrome, #405 p.36–7  
 Dieting, social factors, #406 p.78+  
 Digestive disorders, naturopathic medicine, #403/404 p.62–9  
 Disaccharidase deficiency, children, #413 p.20  
 Disaster preparedness, #402 p.102+  
 Down syndrome, green tea catechins, #406 p.37  
 Drinking water, musculoskeletal pain, #412 p.28–30  
 Dr. Ohhira's Probiotic Kampuku Beauty Bar, Essential Formulas, #406 p.89  
 Drug-induced nutrient depletion, #407 p.92  
 Drug tests, faultiness, #402 p.14  
 Dutasteride, 5-alpha-reductase, #409/410 p.78–9  
 Dysbiosis, naturopathic medicine, #403/404 p.62–9

## E

Electroacupuncture according to Voll (EAV), #402 p.85–8  
 Electrodermal screening, #402 p.85–8  
 Electromagnetic field therapy, autonomic dysregulation syndrome, online, #403/404 p.45  
 Electromagnetic pollution, Field Control Therapy®, #405 p.29–31  
 Electromagnetic radiation, brain, #411 p.41+  
 Electromagnetic radiation, PFAPA syndrome, #406 p.18–19  
 Electronic health records, naturopathic medicine, online, #403/404 p.54–5  
 Electronic health records, physician burnout, #402 p.32  
 Emergency preparedness, #412 p.64  
 Emerson Ignite Conference, business practices, online, #402 p.25–7  
 Emotional awareness, chronic musculoskeletal pain, #412 p.20  
 Emotional conflicts, Psychosomatic Energetics, #411 p.66–8  
 Emotional stresses, recurring infections, #408 p.68–9

Emotional trauma, neural therapy, #411 p.51–4  
 Endocannabinoid deficiency, online, #412 p.57–63  
 Endometriosis, phthalates, #413 p.24  
 Environmental chemicals, plastics, #412 p.15  
 Environmental chemicals, regulation, #407 p.88–90  
 Environmental chemicals, resources, #406 p.76  
 Environmental chemicals, uterine fibroids, #405 p.75–6  
*Environmental Health Perspectives*, #406 p.76  
 Environmental medicine, #412 p.20+  
 Environmental medicine, neuroinflammation, #407 p.37–9  
 Environmental Working Group, #406 p.76  
 Epigenetics, mercury, online, #402 p.63–4  
 Epilepsy, integrative medicine, online, #403/404 p.51–2  
 Erections, online, #413 p.40–5  
 Essential Formulas, Dr. Ohhira's Probiotic Kampuku Beauty Bar, #406 p.89  
 Essential oils, #408 p.81  
 Estrogen, blood testing, #402 p.89–90  
 Estrogen receptors, heavy metals, #406 p.86–8  
 Eumastós (botanical-nutrition formula), breast density, #402 p.109  
 Euthanasia, Canada, #408 p.46–7  
 Evidence-based medicine, naturopathic medicine, online, #403/404 p.56–7  
 Exercise, all-cause mortality, #406 p.92, #407 p.94  
 Exercise, cancer-related fatigue, #409/410 p.28  
 Exercise, spinning, #406 p.4+  
 Exponential medicine, 4th annual conference, #402 p.29–30

## F

Falls, vitamin D, #402 p.39  
 Fascia, manual therapies, #407 p.76–7  
 Fatigue, vitamin D, #412 p.26, #413 p.75  
 FDA, cosmetics, #406 p.77  
 Federal Trade Commission, anti-homeopathy bias, online, #405 p.64–6  
 Fennel cream, vulvovaginal atrophy, #408 p.90  
 Fenugreek, breast milk, #402 p.109+  
 Fertility, integrative medicine, online, #405 p.34–5  
 Fetal ultrasound, #405 p.14  
 Fetal ultrasound, Chinese safety studies, online, #405 p.44–51  
 Fibrogen, nattokinase, online, #406 p.43  
 Fibromyalgia, Field Control Therapy®, #412 p.28–30  
 Fibromyalgia, Jacob Teitelbaum, MD, #412 p.13  
 Fibromyalgia, neuroimaging, #412 p.22  
 Fibromyalgia, SHINE protocol, #412 p.35–7  
 Fibromyalgia, muscle testing and nutrients, #412 p.52–3  
 Fidgeting, sitting antidote, online, #405 p.32  
 Field Control Therapy®, fibromyalgia, #412 p.28–30  
 Field Control Therapy®, glioblastoma multiform, #409/410 p.62–4  
 Field Control Therapy®, heavy metals and detoxification, #405 p.29–31  
 Field Control Therapy®, laboratory testing, #402 p.47–9  
 Field Control Therapy®, Lyme disease, #408 p.18–20  
 Field Control Therapy®, mental illness, #411 p.29–31+  
 Field Control Therapy®, PFAPA syndrome, #406 p.18–19  
 Fish oil, anticoagulant regimen, online, #406 p.51  
 Fish oil, International Fish Oil Standards, #403/404 p.31  
 Fish oil capsules, *JAMA Internal Medicine*, #407 p.91–2  
 Flavonoids, osteoarthritis, #412 p.75  
 Flax oil diet, cancer, #409/410 p.29+  
 Fluoroquinolones, label warnings, #402 p.31+  
 FODMAPs, irritable bowel syndrome, #402 p.38+  
 Folic acid, psoriasis, #413 p.24  
 Folic acid, strokes, #406 p.36  
 Folic acid, vitamins B6 & B12, #407 p.45  
 Food, blood type diet, #402 p.8+  
 Food allergies, gastroesophageal reflux disease, #403/404 p.34

