

Summary of the November, 2010 Program

Alternative Medicine

by Dr. Norman Anderson of the Robert Boissoneault Oncology Institute

Once again, the North Central Florida Post Polio Support Group had the privilege of welcoming Dr. Norman Anderson as our guest speaker for our November 2010 program.

Dr. Anderson began the program by telling us about “the brother he never had”, Rusty Boissoneault, his boyhood friend. They met when they were ten years old (Polio Post News, Nov/Dec, 2010) and became best friends. Dr. Anderson became a cancer specialist because after watching his best friend suffer and die from Hodgkin’s disease, he wanted to do what he could to help others. He didn’t like that patients with cancer were treated as a number, not a name and as a part of, not a whole person. Dr. Anderson vowed that if he ever became a physician, his patients would be treated as whole human beings and with all the respect they deserved. To this date, Dr. Anderson has treated 400 or more Hodgkin’s disease patients and has never lost a patient yet to that disease. He stated that everyone needs a purpose in life and his best friend Rusty, Robert Boissoneault, gave him that purpose.

Another example of how beneficial Rusty’s memory has been to Dr. Anderson is that he had a patient, a young woman who had been diagnosed with Hodgkin’s disease. Because of the advanced nature of the disease, this patient had been treated with chemo-therapy which was the appropriate course of treatment. Shortly after she completed her regimen of chemo-therapy however, the physicians found that it had not worked. She had a recurrent mass in her chest that had accelerated and was growing very rapidly. But in the interim between the time she had completed her chemo-therapy and when the evaluation was done, she had become pregnant and was advised to abort the fetus and begin more chemo-therapy at that time. She elected not to do so, but to proceed and deliver the child. Dr. Anderson got an emergency phone call from the young woman’s mother who was a nurse, then living up in Connecticut, and she said please do something for my daughter because she is dying. Dr. Anderson made a house call on her that Friday night at about 7pm and sure enough, her mother was right, her daughter was dying. She lost about 28 pounds during the pregnancy, she was as white as a ghost because the mass in her chest had grown so big it was closing off her airway and she wasn’t getting any air into the lungs themselves. She could not sleep lying down because the weight of the mass in the middle of her chest was so huge it kinked her airway like bending a straw, so she had to sleep sitting up and she couldn’t lower her right arm down to her side because the mass under her arm was so huge it literally required the arm to be at 90 degrees. Dr. Anderson told her that they needed to get started with the treatment that night and that he would aim the energy up away from the baby and treat the chest and hopefully they would get enough of a response that it would allow her to complete the pregnancy and then once delivery occurred, he could treat her definitively and try to get the mass resolved. Like a needle in a balloon, the mass in her chest went down to nothing as did the mass under her right arm. She completed the pregnancy and delivered a healthy baby girl. Afterward, Dr. Anderson sent this patient to the Moffett Center for a bone marrow transplant. They did the bone marrow transplant and within two months realized it had failed, it did not work.

A doctor friend called Dr. Anderson and told him that if he didn't do the treatment with radiation, the patient was going to die. He continued the radiation treatment and that was 16 years ago and the patient is doing beautifully. Her daughter is a straight A student who is about to start high school and they also adopted another little girl as part of their family. It worked out to be a real success.

The Robert Boissoneault Oncology Institute is a comprehensive cancer treatment center and they treat all kinds of cancer that requires radiation as the form of treatment. Many patients don't need to see Dr. Anderson, they are dealt with appropriately with surgery and/or chemo-therapy. But there are some diseases that require the center's utilization as well. They don't worry about whether a patient has money or not, about 20% of their patients have no money, they never send them a bill, they just treat them because that's the right thing to do.

