

Townsend Letter

The Examiner of Alternative Medicine

Subject/Keyword Index 2019

5G Wireless, health effects, #433/434 p.14+
5-Methyltetrahydrofolate, folic acid, #427/428 p.22

A

- Acetyl-L-carnitine, brain, #437 p.71+
Acetyl-L-carnitine, carpal tunnel syndrome, #435 p.44
Acetyl-L-carnitine, dementia, #435 p.44
Acne, androgen-lowering agents, [online](#), #427/428 p.58–9
Acne, chocolate, #429 p.27
Acne rosacea, topical polyphenols, #430 p.83+
Acne vulgaris, niacinamide, #436 p.104
Addiction, baclofen/ CBD/ oxytocin, #436 p.74–6
Addiction, naturopathic medicine, #430 p.78
Adrenal fatigue, #437 p.68
Adrenal glands, burnout, #429 p.55–7
Adrenal insufficiency, #436 p.78–81
Advanced glycation end products, fractures, #436 p.25+
Adverse childhood experience (ACE), cardiovascular disease, #437 p.84–5
Aging, #427/428 p.4+
Aging, astaxanthin, #437 p.53–5
Aging, fall prevention, #427/428 p.14–15
Aging, GI microbiome, #437 p.10
Aging, melatonin, #427/428 p.50–7
Alcoholism, baclofen/ CBD/ oxytocin, #436 p.74–6
Allergies, #429 p.7+
Allergies, food introduction, #429 p.80–2
Allergies, whole body approach, [online](#), #429 p.29–32
Alschuler, Lisa, ND, University of Arizona Center for Integrative Medicine, #426 p.13
Aluminum, autism, #426 p.51+
Aluminum, behavior changes in sheep, #431 p.40+
Aluminum, research censorship, #431 p.40+
Alzheimer's disease, amygenone, [online](#), #435 p.27–8+
Alzheimer's disease, environmental factors, [online](#), #435 p.32–6+
Alzheimer's disease, lithium, #435 p.62–6
Alzheimer's disease, non-genetic factors, [online](#), #435 p.10
Alzheimer's disease, prevention, [online](#), #435 p.10
American Association of Naturopathic Physicians, 2019 conference, [online](#), #436 p.4+
American Institute for Cancer Research, iThrive patient resource, #433/434 p.74
American Society of Clinical Oncology (ASCO), Society of Integrative Oncology guidelines, #426 p.79–80
Amyloid-B, amygenone, [online](#), #435 p.27–8+
Amyotrophic lateral sclerosis, methylcobalamin, #435 p.43
Anatoxin-a, cyanobacteria water contamination, [online](#), #433/434 p.3+
Androgen-lowering agents, women's health, [online](#), #427/428 p.58–9
Anemia (iron-deficiency), cow's milk, [online](#), #432 p.25
Anemia (iron-deficiency), hemoglobin A1c, #426 p.53
Anthroposophical medicine, healing, [online](#), #430 p.68–71
Antibiotics, negative effects, #432 p.42–5
Anxiety, amino acid therapy, #432 p.68–72
Anxiety, magnesium, #426 p.90
Anxiety, microbiota (GI), #426 p.25–6
Anxiety, naturopathic medicine, #429 p.50–3
Aortic aneurysms, diet, #430 p.36+
Apoptosis, Salicinium®, [online](#), #433/434 p.42–50
Applied kinesiology, [online](#), #436 p.7+
Applied kinesiology, autonomic response testing, #436 p.62–6
Arginine, pancreatitis, #429 p.28
Arizona Center for Integrative Medicine, Andrew Weil, MD, #432 p.73–4
Armour thyroid, shortage, [online](#), #437 p.4+
Arnica montana, pain and inflammation, #436 p.82–3
Artemisia, malaria, #432 p.64–5
Arterial calcification, vitamin K, #437 p.19
Astaxanthin, aging, #437 p.53–5
Asthma, natural support, [online](#), #429 p.34
Atmospheric negative ions, food allergy, #429 p.39–42
Atopic dermatitis, probiotics, [online](#), #429 p.8, #429 p.22+
Atrial fibrillation (postoperative), vitamin C, #430 p.37
Atrophic vaginitis, vitamin E, #436 p.24+
Attention deficit hyperactivity disorder (ADHD), cannabidiol, #436 p.72–3
Attention deficit hyperactivity disorder (ADHD), docosahexaenoic acid (DHA), #435 p.43
Attention deficit hyperactivity disorder (ADHD), integrative medicine, #435 p.92+
Attention deficit hyperactivity disorder (ADHD), nutrient therapy, #435 p.58–60
Autism, aluminum, #426 p.51+
Autism, cannabidiol, #436 p.72–3
Autism, microbiota transfer therapy, #435 p.12+
Autism, T helper cell regulation, [online](#), #431 p.26+
Autoimmune disease, food, #437 p.86+
Autoimmune disease, gastrointestinal tract, #426 p.76–7
Autoimmune disease, joint hypermobility syndrome, #431 p.59–63
Autoimmune disease, lichen sclerosus, [online](#), #427/428 p.60–3
Autoimmune disease, low-dose naltrexone, [online](#), #431 p.77
Autoimmune disease, T helper cells, [online](#), #431 p.9, #431 p.26+, #432 p.27–30
Autoimmune disease, vaccines, #426 p.76–7
Autoimmune disease, qigong and yoga, [online](#), #437 p.28–33
Autonomic response testing (ART), applied kinesiology, #436 p.62–6
Avobenzene, sunscreen, [online](#), #435 p.6+

B

- Balding, women's health, [online](#), #427/428 p.58–9
Bartonella, Beyond Balance®, [online](#), #432 p.83–4
Basal cell carcinoma, vitamin C, #429 p.26
Bees, heists, [online](#), #432 p.81–2
Benign prostate hyperplasia, *Serenoa repens* (Saw palmetto), #437 p.19+
Bigelsen, Harvey, MD, #431 p.36
Bile acids, as hormones, #429 p.78–9
Biochemical imbalances, mental illness, #426 p.42–4
Biofeedback, posture, #436 p.58–61
Biofield anatomy hypothesis, sound therapy, #427/428 p.82
Bioregulatory medicine, #427/428 p.83, #429 p.76
Bipolar disorder, lunation cycle, #435 p.15
Bipolar disorder, N-acetylcysteine, #435 p.43+
Birth practices, delayed umbilical cord clamping, [online](#), #431