Food allergies, leaky gut syndrome, online, #407 p.33–6  
 Food allergies, testing reliability, #402 p.37  
 Food and Drug Administration (FDA), food contamination, #411 p.71  
 Fracture prevention, diet, #407 p.44  
 Functional foods, aging, #403/404 p.87–90  
*Functional Gastroenterology*, #407 p.12+  
 Functional medicine, metabolic code triads, #402 p.52–5  
 Functional medicine, naturopathy, #403/404 p.6+

## G

Gaby, Alan, MD, *Nutritional Medicine*, #408 p.13+  
 Galectin-3, inflammation, online, #402 p.76–80  
 Galectin-3, modified citrus pectin, online, #402 p.79–80  
 Gamma-tocopherol, online, #407 p.95–6  
*Garcinia cambogia*, weight loss, #405 p.18  
 Gastroenteritis, apple juice, #405 p.28  
 Gastroenterology, transaminases, #411 p.84–5  
 Gastroesophageal reflux disease, food allergy, #403/404 p.34  
 Gastrointestinal disorders, low-dose immunotherapy, online, #407 p.28–9  
 Gastrointestinal tract, functional medicine, #407 p.12+  
 GcMAF, microbiome, online, #403/404 p.14  
 GcMAF immune response, salicinium, online, #409/410 p.51–4  
 George Washington University, integrative medicine, #402 p.52–5  
 German clinics, hyperthermia treatment, #408 p.48–51  
 Gestational diabetes, inositol, #405 p.26+  
 Gestational diabetes, xanthurenic acid, #405 p.60–2  
 Gingivitis, probiotics, #411 p.45  
*Ginkgo biloba*, anticoagulant regimen, online, #406 p.51  
 Glaucoma, black currant anthocyanins, #408 p.44  
 Glaucoma, niacinamide, #408 p.44, #409/410 p.96  
 Glioblastoma multiform, Field Control Therapy®, #409/410 p.62–4  
 Glucosamine sulfate, intraocular pressure, #412 p.26  
 Glucose intolerance, artificial sweeteners, #407 p.41+  
 Glucose meters, vitamin C bioavailability, #408 p.58–61  
 Glutamine, radiation-induced dermatitis, #409/410 p.38  
 Glutathione, *Lactobacillus fermentum* ME-3, #402 p.111  
 Gluten-free diet, nephrotic syndrome, #402 p.38  
 Gluten sensitivity, irritable bowel syndrome, #403/404 p.32  
 Glycolysis, salicinium, online, #409/410 p.51–4  
 Glyphosate, testing, online, #402 p.40–2  
 Gonzalez nutritional protocol, cancer, #402 p.100–1  
 GPL-MycoTOX profile, mold, online, #411 p.24–6  
 Greenblatt, James, MD, psychiatric integrative medicine, online, #411 p.18+  
 Green tea catechins, Down syndrome, #406 p.37  
 Group B *Streptococcus*, *Lactobacillus* formula, #402 p.112  
 Guarneri, Mimi, MD, *108 Pearls to Awaken Your Healing Potential*, #403/404 p.24–5  
 Gut microbiota, artificial sweeteners, #407 p.41+  
 Gut microbiota, diet, online, #407 p.78–80  
 Gynecology, peloids, online, #403/404 p.40–2

## H

Hair testing, heavy metals, online, #402 p.72–5  
 HCG (human chorionic gonadotropin) monotherapy, erections, online, #413 p.44  
 HeadAid, migraine, #406 p.90  
*The Healing Platform*, #409/410 p.12+  
 Health, nature, #407 p.72–3+  
 Health, proactive self-care, #411 p.38–9  
 Healthcare, medical incompetence, #413 p.79–80  
 Healthcare policy, Integrative Health Policy Consortium (IHPC), #402 p.20+  
 Heart, herbs and spices, #403/404 p.87+

Heart, L-carnitine, #403/404 p.85–6  
 Heart attack, triggers, #406 p.22+  
 Heart disease, kidney function, #406 p.54–8  
 Heart disease, testosterone, #406 p.59–62  
 Heart disease, vitamin C, online, #406 p.27–30+  
 Heart failure, mercury, #406 p.83  
 Heart failure, vitamin D, #413 p.25  
 Heart rate variability, mental health, #411 p.40+  
 Heavy metals, breast cancer, #406 p.86–8  
 Heavy metals, cardiovascular disease & chelation, online, #406 p.38–41  
 Heavy metals, Field Control Therapy®, #405 p.29–31  
 Heavy metals, hair testing, online, #402 p.72–5  
 Heavy metals, kryptopyrroluria, online, #408 p.34  
 Heavy metals, Paracelsus Clinic, #406 p.66–7  
*Helicobacter pylori*, commensals, #413 p.71–2  
*Helicobacter pylori*, diet and N-acetylcysteine, #408 p.93–4  
*Helicobacter pylori*, psoriasis, #413 p.59  
 Hemopyrrolactamuria, Lyme disease, online, #408 p.29–30+  
 Hemp, history and law, #408 p.62–7  
 Hepatitis B, vitamin E, #412 p.26  
 Hepatitis C treatment, vitamin D, #408 p.43  
 Herbal medicine, #406 p.79  
 Herbs (See Botanical medicine)  
 Histamine, kryptopyrroluria, online, #408 p.34  
 Homeopathy, attention deficit hyperactivity disorder, #411 p.81–3  
 Homeopathy, cardiac arrhythmia, #406 p.83  
 Homeopathy, defense of, online, #403/404 p.80–4, #405 p.12+, #406 p.68–71, #411 p.4+, #412 p.66–7  
 Homeopathy, federal agency bias, online, #405 p.64–6  
 Homeopathy, FTC ruling, #407 p.20+  
 Homeopathy, Meniere's disease, #411 p.81–3  
 Homeopathy, naturopathic medicine, #403/404 p.71–2  
 Homeopathy, safety, #406 p.80–1  
 Homeopathy, teething tablet recall, #408 p.39  
 Honey, wounds, #403/404 p.90  
 Hormonal contraception, depression, #411 p.42  
 Hormones, intimacy, #408 p.81  
 Hot flashes, magnesium, #407 p.84–5+  
 HPV vaccine, behavior abnormalities, #405 p.20+  
 Hunter, Beatrice Trum, obituary, #409/410 p.77  
 Hyperinsulinism, breast and prostate cancer, online, #409/410 p.66–9  
 Hypertension, testosterone, #406 p.60+  
 Hyperthermia treatment, tick-borne illness, #408 p.48–51  
 Hyperthyroidism (Graves' disease), selenium, #407 p.43  
 Hypothalamic-pituitary-adrenal axis dysregulation, adverse childhood events, #412 p.32–4  
 Hypothyroidism, #408 p.14  
 Hypothyroidism, diagnosis, #405 p.8+  
 Hypothyroidism, levothyroxine, #413 p.25  
 Hypothyroidism, menorrhagia, #405 p.67–8

