

NUTRITION & HEALING

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EVERYTHING you NEED to know about COVID-19 vaccines

Find out if they are safe, effective, and right for you!

By Glenn S. Rothfeld, M.D.

The number one question my patients have asked me this month is “What do I do about the COVID-19 vaccine?”

And with good reason.

The pandemic has dragged out for the better part of a year. We are all ready to get back to seeing our friends and family and engaging in our daily activities without fearing the coronavirus.

But with the rapid development of the vaccines, it's understandable to be cautious—or even hesitant—about rolling up your sleeve for any of the approved shots.

That's why I'm going to give you some insights on how these vaccines work... if they are right for you... and the best time to get vaccinated.

Of course, I cannot make the best decision for each of you, but I *can* give you all the details to help you make an informed decision.

Not if, but WHEN

In my opinion, the greatest issue most folks will have with the Pfizer and Moderna COVID-19 vaccines is *when* to get one, not if you should.

You see, the pandemic shows no sign of weakening, and the drastic

measures needed to curb the spread are not realistic at this point.

At this point, I don't see any other way than vaccination to stem the tide without resulting in countless more deaths.

And there is already some good news...

Studies show that these two vaccines work well for short term immunity—**Pfizer is 95% effective** and **Moderna is 94% effective**.

Now we know it works...

So that leaves us with the most important question... are they safe?

Published studies show that a small portion of the population will get significant side effects like aching, fever, headache and other flu-like symptoms, which can last up to a week.

And we also know that people with serious allergies have some danger of experiencing severe reactions to the vaccine. (So, if you fall into this category, you must talk with your doctor before getting vaccinated.)

But, if you're like most folks, you're likely worried about how fast these vaccines were developed.

Let me reassure you a bit...

Both of these vaccines went through Phase III studies—large population studies that go for a long while and accumulate a lot of safety and efficacy data—for only about two months.

And while this might be your first area of concern, history shows that most side effects will show up by two months.

The need for speed

The hastily-prepared 1976 Swine Flu immunization caused more than 450 Guillain-Barre Syndrome cases... and the neurologic symptoms appeared in less than two months.

Having said that, the longer one collects data, the more likely it is that something will show up, either positive or negative.

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Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

Glenn S. Rothfeld, M.D. operates the renowned Rothfeld Center for Integrative Medicine in Waltham, Mass., and he regularly scours the globe looking for the latest advances in natural health.

For nearly 35 years Dr. Rothfeld has helped patients identify and conquer the true underlying causes of diseases like diabetes, arthritis, and even cancer. His cutting-edge research into neurological diseases is creating exciting new avenues of treatment for seniors struggling with everything from Alzheimer's to Parkinson's disease.

Dr. Rothfeld's commitment to uncovering the latest health breakthroughs and educating his fellow physicians and patients is never-ending. He was named a fellow at Harvard University's prestigious Channing Laboratory, and developed one of America's first courses on alternative health for the world-class Tufts University School of Medicine.

As an author of nine books on everything from thyroid disorders to back pain, Dr. Rothfeld has helped thousands of patients find lasting solutions to even the most stubborn health problems. Now you can access all these latest health discoveries each month through Dr. Rothfeld's *Nutrition & Healing* newsletter.

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COVID-19 VACCINE

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But several factors make this situation different from others.

One is that we are in a once-in-a-lifetime pandemic, with real risks to life. This makes the need for a speedy vaccine turn around more important than ever.

By comparison, in 1976, swine flu was responsible for one death and 200 cases according to the CDC, while COVID-19's is much higher. In fact, almost 3,000 people died of the virus the day I researched this article.

Another difference is that the SARS-CoV-2 virus (which causes the disease) is an RNA virus, whereas most other viruses that have vaccines are DNA viruses.

Therefore, this vaccine is totally different than previous ones, which usually have a weakened virus or part of a virus injected, to "prime" your immune system to react against it.

But the COVID-19 vaccines use messenger RNA (mRNA)—a molecule that controls viral activity—to create immunity. It mimics the COVID-19 virus without actually causing the symptoms. This gives

your immune system a chance to develop immunity to the real thing.

It's also notoriously fragile. While this has no impact on the vaccines' effectiveness or safety, it is the reason why you've heard so much about the extreme refrigeration that's necessary to handle it.

And chances are you've heard a thing or two about the vaccine causing autoimmunity, too.

What about autoimmunity?

Autoimmunity is where your immune system reacts to—and basically attacks—a portion of your own body.

Often this disorder happens to a specific organ or part of your body. For example, if it attacks your thyroid tissue, it causes Hashimoto's thyroiditis. If it attacks your joints, it causes rheumatoid arthritis. And if it attacks your large intestine, it causes ulcerative colitis, etc.

