



# Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

## Your Heart's #1 Ally

### Potent Antioxidant SLASHES Heart Failure Risk, DODGES Heart Attacks, and ERASES Cardiovascular Death

**Richard Gerhauser, M.D.**

*Editor, Natural Health Response*

We've made big strides against heart disease in recent years.

From 2009-2019, deaths from cardiovascular disease plummeted by nearly 10 percent. That represents thousands of saved lives.<sup>1</sup>

In some circles this drop was being called one of the **BIGGEST** public health achievements in US history.

*And then COVID-19 hit...*

A significant portion of those gains was snatched back by 2020, as cardiovascular deaths skyrocketed 4.1 percent.

It was proof positive that *you have to be proactive about your heart health.*

Fortunately, there are many ways to do that—and ALL of them have their place.

However, if you're looking for a

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- 6** Shocking Melanoma Risk Factors (Hint: It's NOT the Sun!)



Coenzyme Q10 (CoQ10) helps prevent cardiovascular disease while reducing certain risks in those who already have it.

“quick fix” that reduces your risk of a second heart attack, improves outcomes with heart failure, reduces blood pressure levels, and even reduces the side effects of statins – look no further than my #1 recommendation for heart health:

Coenzyme Q10 (CoQ10).

#### CoQ10: Your Heart's Warrior

When it comes to heart health supplements, it's hard to beat the benefits of coenzyme Q10.

CoQ10 is made in the human body and it's *also* plentiful in nature.

This natural antioxidant helps prevent cardiovascular disease while reducing certain risks in those who already have it.

In fact, one remarkable study found that when heart failure patients supplemented with CoQ10 it **slashed death risk by HALF** compared to the control group.<sup>2</sup>

These incredible results led researchers to call CoQ10 the “first new drug to improve heart failure mortality in over a decade.”

But this powerful supplement's benefits don't end there. Not by a long shot!

Taking CoQ10 right after a heart attack can **dramatically reduce** the

risk of having another heart attack over the next year (24.6 percent vs. 45 percent).<sup>3</sup>

And when you break down HOW CoQ10 works in the body, it's easy to see why it protects against heart disease.

These include...

- Lowering inflammatory bio-markers like C-reactive protein (CRP)
- Increasing HDL ("good") cholesterol
- Increasing ApoA1 levels (low levels of this protein increase the risk of heart disease)

Plus, CoQ10 reduces systolic blood pressure up to 17 mmHg and diastolic BP by 10 mmHg.<sup>4</sup>

That kind of drop is a BIG deal because **every 5-mmHg reduction in systolic BP reduces the risk of developing a cardiovascular event by 10 percent.**<sup>5</sup>

Now, if you're taking a statin drug to reduce your cholesterol you may have found yourself battling muscle aches and weakness. It's a common statin side effect that can be so severe that up to a quarter of statin users quit because as a result.

But CoQ10 can help with this, too.

When a group of statin users who were experiencing muscle symptoms

took CoQ10 twice a day for 30 days, an incredible 75 percent of them reported a significant drop in pain.

Whereas the placebo group saw zero improvements.

## Give Your Body A BIG Energy Boost

CoQ10 is found in every cell in your body, where it does the important job of converting food into energy.

It's no coincidence that the highest levels of the compound are found in the organs that have the greatest energy demands... your heart, brain, kidneys, lungs, and liver.<sup>6</sup>

## COVID-19 and Heart Health

Tragically the COVID-19 pandemic has had a terrible impact on heart disease, resulting in an increase in heart disease deaths.

There are likely numerous reasons for this.

For example, the pandemic response caused a delay in medical care for both routine visits and the evaluation of symptoms.

Some people may have delayed or avoided going to the emergency room altogether because of the fear of catching COVID.

The pandemic *also* sent stress levels soaring, which may have contributed to more heart attacks.

But COVID-19 **itself could also increase the risk of heart problems.**

In one study of veterans, those diagnosed with the COVID-19 virus experienced increased heart attacks compared to contemporary and historical controls.

