



Tuesday, September 1, 2009

Health News Updates are a free service provided by King Institute, Inc. Please feel free to print and give these to your family, friends and clients and let them know they can receive them direct.

Study Reveals

THE DANGER OF AN-ASPIRIN-A-DAY

By Glenn King, PhD, RD, CN

When people take an aspirin-a-day to prevent heart attacks or blood clots may be doing themselves more harm than good, based on a new study released August 31, 2009 by British scientists.

The researchers found that the risk of bleeding from taking an aspirin were substantial enough that it's regular use for the average healthy person "cannot be supported"... although these researchers did not dispute aspirins use for patients with a history of vascular issues.

The Aspirin for Asymptomatic Atherosclerosis (AAA) study is another addition to a long-running debate about whether the potential dangers of regular aspirin use outweigh the results of reducing the risk of blood clots.

Professor Peter Weissberg, medical director of the British Heart Foundation which helped fund the research says, "We know that patients with symptoms of artery disease, such as angina, heart attack or stroke, can reduce their risk of further problems by taking a small dose of aspirin each day. The findings of this study agree with our current advice that people who do not have symptomatic or diagnosed artery or heart disease 'should not take aspirin,' because the risks of bleeding may outweigh the benefits."

Professor Gerry Fowkes of Wolfson Unit for Prevention of Peripheral Vascular Diseases in Edinburgh, Scotland led the study and presented the results at the European Society of Cardiology Congress and Barcelona Sunday August 30th.

The study involved 3,350 men and women age 50 to 75 whom tested with reduced arterial circulation in the legs, but with no symptoms of heart disease and no history of heart attack. They were each administered a 100 mg daily dose of aspirin or a placebo (fake aspirin) and monitored over eight hours.

They displayed no difference in the number of heart attacks, strokes and other cardiovascular events experienced, although major bleeding occurred in two percent of the aspirin group compared to 1.2 percent of the placebo group.

This long-standing debate keeps mounting evidence against the use of aspirin as preventative medicine.

The blood and aspirin relation within the body can be made fairly simple when we remove any shaded glasses in which the issue may be viewed.

Aspirin affects platelets. Platelets, or thrombocytes, are small, irregularly-shaped anuclear cells (i.e. cells that do



Photo Courtesy of Fotolia
not have a nucleus containing DNA). Platelets play a fundamental role in hemostasis and are a natural source of growth factors. They circulate in the blood and are involved in hemostasis, leading to the formation of blood clots.

If the number of platelets is too low, excessive bleeding can occur. However, if the number of platelets is too high, blood clots can form (thrombosis), which may obstruct blood vessels and result in events such as a stroke, heart attack, pulmonary embolism or the blockage of blood vessels to other parts of the body, such as the extremities of the arms or legs.

For this purpose, Platelets are small blood components that form a plug in the blood vessel wall that stops bleeding. Platelets also produce a variety of substances that stimulate the production of a blood clot.

One of the most common causes of increased bleeding risk is exposure to non-steroidal anti-inflammatory drugs (or “NSAIDs”). The prototype for these drugs is **Aspirin**, which inhibits the production of thromboxane. NSAIDs inhibit the activation of platelets, and thereby increase the risk of bleeding.

The effect of aspirin is irreversible; therefore, the inhibitory effect of aspirin is present until the platelets have been replaced (from 8 to 12 days). Other NSAIDs, such as “ibuprofen” (Motrin) and related drugs are reversible and therefore, the effect on platelets is not as long-lived.

This makes the use of aspirin more serious in risk for bleeding and more difficult to stop bleeding when it occurs.

Another study announced by Yoon Kong Loke, MBBS, and Sheena Derry, MBBS, of the department of clinical pharmacology at the University of Oxford in England says, “An aspirin a day is not without potentially serious risks of intestinal bleeding.

Even fairly low doses of aspirin increase the risk for bleeding in the gut.

“We have known for a long time that patients on aspirin face the risk of gastrointestinal bleeding. Doctors have tried to get around this problem by recommending the use of smaller doses.

Many people believe that the low doses of aspirin, such as 75 mg a day, carry little risk of side effects as compared to the 300 mg and 900 mg doses used in the past. To our surprise, we found that low doses of aspirin were just as likely to cause gastrointestinal bleeding as the high doses,” says Loke.