Injecting mRNA is theoretically risky, as it might trigger an autoimmune response. But it's not clear right now how prolonged of an ex-

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COVID-19 vaccines aren't the only shots I get questions about

Many of my patients come to me about other immunizations. Here's what I tell them:

- **The flu shot:** I don't recommend it except for people with clear health issues.
- **The shingles vaccine:** I don't feel strongly about one way or the other. (But it is likely a good idea for folks with compromised immune systems.)
- **And the pneumonia jab:** I'm ok with it as long as people understand that it won't protect them against all types of pneumonia, just certain ones.

As with all vaccines, only you can decide what is right for you. Be sure to discuss your concerns and questions with your doctor before taking any shot.

MELT AWAY your kidney stones?! (10 weeks)

NEVER experience the worst pain of your life again!

By Glenn S. Rothfeld, M.D.

I'm no stranger to pain. I've broken bones... burst an appendix... and had root canals done without analgesia.

But I have to say that the worst pain of my life was passing a kidney stone. (Sorry, ladies, I can't speak to the pain of childbirth.)

For those of you who have gone through this, you already know how miserable this all is.

Because when those crystalized "stones" sneakily build up inside your kidneys and strike without warning... you're left in excruciating pain.

And if you've ever "passed" a kidney stone, you know that it's something you NEVER want to go through again.

Luckily, thanks to the latest science, you may never have to...

Because I've recently discovered **three POWERFUL herbs that can STOP kidney stones before they START... and MELT AWAY the ones ready to attack in as little as 10 weeks.**

The mainstream's reactive treatments

As with much of conventional medicine, their treatment options are usually reactive rather than proactive.

That is, doctors wait until there is already a problem and then work to solve it, rather than striving to prevent the problem in the first place.

And kidney stones are the perfect example...

Only once a kidney stone is causing you pain, conventional

medicine will offer several ways of dealing with it... and none of them are easy.

One option is to give the patients fluids and narcotics.

The narcotics relax the smooth muscle of your ureters (the narrow tube joining your kidneys to your bladder). This lowers the pumping pressure while killing the severity of the pain. And the extra fluid dilutes your urine, helping the stone pass through to your bladder on its own.

Once it's in the bladder, a stone usually passes out of your body through the urethra without a problem... though the process can be incredibly painful.

However, if the stone doesn't pass on its own, surgical intervention is usually needed.

To do this, most urological surgeons use a specialized instrument to reach through the bladder or the skin into the ureter and crush the stone, making it easier to remove.

More recently, treating kidney stones with extracorporeal (external) shock-wave lithotripsy (ESWL) has become more common. In this procedure, the patient is put into a pool of water, and strong sound waves are directed to the stone, pulverizing it in the process and making it easier to leave the body.

Sure, these aren't terrible options for treating a kidney stone... *but what about preventing the kidney stone in the first place?*

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If you've ever "passed" a kidney stone, you know that it's something you NEVER want to go through again.

This INVISIBLE poison is GIVING you man boobs

Discover the shocking TRUTH hiding from MILLIONS of guys just like you

By Glenn S. Rothfeld, M.D.

It's no secret that the toxic chemicals—like pesticides and heavy metals—found in our water, food supply, and air can DESTROY your health.

These impurities can cause chronic inflammation that cripples your entire body... and increase your risk of deadly diseases like rheumatoid arthritis, cancer, stroke, heart disease, diabetes, and autoimmune conditions.

And if you're a man, there's something else you need to be worried about...

Because **groundbreaking research** shows that there's one toxic substance that causes the growth of MALE BREAST TISSUE.

Even worse? This invisible “**man boob**” accelerator is hidden EVERYWHERE!

That's why today, I'm going to let you in on this shocking research...

And I'll show you two sure-fire ways—and some powerful supplements—that can help you AVOID getting into “man boob territory.”

The SHOCKING truth from Denmark

A team of researchers from Denmark recently discovered that from 1998 to 2017, there was a **MUCH HIGHER rate of gynecomastia—or man boobs—in their country.**

So, what's causing this phenomenon?

You might think this is just one

of the joys of getting older or gaining weight. But those extra pounds are just part of the story.

This condition can also be caused by a myriad of other health issues, such as:

- ▶ Medications
- ▶ Hormones
- ▶ Stressors to your liver
- ▶ Certain foods
- ▶ Environmental exposures

And one of the most common catalysts of this condition is being exposed to too much estrogen...

"A team of researchers from Denmark recently discovered that from 1998 to 2017, there was a MUCH HIGHER rate of gynecomastia—or man boobs—in their country."