Subject/Keyword Index 2019

- p.88+
- Bisphenol A, premature thelarche, #429 p.28
- Blood sugar, xanthurenic acid and kynurenic acid, #426 p.61–4
- Blood type diet, #427/428 p.81
- Blue cohosh, pregnancy, #427/428 p.68–70
- Blue light, insomnia, #426 p.53+
- Blue light, retinal damage, #429 p.12
- Bone health, vitamin C, #427/428 p.20
- Botanicals, malaria, #432 p.64–5
- Botanicals, sleep, [online](#), #427/428 p.42–9
- Brain, Field control therapy®, #435 p.19–23
- Brain, fluoride, [online](#), #435 p.7+, #435 p.51–3
- Brain development, fluoride, #437 p.13+
- Brain injury, #430 p.8+
- Brain injury, functional medicine, [online](#), #430 p.39–44
- Breakfast, heart disease, #437 p.18
- Breast cancer, c/16 estrogen ratio, #432 p.89–90
- Breast cancer, endocrine-disrupting chemicals, #433/434 p.22–4
- Breast cancer, integrative medicine, #426 p.79–80
- Breast cancer, research, #427/428 p.90–3
- Breast density, green tea, #427/428 p.28+
- Breast development (premature), bisphenol A, #429 p.28
- Breastfeeding, fenugreek/ginger/turmeric, #432 p.93
- Breastfeeding, preventing allergies, #429 p.80–2
- Breast milk, infant GI tract, #427/428 p.20
- Bronchietasis, N-acetylcysteine, #432 p.92+
- Bulgarian bacillus theory, longevity, [online](#), #429 p.84–6
- Burnout, adrenal fatigue, #429 p.55–7
- ### C
- Cancer, alternative vs conventional treatment, #426 p.74–5
- Cancer, EMF treatments, #433/434 p.15
- Cancer, Field control therapy®, #433/434 p.26–30+
- Cancer, GcMAF, #433/434 p.13+
- Cancer, Helicidum (Salicinium®), [online](#), #433/434 p.11+
- Cancer, hope, #433/434 p.62–3
- Cancer, immunotherapy, [online](#), #426 p.93–4
- Cancer, integrative medicine, [online](#), #426 p.91–6
- Cancer, Integrative medicine & biochemistry, #427/428 p.11–12
- Cancer, intermittent fasting, #433/434 p.69
- Cancer, intravenous vitamin C, #427/428 p.24
- Cancer, *I Used to Have Cancer*, [online](#), #433/434 p.77
- Cancer, laughter, #431 p.82–4
- Cancer, lifestyle choices, #433/434 p.74
- Cancer, low-dose naltrexone, [online](#), #431 p.77
- Cancer, melatonin, #427/428 p.54–6
- Cancer, metabolic theory, [online](#), #426 p.92
- Cancer, NK cell-based immunotherapy, [online](#), #433/434 p.7, #433/434 p.33–41
- Cancer, OncANP 2019 conference, [online](#), #430 p.12–14+
- Cancer, organic food, #433/434 p.19
- Cancer, pancreatic glandular therapy, [online](#), #433/434 p.58–60
- Cancer, Salicinium®, [online](#), #433/434 p.42–50
- Cancer, selenium for lymphedema, #437 p.20
- Cancer, ultra-processed food, [online](#), #433/434 p.86–8
- Cancer, vitamin C, #433/434 p.96+
- Cancer, vitamin D, [online](#), #433/434 p.18+
- Cancer survivors, #433/434 p.84–5
- Candida auris*, anti-fungal resistance, [online](#), #432 p.6+, #432 p.14
- Cannabidiol, ADHD, #436 p.72–3
- Cannabidiol (CBD), pain, #437 p.50–2
- Cannabinoids, limonene for overdose, [online](#), #426 p.93
- Cannabinoids, muscle pain, #437 p.50–2
- Carbohydrate restriction, diabetes (type 2), #430 p.33+
- Carcinogens, skin absorption, [online](#), #431 p.46–50
- Cardiovascular disease, #430 p.10
- Cardiovascular disease, adverse childhood experience (ACE), #437 p.84–5
- Cardiovascular disease, biomarkers, #430 p.54–6
- Cardiovascular disease, chocolate, #430 p.34+
- Cardiovascular disease, eggs, #437 p.20
- Cardiovascular disease, fried food, #430 p.36
- Cardiovascular disease, integrative medicine, [online](#), #432 p.18–20+
- Cardiovascular disease, melatonin, #427/428 p.51
- Cardiovascular disease, nitrates, #437 p.25–6
- Cardiovascular disease, pomegranate, [online](#), #437 p.56–61
- Cardiovascular disease, prevention, #430 p.45–8, #437 p.34–7
- Cardiovascular disease, sauna therapy, [online](#), #430 p.22–4+
- Cardiovascular disease, stress, #430 p.50–3
- Cardiovascular fitness, dementia, #432 p.93, #435 p.87
- Cardiovascular health, pomegranate, [online](#), #437 p.8
- Carnitine, erectile dysfunction, [online](#), #437 p.38–40
- Carpal tunnel syndrome, acetyl-L-carnitine, #435 p.44
- Cataracts, nutrition, [online](#), #429 p.44–9
- Celiac disease, probiotics, #436 p.26
- Censorship, aluminum research, #431 p.40+
- Censorship, Google, #436 p.11+
- Center of Excellence in Generative Medicine (COEGM), #426 p.12
- Center of Excellence in Generative Medicine (COEGM), genomic database, [online](#), #426 p.57–60
- Challem, Jack (obituary), #436 p.22–3
- Chamomile, polycystic ovary syndrome, #427/428 p.28
- Chanting "om", hypertension, #430 p.35
- Chelation therapy, [online](#), #430 p.57–61
- Chelation therapy, Malaysian conference, #430 p.18
- Chemical sensitivity, mast cell activation syndrome, #432 p.50–4+
- Chemical sensitivity, mold, #435 p.80–1
- Chemical sensitivity, porphyria, [online](#), #437 p.80–2
- Cherry juice, insomnia, #426 p.54
- Childhood, nature exposure, #435 p.46–50
- Children, atopic dermatitis, [online](#), #429 p.22+
- Children, attention deficit hyperactivity disorder (ADHD), #435 p.92+
- Children, tick-borne disease, [online](#), #432 p.83–4
- Chinese botanical medicine, Wikipedia bias, #429 p.58–62
- Chiropractic, temporomandibular joint syndrome, #426 p.89
- Chmerkovskiy, Maksim, dance injury, [online](#), #432 p.8, #432 p.46–9
- Chocolate, acne, #429 p.27
- Chocolate, cardiovascular disease, #430 p.34+
- Cholesterol, pomegranate, [online](#), #437 p.56–61
- Choline, alcohol consumption, [online](#), #433/434 p.20
- Chronic fatigue, GENIE transcriptomics test, [online](#), #437 p.74–9
- Chronic fatigue, porphyria, [online](#), #437 p.80–2
- Chronic fatigue, tension and stress, [online](#), #436 p.84–9
- Chronic illness, false hope, #433/434 p.62–3
- Chronic illness, regenerative protocols, [online](#), #436 p.40–2+
- Chronic illness, root causes, #433/434 p.79
- Chronic inflammatory response syndrome (CIRS), gene transcription, [online](#), #437 p.74–9
- Chronic inflammatory response syndrome (CIRS), GENIE transcriptomics test, #436 p.97–8
- Chronic inflammatory response syndrome (CIRS), Shoemaker protocol, [online](#), #436 p.54–7
- Chronic inflammatory response syndrome (CIRS), water-damaged buildings, [online](#), #432 p.38–40, #433/434 p.64–6, #435 p.67–72
- Chronic lymphocytic leukemia, *n of 1*, #433/434 p.78
- Chronic obstructive pulmonary disease (COPD), magnesium, #429 p.27
- Chronic obstructive pulmonary disease (COPD), CoQ10 and creatine, #429 p.27
- Clinical practice guidelines, conflicts of interest, #435 p.96
- Clostridium difficile*, probiotics, [online](#), #432 p.24
- Cochrane Collaboration, Peter Gotzsche expulsion, #426 p.50+

