Remembering a legend...

Today I am writing with a heavy heart to let you know that Dr. William Campbell Douglass II, our fearless editor and my dear friend, has died after a brief illness. It’s my honor to present to you the very last issue of Douglass Report he produced during his celebrated career and life.

Dr. Douglass was a patriot, a medical maverick, and a compassionate healer who saved lives in every corner of the world. He treated our soldiers as a military flight surgeon, fought malaria in Central America, and even operated his own clinic in Africa.

And he was never afraid to tell it like it is. Dr. Douglass stood up to government bullies and billion-dollar drug company interests to make sure you’d always have access to the latest science and life-saving cures.

He was, quite simply, the conscience of modern medicine.

Dr. Douglass kept working right to the end because he never stopped thinking about you and your health. And it was important to Dr. Douglass that we continue to care for your needs long after he was gone.

So please read closely the letter that arrived with this issue to see how we plan to keep providing you with life-saving health information.

And understand that you—Dr. Douglass’ readers from around the world—are his lasting legacy. So as a final tribute, I’d like to share some of the heartfelt letters readers have sent since we first announced Dr. Douglass’ passing online.

To your health,

Jack Harrison
Publisher

With his sense of humor, we all thought he would live forever and he will... in our hearts.

—W.K., Illinois

Please know and let his family and friends know, that here in Mexico City many families that we know are in mourning for this unique, warm, brilliant, and generous human being.

—P.L., Mexico

I loved Dr. Douglass and told everybody I knew about him and his wonderful articles. God bless Dr. Douglass. I will remember him always.

—B.H., California

Dr. Douglass paved the way to better health and natural healing for many people, including myself. I shall be raising a glass to Dr. Douglass tonight.

—L.G., United Kingdom

The loss of a great patriot, Dr. William Campbell Douglass II, saddens all of us. He gave us hope against the tyrants of the FDA, the Pharma industry, and wayward doctors. He was an inspiration to me and probably to millions of others.

—D.B., Maryland

He was truly the conscience of modern medicine and will be a big loss to us all.

—C.R., Texas
ULTIMATE protection for your arteries
Help your heart and stop a stroke—and it’s easier than you think!

You probably don’t give your pipes a second thought—not until something goes wrong, anyway. Then, you’re on the horn at 2 a.m., in the middle of winter, begging the plumber to come over ASAP.

You’ve got another set of pipes that are far more important, and they probably get even less attention... until something goes wrong.

It’s the pipes that keep the blood pumping through your body—your arteries—and when they’re clogged or broken, instead of calling the plumber you’re calling 911 and then rushing to the ER in the back of an ambulance.

I can’t help you with the pipes in your home, except to suggest that you keep them flowing and start winterizing now if you live up north.

But I can help with your internal plumbing by focusing on the key to making sure your arteries never get clogged and never burst. And that’s keeping them as flexible as a Chinese acrobat.

The more give (“compliance”) your arteries have, the easier it is for your blood to get where it’s going.

If you’ve got junk building up along the arterial walls, they get hard and thick and you’ve got yourself problems—including the risk of heart disease, heart attack, rupture, heart failure, stroke and more.

Ask your own doctor, and he’ll tell you stiff arteries are caused by too much cholesterol in the blood.

How can I put this politely?

Your doc is full of it. And when I say “it” I don’t mean cholesterol. What he won’t tell you is that up to 75 percent of all heart attack victims have NORMAL cholesterol levels. In fact there’s no correlation between blood cholesterol and degree of heart disease (“atherosclerosis”).

And I’ve said this until I’m blue in the face: lowering cholesterol with statin drugs does NOT affect atherosclerosis or total mortality.
Cholesterol gets the blame anyway because it’s often found stuck to the walls of the arteries, gumming up the works and leading to thicker, stiffer, and harder pipes—but *it’s not the cholesterol’s fault* (and now my face is purple)!

Your cholesterol WANTS to keep moving through. It’s your body’s teamsters, transporting fat-soluble nutrients through the arteries, and the only reason it sticks in the arteries is “bad traffic”—not “bad cholesterol”.

Bad traffic in this case is inflammation, which slows everything down causing cholesterol and other junk to stick to the arteries.

You’ll want to keep inflammation levels down using the basics such as B vitamins and fish oil. But to really stop your arteries from stiffening up—before they turn you into a stiff—you need to up your game with protein, but not the namby-pamby proteins found in gassy legumes and feminizing soy beans.

Veg-heads will tell you they get all the protein they need from that tasteless bunny chow. What they fail to understand is that vegetarian proteins lack the most important amino acids for artery health.

That’s why one recent study finds that vegetarian proteins will, at best, give you a small-but-meaningless drop in blood pressure levels.

On the other hand, eating animal proteins rich in the amino acids glutamic acid, leucine, and tyrosine will help keep your arteries as flexible as a rubber band. Some of the best sources of these proteins also happen to be the most delicious, including...

- red meat;
- fish;
- fresh dairy; and
- cheese

In fact animal protein is so good for your arteries that the researchers behind the study said it’s as if meat eaters are getting more exercise—except in this case, the only “heavy lifting” you’ll have to do is haul that slab of beef off the grill and onto your plate.