If you've recently noticed you're growing breasts, your penis is shrinking, or you've been more emotional lately... then excessive estrogen may be getting in the way of your health.

How is this possible?

The main issue is that we are “swimming in a sea of estrogen.”

Navigating the toxic sea

In these modern times, your body gets hit with estrogen from

all directions... and when these sources collide, they form the perfect storm in your body.

And one of the most dangerous types is called xenoestrogens—chemicals that mimic estrogen's effects.

The main sources of xenoestrogens are plastic products and the synthetic hormones found in conventional meat products.

And in the last 20 years, we have been exposed to more toxins from plastic products and growth hormones than ever before.

It's as if we are drowning in a toxic sea!

In fact, many cities across the world have begun to ban plastic straws because they not only affect sea life... but the exposure to plastic is slowly killing us!

That's because plastic contains a dangerous chemical called **bisphenol A (BPA)**.

You've probably been hearing about BPA for some years now. It's found in everything from plastic water bottles, straws, plastic containers to food packaging... and leeches into the foods and drinks you consume.

Because of its hormonal effects, the FDA removed BPA from all baby bottles and a few countries—Canada and Norway—have completely banned it from all consumer products!

And there's no question why they did it...

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A study of over 2,000 people found that **MORE THAN 90 percent of them had BPA in their urine.** Traces have also been found in breast milk, the blood of pregnant women, and umbilical cord blood.

These chemical xenoestrogens have become so ever-present that they have also polluted our waterways. In fact, some waterways around the world are so polluted that it is making some fish and frogs turn from male to female, and becoming sterile.

The bad news? Many other chemicals (such as pesticides and herbicides) are also causing similar xenoestrogenic effects.

DROP statins and non-organic meat

As I previously mentioned, **non-organic meat products contain xenoestrogens.**

It is routine to use hormones on chickens and cattle to make them grow quicker and larger.

Unfortunately, these hormones stay in the meat products and when you eat them, you are also getting a dose of hormones.

This is why you see all the ads about chicken being “hormone-free.” And why many health-conscious people flock (pun intended) to stores such as Whole Foods to get organic meat that comes from animals that are not exposed to hormones.

In addition to non-organic meat, **another stealth contributor to this “man boobs” plague is the use of statin drugs.**

Over the last 20 years, the use of these drugs has exploded. This is because the “normal” cholesterol level standards have become so low that almost 40 percent of American adults now qualify for a statin drug.

And a 2018 study shows that statin drugs are associated with the growth of male breast tissue.

According to the research, the side effects can start anywhere between two to six months after starting the statin. And researchers even found cases that confirmed that **when the statin was stopped the breast tissue receded.**

Here’s why this research is so significant...

“In fact, some waterways around the world are so polluted that it is making some fish and frogs turn from male to female, and becoming sterile.”

1. Statins mess with and deplete your own internal sex hormones. And as most conventional docs often forget, **the MAIN reason your body makes cholesterol is to produce hormones.**

2. The increase in “man boobs” over the last 20 years is because **statins slow down and cripple your liver.** Almost all prescription drugs are filtered and processed through your liver. When your liver is hampered and slowed down it cannot process the estrogen and xenoestrogens we are exposed to.

Your liver has MANY jobs but its processing of hormones is a BIG one with BIG consequences if the process is slowed down, including the size of your penis or the size of your breasts.

So, in other words: **If your liver is being worked too hard, it can worsen your overall health and body composition.**

Almost all medications can slow down your liver—but statin drugs are one of the biggest culprits.

The good news? There is something else that—besides ditching statins and conventional meat— you can do to help not only shrink your breasts, but to prevent all of the diseases associated with this excess estrogen.

Get your sex hormone levels in check

The most effective supplement for lowering estrogen levels and controlling gynecomastia is called **Diindolylmethane (DIM).**

It is an extract of the cruciferous vegetables (broccoli, cauliflower, and Brussel sprouts).

You can find it at your local supplement shop or online. I recommend speaking with your doctor before starting this supplement to find the appropriate dose for you.

The second-best supplement to directly lower estrogen is called **calcium-d-glucarate.**

You can also find this at your local supplement shop or online, but you should speak with your doctor about an appropriate dosage for you.

There are also many different supplements that help your liver better process toxins and prescription medications, but **milk thistle and N-Acetyl Cysteine (NAC)** stand out the most to me as ones that are the safest and most effective.

I recommend taking 420mg of milk thistle daily. And 140mg of NAC daily. You can find both supplements at almost any pharmacy, or online.