Subject/Keyword Index 2019

Codex Alimentarius Commission, biofortification rules, #429 p.70–3
Codex Alimentarius Commission, scientific consensus, #437 p.11+
Coenzyme Q10, COPD, #429 p.27
Coenzyme Q10, nephrotic syndrome, #435 p.44
Coffee, brewing methods, #427/428 p.25–7
Coffee, weight management, #426 p.18–20
Cognitive decline, acetyl-L-carnitine, #437 p.71+
Cognitive decline, diet, #435 p.42
Cognitive decline, phosphatidylserine, #437 p.72+
Cognitive function, magnesium, #431 p.44
Colds, *Sambucus nigra* (black elderberry), #437 p.20
Colorectal cancer, curcumin, #437 p.20
Community, health effects, #436 p.46–9
Complementary and alternative medicine, censorship by internet companies, #430 p.73
Complementary and alternative medicine, Google censorship, [online](#), #436 p.11+
Complementary and alternative medicine, mainstream acceptance, #437 p.92
Compounding ingredients, FDA, #433/434 p.76
Conflicts of interest, clinical practice guidelines, #435 p.96
Contraception, #426 p.88
Cooking methods, diabetes (type 2), #426 p.54
Copper dysmetabolism, depression, #426 p.42–4
Coronary heart disease, preventive care, #430 p.45–8
Coronary occlusion, secondary to trauma, #430 p.72
Cortisol, pain, #436 p.78–81
Cow's milk, anemia (iron-deficiency), [online](#), #432 p.25
Cow's milk, hormone-sensitive cancers, [online](#), #433/434 p.19+
Cow's milk, mucus, [online](#), #432 p.25+
Craniosacral therapy, stress reduction & dysautonomia, #431 p.78–80
Crinnion, Walter, ND, #431 p.34–5
Cryoablation, prostate cancer, [online](#), #433/434 p.52–4
Curcumin, colorectal cancer, #437 p.20
Curcumin, vanilla, #431 p.11–14
Cyanobacteria, water contamination, [online](#), #433/434 p.3+
Cystitis, green tea, #432 p.94+
Cystitis, water intake, #431 p.45
CytoQuel®, chronic pain, #433/434 p.92
Czeranko, Sussanna, ND, hydrotherapy, [online](#), #431 p.4+

D

Dance injury, rehabilitation, [online](#), #432 p.46–9
Dancing, fitness, [±](#), #430 p.28–32
Dancing, health, #430 p.10
Datapunk Bioinformatics LLC, genomic database, [online](#), #426 p.57–60
Dates (Daglet noor/Medjool), pregnancy, #427/428 p.68–70
Death/dying, doctor's journey, [online](#), #427/428 p.74–7
Delirium, melatonin, #437 p.48–9
Dementia, acetyl-L-carnitine, #435 p.44
Dementia, cardiovascular fitness, #432 p.93
Dementia, lithium, #435 p.62–6
Depression, amino acid therapy, #432 p.68–72
Depression, copper dysmetabolism, #426 p.42–4
Depression, gut microbiota, #426 p.25–6
Depression, integrative psychiatry, #436 p.68–71
Depression, naturopathic medicine, #429 p.50–3
Depression, supplements, [online](#), #435 p.54–7
Dermatology, niacinamide, #436 p.104+
DHA (docosahexaenoic acid), ADHD, #435 p.43
Diabetes (type 2), carbohydrate restriction, #430 p.33+
Diabetes (type 2), cooking methods, #426 p.54
Diabetes (type 2), selenium, [online](#), #432 p.26
Diabetes (type 2), whole grains, #427/428 p.22+
Diabetes (type 2), diet and *Hintonia latiflora*, #426 p.34–6

Diet, #427/428 p.84–7
Diet, aortic aneurysms, #430 p.36+
Diet, blood type, #427/428 p.81
Diet, cardiovascular disease, [online](#), #432 p.18–20+
Diet, diabetes (type 2), #426 p.34–6
Diet, heart failure, #437 p.18
Diet, inflammatory bowel disease, #431 p.44
Diet, macular degeneration, [online](#), #432 p.26
Diet, myths, #426 p.6+
Diet, depression and anxiety, #429 p.50–3
Digestive enzymes, dyspepsia, #430 p.38
Doctor-patient relationship, patient goals, #433/434 p.80–1
Dogs, homeopathy, #435 p.76–7
Dovolani, Tony, dancing, [online](#), #430 p.10, #430 p.28–32
Dr. Ohhira's probiotics, [online](#), #431 p.68–9
Drugs, migraines, #429 p.88+
Drugs, nutrient depletion, [online](#), #436 p.50–3
Dry eyes, omega-3 fatty acids, #429 p.28
Dysautonomia, craniosacral therapy, #431 p.78–80
Dysbiosis, permeability assessment, [online](#), #426 p.38–40
Dysbiosis, pulmonary conditions, [online](#), #429 p.35
Dysbiosis, quinacrine, #432 p.61–3
Dysbiosis biomarkers, mental health, #426 p.28–30+
Dyspepsia, digestive enzymes, #430 p.38

E

Eczema, homeopathy, #429 p.80–2
Eggs, cardiovascular disease, #437 p.20
Electromagnetic fields, #433/434 p.14+
Electromagnetic fields, neurological conditions, [online](#), #436 p.14
Electromagnetic fields, precautions, #432 p.61–3
Endocrine disruptors, female reproduction, [online](#), #427/428 p.66
Endocrine disruptors, skin absorption, [online](#), #431 p.46–50
Endocrine support, glandulars, #430 p.64–7
Endometriosis, integrative medicine, #427/428 p.72–3
Endothelial dysfunction, fluoride, [online](#), #435 p.51–3
Environmental chemicals, breast cancer, #433/434 p.22–4
Environmental illness, #435 p.80–1
Environmental sensitivities, mast cell activation syndrome, #436 p.27–8+
Enzyme therapy, pancreatic cancer, #426 p.56
Epidemiology, breast cancer, #427/428 p.90–3
Epigenetics, herbicides, #427/428 p.18+
Epigenetics, preconception optimization, [online](#), #427/428 p.64–7
Erectile dysfunction, carnitine, [online](#), #437 p.38–40
Essential oils, intestinal discomfort, [online](#), #426 p.66–72
Estrogen, c/16 estrogen ratio, #432 p.89–90
Estrogen, cow's milk, [online](#), #433/434 p.19+
Estrogen, women's health, [online](#), #427/428 p.34–41
Evidence-based medicine, conflicts of interest, #435 p.96
Evidence-based medicine, naturopathic medicine, #435 p.85–6
Exercise, injury prevention, [online](#), #430 p.28–32
Eye health, astaxanthin, #437 p.53–5
Eye health, nutrition, [online](#), #429 p.44–9