Now that’s the kind of “workout” even I can get behind!

But why stop with protein? There’s so much more to keeping your arteries from turning to stone, and you can start with my...

**FIVE ALL-NATURAL ARTERY PROTECTORS**

But first, let me begin by telling you what you DON’T want: Sugar and wheat in all their forms. When you ingest sugar, it flows through your blood and damages the very arteries you’re trying to protect, which causes the scarring in the artery walls that leads to hardening.

Wheat not only also raises blood sugar levels, but also contributes to sugar-coating (“glycation”) of the artery walls, which is another cause of hardening.

Now, for the good stuff (because some of the best ways to protect your arteries are using the things you already love):
1) **Sunlight:** You’ve heard all the Chicken Littles squawking about how you need to hide from the sun, like you’re some kind of fungus.

Let **them** do the hiding. You get outside and bask—without sunscreen—so that the sun’s UV rays can kick-start your body’s nitric oxide factory.

Nitric oxide is the chemical that keeps your arteries open and the blood flowing.

Sunlight of course will also get your body to produce heart-protecting vitamin D—but again, not if you slather skin-rotting chemical sunscreen all over your skin.

The only sun “protection” you need is enough sense to get inside (or at least seek shade) when you start to turn pink.

2) **Garlic:** Who cares about vampires. Garlic can help you dodge someone even more frightening... the undertaker!

Like sun, garlic can also stimulate the release of artery-relaxing nitric oxide.

It also improves the lining of your arteries, called the endothelium. The better the lining, the less stiff the arteries. The worse the lining... well... 911 is only three digits to press, but you might want to put them on speed dial anyway.

In one study, *garlic extract reduced endothelial dysfunction by 44 percent.*

You can take a garlic extract if you want, but you’re better off getting it fresh whenever you can. Just be sure to do it right:

· Crush the garlic;
· Let it sit for 15 minutes to allow the enzyme reaction responsible for many of the benefits to kick in; and
· Enjoy!

3) **Benfotiamine:** Unlike plain thiamine, this form of the nutrient is fat-soluble, making it *500 percent more efficient.*

It’s best known for putting excess sugar in the blood to work, which makes it an excellent supplement for diabetics and anyone at risk for the disease.

But it has another trick: It can prevent or reduce inflammation, block the formation of artery-wrecking “advanced glycation end products” (AGEs) and protect those critical endothelial cells I just mentioned.

4) **Sauna:** Yes, a little fun in the sun and some time in the sauna are *both* good medicine. Ain’t life rough?

While any sauna is good for your physical and mental health, you want an infrared sauna for maximum artery protection.

The full spectrum of light rays is *essential to human health,* and while the sun exposes you to HEALTHY UV rays, the sauna provides healing *infrared* wavelengths.

In studies, infrared saunas have repeatedly been shown to also improve the all-important endothelial function.
So kick back in a sauna, and when you come out feel free to crack open an ice, cold...

5) BEER! Yes, your favorite brew is good for you. A 2013 study found that suds can help your blood flow through your arteries like lager from a freshly tapped keg.

Within two hours of polishing off your favorite pint, beer can relax the arteries and reduce stiffness.

That study also tested both alcohol-free beer (blech!) and vodka, and while both were better than nothing, neither had the same artery-boosting power as real beer.

There it is: Your official scientific permission to pour yourself a cold one at the end of the day.

Your arteries are counting on you!

Keep your bones from snapping like twigs with the natural hormone secret for beating osteoporosis!

You can feel a lot in your bones—close up from the old intuition telling you something’s wrong, to a storm that’s still three days out.

I once knew a gal who swore up and down she could feel it right in her elbow anytime her son was about to call and ask for money. I felt it in other places when the kids would call for cash.

But something you can’t feel until it’s too late is the thinning of your bones from osteoporosis.

One day you’re humming along like normal. Next day—SNAP!—you’re in the ER with a cracked wrist, shoulder or hip.

You know the score on that one. In an instant you turn from active senior into an invalid, and life is never the same again.

A hip fracture can increase your risk of death by 800 percent within three months.

The risk is highest in older women because Mother Nature can be downright cruel, weakening bones as female hormone levels drop with advancing age.

When you’ve finally made it past menopause... when the hot flashes are gone, the headaches have vanished and your mood has stopped swinging like a pendulum... your hormone tank is practically on “E.”

Unfortunately, this is just when you need a good supply of some of the hormones the most—especially for your bone health.

That’s why natural, safe bioidentical hormone replacement therapy (BHRT) can do for your bone strength what calcium candies and bone drugs simply can’t. BHRT can restore your body’s ability to rebuild bone and help make them stronger than ever.
One new study looked at growth hormone and found that boosting even just that one hormone can lead to stronger bones, fewer falls and fewer breaks. The study included three groups of older women:

- one with osteoporosis who were given growth hormone;
- one with osteoporosis who were given a placebo;
- and a group of healthy women who were given no treatment at all.

Not only did the women with osteoporosis who got the hormone do better than those on the placebo, but...

