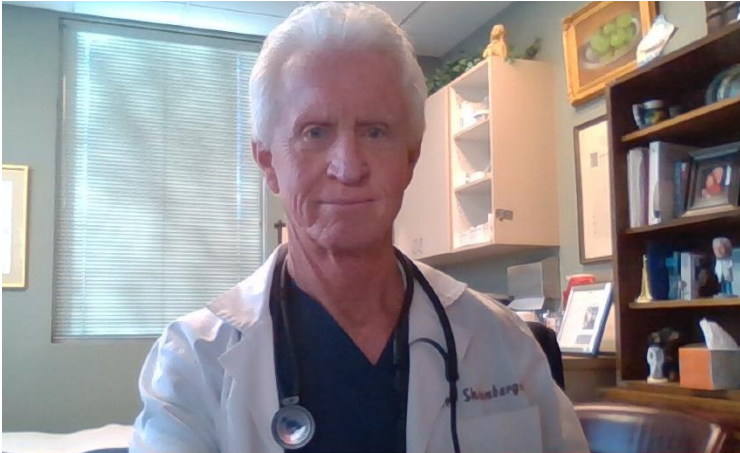


HEALTH BENEFITS OF MELATONIN



Frank Shallenberger, M.D.



This flyer is a summary of episode 58 of the Vibrant You Health Show. In this episode, Blake interviews Dr. Frank Shallenberger, M.D., HMD, ABAAM, about the many health benefits of melatonin and how he uses high doses in his practice. Dr. Shallenberger is a Family Medicine Doctor at the Nevada Center for Alternative & Antiaging Medicine, Carson City, NV. He has been a pioneer in alternative/integrative medicine since 1978 and is one of only 16 physicians in Nevada licensed both in conventional and naturopathic medicine. You can find Dr. Shallenberger at <https://antiagingmedicine.com/>. You can watch all episodes of the Vibrant You Health Show at www.naturespantry.life. You can find the high-quality melatonin supplements at Nature's Pantry in La Grande and on our website.

MELATONIN FACTS

NOTE: Much of the groundbreaking research we have today on melatonin can be credited to the work of Dr. Russel Reiter Ph.D. who did hundreds of studies with melatonin. – Russel Reiter, Ph.D, is globally recognized as the leading expert on melatonin and spent over 60 years establishing melatonin as a critical biomolecule for human health.

- Melatonin protects against cancer, cardiovascular disease, osteoporosis and more.
- Melatonin has potential in mitigating neurodegenerative diseases like Alzheimer's and Parkinson's.
- Melatonin is the most potent antioxidant – ten times more effective at neutralizing free radical than Vit C & E.
- Melatonin is essential for stabilizing mitochondrial function and protecting mitochondria from oxidative damage.
- Melatonin protects DNA from damage from radiation and toxins better than any other known substance.
- Melatonin acts as a master regulator of the immune system stimulating T-Helper cells and increasing Natural Killer cell activity by as much as 240%—to better fight viruses and cancer.
- Melatonin could be used to reduce the toxicity of certain drugs, help manage "cytokine storms" in severe infections (like COVID-19), and potentially slow the progression of age-related diseases.
- Many believe that the body only makes small amounts (1-2 mg) of melatonin in brain by the pineal gland, but new research is indicating the gut makes large amounts of melatonin (to the tune of 400 mg per day).

HOW MUCH DOES DR. SHALLENBERGER TAKE?

- Dr. Shallenberger takes 200 mg per day, which is the dose Dr. Reiter took as well.
- A good dose for prevention is 1 mg per lb, so 150 lb person would take 150 mg per day.
- Kids do very well with large doses of melatonin and it can be very helpful for ADHD, insomnia, cold & flu prevention.
- Prevention: 180 mg about 30 minutes before bedtime. Treatment: 60 mg 3-6x/day.
- Melatonin protects from ionizing radiation. Take 300 mg melatonin & 450 mg tocotrienol 2 hours before CT scan.
- **MELATONIN TEA** – (for advanced cancer cases) 1 quart deuterium depleted water. Make green tea with the water. Add sodium ascorbate powder (amount varies case to case – start with 4,000 mg). Add 1,000 mg melatonin (people seem to tolerate very large doses when added to water and sipped on all day). *Optionally add curcumin.*

SIDE EFFECTS?

- Hundreds of studies show high-dose melatonin has profound health benefits with virtually no negative effects.
- Dr. Shallenberger (Dr. S) says that only about 5% of his patients have side effects to melatonin (sleep disturbance, grogginess, crazy dreams).
- Melatonin does not cause sleepiness in daytime. Melatonin helps our body respond to darkness appropriately so that when it gets dark, we will sleep. It is not soporific.
- Exposure to any type of light (except for red light) immediately halts the production of melatonin by the pineal gland. This is why sleeping in a completely dark room is so important.
- Dr. Shallenberger believes that the advent of the light bulb has possibly contributed to the increase of certain diseases that were not recorded before 1920.
- Studies on mice show that even at astronomical doses of 300 mg per day for two years, there were no side effects.
- Melatonin is safe even in very high doses. Exogenous melatonin does not alter the levels of any other hormones. There are zero contraindications and there is no negative feedback inhibition.

DR. SHALLENBERGER'S THOUGHTS ON HIGH-DOSE SYNTHETIC MELATONIN & HIGH-DOSE SYNTHETIC VITAMIN C

Dr. S says, "You might not know it, but you're in a battle. This environment . . . is a hostile environment to your body . . . You are inhaling lead. You're inhaling microplastics. You're inhaling cadmium. You're eating mercury. You're eating pesticides . . . you can't get away from this stuff. It's like we got an enemy out there constantly attacking us . . . so we have to defend ourselves and that's when you start doing things that are maybe not as natural as you'd like them to be. Dr. S says that the two of the easiest and best ways to build our defenses is to: 1. Keep really good levels of Vitamin C all day long, and 2. take high dose Melatonin. "By some people's standards that's not natural, but I'm in a battle and I want to defend myself."