And just a quick note: Milk thistle can interact with certain drugs, so talk to your doc before adding it to your regimen. **GR**

posure is necessary to stimulate an autoimmune response.

And here's where things get complicated...

The COVID-19 infection has aspects of autoimmunity. And some researchers have gone so far as to suggest that it does its damage via autoimmune mechanisms.

We do know that the vaccine itself works by stimulating an immune response in body tissues. This stimulation of your immune system could theoretically result in immune "attacks" on your own body, leading to autoimmune illness.

Even worse? This type of response will not show up immediately, so it's unlikely that the 2-3 months of data would uncover this as a possible side effect.

To complicate matters more, there is no data currently available on the safety and efficacy of mRNA COVID-19 vaccines in persons with autoimmune conditions, though these persons were eligible for enrollment in clinical trials.

So, it's not known whether this group of people will have more side effects with the vaccine, or do worse, than the population at large.

It is generally felt that people with compromised or weakened immune systems may not get the immune response hoped for from the vaccine. Many people with autoimmune diseases are on immune-suppressing drugs, so they will possibly have less of a response to the vaccine, even though they are the population (low immunity) that are most susceptible to the virus.

BUSTED!: **The infertility lie**

Another worry being circulated on social media is that the vaccine can lead to infertility.

The idea is that the mRNA protein injected is similar to a protein called syncytin-1, which helps the placenta stay attached to the uterus. The thinking is that the body will learn to react to the mRNA and will then cross-react with the implantation protein.

Most researchers do not feel like there's nearly enough similarity between the vaccine and syncytin-1 to cause this cross-reactivity.

In fact, 23 people from the Pfizer study got pregnant during the vaccine trial. So, in my opinion, this shows that these mRNA vaccines aren't interfering with implantation.

But that doesn't mean that we're seeing the whole picture.

Just as with the autoimmunity issue, the kind of data that would put this question to rest is lacking at this time.

What do I do?

There are a few more things to consider beyond the risk of autoimmunity, the short trial periods, and

the fact that both vaccines were approved based on data directly from Pfizer and Moderna.

The Pfizer vaccine is FDA approved for children 16 or older. And the Moderna vaccine is FDA approved for people 18 and older. So, some of your children and grandchildren will not likely be vaccinated any time soon.

As for seniors, the data on how people over 65 will react to it is sparse. But the studies included adults of all ages and yielded positive results.

And all of this is good enough for me...

The bottom line is that the risk of NOT getting the vaccine—and therefore continuing to be at the mercy of the virus—is worse than the potential risk of getting it. It is hugely unlikely that a vaccine will kill 3,000 people per day.

So, I'd say if you're high risk either due to health status, living situation or vocation, I would get

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In my opinion, the greatest issue most folks will have with the Pfizer and Moderna COVID-19 vaccines is when to get one, not if you should.

What your doc is getting WRONG

Most conventional doctors will tell you the best way to dodge kidney stones is to avoid taking vitamin C or calcium.

And both of these suggestions are DEAD WRONG.

The warning against calcium intake—which leads to doctors telling kidney stone patients to stop eating dairy—has been largely disproven.

Because most kidney stones are made of calcium oxalate, the mainstream thinking is that the less calcium in your diet, the less the stone formation.

This is now known to be entirely FALSE.

In fact, it can make your situation worse.

Low calcium in your diet can cause your body to pull calcium from your bones and push it into your blood. This is your body's attempt to keep the level of calcium in your bloodstream steady.

But this process actually BOOSTS calcium in your urine, which can lead to more stones.

Now, the vitamin C issue is a little bit more controversial.

Vitamin C (ascorbic acid) can convert to oxalate in your body, so theoretically, vitamin C in your diet will increase oxalate crystal formation.

However, this has been hard to prove, and **several large-scale studies have been unable to show a correlation between vitamin C intake and kidney stones.**

Some studies do suggest that increased vitamin C supplements are associated with a higher risk of kidney stones. So, I generally recommend keeping the level of vitamin

C supplementation to 2-3 grams in people prone to kidney stones.

Vitamin B6, on the other hand, can STOP calcium oxalate kidney stones before they start.

You see, through a complex chain of chemical reactions, vitamin B6 (with the help of magnesium) can lower calcium oxalate formation—the root cause of many kidney stones.

It's been shown in several studies that **higher vitamin B6 intake is associated with a lower risk of kidney stones**, and some evidence has even shown that actively increasing your B6 intake could slow stone formation.

I routinely check the composition of a patient's kidney stone (that's why it's important to strain the urine and “catch” the stone as it's eliminated). And if they are calcium oxalate stones, I increase that patient's vitamin B6 and magnesium intake.