In their report, Loke and Derry performed a “meta-analysis”... a method of combining information from more than one research study to arrive at conclusions that could not be drawn solely on the basis of a single investigation. What they found was that in 24 different studies performed by researchers over more than 25 years and

including almost 66,000 subjects, the use of aspirin... even at relatively low doses...was associated with gastrointestinal bleeding.

Loke says, “Even using so-called ‘enteric-coated’ aspirin, which have been considered to be somewhat safer than regular aspirin: They aren’t! We found no evidence that these formulations reduced the risk of gastrointestinal bleeding whatsoever.”



Photo Courtesy of Fotolia

The studies are based on those with risk of heart disease... what about our children whose parents have been advised to administer baby aspirin to them? They are simply younger and in some ways more vulnerable.

Some researchers say that one aspirin can induce seepage of about 5 ml (teaspoon) of blood into the gut, even for a healthy person.

December 19, 2006 the FDA warned, “Although millions of Americans take over-the-counter pain relievers, the drugs may cause stomach bleeding and liver damage. The Food and Drug Administration recommended stricter, more prominent warnings on drug labels and prescribing instructions.” Although, please be aware that they leave the choice up to you. They are often warning the public of dangerous and even potentially deadly food and drug risks, but leave the choice to consume or use them up to you.

The idea of an aspirin-a-day for vascular disease is sound when you are looking at the goal, but the means is too unhealthy and dangerous according to all the studies concerning the health of the person.

A word to the wise: This means that we are ultimately responsible for our health choices. The responsibility is on each individual to become properly educated on the choices we make for our health and life, unless we are satisfied to become another negative statistic in a study.

The goal is to prevent blood clots and get platelets to perform properly. Taking healthy and needed essential fatty acids will usually accomplish this purpose. Some times other approaches may need to be included, such as proper use of vitamin K, vitamin E, dietary changes, decreasing gluten and casein in diet and increasing the safer essential fatty acids of omega 3, 6 and 9 oils with each meal.

Most people are chronically dehydrated, so drink more clean water daily. Coffee and caffeinated tea also has a similar affect on the cardiovascular system and the gut, as does an aspirin.

There is a time when greater measures are needed... that is when TKM® (The King Institute Method®) has accomplished what is often termed as medically impossible, although repeatedly effective.

On a consistent basis TKM® has stopped internal or external hemorrhaging, as well as reversed clogged arteries and veins. At times when there was 100 percent blockage confirmed by an angiogram before, then after the proper applications of TKM® over a period of time to completely relieve atherosclerosis or impaired blood circulation.

The objective is to become educated on our choices and their results and risks. As most have noticed, there are usually risks with standardized medicine and limitations that are not all conveyed to the patient, in order for the patient to make a properly informed decision.

Our hope is that you are now better informed about aspirin and the risks involved. 📌

Special Training for Missionaries, Pastors and the General Public Titled “Wonderfully Made”

A Missing Link In Natural Health Restoration & Healing

TKM®

(The King Institute Method®)

E.M.T.

(Emergency *Integrative* Medicine Techniques)

& Introductory Levels 1 & 2 Special Training,

Plus Special Intermediate Levels 3 & 4 Training, and Special Topics

Based on the Books “TKM® Textbook -Volumes 1 through 4” and “TKM® E.M.T. Book”

**Must See
This Offer**

Acquire the knowledge and confidence to provide aid to your child or someone during an asthma attack, seizure, severe bleeding or severe allergy reaction. Come and learn how to provide effective aid for most common, acute and chronic conditions.

TKM® was featured on 700 Club Asia with the focus on how pastors, missionaries, and other Christians are reaching out to help the suffering. They're bringing TKM® to the hospitals, deserts and jungles of the world. Missionaries use TKM® to help the ailing and an evangelizing tool to minister to people. Quantum physics and biophysics research led to breakthroughs in understanding the body's bioelectromagnetic systems. It's established that energy medicine successfully helps millions of people. The most successful application of this science is in TKM®. The natural medicine of the future is available now.

SPEAKERS

Glenn T. King, PhD, RD, CN and James O. Robertson, ND

Glenn T. King, PhD, RD, CN, founder/director of King Institute in Carrollton, Texas, has researched bioelectromagnetic energy in relation to man's health for over 20 years. At this very rare opportunity Dr. King will be speaking with Dr. James Robertson to share the latest breakthroughs and teach you to use this knowledge.