And while no one in the mainstream likes to admit it, **the vaccines could also be to blame.**<sup>9</sup>

The vaccines have been shown to pose potential heart threats, including an increased risk of clotting and myocarditis.

In fact, as I type this article, the FDA has just issued a warning

that the Pfizer COVID-19 vaccine may increase the risk of blood clots.

This study included 23 million adults over the age of 65 who are vulnerable to COVID-19 infections and complications, such as residents of long-term care facilities.<sup>10</sup>

The researchers found that those who were vaccinated experienced increased rates of

- pulmonary embolism,
- acute myocardial infarction,
- disseminated intravascular coagulation, and
- immune thrombocytopenia.

As time goes on, we will get more evidence as to the cause of the increase in cardiovascular disease death rates.

In the meantime, if you're having symptoms that could be associated with cardiac ischemia, like chest pain, shortness of breath, fatigue, etc., see your doctor right away.

If you have risk factors for cardiovascular diseases—such as a strong family history, high blood pressure, diabetes, obesity, sedentary lifestyle, smoking, etc. —consider getting a preventative checkup.

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1-844-802-5375

or [Feedback@NaturalHealthResponse.com](mailto:Feedback@NaturalHealthResponse.com)

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CoQ10 helps turn the food you eat into energy your heart uses to function, thereby recharging your heart's energy system and allowing it to pump blood more efficiently.

It's also no coincidence that health conditions like heart disease, brain disorders, and diabetes are all linked to low levels of CoQ10.<sup>7</sup>

CoQ10 recharges your heart's energy system, allowing it to pump blood more efficiently.

Here's how it works.

Hundreds to thousands of tiny energy factories called **mitochondria** reside in your cardiac muscle and endothelial cells (found in heart blood vessels).

The mitochondria make this energy by grabbing electrons from the food you eat inducing an electric current via cytochrome proteins located inside the mitochondrial membrane.

CoQ10 accepts the electron from the cytochrome and ferries it on to the next stop on the electron transport chain.

This electron flow produces adenosine triphosphate (ATP), a significant energy source in the cell.

In other words, **CoQ10 helps turn the food you eat into energy your heart uses to function.**

This process produces two byproducts... carbon dioxide (which you breathe out) and deuterium-depleted water (Protium), which hydrates your mitochondria.

This last part of the mechanism is NOT taught in medical school. But

a significant portion of your energy requirement is based on charge separation in water in the cell.

**In fact, this may be an even greater source of energy than ATP,** according to esteemed researcher Gilbert Ling.

And finally, CoQ10 acts as a free radical scavenger inside the mitochondria. This is VITAL since mitochondria are the primary source of free radicals in the cell. And the oxidative stress caused by free radicals can lead to cardiomyopathy, heart attack, or cardiac dysfunction.<sup>8</sup>

## The 2 Greatest Threats to CoQ10

Here's the problem: **CoQ10 levels decline with age.**

Even worse, the very drugs the mainstream uses to *reduce* heart disease risk *threatens* CoQ10 levels: Statin drugs.

That's right... statins *reduce* CoQ10 levels, ultimately robbing your heart of a significant energy source.

The good news is that you can boost your body's CoQ10 levels with supplements.

Even better, it's PROVEN that **doing so can reduce the risk of cardiovascular events and death.**

A large clinical trial showed that when CoQ10 levels in the blood

were maintained at greater than 3.5 mcg/mL with higher dose supplementation, it improved the functional capacity in heart failure patients while reducing cardiovascular events and mortality.

Currently, CoQ10 isn't approved by the US Food and Drug Administration to treat any medical condition.

## How to Get the Most Out of Your CoQ10

1. **Take it with a meal.** Because CoQ10 is fat-soluble, your body will absorb it better with food.
2. **Take the ubiquinol (not the ubiquinone) form.** Ubiquinol is the active antioxidant form of CoQ10. Your body makes ubiquinol from ubiquinone. Taking ubiquinol itself skips the need for conversion.

Visit the website for a full reference list.

## The Circadian Fix

One key way to keep your heart healthy is by fixing your **circadian rhythm.**

A healthy heart requires healthy blood vessels and the sun provides numerous blood vessel benefits.

