

# THE ORGANIC ANSWER

SAFE MEDICINE NEWS FROM DR. DAMON MILLER



**Damon P. Miller, II M.D.**

*Your Organic MD*

*Newsletter #2!*

**Encouraging Health, Naturally**

It takes courage to seek natural healing, • To take control of your wellness and personal health • To trust your body's own capacity to do its job • To stay focused on what works for you

We're here to encourage you to make

The best choices for your health

By providing you with

- Information
- Top Quality Products
- And medical consultations and workshops with Damon P. Miller II, M.D.

*You Are What You Eat (It's still true!)*

## **What you eat affects everything.**

Let me repeat that. What you eat affects EVERYTHING. So, a healthy diet becomes the easiest, simplest and cheapest thing you can do to protect this asset we call health. The good news is that eating a healthy diet can be easy. The not-so-bad news is that you may have to change the choices you make about what you eat.

We have offered the healthy eating workshop since 1997 to help people change the way they eat. The friendly group setting and the clear teaching and educational materials help people make those difficult first steps. Improvements come quickly and people stay engaged because they feel better when they are eating well.

There is compelling scientific research showing the connection between the choices we make about the foods we eat and the diseases that plague us. We're not talking alternative medicine here. We're talking about rather recent research that has shown a connection between the reaction some of us have to proteins (casein and whey) in cow dairy and the development Type-I diabetes and other autoimmune diseases like rheumatoid arthritis, etc. We are talking about research that shows the destructive effects that come from eating gluten for some people. We're talking about the new understanding of how the choices we make about what we eat can actually turn certain genes in our body on and off.

Do you want to live to be 150 years old and be healthy the entire time? The ONLY research that has shown this to be possible is the research to develop a carefully designed anti-aging diet, and it seems to be working for the human beings in the studies.

*(See the box on Google-Scholar elsewhere in this newsletter)*

What does it mean to feel better? This may surprise you, but the early benefits people report year after year have little to do with their digestive tract. People eat a better diet and in the first weeks they report less joint pain, fewer headaches, better sleep, improved mood, better memory and clearer thinking, even better athletic performance. A decrease in the symptoms of indigestion and improved bowel habits may take several weeks, but most digestive problems, including the symptoms of reflux, disappear.

Why does the healthy eating workshop work? Remember, the most important thing is what you choose to eat, not how much you eat. If you are eating foods that are toxic for your particular body then you need to figure out what those toxic foods are and eliminate them. This may sound difficult, but it is not. To help us, we use one of the most sophisticated laboratories

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# You Are What You Eat

on the planet - your own body. When you eliminate foods that your body does not like, you feel better. If you add them back in, you feel worse. The program starts with a scaled back diet that eliminates foods that are known to frequently cause food sensitivities. As you play with your diet by removing these foods, then adding them back, the foods that are good and bad for you become obvious. The plan is simple, positive, allows you to eat in restaurants and involves no special or expensive prepared foods. A few supplements are recommended.

Call the office or go online to sign up for the class that starts March 24, 2010 in Palo Alto, or ask about the online video course and conference call that is the next best thing to being there. (Virtual class starts March 22.)

## Evolution of Our Eating (Musings of the doctor's wife)

Each year when we set the schedule for the Healthy Eating Workshops, I ponder how our eating habits and choices have changed. It hasn't been a sudden change, BUT little by little we have been improving. If I were to tell you what the good Doctor was devouring a decade ago, you probably wouldn't believe it. I look around our kitchen now and know that it is cleaner. It's not perfect, but we have made astounding progress. We used to eat lots of bread – it was a staple for us. Now I see only hints of wheat flour in our kitchen. We use the healthy oils (olive, hemp, flax) to garnish our cooked foods, instead of cooking with them. We line up seasonal fruits and vegetables from the weekly Farmer's market. I mention this view of the kitchen, as I realize that this cleanliness is not only in our kitchen, but it is in our bodies. And it is not always perfect. We sometimes slip off of our best eating choices. When I am on Phase 1 of the Healthy Eating Plan, I feel great. Today I'm wondering why I don't keep it up. It is a mystery of our social and cultural patterns of food and eating. Why do we revert to our old habits and cravings? This is still an unknown to me today. Instead of getting stuck there, however, I am grateful for all of the ways that we have improved and know that little by little, we've been cleaning up our eating act, and that each year is better.

## Message from Dr. Miller

When we are not doing well, there are always multiple things going wrong. This issue of The Organic Answer is devoted to healthy diet, but don't get the wrong idea. Diet isn't everything. It is, though, often the easiest and most powerful thing you can change, and you don't need to see me to do it. The Healthy Eating Workshop is an easy way to get a jump-start on a program for healthy eating, but you can just use the text or the on-line courses to get started on your own. Just try it. Weight loss? If you need it, you'll get it.