F

Facial laser resurfacing, pomegranate oil extract, #430 p.83
Falls, prevention, #427/428 p.14–15
Fasciolopsis buski (giant intestinal fluke), #432 p.85–6
Fasting, life extension, #427/428 p.6+
Fatigue, food allergy, #426 p.90
Fat loss, thermogenesis, #429 p.74–5
Fermented food, #437 p.14–15
Fertility, sugar consumption, #433/434 p.20+
Ferulic acid, medicinal use, #431 p.11–14

Subject/Keyword Index 2019

Fibromyalgia, cannabidiol, #437 p.50–2
Fibromyalgia, fluoroquinolone, #436 p.100–2
Fibromyalgia, mast cell activation, #436 p.27–8+
Fibromyalgia, regenerative protocols, [online](#), #436 p.40–2+
Fibromyalgia, symptom intensity, [online](#), #436 p.6+
Field control therapy®, cancer, #433/434 p.26–30+
Field control therapy®, Lyme disease, #432 P.42–5
Field control therapy®, mental disorders, #435 p.19–23
Field Control Therapy®, weight management, #426 p.21–4
Fish oil, heart disease, #430 p.88+
Fitness, dancing, [online](#), #430 p.28–32
Fluoride, brain injury, [online](#), #435 p.7+, #435 p.51–3
Fluoride, pregnancy, #437 p.13+
Fluoroquinolone, fibromyalgia, #436 p.100–2
Folic acid, 5-methyltetrahydrofolate, #427/428 p.22
Folic acid, cancer, [online](#), #433/434 p.19
Folic acid, genetic polymorphisms, #430 p.37
Folic acid, pregnancy, #431 p.45
Food, #427/428 p.84–7
Food, autoimmune disease, #437 p.86+
Food, children's health, #429 p.76–7
Food, fermentable, #437 p.14–15
Food, glyphosate contamination, #426 p.52
Food, heart disease, #427/428 p.24
Food, macular degeneration, #429 p.10+
Food allergy, atmospheric negative ions, #429 p.39–42
Food allergy, fatigue, #426 p.90
Food allergy, geomagnetism, #431 p.76
Food and Drug Administration, compounding ingredients, #433/434 p.76
Food sensitivities, NAET, #436 p.27–8+
Forest bathing, benefits, #431 p.42
Fractures, advanced glycation end products, #436 p.25+
Frequency specific microcurrent, #430 p.1
Frequency specific microcurrent, nervous system, [online](#), #435 p.90
Frequency specific microcurrent, traumatic brain injury, [online](#), #430 p.43
Fried food, cardiovascular disease, #430 p.36
Functional medicine, criticism of, #430 p.19–21
Functional medicine, shortcomings, #429 p.19–21, #432 p.80
Fungal infections, [online](#), #432 p.6+

G

GABA, progesterone, #427/428 p.80
Gadolinium-based contrast agents, adverse effects, [online](#), #430 p.57–61
Gastroesophageal reflux disease, pulmonary conditions, [online](#), #429 p.35
Gastrointestinal absorption, atmospheric negative ions, #429 p.39–42
Gastrointestinal barrier system, #426 p.10
Gastrointestinal barrier system, permeability assessment, [online](#), #426 p.38–40
Gastrointestinal microbiome, aging, #437 p.10
Gastrointestinal tract, autoimmune disease, #426 p.76–7
Gastrointestinal tract, pharmaceuticals, #437 p.62–6
GcMAF, manufacturer persecution, #433/434 p.13+
Generative medicine, microbiome, [online](#), #435 p.24–6
Generativity, disease process, #431 p.15+
Genetically-modified crops, Codex Alimentarius Commission, #429 p.70–3
Genetic expression, lifestyle choices, #426 p.78
Genetic polymorphisms, folic acid and homocysteine, #430 p.37
Genetics, prostate cancer, #433/434 p.55–7
Gene transcription, chronic inflammatory response syndrome (CIRS), [online](#), #437 p.74–9
GENIE transcriptomics test, chronic fatigue, [online](#), #437 p.74–9
GENIE transcriptomics test, chronic inflammatory response

syndrome (CIRS), #436 p.97–8
Genomic database, Datapunk Bioinformatics LLC, [online](#), #426 p.57–60
Genomic database, generative medicine, #431 p.15+
Genomic database, University of Bridgeport College of Naturopathic Medicine, #426 p.12
Genomics, mTOR, #435 p.82–3
Geomagnetism, food allergy, #429 p.39–42, #431 p.76
Ghormley Jill, ND, AANP Vis Award, #436 p.19
Gingivostomatitis, honey, #432 p.95
Girard, Christine, ND, MPH, National University of Natural Medicine, #432 p.77
Glandulars, #430 p.64–7
Glaucoma, yoga practices, #429 p.14
Glutathione L-reduced powder, MedWatch alert, #433/434 p.76
Glyphosate, food contamination, #426 p.52
Google, censorship, [online](#), #436 p.11+
Gotzsche, Peter, MD, conflict with Cochrane Collaboration, #426 p.50+
Gotzsche, Peter, MD, Nordic Cochrane Center, #427/428 p.18
Green tea, breast density, #427/428 p.28+
Green tea, cystitis, #432 p.94+

H

Hair loss, mitochondria, #437 p.69–70
Hashimoto's thyroiditis, T helper cell regulation, [online](#), #431 p.26+
Healing, anthroposophical medicine, [online](#), #430 p.68–71
Healing, community, #436 p.46–9
Healing, hope, #433/434 p.62–3
Healing, Wayne Jonas, MD, #435 p.40–1
Health care, whole person systems, #436 p.62–6
Heart, #430 p.79–80
Heartburn, chewing food, #426 p.89
Heart disease, fast-food, #427/428 p.24
Heart disease, fish oil, #430 p.88+
Heart disease, pomegranate, [online](#), #437 p.56–61
Heart disease, prevention, #430 p.45–8, #437 p.34–7
Heart disease, skipping breakfast, #437 p.18
Heart failure, raw-food diet, #437 p.18
Heavy metals, breast cancer, #433/434 p.22–4
Helicidium (Salicinium®), cancer, #433/434 p.11+
Helicobacter pylori, nasal polyps, [online](#), #431 p.52–4
Hemoglobin A1c, iron deficiency anemia, #426 p.53
Herbicides, epigenetics, #427/428 p.18+
Herbs, prostate cancer, [online](#), #426 p.45–8
Hidradenitis suppurativa, diet, #429 p.26
Hintonia latiflora, diabetes (type 2), #426 p.34–6
Hirsute, androgen-lowering agents, [online](#), #427/428 p.58–9
Histamine diet, mast cell activation syndrome, #432 p.50–4+
Homeopathy, eczema, #429 p.80–2
Homeopathy, effects of, #430 p.72
Homeopathy, Oscillocochinum jury verdict, #431 p.10
Homeopathy, Rajan's Sensation Method, #426 p.81–3
Homeopathy, travel tips, #431 p.85–7
Homeopathy, upper respiratory infections, #437 p.10+
Homeopathy, veterinary use, #435 p.76–7
Homocysteine, genetic polymorphisms, #430 p.37
Honey, *Herpes simplex*, #432 p.95
Hope, chronic illness, #433/434 p.62–3
Hormones, sleep, [online](#), #427/428 p.42–9
Hormone therapy, transgender patients, #426 p.87
Hormone therapy, women's health, [online](#), #427/428 p.8+, #427/428 p.34–41
Hot flashes, soy extract, #431 p.45
Hot flashes, weight training, #435 p.88
Hot flashes, women's health, #427/428 p.78–9
Human papillomavirus (HPV), vaccination debate, #430 p.6+
Human papillomavirus (HPV) vaccine, #430 p.76–7