**They actually beat the HEALTHY women!**

Over a decade—that included *seven full years after the hormone treatments stopped*—women given the hormone treatments saw their risk of bone breaks fall by half with no significant side effects.

Even the bone drugs can’t promise to cut the risk of breaks in half, and they certainly can’t do it safely.

Some of the drugs even increase the risk of breaks in the very bones they’re supposed to protect!

Meanwhile, the healthy women given no treatment at all saw their break rate jump by 400 percent over that same decade.

Like I said earlier, you can’t feel thinning bone. So unless you’ve had some tests, you won’t even know if you’re losing bone mass and density.

Wait for a break before you take action and you’ll have waited too long. The ladies who are stuck living on overcooked, low-salt pot roast and Jell-O in the nursing home after a hip fracture can tell you that.

Take action today. That means visit a doctor who knows how to test for and treat all the essential hormones, including growth hormone, thyroid hormone, DHEA, estrogen, testosterone and even vitamin D (which is really a hormone). They all play a major role in bone health (among other things).

I recommend working with a member of the American College for Advancement in Medicine. You’ll find them online at acam.org. Just click on Physician+Link to locate a doctor in your area.

**Flying this winter?**  
**Be sure to pack my guide on how to...**  
**TRAVEL THE FRIENDLY SKIES WITHOUT GETTING SICK!**

The holidays are just around the corner—and if you’re traveling for Thanksgiving or Christmas, you know the pros and cons.

On the “pro” side, someone else is doing the cooking. Even better, someone else is doing the CLEANING.

On the “con” side, you’ve got to battle holiday crowds. And if you’re flying, you can expect to be treated like a sardine crammed into a flying tin can.
But the worst part isn’t the tight quarters, with tiny seats made for stick-figure butts... it’s not the rapidly disappearing legroom... it’s not the bellyachin’ brat in row 23... and it’s not even the guy behind you who keeps ramming your seat with his knees or the guy in front who’s leaning back so far he’s in your lap.

No, it’s the closed air system in the cabin—aka the Airline Germ Delivery System.

Someone sneezes in first class, and by the end of the flight his germs will have made a stop in every row on the plane. One study found germs are 100 times more likely to spread on a flight than on land.

Where’s the fun in that? It’s enough to make you want to stay home! You want to see your family and friends. And you definitely don’t want to miss out on that delicious holiday meal.

So you’re left with two options.

One is to wear one of those yellow CDC moonsuits. But you’ll get some startled looks... and someone might even call security.

So I recommend option two, and that’s to give your immune system something better than a moonsuit. It’s a suit of armor that can protect you from the bugs that cause the traveler’s cold. And it’s invisible so no one will call a TSA goon to give you a “special screening.”

Don an invisible suit of germ-proof armor using my...

TOP FIVE ALL-NATURAL IMMUNE BOOSTERS

Elderberry: I know this is the punch line from an old “Monty Python” bit, but there’s no joke about the virus-killing benefits of elderberry extract.

In one study over the summer, travelers given elderberry extract before flying spent fewer days sick and had fewer symptoms.

The study used just 300 mg of extract, but in other studies 1,200 mg proved to be even more effective.

Sleep: You need your rest whether you’re flying or not. And you especially need it before you’re exposed to the Airline Germ Delivery System.

One study tracked the sleep of 164 men and women for a week. Then, researchers used a real clinical germ delivery system by shoving the virus into each volunteer’s nose with a medicine dropper.

Despite the fact that everyone was exposed, not everyone got sick.

Folks who slept less than six hours were more than 400 percent more likely to catch that cold than those who got seven hours or more.

Echinacea: This is an old standby for fighting colds, and for good reason: It works.

But it doesn’t just help cure the common cold. It can also help you avoid it, cutting your risk of catching it by 58 percent according to one study. Combine it with some vitamin C, and you could slash your risk of a cold by as much as 86 percent.
As a bonus, combining elderberry with Echinacea has shown to be as effective as Tamiflu against flu, but without the potential nasty side effects.

**Zinc:** Here’s another one folks often turn to once they already have a cold. But take zinc supplements during cold season—or before flying—and you can help prevent the cold in the first place.

One analysis of two studies, involving more than 1,500 patients combined, finds folks who take zinc supplements suffer 40 percent fewer colds than those taking a placebo.

Just don’t go crazy with zinc; too much can be as bad as too little.

**Vitamin D:** You already know the sunshine vitamin is a proven flu-beater that’s up to 800 percent more effective than the flu shot. But it can also do something no vaccine in the world can claim: It can beat the common cold!

A study in Japan on kids in school—the one place colds spread even faster than on a plane—found that children given 1,200 mg of vitamin D were **three times less likely to get a cold**.

These five natural immune boosters can help you to step off your next holiday flight without bringing along some unexpected and unwanted germy baggage. But don’t forget to grab a bottle or two of quality booze from the gift shop on your way.

**It is** the holidays, after all.

Your pilot for today,

William Campbell Douglass II, M.D.

PS—Don’t forget your probiotics! Around 80 percent of your immune system is located in your digestive tract. And good gut bugs can help fight off the bad ones. In fact, one study out of New Zealand found that athletes that took a probiotic had 40 percent fewer colds than their peers who got a placebo.