## I

Immune function, human milk, #405 p.70–1  
 Immune response, mind-body, #402 p.105  
 Infants, iron supplementation, #409/410 p.38  
 Infants, vitamin D dosage, #408 p.45  
 Infections, commensals, online, #407 p.28–9  
 Infections, EAV exam and homeopathy, #408 p.86–7  
 Infectious diseases, molecular diagnostics, #402 p.81–4  
 Inflammation, functional foods, #403/404 p.88–9  
 Inflammation, galectin-3, online, #402 p.76–80  
 Inflammation, orthomolecular medicine, #411 p.34–5  
 Inflammatory bowel disease, specific carbohydrate diet, online, #407 p.46–8  
 Influenza, prevention, #413 p.14+  
 Inositol, gestational diabetes, #405 p.26+

Insomnia, essential oils, #403/404 p.30–1  
 Insomnia, nutrition and homeopathic support, #412 p.68–9  
 Institute of Women's Health and Integrative Medicine, online, #405 p.72–4  
 Insulin dysregulation, cancer, online, #409/410 p.66–9  
 Insulin homeostasis, oxygen model, online, #402 p.91–6  
 Integrated medicine, Integrative Health Policy Consortium (IHPC), #402 p.20+  
 Integrative Health Policy Consortium (IHPC), US healthcare system, #402 p.20+  
 Integrative medicine, addiction, #409/410 p.76, #411 p.62–4  
 Integrative medicine, Canada's Roger Award, online, #413 p.34–8  
 Integrative medicine, cancer, #402 p.104–6, #408 p.76–8  
 Integrative medicine, cardiovascular disease, #406 p.82–3  
 Integrative medicine, childhood absence epilepsy, online, #403/404 p.51–2  
 Integrative medicine, CME accreditation bias, online, #407 p.1+  
 Integrative medicine, dentistry, #408 p.1+  
 Integrative medicine, education, online, #402 p.25–7  
 Integrative medicine, education/fellowship, #402 p.52–5  
 Integrative medicine, history of, #407 p.82–3  
 Integrative medicine, mental health, #407 p.18  
 Integrative medicine, mold, online, #403/404 p.58–61  
 Integrative medicine, national organizations, online, #406 p.33–4  
 Integrative medicine, naturopathy, #403/404 p.6+  
 Integrative medicine, online University of Arizona course, online, #406 p.34  
 Integrative medicine, orthomolecular medicine, #411 p.34–5  
 Integrative medicine, person-based care, online, #403/404 p.54–5  
 Intestinal disorders, iridology, #403/404 p.73–4  
 Intestinal permeability, colostrum supplementation, online, #407 p.33–6  
 Intimacy, balanced hormones, #408 p.81  
 Intraocular pressure, glucosamine sulfate, #412 p.26  
 Iodine supplementation, fetal risk, #405 p.27  
 Iodine supplementation, pregnancy, #412 p.25  
 Iridology, embryo development, #402 p.56–9  
 Iridology, intestinal disorders, #403/404 p.73–4  
 Iron, surgery, #402 p.37+  
 Iron supplementation, #405 p.1+  
 Iron supplementation, infants, #409/410 p.38  
 Irritable bowel syndrome, FODMAPs, #402 p.38+  
 Irritable bowel syndrome, gluten sensitivity, #403/404 p.32  
 Irritable bowel syndrome, specific carbohydrate diet, online, #407 p.46–8

## J

Jaconello, Paul, MD, obituary, #411 p.80  
 Jolly, Winifred, LCSW, proactive self-care, #411 p.38–9  
 Juicing, #403/404 p.70

## K

Ketogenic diet, Alzheimer's disease, #411 p.70+  
 Ketogenic diet, cancer, online, #409/410 p.45–6+, #409/410 p.80–1, #412 p.8+  
 Ketogenic diet, childhood absence epilepsy, online, #403/404 p.51–2  
 Kidney disorders, galectin-3 biomarker, online, #402 p.76–80  
 Kidney function, cardiovascular disease, #406 p.54–8  
 Klaire Labs, ProThera and Complementary Prescriptions, #409/410 p.93  
 Knee pain, lavender oil, #412 p.74+  
 Kryptopyrroluria, heavy metals, online, #408 p.34  
 Kryptopyrroluria, Lyme disease, online, #408 p.29–30+  
 Kyowa Hakko Bio, website, #407 p.90