Subject/Keyword Index 2019

Hydrocortisone, pain, #436 p.78–81
Hydrotherapy, Sussanna Czeranko, ND, [online](#), #431 p.4+
Hyperbaric oxygen therapy, traumatic brain injury, [online](#), #430 p.44
Hypertension, chanting "om", #430 p.35
Hypothyroidism, natural hormone shortage, [online](#), #437 p.4+

I

Immune system, autoimmune disease, [online](#), #432 p.27–30
Immune system, food-associated autoimmunity, #437 p.86+
Immune system, qigong and yoga, [online](#), #437 p.28–33
Immunotherapy, cancer, [online](#), #426 p.93–4, #430 p.12–14+
Infants, GI tract, #427/428 p.20
Infants, vitamin D, #426 p.54+
Infectious disease, [online](#)
Infectious disease, etiology, [online](#), #432 p.7+, #432 p.32–6
Inflammation, *Arnica montana*, #436 p.82–3

Inflammation, cardiovascular disease, [online](#), #430 p.54–6, #432 p.18–20+
Inflammation, CytoQuel®, #433/434 p.92
Inflammation, vegan diet, #431 p.43
Inflammation, whole grains, #431 p.43
Inflammatory bowel disease, Low FODMAPs diet, #431 p.44
Influenza, *Sambucus nigra* (black elderberry), #437 p.20
Information, importance of references, #430 p.81–2
Insect repellent, medium chain fatty acids, #431 p.41
Insomnia, blue light, #426 p.53+
Insomnia, cherry juice, #426 p.54
Insomnia, non-pharmaceutical treatment, [online](#), #427/428 p.42–9
Insulin resistance, diet and *Hintonia latiflora*, #426 p.34–6
Integrative medicine, breast cancer, #426 p.79–80
Integrative medicine, cancer, [online](#), #426 p.91–6, #427/428 p.11–12
Integrative medicine, cardiovascular disease, [online](#), #432 p.18–20+
Integrative medicine, censorship by internet companies, #430 p.73
Integrative medicine, delivery systems, #431 p.38–9
Integrative medicine, naturopathic medicine, #433/434 p.82–3
Integrative medicine, patient goals, #433/434 p.80–1
Integrative medicine, shortcomings, #429 p.19–21
Integrative medicine, traditional Chinese medicine, #433/434 p.70–3
Integrative medicine, Wayne Jonas, MD, #435 p.40–1
Integrative oncology, IV vitamin C, #431 p.55–8
Integrative psychiatry, depression, #436 p.68–71
Integrative psychiatry, Field control therapy®, #435 p.19–23
Intermittent fasting, cancer, #433/434 p.69
Intestinal permeability, mood disorders, #426 p.25–6
Iridology, kidney function, #435 p.77–9
Irritable bowel syndrome, stress, [online](#), #436 p.84–9
Isoprostanes, cardiovascular disease biomarkers, #430 p.54+
Isosorbide mononitrate, cardiovascular disease, #437 p.25–6
IThrive patient resource, cancer, #433/434 p.74

J

Joint hypermobility syndrome, autoimmune disease, #431 p.59–63
Jonas, Wayne, MD, pain, #435 p.40–1

K

Kefir, metabolic disease, #430 p.35
Kidney function, [online](#), #431 p.9
Kidney function, gadolinium-based contrast agents, [online](#), #430 p.57–61
Kidney function, mitochondria, #435 p.76–9

Kidney function, protein pump inhibitors, #431 p.41+
Kidney function, evaluation and support, [online](#), #431 p.21–4
Kidney stones, vitamin C, #437 p.67+
Kryptopyrrole, zinc-B6, #426 p.42–4
Kugler, Hans, PhD (obituar), #433/434 p.67–8

L

Laboratory tests, Alzheimer's disease, [online](#), #435 p.32–6+
Laboratory tests, prostate cancer, #433/434 p.55–7
Laughter, health effects, #431 p.82–4
Lichen sclerosus, [online](#), #427/428 p.60–3
Lion's mane mushroom (*Hericium erinaceus*), Alzheimer's disease, [online](#), #435 p.27–8+
Lithium, Alzheimer's disease, #435 p.62–6
Liver, thyroid hormone, #426 p.56
Liver function, blood sugar control, #426 p.61–4
Liver support, glandulars, #430 p.64–7
Longevity, Bulgarian bacillus theory, [online](#), #429 p.84–6
Longevity, fasting, #427/428 p.6+
Longevity, walking, #435 p.88
Low-dose naltrexone, [online](#), #433/434 p.4+
Low-dose naltrexone, lichen sclerosus, [online](#), #427/428 p.60–3
Low-dose naltrexone, multiple sclerosis, #435 p.14+
Low-dose naltrexone, neurological conditions, [online](#), #435 p.4+
Low-dose naltrexone, pain, [online](#), #436 p.12+
Low-dose naltrexone, autoimmune disease and cancer, [online](#), #431 p.77
Lunation cycle, bipolar disorder, #435 p.15
Lung cancer, vitamin D, [online](#), #433/434 p.18
Lung disorders, natural support, [online](#), #429 p.33–8
Lyme disease, children, [online](#), #432 p.83–4
Lyme disease, environmental factors, #435 p.80–1
Lyme disease, Field control therapy®, #432 p.42–5
Lyme disease, hidden infections, [online](#), #432 p.32–6
Lyme disease, mast cell activation syndrome, #432 p.50–4+
Lyme disease, psychospiritual issues, [online](#), #432 p.8, #432 p.68–72
Lyme disease, quinacrine, #432 p.61–3
Lyme disease, tissue collection program, #432 p.87–8
Lymphatics, qigong and yoga, [online](#), #437 p.28–33

M

Macular degeneration, diet, [online](#), #432 p.26
Macular degeneration, melatonin, #427/428 p.54
Macular degeneration, processed food, #429 p.10+
Magnesium, anxiety, #426 p.90
Magnesium, cognitive function, #431 p.44
Magnesium, COPD, #429 p.27
Magnesium, pain, #427/428 p.23
Malaria, herbs, #432 p.64–5
Male fertility, astaxanthin, #437 p.53–5
Male sexual function, testosterone, [online](#), #437 p.7+
Marek's disease, vaccine and virulence, #432 p.10+
Marijuana, pregnancy, #427/428 p.30+
Mast cell activation syndrome, [online](#), #432 p.8
Mast cell activation syndrome, chronic Lyme, #432 p.50–4+
Mast cell activation syndrome, fibromyalgia, #436 p.27–8+
Mast cell activation syndrome, quinacrine, #432 p.61–3
MDMA-assisted psychotherapy, PTSD, #435 p.13+
Measles, vaccination debate, #431 p.70–2
Measles, virus genotype, #432 p.14
Medical efficacy claims, naturopathic medicine, #435 p.85–6
Medical errors, patient precautions, [online](#), #429 p.63–9, #432 p.78–9
Mediterranean diet, pregnancy, #436 p.26
Medium chain fatty acids, insect repellent, #431 p.41
Melasma, niacinamide, #436 p.103
Melatonin, #427/428 p.50–7