Know Your Choices for Health and Healing

You'll learn easy to apply non-invasive procedures for chronic and critical issues. Anyone can use this very effective method to help restore health physically, mentally and emotionally. TKM® promotes better health and allows the body to respond more efficiently, feel vibrant, and heal more rapidly.

TKM® has shown to be highly effective in consistently stopping seizures, anaphylactic shock, asthma attacks, and even heart attacks in progress. You'll be able to help relieve both acute or chronic pain - resolve health conditions from common colds to cancer - paralysis, arteriosclerosis and infections - reduce the healing time of bone fractures by 50 percent - stop external bleeding without the aid of compress.

Learn simple applications which have reversed hundreds of chronic to acute health disorders for thousands of people. You'll be amazed at the tools that you will acquire in just five days - during this special training course. Leading physicians recommend this special training for all family members. The first day provides blood, pH, ANS, tissue and other studies to provide the scientific and medical documentation as well as testimonies from people present and demonstrations of extraordinary efficacy. By the second day you may have your own testimony.

You'll not view health or illness with the same perspective again!

The principles are simple to apply with expedient & often profound results. The hands-on applications, will demonstrate how much you can accomplish with these valuable principles for yourself, family and others.

TKM® has received media coverage on the cover of popular Health Magazines, CNN's Headline News, 700 Club Asia, Ocurrio Asi, Local, National and International Media. Plus health books like *Alternative Medicine Guide to Heart Disease* and *The Definitive Guide to Alternative Medicine* among many others.

- SEE BACK SIDE - All qualifications listed are for informational purposes only.

International Conference Dates

Time: 8 am - 6 pm/ Final Registration: 8:00 am - 8:30 am

Full tuition for both events is ~~\$1,965.00~~, Now Virtually **FREE**

Location: Frisco, TX

September 15th - 19th and 22nd - 25th

Frisco Embassy Suites Convention Center: www.embassysuitesfrisco.com/home.aspx

Frisco Hilton Garden Inn: www.hiltongardeninn.hilton.com/en/gi/hotels/index.jhtml?ctyhocn=DFWFRGI

You Will Benefit Immediately From This Training, And For Life

Acquire This Training For Only The Price of the Books, plus \$100

Introductory Levels 1&2 Students pay only for books: Volumes 1&2 (\$159.90) and

EMT book (\$24.95) plus tax Only \$199. (Sept. 15 - 19 at Frisco Convention Center)

Plus Intermediate Levels 3&4 Students pay only for books, plus \$100: Volumes 3&4 (\$159.90, plus \$50 deposit = \$209.90) Sept. 22 - 25 (At Frisco Hilton Garden Inn).

Balance due at class only \$50

Classes include all handouts

Five days of information-packed sessions includes emergency training, plus, lectures, demonstrations, instructions and four sessions of actual hands-on training. Followed by four days of Intermediate training.

NOTE: After this training, each participant will be connected to an online service for TKM® advice/assistance and ongoing training available 24/7 worldwide.

DUE DATE: Register NOW - limited seating!

Register online at: www.BePrepared2009.com Or, Call **800-640-7998**

Great place for the conference, plus special discount on sleeping rooms (while available), and all you'll need is in walking distance. The virtually free tuition is not all - additional materials at huge discounts only at the conference. Just register, attend and you will keep benefiting for the rest of your life.

September 21st (Monday) Special Topic Breakout Classes Will Be Available

Basic Anatomy, TKM Body Biography, TKM Pulses, Basic Medical Terminology

At Frisco Hilton Garden Inn - across the street from Convention Center (Special room rates offered to students)

Come see the Wonder of God's Creation and how you can be better stewards to help yourself and others in ways we thought were not possible. God always provides a way. Come and discover what He has revealed that confounds the wise and provides help for all.

IMPORTANT: If able, bring a massage table, two 100 percent cotton sheets (not flannel) and a pillow.

INFORMATION LINKS:

Web site: www.kinginstitute.org (Links below are also located on our web site)

Ministry Pamphlet: www.kinginstitute.org/TKM%20Ministry%20Pamphlet.pdf

700 Club Asia Clip on TKM: www.godtube.com/view_video.php?viewkey=5a993ff25320786a2ccc