## L

Laboratory testing, billing codes, #406 p.72  
 Laboratory testing, biotin interference, #406 p.37  
 Laboratory testing, Field Control Therapy®, #402 p.47–9  
 Laboratory testing, total estrogen blood, #402 p.89–90  
*Lac caninum*, uterine fibroids, #408 p.88–9  
*Lactobacillus*, Group B *Streptococcus*, #402 p.112  
*Lactobacillus fermentum* ME-3, glutathione, online, #402 p.111, #407 p.53–7  
 Lavender oil, knee pain, #412 p.74+  
 L-carnitine, deficiency, #403/404 p.85–6  
 L-carnitine, frailty in elderly, #406 p.36+  
 Leaky gut syndrome, brain fog, #411 p.86–7  
 Leaky gut syndrome, food allergy, online, #407 p.33–6  
 Levin, Warren, MD, obituary, #411 p.80  
 Levothyroxine, hypothyroidism, #413 p.25  
 Libido (postmenopause), *Tribulus terrestris*, #411 p.92  
 Lipoprotein-associated phospholipase A2, cardiovascular disease, online, #406 p.45  
 Liquid cartilage extract, prostate cancer, online, #409/410 p.24+  
 Live blood analysis, constipation, #402 p.58–9  
 Liver cancer, branched-chain amino acids, #409/410 p.34+  
 Liver disease, transaminases, #411 p.84–5  
 Liver fibrosis, persistent organic pollutants, #407 p.42  
 Longevity, lifestyle, #408 p.73–5  
 Low-dose immunotherapy, #407 p.14  
 Low-dose immunotherapy, autoimmune disorders, online, #407 p.26–31  
 Low-dose immunotherapy, clinical considerations, online, #408 p.54–7  
 Low-dose naltrexone, #405 p.12  
 Low-histamine diet, urticaria (hives), #412 p.24+  
 Lyme borreliosis, test panels, online, #402 p.44–6  
 Lyme *Crime* video, conflict of interest, #408 p.8+  
 Lyme disease, alternative medicine, online, #408 p.14+, #408 p.23–6  
 Lyme disease, conflict of interest, #408 p.8+  
 Lyme disease, Field Control Therapy®, #408 p.18–20  
 Lyme disease, hyperthermia treatment, #408 p.48–51  
 Lyme disease, kryptopyrroluria, online, #408 p.29–30+  
 Lyme disease, low-dose immunotherapy, online, #407 p.27  
 Lyme disease, nutrition, #408 p.52–3  
 Lyme disease, provoked Lyme urine PCR test, online, #411 p.20–2  
 Lyme disease, pulsed dosing, #408 p.40  
 Lyme disease, testing, online, #408 p.95–6  
 Lyme disease, homeopathy and herbs, #408 p.86–7  
 Lymphatic drainage, breast cancer, #409/410 p.82–3

## M

Magnesium (IV), asthma, #405 p.27  
 Magnesium, cardiac arrhythmia, #406 p.36  
 Magnesium, cisplatin-induced nephrotoxicity, #409/410 p.34  
 Magnesium, depression, #411 p.45, #411 p.92+  
 Magnesium, hot flashes, #407 p.84–5+  
 Maitake D-Fraction®, immune function, #409/410 p.76  
 Maitake D-Fraction®, spray, #403/404 p.94  
 Malnutrition, aging, #413 p.15+  
 Manganese, diabetes, #407 p.42  
 Manual therapies, fascia, #407 p.76–7  
 Marijuana, history and law, #408 p.62–7  
 Marjoram tea, polycystic ovary syndrome, #407 p.94+  
 Mast cell activation, #413 p.50–4  
 Mastitis, *Lactobacillus salivarius* P52, #402 p.38  
 Mawson, Anthony, DrPH, withdrawn vaccine studies, #413 p.63–4  
 Medical Assistance in Dying (Canada), euthanasia, #408 p.46–7  
 Medical devices, #402 p.29–30

