

Covid...

Ever-changing variants, but an unchanging recommendation.

Please review my prior POA monthly article starting in the spring of 2021 for background.

As the last two years have unfolded, so have the variants of this virus. Although symptoms of infection lessened, their occurrence (and reoccurrence) have increased. We have grown tired of the tell-tale indentations within our face and neck that masking leaves, as well as the unavoidable changes in recommendations: this is an evolving process. Further, the "long-haul Covid syndrome" is a kick in the pants, making initial symptoms an introduction for its long term effect.

Alpha lipoic acid (ALA) has been medically researched for four decades, as a tour of the NIH's "PUBMED" website will document. Because the aging process is one of inflammation, each organ of our body demonstrates its own unique symptoms. The goal of treatment seeks to diminish, if not stop, inflammation. And that is exactly what ALA does!

The production of L-glutathione, a protein originating in the liver, is stimulated by ALA. Amazingly, L-glutathione is key to regulating a healthy immune response. An ALA supplement drives the production of this natural protein for pennies a day, restoring balance most haven't enjoyed since our early 20s. Thus we minimize the harmful "cytokine storm" this virus is known to produce.

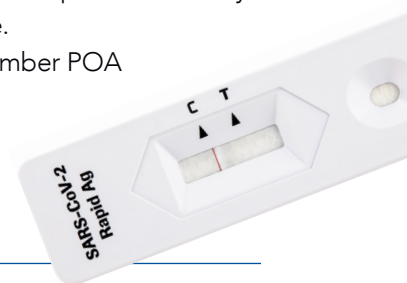
ALA can irritate the bowels in a small number of people. In order to avoid adverse reaction, take with food or utilize R-alpha lipoic acid as a substitute. The normal total daily dose

is 600 mg, divided into two or three separate doses. And for those on thyroid replacement, monitor your blood tests that may indicate a need for thyroid dose adjustment. You are encouraged to consult with your primary care provider for their professional advice.

Why would cancer physicians be advising you about viruses. We are doctors first, and we treat you as a total person: not a part of the body. Walk into our office: you will sense the difference.

I look forward to seeing everyone at the September POA meeting, detailed in next month's bulletin.

Norman H. Anderson, MD
CEO, Robert Boissoneault Oncology Institute



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