

Book Review

Melatonin Miracle by *Walter Pierpaoli, M.D., Ph.D.* and *William Regalson, M.D.* Simon and Schuster, New York 10020. Hardcover, 250 pages, US \$24.95, 1995.

The authors (Dr. Regalson works with PATH Foundation) argue that human beings can live to 120 years if they were to utilize all the new hormone reversal programs implemented at PATH Medical. Melatonin is a safe and readily available supplement. The pineal gland, (which represents a third eye in back of the eye area above the bridge of the nose) goes into a pause with aging. Melatonin, an amino acid derived from tryptophane, naturally exist in our bodies. Small dosages in patients (1 mg at age 40, increasing by 1 mg every 10 years) anywhere from 1–5 mg are usually sufficient, although some people may need 10 mg if they have trouble sleeping. By boosting the melatonin back to your level at age 30 or 40, you may trick your body into thinking and behaving as if it were younger and increase total body repair.

Melatonin as a natural, nonaddictive sleeping agent can guarantee a good night's sleep, build your body's immune system against cancer and other diseases, prolong sexual vitality, normalize cholesterol, and reduce stress in general. Studies that have been done, of course, have been done in mice, and mice are not always a good example of the human body. It appears that melatonin can reinvigorate the pineal gland and the thymus gland. (The first sign of dying in adolescence.) Melatonin doses of 1–5 mg taken at the right time seem to be able to help jet lag. The pineal gland and thymus gland are connected to the sympathetic nervous system. Mice receiving melatonin in their drinking water lived up to 25 additional years of human equivalent life span time. Of course, the problem with living that long is that one may not have any 100 year old companions!

A bizarre case was noted of a pineal gland tumor sending a very young boy into puberty. This was the first identification of a sex connection that melatonin would keep one's sex life going as one grew older. We believe we can stimulate melatonin with the CES (Cranial Electrical Stimulation) device when placed near the pineal gland (see Braverman, pp 49).

Other hormones made by the pineal gland are TRH and epithalami. Zinc may also be necessary to get the full effect of melatonin. Melatonin increased the weight of the thymus, increases the activity of the thymus cells, and antidotes EMF (electro magnetic field.) The CES device with melatonin is a good program. Some people may drink more because of the increase in serotonin on this program.

Melatonin has been shown to lower blood pressure, since it relaxes a person, therefore it may prevent the wearing out of other glands such as the pancreas. As a result, it slows down diabetes. One study shows that melatonin assists in glaucoma treatment, along with other nutrients such as magnesium, as well as chelation. This new study also shows that DHEA lowers eye pressure. Melatonin improves non REM sleep. It should be taken a half-hour before bed. Some people find it too sedating, therefore it should not be taken earlier. In summary, this book is a must read.

Eric Braverman, M.D.

Maximize Your Health-Span With Antioxidants. by *C. Borek, Ph.D.* Keats Publishing, Inc., 27 Pine Street (Box 876), New Canaan, CT. 06840-0876. Paperback, 128 pages, US \$4.95, 1995.

The discussion of the free radicals is followed by an examination of the many antioxidant defenses the body has. These include vitamins, mineral cofactors, bioflavonoids and other plant constituents. It describes how these antioxidants pro-

protect against free radical damage and lead to improved health. The five antioxidant steps needed to ensure good health are: (1) the use of plenty of vegetables and (2) fruits; (3) improved fitness; (4) supplements, and (5) the optimum quantity of supplements. Do not use the RDAs as a guide.
A. Hoffer, M.D. Ph.D.

Correction

The JOM 10/3&4 review of **Diet and Disease** by *E. Cheraskin*; **Dealing with Depression Naturally** by *S. Baumel*; **Solved, the Riddle of Illness** by *E. Langer & J. Scheer*; **AIDS and Chinese Medicine** by *Q. Zhang & H. Hsu*, and **The Yeast Connection and the Woman** by *W. Crook* omitted the publisher which is **Keats Publishing Inc.** 27 Pine St., New Canaan CT. 06849-0876. The Journal regrets the error.