- Medical education, shortcomings**, #413 p.79–80  
**Medicinal mushrooms, cancer**, online, #409/410 p.73–5  
**Medicine, business practices**, online, #402 p.25–7  
**Mediterranean diet, diabetes**, #407 p.44  
**Mediterranean diet, fracture prevention**, #407 p.44  
**Melatonin, anesthesia**, #407 p.44+  
**Melatonin, atopic dermatitis**, #403/404 p.34  
**Melatonin, bone loss**, #402 p.39  
**Melatonin, fertility**, online, #405 p.35  
**Melatonin, migraine prevention**, #403/404 p.33+  
**Menaquinone-7 (vitamin K2), osteoporosis**, #408 p.45  
**Meniere's disease, homeopathy**, #411 p.81–3  
**Menorrhagia**, #405 p.67–8  
**Menstrual cramps, peppermint oil**, #405 p.78  
**Mental health, heart rate variability**, #411 p.40+  
**Mental health, integrative medicine**, #407 p.18  
**Mental health, mycotoxins**, online, #411 p.24–6  
**Mental health, nature**, #407 p.72–3+  
**Mental health, smartphones**, online, #411 p.12+  
**Mental illness, Field Control Therapy®**, #411 p.29–31+  
**Mental illness, neural therapy**, #411 p.51–4  
**Mercury**, online, #402 p.60–70  
**Mercury, heart failure**, #406 p.83  
**Mercury, toxicity**, #402 p.14  
**Mercury testing, Quicksilver Scientific**, #413 p.78  
**Metabolic code triads, functional medicine**, #402 p.52–5  
**Metabolic Medical Institute, George Washington University integrative medicine**, #402 p.52–5  
**Metabolomic testing, Robert Naviaux, MD**, #413 p.73–4  
**Methylcobalamin, autism**, #406 p.37  
**Microbiome, allergies**, #406 p.24+  
**Microbiome, breast milk**, #405 p.70–1  
**Microbiome, cancer**, #409/410 p.70–2  
**Microbiome, lupus**, #408 p.40+  
**Microbiome, nervous system interaction**, #407 p.50–2  
**Microbiome, third brain**, online, #403/404 p.13–14  
**Migraine, 5-alpha-reductase**, #407 p.66  
**Migraine, HeadAid**, #406 p.90  
**Migraine, melatonin**, #403/404 p.33+  
**Migraine, mitral valve prolapse**, #406 p.63–5  
**Mind-body, gene changes**, #413 p.18  
**Minerals, cognitive function**, #412 p.77–8  
**Mineral transport, mercury**, online, #402 p.72  
**Mitochondria, cardiovascular disease**, online  
**Mitochondrial dysfunction, Nrf2**, online, #411 p.60–1  
**Mitochondrial dysfunction, riboflavin**, #402 p.38  
**Mitochondrial toxicity, fluoroquinolones**, #402 p.31+  
**Mitochondrial toxicity, Pelletier lawsuit**, #402 p.32+  
**MitoQ (coenzyme Q10), mitochondria**, online, #413 p.29–30+  
**Mitral valve prolapse, migraines and panic syndrome**, #406 p.63–5  
**Modified citrus pectin, galectin-3**, online, #402 p.79–80  
**Mold, integrative medicine**, online, #403/404 p.58–61  
**Molecular diagnostics, infectious diseases**, #402 p.81–4  
**Mood, posture**, #403/404 p.30  
**Mortality, exercise**, #406 p.92  
**Mud bath, Calistoga, CA**, #407 p.12  
**Multiple sclerosis, high-dose biotin**, #403/404 p.33  
**Multiple sclerosis, low-dose immunotherapy**, online, #407 p.28–9  
**Musculoskeletal pain, drinking water**, #412 p.28–30  
**Mycotoxins, GPL-MycoTOX profile**, online, #411 p.24–6  
**Myelofibrosis**, online, #413 p.56–8  
**Myer's cocktail, autonomic dysregulation syndrome**, online, #403/404 p.45  
**Myocardial infarction, triggers**, #406 p.22+
- N**  
**N-Acetylcysteine, Helicobacter pylori**, #408 p.93–4  
**N-acetylcysteine, obsessive-compulsive disorder**, #407 p.43  
**N-acetylcysteine, polycystic ovary syndrome**, #406 p.91  
**N-acetylcysteine, substance abuse**, #411 p.44  
**NAET (Nambudripad Allergy Elimination Technique), seasonal allergies**, online, #406 p.84  
**Niacinamide, glaucoma**, #408 p.44  
**Naltrexone (low-dose)**, #405 p.12  
**Nanoparticles, dark field transmission electron microscopy**, #402 p.97  
**National College of Natural Medicine**, #403/404 p.21  
**Nattokinase, anticoagulant regimen**, online, #406 p.50+  
**Nattokinase, fibrogen**, online, #406 p.43  
**Nature, healing effects**, #407 p.72–3+  
**Naturopathic medicine, 7th Townsend Letter competition**, online, #403/404 p.14+  
**Naturopathic medicine, autonomic dysregulation syndrome**, online, #403/404 p.43–6  
**Naturopathic medicine, chronic pain**, online, #403/404 p.47–50  
**Naturopathic medicine, colleges**, #403/404 p.20–2  
**Naturopathic medicine, digestive disorders**, #403/404 p.62–9  
**Naturopathic medicine, electronic health records and ethics**, online, #403/404 p.54–5  
**Naturopathic medicine, evidence-based medicine**, online, #403/303 p.56–7  
**Naturopathic medicine, HPV and abnormal PAP**, #403/404 p.92–4  
**Naturopathic medicine, individualized botanical medicine**, #403/404 p.62–9  
**Naturopathic medicine, innovators**, online, #405 p.72–4  
**Naturopathic medicine, licensure**, #411 p.78  
**Naturopathic medicine, Massachusetts regulation**, #403/404 p.22  
**Naturopathic medicine, ovarian cancer**, #409/410 p.88–91  
**Naturopathic medicine, philosophy**, #403/404 p.6+  
**Naturopathic medicine, prostate cancer**, online, #409/410 p.23–5  
**Naturopathic medicine, sustainable future**, #403/404 p.1+  
**Naturopathic medicine, traditional tools**, #403/404 p.71–2  
**Nephrotic syndrome, gluten-free diet**, #402 p.38  
**Neural therapy, breast cancer**, #409/410 p.82–3  
**Neural therapy, mental health**, #411 p.51–4  
**Neural therapy, pain**, #412 p.13+  
**Neural therapy, scars**, #406 p.12+  
**Neural therapy, stroke and head injury**, #411 p.90–1  
**Neurodegenerative disease, fluoroquinolones**, #402 p.31+  
**Neurofibromatosis, vitamin C (intravenous)**, #409/410 p.36  
**Neuroinflammation, environmental medicine**, #407 p.37–9  
**Neurological disorders, mercury**, online, #402 p.60–70  
**Neurological disorders, vitamin B12**, #411 p.44  
**Neurotransmitter synthesis, microbiome**, #407 p.50–2  
**Neurotransmitter testing, depression**, #402 p.35–5  
**Neurotransmitter testing, Gottfried Kellermann, PhD**, #402 p.35–5  
**New England Compounding Center, RICO conviction**, #407 p.10+  
**Niacinamide, acne**, #409/410 p.96  
**Niacinamide, anxiety**, #409/410 p.96  
**Niacinamide, glaucoma**, #409/410 p.96  
**Niacinamide, non-melanoma skin cancer**, #409/410 p.95  
**Niacinamide, osteoarthritis**, #409/410 p.95  
**Niacinamide, schizophrenia**, #409/410 p.95+  
**Nitric oxide levels, cardiovascular disease**, online, #406 p.44  
**NMDA receptors, addiction**, #411 p.63  
**Nrf2, mitochondrial dysfunction**, online, #411 p.60–1  
**Nutrient loss, kryptopyrroluria**, online, #408 p.29–30+  
**Nutrition, Alan Gaby, MD**, #408 p.13+  
**Nutrition, autonomic nervous system**, #411 p.75–7  
**Nutrition, cancer**, #409/410 p.70–2  
**Nutrition, mercury**, online, #402 p.67–8  
**Nutrition, psychiatry**, online, #411 p.18+  
**Nutritional Medicine**, #411 p.72–4  
**Nutritional treatment, opioid addiction**, #412 p.79–80