888-838-3937  
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## Supplements- for the Healthy Eating Program

The Kit contains:

**Borage GLA and CLA**  
**Bulk Hemp Nuts, Organic**  
1 pound  
**Colloidal Liquid Minerals**  
**Colloidal Liquid Vitamins**  
**Flax oil, organic**  
**Jarro-Dophilus (probiotic)**  
**L-Carnitine**  
**Liver Cleanse (Herbal by**  
Thorne)

Call the office at  
888-838-3937 to order at  
the discounted price.  
Online, use discount  
code "HEWMarch2010"

## INFO ON L-CARNITINE

Everybody asks why L-Carnitine is part of the Healthy Eating Workshop supplements. The amino acid carnitine is critical in the production of carnitine palmitoyl transferase I & II. These enzymes are how we get fatty acids into our mitochondria so that we can burn them for energy. Too little carnitine means we have to burn carbohydrates for energy at the expense of fats. The fats then must be stored someplace to get them out of the way. Hence, our livers get fat, we get fat and there are too many fats in our blood. Acetyl-L-carnitine can also be used.

Eat your carnitine, please.

# Promoting Health, Naturally



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## FACT OR FICTION?

"The notion of Food Sensitivities is a myth."

Are food sensitivities the same as food allergies? Yes and no. Many doctors deny the existence of food sensitivities. Most doctors think of a Type-I allergy, with hives, rash and anaphylaxis when they think of allergy. They forget that they were also taught about Type IV allergic reactions, more commonly called serum sickness reactions. These Type IV reactions are the type seen when you eat foods that you are sensitive to. You may not have outward symptoms, but this serum sickness reaction is corrosive, and over years can lead to some very unpleasant and dangerous conditions. FACT: Food sensitivities are real.

## ***Just Try It and Let Your Body Be the Judge***

When you give your body what it likes, you feel better. When you give it what it doesn't like, you feel bad. A simple concept, but people can really make this simple idea into something difficult. This is a conversation between Dr. Miller and a fictional character we'll call Lucy. The conversation itself is far from fictional:

Dr. Miller - "So Lucy, how did you do when you gave up drinking milk for a few weeks?"

Lucy - "Much better. The headaches are completely gone, and I haven't used the allergy medicine for the last two weeks."

(Three months go by...)

Dr. Miller - "Hi Lucy. How are things going since we last met?"

Lucy - "Not too bad, but I've had a few headaches, and I had to use some allergy medicine during that windy period last week."

Dr. Miller - "How are you doing with the diet?"

Lucy - "Great"

Dr. Miller - "Are you still staying off cow dairy?"

Lucy - "Yes, I'm not drinking any milk"

Dr. Miller - "How about other dairy? Are you staying away from ice cream, yogurt, cheese, whey and processed foods with casein and whey?"

Lucy - "Well, I have started eating cottage cheese at lunch some days. Is that a problem?"

Dr. Miller - "Yes. If you are sensitive to milk, it is probably the proteins in milk that are bothering you, not the milk sugars. Even cultured milk products like cheese and yogurts should be avoided. Goat's milk might work for you, so you could try that if you must have cheese."

(One month goes by)

Lucy - "Well, I stopped the cheese, and all of the symptoms of headache and sinus stuff are gone. I get it."

*Moral of this story: If I ask you to try something that is easy, simple and cheap, just do it. How you feel will be the proof of how good my advice was.*

***The Fat Flush Plan***, by Louise Gittleman is our text for the Healthy Eating Workshop. Do Phase One for four weeks, and use the supplements we recommend rather than the ones from the book. Used copies easily available.



# The Organic Answer v.1-n.2

FIRST CLASS  
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## TABLE OF CONTENTS:

You Are What You Eat . . . . . 1  
Musings of the Dr.'s Wife. . . 2  
Supplements for HEW. . . . . 2  
All about L-Carnitine . . . . . 2  
About Weight Loss . . . . . 4  
Healthy Eating Workshop, two  
versions coming in March. . . 4  
Vitamin and Mineral Autoship.4



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the month

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### The Healthy Eating Work- shop and Weight Loss

Will you lose weight in the Healthy Eating Workshop? Only if you need to. But if you need to, this is a great program! Here is the secret: Weight loss has more to do with what you choose to eat than how much.

Here's a short story that will explain:  
We're working with someone who is busy, and not very enthused by all that we are asking them to do. They leave for the summer, promising that they will do one thing, and that is completely eliminate cow dairy from their diet. All of it. 100%

They come back in the fall and are 25 pounds lighter, and very happy. It works. Just try it.

### Save the Date

#### Healthy Eating Workshop

1. Six Week Class starts Wednesday, March 24, 2010. Six weekly meetings, in Palo Alto. 7 to 9pm. Location is given on registration
2. Six Week "Virtual Class" begins Monday, March 22, 2010. Teaching lectures will be available on-line. There will be six weekly conference calls with Dr. Miller at 4pm, Pacific Time, each one hour .

You can do this on your own with the video tutorials only. Joining the in-person class or the conference call will give you a real jump-start. Access to the internet is useful for access to certain materials, but not mandatory for the classes.