But that's not the only preventative treatment I recommend...

These three herbs DESTROY kidney stones

Although conventional medicine maintains that kidney stones cannot be dissolved, several studies of herbs contradict this.

One is a study of an herb that comes from the Ayurvedic tradition that I've told you about before regarding its anti-cancer activity.

It's called *Nigella sativa*, and it's commonly known as black seed, or black cumin (as opposed to regular, culinary, cumin). And research shows it's a powerful opponent of kidney stones.

In one study, sixty patients with kidney stones were enrolled in a randomized, triple-blind, placebo-con-

trolled study. Half were given black seed capsules for 10 weeks, and the other half were given a placebo.

Ultrasounds before and after the study were done. At the end, **44.4 percent of the black seed group totally eliminated their kidney stones.**

It's as if they just melted away!

Plus, 51.8 percent of the black seed patients showed a reduction in stone size.

Just imagine getting these incredible results in just 10 weeks!

Even better? These results have a “p” value of <0.05, meaning that it is extremely likely that the results would be reproduced in future studies.

And they were...

A version of this study was repeated on 42 patients last year, and the finding was even more significant, with stone expulsion in the black seed group higher than the control group with a “p” value = 0.0001.

Rat studies have also supported the reduction in calcium oxalate in rats treated with *Nigella sativa*.

You can find a black cumin seed supplement at your local supplement shop. I recommend taking 400mg once a day.

Another herb also comes to us from Ayurvedic medicine.

It is one I wrote about recently in the context of sexual dysfunction, and it's been studied for its effects on kidney stones.

Known as *Tribulus terrestris*, this herb contains a protein (called TTP) found to prevent the formation of calcium oxalate crystals and protect the kidney cells from their damage.

In a rat study, *Tribulus* was found to decrease the formation of calcium oxalate crystals.

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COVID-19 VACCINE

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the vaccine as soon as it's offered.

If you have young kids at home, where keeping them socially distant is a non-starter, I might also consider a vaccine when it is first offered.

If you're quarantined at home, socially distanced, and wear a mask whenever you go out, I might wait until there's 4-6 months of safety data available.

In all cases, however, you need to weigh the risk versus the benefit. No one can decide for you, no matter how persistent the drumbeat for immediate vaccination might be. **GR**

MELT AWAY KIDNEY STONES

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What's more? The study supported the protective effect on kidney cells otherwise damaged by the formation of these stones.

Other studies of the herb showed it not only restored normal kidney cell function, **but it did so safely.**

You can find Tribulus in powder or supplement form. I recommend taking 650mg per day.

The last herb I recommend comes from Unani medicine—the healing system to Persia (Iran) and the Muslim countries of the Middle East and South Asia.

Hasat-ul Kilya is the Arabic term for kidney stones. The herb most frequently used in treating this is called **Hajrul yahood**, which we know as the mineral herb **Lapis judaicus**.

Lapis judaicus has been the subject of small studies demonstrating its safety and efficacy.

In one such randomized, double-blind placebo-controlled study of 30 patients, **those who took Hajrul yahood for 10 weeks saw a significant reduction in the size of**

their stones.

In vivo studies have shown this herb to inhibit the crystallization of calcium oxalate.

Lapis judaicus is also used in combination with other herbs with similar effects.

In one double-blind placebo-controlled study of 60 patients with kidney stones, a patented combination of herbs including Lapis judaicus—called **Cystone**—was given to half the subjects. The rest were given a placebo.

And the researchers found that **66.7 percent of the treated group expelled their stones!**

Even better? The stones were significantly smaller, and there were improvements in symptoms as well.

In fact, no less than 50 studies in the literature have been done on this nine-herb combination, and in general they are very positive studies.

According to a meta-analysis (a study grouping other studies) encompassing over 3,000 patients,

Cystone gave the following results:

- ▶ A reduction in a 24-hour excretion of calcium oxalate;
- ▶ Lower levels of uric acid—a risk factor in stone formation; and
- ▶ An increase in urine volume.

All three of these factors can help you win the battle against kidney stones!

You can purchase a bottle online of Cystone for around \$50 by visiting www.carethy.net.

Many other herbs are mentioned in traditional medical systems about their effects on kidney stones.

This includes Pashanbheda (India), Althagi maurorum (Iran), Pedalium murex (India), Bergenia (Himalayas), Cleome dolichostyla (Pakistan), and Phillanthus niruri (Brazil) and many others.

Unfortunately, good clinical data is still lacking on many of these remedies. But traditional medicines appear to be the answer to the prevention and safe treatment of kidney stones. **GR**

ALTERNATIVE HEALTH RESOURCES

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