## O

Obesity, cancer, online, #405 p.33  
 Obesity, thiamine, #409/410 p.38+  
 Obsessive-compulsive disorder, n-acetylcysteine, #407 p.43  
 Off-label uses, US federal legislation, #408 p.38  
 Oligomeric proanthocyanidins, attention deficit hyperactivity disorder, online, #411 p.46–50  
 Oligosaccharides, human milk, #405 p.70  
 Omega-3 fatty acids, acute coronary syndrome, #413 p.20  
 Omega-3 fatty acids, cognitive function, #411 p.44  
 Oncology, integrative medicine, #408 p.76–8  
 Opioid addiction, nutritional treatment, #412 p.79–80  
 Optic pathway glioma, vitamin C (intravenous), #409/410 p.36  
 Optimal Terrain Ten Protocol, cancer, #409/410 p.70–2  
 Organic food, Million Women Study, #408 p.82–4  
 Orthomolecular medicine, integrative medicine, #411 p.34–5  
 Osteoarthritis, chondroitin sulfate, #412 p.24  
 Osteoarthritis (knee), chondroitin sulfate, #413 p.76  
 Osteoarthritis, naturopathic medicine, #412 p.74–6  
 Osteoarthritis, niacinamide, #409/410 p.96  
 Osteoporosis, creatine, #403/404 p.34  
 Osteoporosis, menaquinone-7 (vitamin K2), #408 p.45  
 Ovarian cancer, cryoablation and naturopathic medicine, #409/410 p.88–91  
 Ovarian reserve, assessment, online, #405 p.34–5

## P

Pain, acupuncture, #405 p.26  
 Pain, childhood trauma, online, #403/404 p.47–50  
 Pain, neural therapy, #412 p.13+  
 Pancreatic cancer, Gonzalez nutritional protocol, #402 p.100–1  
 Panic syndrome, mitral valve prolapse, #406 p.63–5  
 Paracelsus Clinic, heavy metals, #406 p.66–7  
 Pears, diabetes, online, #407 p.80  
 Peat therapy, online, #403/404 p.36–42  
 Pelletier, Justina, lawsuit, #402 p.32+  
 Peloids, online, #403/404 p.36–42  
 Peppermint oil, menstrual cramps, #405 p.78  
 Persistent organic pollutants, liver fibrosis, #407 p.42  
 Persistent organic pollutants, uterine fibroids, #405 p.76  
 Personality development, Psychosomatic Energetics, #411 p.66–8  
 Pesticides, cancer, #408 p.82–4  
 PFAPA syndrome, Field Control Therapy®, #406 p.18–19  
 Pharmaceutical industry, research suppression, #406 p.72–4  
 Phthalates, uterine fibroids, #405 p.75+, #413 p.24  
 Physician burnout, electronic health records, #402 p.32  
 Physicians, supplement sales, online, #402 p.26–7  
 Pineapple, gut microbiota, online, #407 p.79  
 Placebos, ethics, #407 p.84–5+  
 Plastics, environmental exposure, #412 p.15  
 Politics, alternative medicine, online, #403/404 p.12+  
 Polycystic ovarian syndrome, 5-alpha-reductase, #407 p.60–8  
 Polycystic ovarian syndrome, marjoram tea, #407 p.94+  
 Polycystic ovarian syndrome, n-acetylcysteine, #406 p.91  
 Polycystic ovarian syndrome, soy isoflavones, #405 p.77  
 Pomegranates, mitochondria, #403/404 p.88  
 Poria, Mushroom Wisdom, #413 p.78  
 Postpartum depression, nutrient formula, #409/410 p.92  
 Postpartum depression, saffron, #409/410 p.92+  
 Posttraumatic stress disorder, N-acetylcysteine, #411 p.44  
 Postural orthostatic tachycardia syndrome, #412 p.35–7  
 Posture, mood, #403/404 p.30  
 Potassium, drug interactions, #405 p.27  
 Pregnancy, iodine supplementation, #412 p.25  
 Pregnancy, maternal iodine supplementation, #405 p.27  
 Premenstrual dysphoric disorder, 5-alpha-reductase, #407 p.60–8

Premenstrual syndrome, 5-alpha-reductase, #407 p.60–8  
 Premenstrual syndrome, integrative medicine, #405 p.36–9  
 Premenstrual syndrome, progesterone, #408 p.45  
 Probiotics, abdominal pain, #403/404 p.34  
 Probiotics, gingivitis, #411 p.45  
 Probiotics, Group B *Streptococcus*, #402 p.112  
 Probiotics, mastitis, #402 p.38  
 Probiotics, seasonal allergic rhinoconjunctivitis, #409/410 p.38  
 Probiotics, septicemia, #405 p.28  
 Progesterone, menorrhagia, #405 p.68  
 Progesterone, premenstrual syndrome, #408 p.45  
 Prolactin, vitamin B6, #405 p.62  
 Prostate cancer, alpha-tocopherol, online, #407 p.95  
 Prostate cancer, artificial light, #412 p.70–2  
 Prostate cancer, diet, online, #409/410 p.85  
 Prostate cancer, insulin dysregulation, online, #409/410 p.66–9  
 Prostate cancer, naturopathic medicine, #409/410 p.23–5  
 Prostate cancer, P53 tumor suppressor gene, online, #409/410 p.14, #409/410 p.18–27  
 ProThera, Klaire Labs, #409/410 p.93  
 Psoriasis, folic acid, #413 p.24  
 Psoriasis, *Helicobacter pylori*, #413 p.59  
 Psoriasis, natural remedies, #408 p.70–1  
 Psychiatry, nutrition, online, #411 p.18+  
 Psychosomatic Energetics, emotional conflicts & personality, #411 p.66–8  
 Psychosomatic Energetics, urticaria (hives), #407 p.58–9  
 Psychosomatic Energetics, vaginal infections, #408 p.68–9  
 Psyllium, type 2 diabetes, #403/404 p.28+  
*Pueraria mirifica*, vulvovaginal atrophy, #408 p.91+  
 Pulsed dosing, *Borrelia*, #408 p.40  
 Pycnogenol (pine bark extract), osteoarthritis, #412 p.76