Subject/Keyword Index 2019

- Melatonin, delirium, #437 p.48–9
Melatonin, sleep-wake phase disorder, #427/428 p.23+
Menopause, hormone therapy, [online](#), #427/428 p.34–41
Menopause, integrative medicine, #427/428 p.72–3
Menopause, sweet potato, #427/428 p.78–9
Men's health, adverse childhood experience (ACE), #437 p.84–5
Menstruation, hormone therapy, [online](#), #427/428 p.34–41
Mental disorders, Field control therapy®, #435 p.19–23
Mental health, nature exposure, #435 p.46–50
Mental health, naturopathic medicine, #430 p.78
Mental health, nutrition, #426 p.42–4
Mental health, nutrition and microbiome, #426 p.28–30+
Metabolic disease, kefir, #430 p.35
Metabolic pathways, mTOR, #435 p.82–3
Metabolic syndrome, coffee, #426 p.18–20
Metabolomics, probiotics, [online](#), #431 p.64–9
Metal toxicity, cardiovascular disease, [online](#), #432 p.18–20+
Metdetox 2019 conference, #435 p.88
Metformin, microbiome, #437 p.62–6
Methylcobalamin, amyotrophic lateral sclerosis, #435 p.43
Miasms, homeopathy, #426 p.81–3
Microbiome, pharmaceuticals, #437 p.62–6
Microbiome, probiotic supplements, #435 p.73–5
Microbiome, Radiance bioinformation program, [online](#), #435 p.24–6
Microbiota (GI), mental health, #426 p.28–30+
Microbiota (GI), mood disorders, #426 p.25–6
Microbiota transfer therapy, autism, #435 p.12+
Migraines, drugs vs nutrition, #429 p.88+
Migraines, vitamin D, #436 p.25
Mitochondria, cancer, [online](#), #426 p.91+
Mitochondria, GENIE transcriptomics test, [online](#), #437 p.74–9
Mitochondria, pattern hair loss, #437 p.69–70
Mold, [online](#), #432 p.7
Mold, chronic inflammatory response syndrome (CIRS), [online](#), #432 p.38–40, #435 p.67–72, #436 p.54–7
Mold, water-damaged buildings, [online](#), #433/434 p.64–6
Mold illness, urinary biochemical markers, [online](#), #436 p.31–6+
Monsanto, Codex Alimentarius Commission, #429 p.70–3
Mood disorders, GABA, #427/428 p.80
Mood disorders, microbiota (GI), #426 p.25–6
Mood disorders, naturopathic medicine, [online](#), #430 p.78, #435 p.54–7
Mood disorders, sunlight, #435 p.84
Moss, Ralph, PhD, prostate cancer, [online](#), #433/434 p.12, #433/434 p.52–4
mTOR, clinical decisions, #435 p.82–3
Mucus, cow's milk, [online](#), #432 p.25+
Multiple sclerosis, cannabidiol, #437 p.50–2
Multiple sclerosis, low-dose naltrexone, [online](#), #435 p.4+, #435 p.14+
Multiple sclerosis, T helper cell regulation, [online](#), #431 p.26+
Multivitamins, prostate cancer, [online](#), #437 p.44–7
Muscle pain, cannabidiol, #437 p.50–2
Muscle strength, vitamin D, #426 p.55+
Mycotoxins, urinary biochemical markers, [online](#), #436 p.31–6+
Myeloperoxidase, cardiovascular disease biomarkers, #430 p.55+
Myo-Inositol & selenium, thyroid antibodies, #426 p.87+
- N**
N-Acetylcysteine, bipolar disorder, #435 p.43+
N-Acetylcysteine, bronchietasis, #432 p.92+
Nanorobots, #426 p.52
Nasal polyps, Psorizide, [online](#), #431 p.52–4
National Health Federation, Codex Alimentarius Commission, #437 p.11+
National University of Natural Medicine (Portland, Oregon), Christine Girard, ND, #432 p.77
- Natural killer cells, cancer, [online](#), #433/434 p.33–41
Nature exposure, benefits, #431 p.42
Nature exposure, healing, [online](#), #426 p.45–8
Nature exposure, mental health, #435 p.46–50
Naturopathic medicine, [online](#), #426 p.45–8, #436 p.90–6
Naturopathic medicine, AANP 2019 conference, #436 p.18–21
Naturopathic medicine, compounded medications for skin, #430 p.84
Naturopathic medicine, conferences, #432 p.75–6
Naturopathic medicine, error viewpoint, #426 p.79–80
Naturopathic medicine, evidence, #435 p.85–6
Naturopathic medicine, importance of references, #430 p.81–2
Naturopathic medicine, integrative medicine, #433/434 p.82–3
Naturopathic medicine, kidney support, [online](#), #431 p.21–4
Naturopathic medicine, mental health, #430 p.78
Naturopathic medicine, mood disorders, [online](#), #435 p.54–7
Naturopathic medicine, nitrates, #437 p.25–6
Naturopathic medicine, oncology, [online](#), #430 p.12–14+
Naturopathic medicine, depression and anxiety, #429 p.50–3
Nephrotic syndrome, coenzyme Q10, #435 p.44
Nervous system, frequency specific microcurrent, [online](#), #435 p.90
Neural therapy, pain, [online](#), #436 p.14
Neurodegenerative disease, fluoride, [online](#), #435 p.51–3
Neurodegenerative disease, melatonin, #427/428 p.52
Neurological conditions, EMF, [online](#), #436 p.14
Neuroprotection, astaxanthin, #437 p.53–5
Neurotoxins, fluoride, [online](#), #435 p.51–3
Neurotoxins, skin absorption, [online](#), #431 p.46–50
Niacinamide, dermatology, #436 p.104+
Nitrates, cardiovascular disease, #437 p.25–6
NK cell-based immunotherapy, cancer, [online](#), #433/434 p.7
Nonalcoholic fatty liver disease, whole grains, [online](#), #432 p.26
NuLean Slim-Down Program, weight management, #426 p.18–20
Nutrient depletion, medications, [online](#), #436 p.8+, #436 p.50–3
Nutrient therapy, ADHD, #435 p.58–60
Nutrigenomics, Pure Encapsulations, #426 p.84–5
Nutrition, mental health, #426 p.28–30+, #426 p.42–4
Nutrition, depression and anxiety, #429 p.50–3
- O**
Olive leaf, malaria, #432 p.64–5
Omega-3 fatty acids, dry eyes, #429 p.28
OncANP 2019 conference, cancer, [online](#), #430 p.12–14+
Organic food, cancer risk, [online](#), #433/434 p.19
Orthomolecular medicine, fall prevention, #427/428 p.14–15
Orthomolecular medicine, mental health, #430 p.78
Orthopedics, metabolic therapies, #429 p.77
Oscillocochin, jury verdict, #431 p.10
Osteoarthritis, stem cell therapy, #431 p.73–5
Otitis media, probiotics, [online](#), #432 p.24
Oxidative dried blood test, kidney function, #435 p.77–9
Oxidative stress, #437 p.90–1
- P**
Pain, *Arnica montana*, #436 p.82–3
Pain, cannabidiol, #437 p.50–2
Pain, cortisol, #436 p.78–81
Pain, CytoQuel®, #433/434 p.92
Pain, drwaynejonas.com, #435 p.40–1
Pain, low-dose naltrexone, [online](#), #436 p.12+
Pain, magnesium deficiency, #427/428 p.23
Pain, neural therapy, [online](#), #436 p.14
Pain amplification, stress, [online](#), #436 p.84–9
Paleo diet, lichen sclerosus, [online](#), #427/428 p.60–3
Pancreatic cancer, enzyme therapy, #426 p.56
Pancreatic cancer, IV vitamin C, #431 p.55–8
Pancreatic glandular therapy, cancer, [online](#), #433/434 p.58–60