For example, the stimulus of sunlight in the eyes produces a circadian protein called **Period2** (PER2), a critical gene that strengthens blood vessels.

PER2 is subsequently **blocked** by artificial light in the eyes after sunset.

Getting sun later in the day improves cardiac vessel function by exposing the skin to ultraviolet light.

Ultraviolet light stimulates the release of nitric oxide (NO) which relaxes your blood vessels and improves endothelial function. Plus, NO acts as an antioxidant to improve endothelial function.

The sun's red, infrared, and ultraviolet frequencies also increase the electric charge in your cells, which gives your heart an extra energy boost.

# This Ancient Therapy Tackles Anxiety, Stress, Pain, and More

## The Science of Sound

During this past year, I've been on the hunt for a solution to help my wife, who suffers from severe side effects from the COVID-19 vaccine.

We've *already* been down seemingly every road. But issues like immune dysfunction, neurological symptoms, and elevated inflammatory markers continue to plague her, sending her to the emergency department time and time again.

My research led me to an ancient healing technique that has reportedly been used for more than 40,000 years: **Sound therapy**.

*Using SOUNDS to HEAL?* I'll admit, it could sound a little cocoo at first.

But stick with me. Because this ancient therapy has made major inroads into modern medicine.

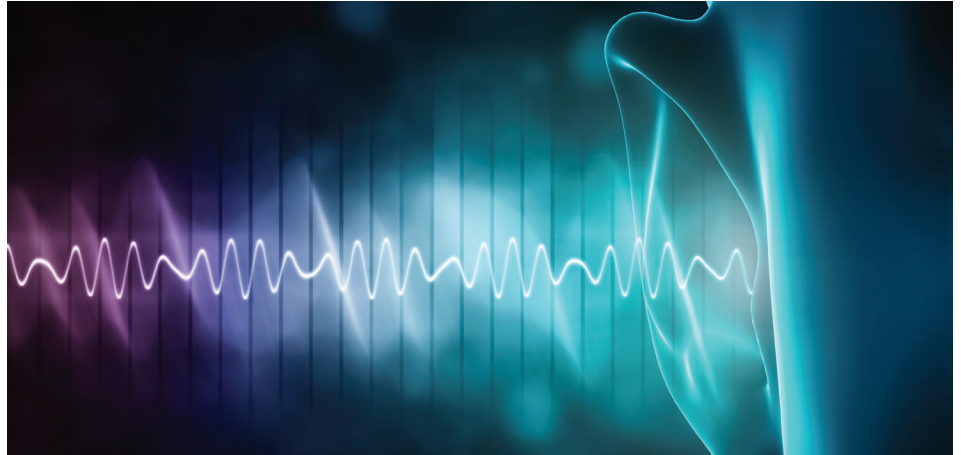
### “Hear” Your Way Back to Good Health

Research has proven the healing benefits of **sound waves** for conditions like anxiety, depression, stress, and hypertension, as well as pain, sleep, asthma, and more.

In truth, sound therapy is about as ancient as it gets.

Civilizations like the Egyptians, Chinese Taoists, Australian aborigines, and Native Americans utilized sound vibrations from instruments like gongs, singing bowls, tuning forks, and the didgeridoo in healing practices.

They didn't need clinical testing to determine if something worked or not. Thousands of years of practice, experience, and real-world **results** told them all they needed to know.



Research has proven the healing benefits of sound waves for conditions like anxiety, depression, stress, and hypertension, as well as pain, sleep, asthma, and more.

Of course, in modern society, our standards are different (although not necessarily better). We look for studies to show efficacy.

Fortunately, *sound therapy has plenty of those as well.*

One review of **400 published studies** on using *music as medicine* found that it can improve mood, reduce stress, and relieve pain.<sup>1</sup>

In one study, live harp music was played for patients in the intensive care unit for **10 minutes** before or after surgery.<sup>2</sup> Compared to the control group (no music), those who listened to the music intervention reported a **27 percent average decrease in PAIN**.