## Q

Quicksilver Scientific, mercury testing, #413 p.78

## R

Radiation-induced dermatitis, glutamine, #409/410 p.38  
 Rashes, natural remedies, #408 p.70–1  
 Red yeast rice, hypercholesterolemia, #406 p.35  
 Renal disease, cardiovascular disease, #406 p.54–8  
 Research, evaluating quality, online, #403/303 p.56–7  
 Research bias, cholesterol, #405 p.80+  
 Research suppression, pharmaceutical industry, #406 p.72–4  
 Respiratory illness, vitamin C (intravenous), #408 p.43+  
 Restless legs syndrome, vitamin D, #411 p.45  
 Restoration model, chronic illness, #413 p.46–9  
 Rheumatoid arthritis, low-dose immunotherapy, online, #407 p.28–9  
 Rhinoconjunctivitis, probiotics, #409/410 p.38  
 Riboflavin, cyclic vomiting syndrome, #402 p.38  
 Robotics, surgery, #402 p.29  
 Rogers Award, Seely, Dugald, ND, MSc, online, #413 p.34–8  
 Rozema, Theodore Carl, MD, obituary, #413 p.70

## S

Sabin, Glenn, chronic lymphocytic leukemia, #409/410 p.31–2  
 Saffron, postpartum depression, #409/410 p.92+  
 Salicinium, cancer, online, #409/410 p.51–4  
 Saunas, cardiovascular-related mortality, #406 p.22  
 Saunas, dementia, #405 p.26  
 Saw palmetto, women's health, #407 p.60–8  
 Scars, neural therapy, #406 p.12+  
 Schizophrenia, niacinamide, #409/410 p.96  
 Scurvy, cardiovascular disease, online, #406 p.8+, #406 p.27–30+  
 Seasonal allergies, NAET (Nambudripad Allergy Elimination Technique), online, #406 p.84

Seaweed (Aquamin), osteoarthritis, #412 p.75  
 Seely, Dugald, ND, MSc, #413 p.12  
 Seely, Dugald, ND, MSc, Rogers Award, online, #413 p.34–8  
 Seizures, integrative medicine, online, #403/404 p.51–2  
 Selenium, hyperthyroidism (Graves' disease), #407 p.43  
 Self-care, cardiovascular disease, #403/404 p.24–5  
 Sensory integration, ADHD, dementia, amnesia, #411 p.56–9  
 Septicemia, probiotic-induced, #405 p.28  
 Septic shock, vitamin C, hydrocortisone, thiamine, #411 p.95–6  
 Serotonin toxicity, *Garcinia cambogia*, #405 p.18  
 Sexual function, diabetes, #407 p.44  
 Shaken baby syndrome, controversy, #405 p.18+  
 Shingles, statin use, #406 p.8  
 Short-chain fatty acids, nervous system, #407 p.50–2  
 Silver hydrosol, online, #413 p.26+  
 Sitting, fidgeting, online, #405 p.32  
 Skin cancer, niacinamide, #409/410 p.96  
 Sleep apnea, cardiovascular disease, online, #406 p.44–5  
 Sleep disturbance, essential oils, #403/404 p.30–1  
 Sleeping position, brain arousal, #403/404 p.26  
 Sleep quality, chronic pain, online, #412 p.38–40  
 Sleep quality, nutrition and homeopathic support, #412 p.68–9  
 Smartphones, mental health, online, #411 p.12+  
 Soil, climate change, #402 p.97  
 Soluble dietary fiber, type 2 diabetes, #403/404 p.28+  
 Somers, Suzanne, breast reconstruction, online, #405 p.40–3  
 Specific carbohydrate diet, IBD and IBS, online, #407 p.46–8  
 Sperm count decline, #413 p.14  
 Standard Homeopathic Company, teething tablet recall, #408 p.39  
 Statins, shingles risk, #406 p.8  
 Stem cells, breast reconstruction, online, #405 p.14, #405 p.40–3  
 Steroid hormones, addiction, #411 p.63+  
 Steroid hormones, urine testing, #405 p.54–8  
 Stress, chronic pain, online, #403/404 p.47–50  
 Stress, mind/body, #402 p.1+  
 Stress patterns, adaptogens and nutrients, #412 p.32–4  
 Stress reduction, naturopathic medicine, online, #403/404 p.49–50  
 Stroke, folic acid, #406 p.36  
 Stroke, root-canal tooth, #411 p.91  
 Stroke damage, vitamin D, online, #405 p.33  
 Substance abuse, N-acetylcysteine, #411 p.44  
 Sugar, cardiovascular disease, #405 p.80+  
 Sugar, mitochondria, online, #409/410 p.45–6+  
 Sunlight, vitamin D supplementation, #403/404 p.75–9  
 Supplements, physician sales, online, #402 p.26–7, #413 p.65–7  
 Surgery, iron-deficiency, #402 p.37+  
 Surgery, robotics, #402 p.29  
 Survivin, prostate cancer, online, #409/410 p.21–2  
 Systemic lupus erythematosus (SLE), microbiome, #408 p.40+