In talking about alternative medicine, Dr. Anderson stated, when you are born, as you are developing before your birth, the multiplication of the cells that form a human being start off as a blastosphere. (A microscopic ball of cells that are just starting to get bigger.) As the cells get bigger, they thin out into a disk and those layers develop into three regions. The inner layer is called the endoderm, the middle layer is called the mesoderm, and the outer layer is called the ectoderm. Now the reason why that's important is because this disk is flat for awhile and then the ends start to curve and as they curve, they come around and joint each other to form a tube and in the back area, part of the tube starts to move toward the center and then separates itself from the outside and it's this layer of ectoderm or outer cells that move toward the center. The ectoderm makes up your skin, but the group that moves in toward the middle makes up your brain and all of the nerves of your body. That means before birth there is a direct connection between your skin and your nervous system and it will send messages back and forth that are independent of what we learned as far as the anatomy is concerned. That's why, when babies are held and rubbed for 15 minutes a day, their mental development is by far faster and more sophisticated than babies who are not rubbed. Researchers have found from older studies of children that were in orphanages who were not picked up and held that they many times died during those formative months and if they do live, their mental development is impaired. Researchers found that diabetic children in the five to seven year range who are massaged for 15 minutes a day, require less insulin than those who are not massaged and that maintains itself throughout life. So it's important that we understand the nature of our nervous system and our skin. We should use our skin as a reference for what is happening on the inside of our body. We should be able to look at someone's skin and be able to tell what is taking place internally. And that's where we bring up the concept of inflammation in the body.

Inflammation is another way of describing the aging process. If you look at each individual cell in your body as a car engine, that engine will develop power. But it takes fuel to develop power. And when you do that, you also produce waste products, which we neutralize with a catalytic converter. You cannot get performance out of that engine unless you burn fuel and as a result of burning the fuel, you will get some toxic debris. The human cell is exactly the same way, it burns calories and when it does, it creates waste products and those waste products are called radicals. We want to neutralize them,

and so we take antioxidants. Antioxidants are nothing more than neutralizers of those radicals that form. If you don't have enough of those in your system, you will age more rapidly. If you do eat foods or take supplements that have antioxidants you literally are cleaning up the system, you are allowing that engine to work more effectively.

The rate at which that enters the body is very important because you can overload the system by pouring calories in too quickly. For example, let's suppose the cell is like a bathtub and the calories going in are the water coming out of the faucet. And the expended calories is the water going down the drain. If the number of calories coming in is more than the calories going down the drain, you are going to have a flood in your bathroom pretty soon, because the bathtub cannot accommodate, indefinitely, that increase. The same way that if your body is subjected to having to take a lot of calories in quickly, it can't handle it. And that's when inflammation occurs.

To reduce inflammation, we should choose food with low glycemic indexes. These are usually foods we love to hate such as asparagus and broccoli, which neutralize waste products. Orange juice is a good antioxidant, however, it also contains sugar. Low glycemic foods can also lower cholesterol.

There are two supplements that act as lubrication for cells. CoEnzyme Q-10 and Alpha Lipoic Acid.

Dr. Anderson explained how CoEnzyme Q-10 has been found to help patients with Parkinson's disease. By taking 2000 milligrams a day, Parkinson's patients have been able to reduce and even reverse their symptoms. This has been found to work in 50 percent of patients.

Taking 100 to 200 milligrams of Co-Enzyme Q-10 a day (must be gel capsule, powder has to be mixed with oil to be effective), can help you improve your blood circulation and is also helpful in improving your immune system.

Alpha Lipoic Acid is the strongest anti-oxidant in the world. It stimulates the liver to perform better and helps regenerate Co-Enzyme Q-10. It helps our bodies to adjust to performing more like they did when we were younger. It is recommended to take 100 milligrams a day, with food.

By changing our lifestyle a little, we can lead longer and healthier lives.

Dr. Anderson answered questions from our group and also discussed pro-biotics which are beneficial in helping our digestive tract to absorb food, and fish oils which help reduce inflammation. We thank him for sharing his expertise with us and are very pleased to have him as part of our Post-Polio Support Group family.

Summary Polio Post News, November 2010 by Sharon Daszczyński