Another study showed that it only took **ONE hour-long** sound meditation session to measurably improve tension, anxiety, fatigue, anger, and depression.<sup>3</sup>

*Infrasound* therapy **helps bones heal faster** and has been shown to inhibit glioma tumor cell proliferation.

And sound resonance therapy is a highly effective treatment for **fibromyalgia**, a condition that continues

to baffle the medical community with no real drug treatments.<sup>4</sup>

### Harness the Science of Sound

How could music have such a wide range of effects on the body?

It's all about sound waves.

I've been intrigued for a long time by how vital **light waves** are in life. They carry information and energy, and each cell actually emits *light*.

But each cell *also* emits its own **sound vibration** that carries information and energy.

Sound travels in **faraday acoustic waves**, discovered by the famous physicist Michael Faraday back in the 1800s.

In more recent years, faraday wave-based techniques have enabled the development of modern photon lasers, quantum computers, and advanced vibration sensors.

So, while using sound waves to heal might be ancient, *it's also as high-tech as it gets.*

On a **biological** level, we also know that faraday waves organize living cells in a process called *morphogenesis*, which causes a cell, tissue, or organism to develop its shape.

In other words, **sound** is instrumental in the development of *life itself*.

(Remarkable!)

Modern *medicine* employs devices that harness the power of sound as well.

The most well-known use of soundwaves in modern medicine is **ultrasound**. High-frequency sounds that humans can't hear are bounced off objects to create images on a computer.

These sound waves are *also* powerful enough to break up kidney and gallbladder stones, shrink tumors, and even *accelerate the healing* of injuries.

## Sound Waves Reveal HIDDEN Patterns

It's clear that sound waves exist in your body. But we **ALSO** know that these waves are directly connected to your health because **their frequencies change based on the health of the tissues or cells**.

For example, a researcher named Doug Wallace discovered that healthy mitochondria resonate a sound frequency at 100 HZ. (I'm convinced Wallace will win a Nobel Prize for his mitochondria research one day.)

Believe it or not, you can study these waves to actually **SEE** if a cell is healthy.

I'll need to give you a little background, to understand this phenomenon better.

Back in the 1700s it was discovered that when a violin bow was drawn across a metal plate covered with sand *precise geometric patterns* would appear in the sand.

Later, a sound researcher named John Stuart Reid found that sound waves produce a physical geometric pattern in water too.

So it's hardly surprising that since your body is 60 percent water, *these same vibrational patterns also occur in your body*.

You can actually **SEE** these vibrations with a device Reid developed called the **Cymascope**. It takes sound waves and converts them into a geometric picture on a monitor.

The device turns your body's **SOUND** waves into **VISUAL** patterns that reveal health and disease.

A study looked at the sound patterns of a *healthy* cell compared to a *cancer* cell on the Cymascope. The healthy cell showed a beautiful **symmetric pattern** like a flower or snowflake, whereas the cancer cell had an **asymmetric and disorganized pattern**.

That's because healthy tissue has its own particular *resonance*, which is the frequency of vibration that's natural to each specific organ.

## Cymatherapy: Turning Sound into Medicine

The idea behind **sound therapy** is that it helps restore symmetry (the visual term)—or resonance (the auditory term) to your cells.

The technical term for sound therapy is *cymatics*. "Cyma" comes from the Greek root *Kyma* meaning a wave.

The pioneer of cymatics was a British osteopathic physician named Peter Guy Manners.

He studied using acoustic waves for healing patients in his medical practice. After many years of research, Dr. Manners and other collaborators had developed hundreds of **vibrational codes**, which are frequencies of sound matched

to various organs and tissues in the body.

In a video interview from 1986, Dr. Manners explains that weak sound vibrations emanate from tissues in the body. When there's a health issue, **balance can be restored** by transplanting a synthetic *correcting frequency* of sound back into the tissues to help promote healing.

Manners identified 750 different vibrational codes associated with healthy tissues and organs. These frequencies help normalize imbalances and **help restore the cell's frequency to its natural resonance**.

This practical application of using sound frequencies for healing became known as **cymatherapy**.