Subject/Keyword Index 2019

Pancreatitis, arginine, #429 p.28
Pantothenic acid, thermogenesis, #429 p.74–5
Parasites, #432 p.85–6
Parasites, quinacrine, #432 p.61–3
Patience, #437 p.92
Patient care, medical errors, #429 p.63–9
Pediatric acute-onset neuropsychiatric syndrome (PANS), T helper cell regulation, [online](#), #431 p.26+
Periodontitis, probiotics, [online](#), #433/434 p.21
Personal care products, toxicity, [online](#), #431 p.46–50
Peyronie's disease, carnitine, [online](#), #437 p.38–40
Pharmaceuticals, microbiome disruption, #437 p.62–6
Pharmaceuticals, migraines, #429 p.88+
Pharmaceuticals, nutrient depletion, [online](#), #436 p.8+, #436 p.50–3
Phosphatidylserine, cognitive decline, #437 p.72+
Photoaging, niacinamide, #436 p.103
Platelet-rich plasma, lichen sclerosus, [online](#), #427/428 p.60–3
Pollinators, importance of, [online](#), #432 p.81–2
Polycystic ovary syndrome, chamomile, #427/428 p.28
Polycystic ovary syndrome, integrative medicine, #427/428 p.72–3
Polyphenols, acne rosacea, #430 p.83+
Pomegranate, cardiovascular disease, [online](#), #437 p.56–61
Pomegranate, health effects, [online](#), #437 p.8
Pomegranate oil extract, after facial laser resurfacing, #430 p.83
Porphyria, British royal houses, [online](#), #437 p.80–2
Post-traumatic stress disorder, MDMA-assisted psychotherapy, #435 p.13+
Posture, health effects, #436 p.58–61
Pregnancy, choline, [online](#), #433/434 p.20
Pregnancy, fluoride, #437 p.13+
Pregnancy, folic acid, #431 p.45
Pregnancy, herbs, #427/428 p.68–70
Pregnancy, marijuana, #427/428 p.30+
Pregnancy, Mediterranean diet, #436 p.26
Pregnancy, preconception care, [online](#), #427/428 p.64–7
Pregnancy, probiotics, #436 p.24
Probiotics, [online](#), #429 p.84–6
Probiotics, atopic dermatitis, [online](#), #429 p.8, #429 p.22+
Probiotics, celiac disease, #436 p.26
Probiotics, *Clostridium difficile*, [online](#), #432 p.24
Probiotics, metabolites, [online](#), #431 p.64–9
Probiotics, mood disorders, #426 p.25–6
Probiotics, otitis media, [online](#), #432 p.24
Probiotics, pregnancy, #436 p.24
Probiotics, supplements, #435 p.73–5
Processed food, children's health, #429 p.76–7
Progesterone, women's health, [online](#), #427/428 p.34–41
Prolotherapy, osteoarthritis, #431 p.73–5
Prostate cancer, cryoablation, [online](#), #433/434 p.52–4
Prostate cancer, herbal protocol, [online](#), #426 p.45–8
Prostate cancer, multivitamins, [online](#), #437 p.44–7
Prostate cancer, Ralph Moss, PhD, [online](#), #433/434 p.12
Prostate cancer, testosterone, [online](#), #437 p.42–3
Prostate cancer, laboratory tests and genetics, #433/434 p.55–7
Protein pump inhibitors, kidney damage, #431 p.41+
Psoricide®, [online](#), #431 p.52–4
Psychiatry, depression, #436 p.68–71
Psychiatry, nutrition, #426 p.28–30+
Psychosis, porphyria, [online](#), #437 p.80–2
Pulmonary conditions, natural support, [online](#), #429 p.33–8
Pure Encapsulations, nutrigenomics, #426 p.84–5

Q

Qigong, health effects, [online](#), #437 p.6+, #437 p.28–33
Quinacrine, complex illness, #432 p.61–3

R

Radiance bioinformation program, microbiome, [online](#), #435 p.24–6
Radiation therapy, vitamin C (intravenous), #431 p.55–8
Reactive oxygen species, #437 p.90–1
Red raspberry leaf, pregnancy, #427/428 p.68–70
Red yeast rice, quality control issues, #430 p.37
Regenerative orthopedics, osteoarthritis, #431 p.73–5
Rehabilitation, Maksim Chmerkovskiy, [online](#), #432 p.46–9
Reproduction, epigenetics, [online](#), #427/428 p.64–7
Research, breast cancer, #427/428 p.90–3
Research, empirical, #433/434 p.70–3
Research concerns, nutritional medicine, #432 p.96+
Research errors, Type I vs Type II, #426 p.79–80
Retinal damage, blue light, #429 p.12
Rheumatoid arthritis, T helper cell regulation, [online](#), #431 p.26+
Rice bran anabinoxylan compound, NK cell-based immunotherapy, [online](#), #433/434 p.33–41

S

Salicinium®, cancer, [online](#), #426 p.96, #433/434 p.42–50
Sambucus nigra (black elderberry), influenza/colds, #437 p.20
Saturated fats, #427/428 p.24
Sauna therapy, cardiovascular disease, [online](#), #430 p.22–4+
Schistosomiasis, #432 p.85–6
Science-based medicine, bias, #429 p.58–62
Scientific consensus, Codex Alimentarius Commission, #437 p.11+
Seborrheic dermatitis, niacinamide, #436 p.104+
Selenium, cancer-related lymphedema, #437 p.20
Selenium, diabetes (type 2), [online](#), #432 p.26
Selenium & myo-inositol, thyroid antibodies, #426 p.87+
Senile purpura, vitamin C, #436 p.26
Sensory amplification, stress, [online](#), #436 p.84–9
Serenoa repens (saw palmetto), benign prostate hyperplasia, #437 p.19+
Shinto, Lynne, ND, #429 p.87
Shock, vitamin C treatment, #430 p.38
Sinclair Method, naltrexone, [online](#), #433/434 p.4+
Sinusitis, homeopathy, #437 p.10+
Skeptics, bias, #429 p.58–62
Skin, chemical absorption, [online](#), #431 p.9
Skin, personal care products, [online](#), #431 p.46–50
Skin conditions, compounded medications, #430 p.84
Sleep, non-pharmaceutical treatment, [online](#), #427/428 p.42–9
Sleep-wake phase disorder, melatonin, #427/428 p.23+
Slouching, [online](#), #436 p.8
Slouching, health effects, #436 p.58–61
Sound therapy, biofield anatomy hypothesis, #427/428 p.82
Soy extract, hot flashes, #431 p.45
Stem cell therapy, osteoarthritis, #431 p.73–5
Sterolbiome, #429 p.78–9
Stoller, Kenneth, MD, vaccination debate, [online](#), #432 p.4+
Stoller, Kenneth, MD, vaccine medical exemptions, #433/434 p.75
Stress, cardiovascular disease, #430 p.50–3
Stress, fibromyalgia, [online](#), #436 p.6+
Stress, regenerative protocols, [online](#), #436 p.40–2+
Stress, urban environment, #435 p.46–50
Stress reduction, #430 p.50–3
Stress reduction, craniosacral therapy, #431 p.78–80
Stress reduction, HeartMath, #430 p.80
Stress reduction, laughter, #431 p.82–4
Sugar, fertility, [online](#)
Sugar, high fructose corn syrup, #426 p.6+
Suicide, naturopathic medicine, #430 p.78
Sunlight, benefits, #429 p.12+
Sunlight, mood, #435 p.84