NOTE: The vast majority of all melatonin in supplement form is synthetic (made in a lab). Lab-made melatonin is molecularly identical to the natural form. The most widely available and affordable form of Vitamin C is the synthetic forms like ascorbic acid and sodium ascorbate. Food-sourced Vitamin C is prohibitively expensive for high doses. Most of the incredible therapeutic results that orthomolecular physicians have documented over the last 100 years has been with large doses of synthetic Vit C.

MELATONIN & CANCER

Melatonin activates anti-neoplastic immune reactivity, which is the body's ability to identify and destroy tumor cells. Melatonin has direct anticancer action and has oncostatic (reduces or halts cancer growth) properties in a wide variety of tumors. Melatonin has been shown to be good for estrogen driven cancers (like breast and prostate) because it helps with the regulation of estrogen receptor expression and transactivation. The ability of melatonin to inhibit gastrointestinal cancer is substantial. Melatonin exhibits numerous mechanisms which interfere with metastases. Melatonin has been shown to not only protect against chemo/radiation damage, but it also has been shown to have a synergistic effect when administered in combination with chemotherapy. Melatonin has anti-angiogenesis (inhibit the growth of new blood cells) properties.

DR. Shallenberger VIDEO LECTURE: High Dose Melatonin Therapy: An Ideal Adjuvant Anti-Cancer Therapy

https://youtu.be/_umgN-OFqzc?si=Xgu2q4Na6EdrTA0z

This lecture was recorded live at the October 2018 IVC and Chronic Illness Symposium hosted by the Riordan Clinic.

INSULIN, GLUCOSE & CANCER

Cancer cells are not like normal cells. Normal cells can run on glucose and fat. Cancer cells can only run on glucose. The nature of cancer cells is they have to grow and need a lot more energy than a normal cell. Cancer cells have no growth restraints like normal cells do. The glucose requirements to fuel cancer cell growth is higher than a normal cell. Insulin is the hormone that drives glucose into the cell, and therefore cancer loves insulin. Insulin to cancer is like gasoline to fire. Cancer cells want glucose so bad that they even will make their own insulin in order to get more glucose in. They will also upregulate their insulin receptors so they can better use up the insulin produced by the pancreas.

CANCER CELL LIFECYCLE

A cancer cell's life cycle includes phases just like normal cells. A cancer cell is born from another cancer cell and then it goes through a life cycle and at the end of the life cycle, it splits apart and makes a new cell. In this life cycle, cancer cells go through two resting periods. During these resting periods, cancer cells are metabolically inert or hibernating. In other words, it's not sucking up glucose much. It's just sitting there until the active growth phase. Interestingly, fast growing cancers are more susceptible to chemo than slow growing cancers. So, if you are told you have a slow growing cancer, that's good news, but also keep in mind that chemo is not going to work as good on that cancer. On the other hand, if you have a fast-growing cancer, it's going to be more susceptible to chemo.

CANCER PROTOCOL

Dr. Shallenberger exploits growing cancer's vulnerability to chemo and here's how he does it:

Step 1 – Large dose of melatonin which has numerous anti-cancer actions.

Step 2 – Inject insulin which will turn the cancer cell on to its active and vulnerable phase.

Step 3 – Low dose chemo and glucose together – cancer cells readily take in the chemo w/ the glucose.

Step 4 – Ozone chelation immediately after to pull out chemo to lessen damage on the body.

This method makes the cancer cells more vulnerable to chemo and gets more chemo into the cancer cell, and because of this Dr. Shallenberger is able to get the same cancer kill rate with an eight or even a tenth as much chemo which is critical because now he's not poisoning all the healthy cells. This method also makes cancer more vulnerable to the anti-cancer effects of melatonin. Ozone has it's own remarkable properties. Ozone accentuates the effects of chemo on a cancer cell, and at the same time, it decreases the negative effects of chemo on healthy cells.

DON'T GET INTO A FEAR STATE

- Dr. S says, "If and when you ever find out you have cancer, unless it's some type of real big emergency, which it almost never is, don't do anything (don't make big treatment decisions yet). Do your due diligence, talk to the oncologist, talk to the surgeon, or whatever, but don't do anything until you either call me or you call somebody like me who knows how to give you some advice. We can do a zoom, we can do a telephone call, and I can tell you what your options are."
- Many of us have or will have cancer in our bodies and never know it because it will never get too big or cause symptoms. Autopsy studies reveal that many people die (from non-cancer related causes) with cancer present in their bodies. Some cancers are found accidentally or through routine (fear-based) screenings. It's subjective and debatable whether people would be better off never finding cancer, because once found, they spiral downward into fear, stress & toxic treatments.
- Dr. S says that cancer really only becomes a problem when you have symptoms or when it won't stop growing. People don't die from a tumor, they die because it won't stop growing and taking up all the body's resources.
- Dr. S encourages his patients to take an active and positive mindset toward their treatment. We can change the environment in your body that is enabling cancer to grow. The environment is the key and we can to some extent control the environment that the cancer is living in. When scientists put cancer cells in a petri dish, they have to get the environment very specifically right to get the cancer to grow. Cancer cell's are much more particular about needing the right environment to thrive and survive than regular cells. So, if you can change the environment, you can stop the cancer from growing. And how do we change the environment? It's all the things we already know. We improve our hydration, nutrition, sleep, stress, exercise, and so much more.