I have an affinity and great respect for researchers like Manners—people who work tirelessly out of **scientific curiosity** and **benefit to humanity** versus researchers funded by corporate interests who often bend the findings to suit the company goals.

## Innovative Technology in Your Own Home

Dr. Manners retired from the practice of medicine in 2001 at the age of 101. A photo of him at that time shows that he looked at least 30 years younger than his true age, and you can't help but wonder if this was the result of his cymatherapy discoveries.

Dr. Manners passed on the vibrational codes he discovered over decades of research to a woman in the United States who studied with him at his clinic, Madara Cromwell.

Cromwell went on to invent the **AMI (Acoustic Meridian Intelligence) 750**, a device that utilizes the 750 codes to restore resonance to various cellular systems.

In fact, in 2013, this device was nominated for the **Thomas Edison Award for Innovation in the fields of Science and Medicine**.

Since then, additional codes have been developed for various conditions, and the latest product is the AMI 850.

And this brings me back to my journey to help my wife. I've personally invested in the AMI 850—not a small commitment, at \$6,000.

But based on my research, I believe it has more potential to help her than spending tens of thousands on mainstream specialists with nothing to offer except more expensive tests.

Part of the cost of the machine is a consultation, which includes guid-

ance on which of the 20 different protocols programmed into the device would be advised for your specific health concerns.

The machine is currently on back-order, but I will update you on our experiences as I find out more.

You can get more information about these devices at their website [www.cymatechnologies.com](http://www.cymatechnologies.com).

This product is FDA approved as a nonprescription massager to be used for pain, stress relief, and relaxation.

*Visit the website for a full reference list.*

## Additional Resources

If you want to learn more about the science of sound therapy, check out Hans Jenny's book, *Cymatics: A Study of Wave Phenomena*.

It's available at:

[www.cymaticsource.com](http://www.cymaticsource.com).

Additionally, you can watch the 1986 interview of Dr. Peter Manners here:

<https://www.youtube.com/watch?v=j9nawmvs9qQ>.

# Shocking Melanoma Risk Factors (Hint: It's NOT the Sun!)

## The Keys for Prevention and Early Detection REVEALED

My younger brother Mark and I enjoyed hunting together when we were younger.

I've always been in great physical shape, but Mark always managed to outdo me. As we'd trek through the forest, it wouldn't be long before I struggled to keep up with him—and then noticed he was already three ridges ahead of me.

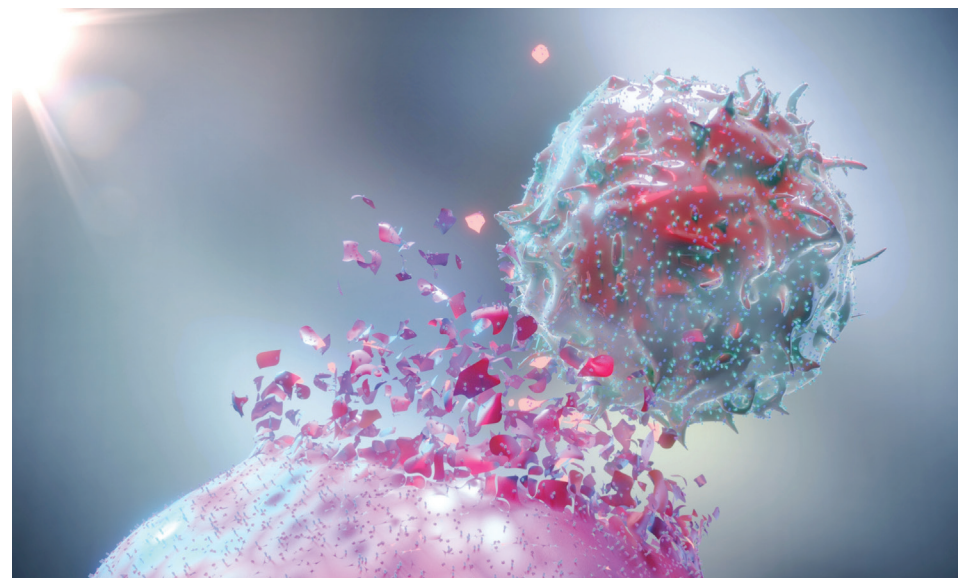
This past Thanksgiving holiday, I visited him in the panhandle of Idaho, where we hunted for wild turkeys for our Thanksgiving feast, just like in the good ol' days of our youth.