Subject/Keyword Index 2019

Sunscreen, safety, [online](#), #435 p.6+
Supplements, #430 p.62–3
Supplements, cancer, [online](#), #437 p.44–7
Supplements, de-prescribing, [online](#)
Supplements, mood disorders, [online](#), #435 p.54–7
Supplements, patient goals, #433/434 p.80–1
Supplements, safety, #430 p.75
Sweating, toxic chemicals, [online](#), #431 p.9
Sweet potato, women's health, #427/428 p.78–9

T

Tai chi, health effects, [online](#), #437 p.28–33
Tamoxifen, research, #427/428 p.90–3
Temporomandibular joint syndrome, chiropractic, #426 p.89
Testosterone, male sexual function, #437 p.7+
Testosterone, prostate cancer, [online](#), #437 p.42–3
Tetanus, #432 p.12+
T helper cells, autoimmune disease, [online](#), #431 p.9, #431 p.26+, #432 p.27–30
T helper 17, autoimmune disease, [online](#), #431 p.26+
Thermogenesis, pantothenic acid, #429 p.74–5
Thiamine, essential tremor, #435 p.42+
Thiamine, septic shock, [online](#), #432 p.25
Thyroid antibodies, myo-inositol & selenium, #426 p.87+
Thyroid hormone, fatty liver, #426 p.56
Tick-borne disease, children, [online](#), #432 p.83–4
Townsend Letter, allopathic vs naturopathic, #429 p.4–5
Toxic chemicals, skin absorption, [online](#), #431 p.9
Traditional Chinese medicine, integrative medicine, #433/434 p.70–3
Transfer Factor Multi-Immune™, autoimmune disease, [online](#), #432 p.27–30
Transgender patients, hormone therapy safety, #426 p.87
Traumatic brain injury, functional medicine, [online](#), #430 p.39–44
Travel, self-care, #431 p.85–7
Tremor, thiamine, #435 p.42+
Trowbridge, John Parks, MD, Albert Nelson Marquis Lifetime Achievement Award, #426 p.13–14
Tryptophan-kynurenine pathway, blood sugar control, #426 p.61–4
Tuning forks, biofield anatomy hypothesis, #427/428 p.82

U

Ulcerative colitis, vitamin A, #432 p.94
Ultra-processed food, cancer, [online](#), #433/434 p.86–8
Umbilical cord clamping, delay benefits, [online](#), #431 p.88+
University of Arizona Center for Integrative Medicine, #426 p.13
University of Bridgeport College of Naturopathic Medicine, Genomic database, #426 p.12
Upper respiratory infections, homeopathy, #437 p.10+
Urinary mycotoxins, [online](#), #436 p.31–6+
Urinary tract infections, water intake, #435 p.87

V

Vaccination, increasing viral virulence, #432 p.10+
Vaccination debate, #430 p.6+
Vaccination debate, measles, #431 p.70–2
Vaccines, exemptions, [online](#), #432 p.4+, #433/434 p.75
Vaccines, gastrointestinal tract, #426 p.76–7
Vanilla, medicinal use, #431 p.11–14
Vegan diet, inflammation, #431 p.43
Viral infections, Salicinium®, [online](#), #433/434 p.42–50
Vitamin A, ulcerative colitis, #432 p.94
Vitamin B6, toxicity, #430 p.38
Vitamin C, basal cell carcinoma, #429 p.26
Vitamin C, bone health, #427/428 p.20
Vitamin C, cancer, #427/428 p.24, #433/434 p.96+

Vitamin C, dependency, #427/428 p.23
Vitamin C, kidney stones, #437 p.67+
Vitamin C (intravenous), precaution, #431 p.44+
Vitamin C (intravenous), radiation therapy, #431 p.55–8
Vitamin C, senile purpura, #436 p.26
Vitamin C, shock treatment, #430 p.38
Vitamin D, dosage, #427/428 p.96+
Vitamin D, infants, #426 p.54+
Vitamin D, lung cancer, [online](#), #433/434 p.18
Vitamin D, migraines, #436 p.25
Vitamin D, muscle strength, #426 p.55+
Vitamin D, postoperative atrial fibrillation, #430 p.37
Vitamin E, atrophic vaginitis, #436 p.24+
Vitamin K, arterial calcification, #437 p.19

W

Walking, longevity, #435 p.88
Walsh Research Institute, ADHD, #435 p.58–60
Water-damaged buildings, chronic inflammatory response syndrome (CIRS), [online](#), #432 p.38–40, #435 p.67–72, #436 p.54–7
Water-damaged buildings, CIRS prevention, [online](#), #433/434 p.64–6
Water-damaged buildings, mold, [online](#), #432 p.7
Water intake, recurrent cystitis, #431 p.45
Weight management, coffee, #426 p.18–20
Weight management, Field Control Therapy®, #426 p.21–4
Weight training, hot flashes, #435 p.88
Weil, Andrew, MD, Arizona Center for Integrative Medicine, #432 p.73–4
Wheat sensitivity, #436 p.25
Whitaker, Julian, MD, food myths, #426 p.6+
Whole grains, inflammation, #431 p.43
Whole grains, nonalcoholic fatty liver disease, [online](#), #432 p.26
Wikipedia bias, Chinese botanical medicine, #429 p.58–62
Wireless technology, health effects, #433/434 p.14+
Women's health, #435 p.87–8
Women's health, androgen-lowering agents, [online](#), #427/428 p.58–9
Women's health, hormone therapy, [online](#), #427/428 p.8+, #427/428 p.34–41
Women's health, sweet potato, #427/428 p.78–9
Women's health, treatment strategies, #427/428 p.72–3

X

Xanthurenic acid and kynurenic acid, blood sugar, #426 p.61–4

Y

Yeast, anti-fungal resistance, [online](#), #432 p.6+
Yoga, glaucoma, #429 p.14
Yoga, health effects, [online](#), #437 p.6+, #437 p.28–33

Z

Zinc-B6, kryptopyrrole, #426 p.42–4