## T

Teeth, cardiology, #408 p.1+  
 Tegar (fermented soy extract), cancer, online, #409/410 p.23  
 Testosterone, erections, online, #413 p.40–5  
 Testosterone, heart disease, #406 p.59–62  
 Teta, Jade, ND, #413 p.10+  
 Thiamine, Alzheimer's disease, #411 p.43  
 Thiamine, obesity, #409/410 p.38+  
 Thyroid function, high-dose biotin, #403/404 p.33  
 Tick-borne illness, hyperthermia treatment, #408 p.48–51  
 Tooth extraction, bromelain, #412 p.24  
 Tourette's syndrome, neural therapy, #411 p.52+  
*Townsend Letter*, 7th naturopathic medicine competition, online, #403/404 p.14+  
 Toxic chemicals, regulation, #407 p.88–90  
 Toxicity, mercury, online, #402 p.60–70  
 Toxic metals, dentistry, #408 p.1+

Transaminases, gastroenterology, #411 p.84–5  
 Trial to Assess Chelation Therapy, cardiovascular disease, online, #406 p.38–41  
*Tribulus terrestris*, libido (postmenopause), #411 p.92  
 Trigger points, chronic pain, #412 p.54–6  
 Tryptophan/tyrosine/blueberry, postpartum depression, #409/410 p.92

## U

Ultrasound, fetal risks, online, #405 p.14, #405 p.44–51  
 University of Bridgeport College of Naturopathic Medicine, #403/404 p.20–1  
 Urinary toxic element screening, billing codes, #406 p.72  
 Urinary tract infections, cranberry, #406 p.96+  
 Urinary tract infections, dementia, online, #411 p.14+  
 Urine testing, steroid hormones, #405 p.54–8  
 Urticaria (hives), low-histamine diet, #412 p.24+  
 Urticaria (hives), Psychosomatic Energetics, #407 p.58–9  
 Uterine fibroids, environmental chemicals, #405 p.75–6  
 Uterine fibroids, *Lac caninum*, #408 p.88–9  
 Uterine fibroids, phthalates, #413 p.24  
 Uterine fibroids, vitamin D, #408 p.44

## V

Vaccination, Anthony Mawson pilot study, #413 p.63–4  
 Vaccine exemptions, California SB 277, #402 p.98–9  
 Vaccine exemptions, legality, #402 p.98–9  
 Vaginal infections, Psychosomatic Energetics, #408 p.68–9  
 Vitamin A, bronchopulmonary dysplasia, #413 p.80  
 Vitamin B, folic acid, #407 p.45  
 Vitamin B6, gestational diabetes, #405 p.60–2  
 Vitamin B12, autism, #406 p.37  
 Vitamin B12, neurological disorders, #411 p.44  
 Vitamin C, cancer pain, #409/410 p.36+  
 Vitamin C, cardiovascular disease, online, #406 p.8+, #406 p.27–30+  
 Vitamin C, chronic regional pain syndrome, #408 p.42  
 Vitamin C, dialysis, #413 p.25  
 Vitamin C, iron, #405 p.4  
 Vitamin C (intravenous), neurofibromatosis & optic pathway glioma, #409/410 p.36  
 Vitamin C, oral bioavailability, #408 p.58–61  
 Vitamin C (intravenous), respiratory illness, #408 p.43+  
 Vitamin C (intravenous), septicemia, #411 p.95–6  
 Vitamin C, whooping cough, #403/404 p.26+  
 Vitamin C and doxycycline, cancer, online  
 Vitamin D, #413 p.69  
 Vitamin D, cancer risk, online, #409/410 p.87  
 Vitamin D, dosage for children, #412 p.26  
 Vitamin D, falls, #402 p.39  
 Vitamin D, fatigue, #413 p.75  
 Vitamin D, hepatitis C treatment, #408 p.43  
 Vitamin D, infants, #408 p.45  
 Vitamin D, restless legs syndrome, #411 p.45  
 Vitamin D, stroke damage, online, #405 p.33  
 Vitamin D, uterine fibroids, #408 p.44  
 Vitamin D supplementation, sunlight, #403/404 p.75–9  
 Vitamin E, anticoagulant regimen, online, #406 p.51  
 Vitamin E, heart failure, online, #407 p.95–6  
 Vitamin E, hepatitis B in children, #412 p.26  
 Vitamin E/A/hyaluronic acid suppository, vulvovaginal atrophy, #408 p.92  
 Vitamin K, warfarin, #406 p.35+, #413 p.79–80  
 Vulvar warts, naturopathic medicine, #403/404 p.92–4  
 Vulvovaginal atrophy, fennel cream, #408 p.90  
 Vulvovaginal atrophy, *Pueraria mirifica*, #408 p.91+  
 Vulvovaginal atrophy, vitamin E/A/hyaluronic acid suppository, #408 p.92

## W

**Walnuts, anti-aging medicine**, #403/404 p.89+  
**Warfarin, vitamin K**, #406 p.35+, #413 p.79–80  
**Weight issues**, #406 p.78+  
**Weight loss, *Garcinia cambogia***, #405 p.18  
**Weight management, ashwagandha**, #406 p.92+  
**Wellness consulting clinics, naturopathic medicine**, #403/404 p.1+  
**Whole grains, mortality**, #407 p.44  
**Whooping cough, vitamin C**, #403/404 p.26+  
**Women's health, online**, #405 p.32–3  
**Women's health, peloids, online**, #403/404 p.40–2  
**Wounds, honey**, #403/404 p.90

## X

**Xanthurenic acid, gestational diabetes**, #405 p.60–2

## Y

**Yoga, depression**, #411 p.40  
***Your Third Brain*, microbiome, online**, #403/404 p.13–14

## Z

**Zinc, recommended dietary allowance**, #403/404 p.32