But this year was different.

Instead of struggling to keep up with him I scrambled up the mountain alone, while Mark was so fatigued that he had to wait by the car.

That's because, this year, Mark is battling cancer.

In addition to the toll the cancer is taking on his body, the side effects



Cancer is now the second leading cause of death as of 2020, causing about one in every six.

of the drugs have left him exhausted, pallid, and gaunt.

Mark's experience has kept **melanoma** at the forefront of my mind this past year as I've tried to help him wade through mainstream medicine's process and treatment options.

What's become clear to me—and that I want to share with you

today—is that the mainstream has it ALL WRONG when it comes to melanoma.

I'll share with you the REAL cause of this deadly disease—and the key steps you can take to ensure you don't end up fighting for your life, like my brother.

## The REAL Reason Melanoma Is on the Rise

Cancer is now the **second leading cause of death** as of 2020, causing about one in every six.<sup>1</sup> In my immediate family, the statistics are panning out.

My father died from kidney cancer (or its treatment) at the young age of 59. Our latest blow has been my brother's metastatic melanoma diagnosis.

Metastatic melanoma means that what started as localized skin cancer has spread to other parts of the body.

I don't believe it's a coincidence that the area of the country in which Mark lives—Sandpoint, Idaho, almost as far north in the US as you can get—is a hotbed for melanoma.

In fact, the Idaho Panhandle has the distinction of having the **highest per capita melanoma deaths**, according to a study of the 2001-2005 period.<sup>2</sup>

Maps of melanoma incidence show that the highest rates occur in states like Washington, Oregon, Idaho, Montana, New Hampshire, Vermont, Connecticut, and Delaware.

The states with the lowest rates?

Warmer, sunnier states like Texas and Louisiana.

While the mainstream points an accusing finger at the sun as the cause of melanoma, these statistics paint a much different picture.

In fact, I believe these exaggerated numbers show that melanoma incidence is directly related to the **LACK of sunlight**.

The high latitude, heavy cloud cover, indoor living, and colder climates (causing people to cover up their skin with coats, hats, and gloves) set up a perfect storm for cancer.

## Is this BAD Advice Causing Skin Cancer?

The CDC (Centers for Disease Control and Prevention) states that melanoma is caused by ultraviolet light.

With this in mind, the sun might be a convenient scapegoat for the cause of skin cancer, but the numbers just don't add up.

Take a look:

- 75 percent of cancers occur on areas of the body that are rarely exposed to sunlight.<sup>3</sup>
- While sun exposure has decreased by 90 percent since 1935 (due to our indoor lifestyle), melanoma has increased by **3,000 percent!**<sup>4</sup>
- Outdoor workers have **HALF** the incidence of melanoma as indoor workers.<sup>5</sup>
- As the use of “protective” sunscreen has increased—so has the incidence of melanoma.

The CDC's advice for prevention includes avoiding the sun and tanning beds, and wearing sunscreen.

This isn't just BAD advice—it's **DANGEROUS**.

Most of the population has been taking these recommendations to heart—and I believe this is exactly why skin cancer has exploded in recent years.

Think about it. Because of our escalating indoor lifestyle (starting with the invention of the electric light bulb)—and the addition of sunscreen, hats, and sunglasses—we've *slashed* ultraviolet light exposure in recent years.

Yet between 1988 and 2019, melanoma rates **DOUBLED**.

And it *continues to increase* at about **3 percent a year**.

This does **NOT** fit the CDC narrative.

In addition, research shows that there is an inverse association between sun exposure and melanoma. In other words, **LESS exposure equals MORE melanoma**.

## How the Sun Protects You from Itself

The sun contains multiple protective factors that shield your skin from any damage caused by UV light.

There are different frequencies of light at various times of the day:

- Blue, red, and infrared are abundant at dawn.
- UVA light begins later in the morning.
- UVB light occurs in the mid-day if the latitude is correct.

**All of the frequencies are important for optimal health—including cancer prevention.**

The blue, red, and infrared frequencies present at dawn set your circadian rhythm, which, when broken, is believed to play a leading role in the development of cancer.

Ultraviolet A frequencies, which come out later in the morning, release nitric oxide to relax arterioles that bring blood to the surface of our skin.

The blood absorbs these light frequencies, which increases melatonin, dopamine, melanocyte-stimulating hormone (MSH), endorphins, and many others.

Ultraviolet B light, which is present mid-day, activates the conversion of cholesterol into vitamin D.

One consistent finding with low sun exposure is low vitamin D levels. And lack of vitamin D has been correlated to many types of cancer... *including melanoma*.<sup>6</sup>

The bottom line is that for optimal health—including cancer prevention—it is critical to get sun exposure throughout the day.



Ultraviolet B light, which is present mid-day, activates the conversion of cholesterol into vitamin D. A lack of vitamin D has been correlated to many types of cancer... including melanoma.

You *increase* your risk of sun damage if you're out in the sun at midday but miss the morning light.

I believe, in fact, that THIS is why many studies show that sun exposure can be harmful. Your body was never meant to get isolated bouts of sun.

## The ABCs of Melanoma

When it comes to any cancer, early detection is best—but this is especially true with melanoma.

**When caught early, the 5-year survival rate is 99 percent.**

If the cancer has already spread to nearby lymph nodes, the 5-year survival drops to 66 percent.

And if it has spread to distant sites (stage 4), the 5-year survival rate plummets to 27 percent.<sup>7</sup>

Finding melanoma early often leads to complete recovery because your cured once the lesion is removed.

The older you get, the more you need to pay attention to any new or changing growths on your skin. After all, two-thirds of melanoma are diagnosed after the age of 55.

In addition, the strongest risk factor for melanomas of the trunk and limbs is the presence of moles. Having more than 10 on the arm increases the risk of melanomas by **42 times**.<sup>8</sup>

The mnemonic to remember for uncovering a melanoma is ABCDE:

- A is for **asymmetric**. If you divide the lesion in half, the two halves won't match up in size and shape.
- B is for **border**. Melanomas often have an irregular border.
- C is for **color**. Melanomas are often more than one color.
- D is for **diameter**. Notice if it's getting larger.
- E is for **evolving**. Be aware of changes like itching, oozing, bleeding, or ulceration.

If you find a suspicious lesion, visit a dermatologist to have it biopsied or removed.

I recommend giving yourself a once-over at least once a month. Better yet, have your significant other do it.

*Visit the website for a full reference list.*

## The Truth about Mainstream Cancer Treatments

I've always been skeptical about the motivation behind mainstream cancer therapies.

I'm not knocking individual practitioners, but in a system based on profit, the patient often gets the short end of the stick.

In my opinion, drug companies are the worst offenders, as even drugs with little benefit are approved with the incestual relationship between the pharmaceutical companies and the FDA.

An off-patent drug or natural remedy is rarely advised because of how the system operates. The incentive for Big Pharma is to develop something new that can be *patented* and then get insurance to pay for it.

I can tell you that nothing was offered to my brother that was inexpensive (besides the misguided advice to avoid ultraviolet light).

Besides his surgery, the new immunotherapy drugs they have him taking cost thousands of dollars per dose. This is despite the fact that they often don't work and can cause severe side effects—including death.

These drugs work by disabling a natural cellular mechanism to mitigate the innate immune system's response thereby unlocking T cells to attack the cancer.

Unfortunately, there's usually collateral damage when this happens as the T cells can also attack parts of your body that are *not* the cancer.

I thank God that Mark is still alive, but he is suffering dearly from the drug's side effects.

Although from his doctor's point of view, "How can you complain... You're still alive."

It's hard to argue with that.

Is the drug saving him? I pray it does, but I can't help being influenced by my skepticism of a medical system that has lost its integrity.