

# SAFE HEALTH *REPORT*

Scientific Data ... Informed Choice ... Actionable

June 2023

Official Newsletter for MrGineaPig

Issue 11

Please repeat once before proceeding: **He Can Do It, She Can Do It, I Can Do It!**

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## In Search of Best Diet: Part 5

### Your Ticket to Exuberant Health for the next 5 years

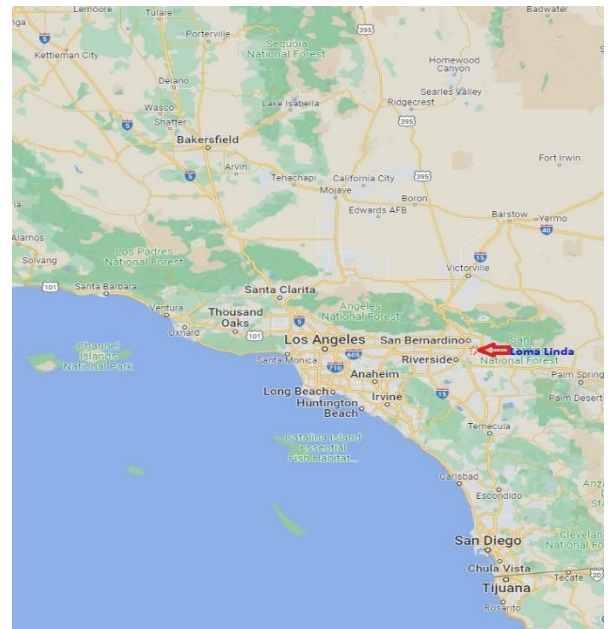
Loma Linda is a small town in California founded by Shakers, a religious group, during the 19th century and is located in the foothills of the Sierra Nevada Mountain range. The area is known for its agricultural bounty, and the residents of Loma Linda have been eating a traditional Blue Zone diet for generations. The Blue Zone diet is characterized by its reliance on whole, unprocessed foods that are locally sourced and sustainably grown.

The residents of Loma Linda have always had a strong connection to the land and the food they eat. Each household has their



**Ike Kim,  
Editor**

own garden, and they grow a variety of vegetables, fruits, nuts, and grains. The majority of the food they eat is organic and unprocessed, with minimal use of preservatives and additives. Loma Lindans also eat a variety of locally-



caught seafood. In addition to the fresh, unprocessed foods, the people of Loma

Loma Linda also eat a variety of traditional dishes that are made from beans, rice, and vegetables. These dishes are often cooked in olive oil, which is a traditional Mediterranean ingredient. The people of Loma Linda also enjoy a variety of fermented foods such as yogurt, kefir, and kombucha.



The Blue Zone diet also emphasizes moderate portions, and the people of Loma Linda tend to eat several small meals throughout the day, rather than three large ones. They also practice mindful eating and pay attention to their body's cues to help them determine when they are full or when they need to eat more.

The people of Loma Linda have been eating a Blue Zone diet for generations, and the diet has been proven to be beneficial for their overall health and wellbeing. The diet is high in fiber, vitamins, and minerals, and it helps to keep the people of Loma Linda healthy and energized. The diet is also low in saturated fat, sodium, and processed sugars, which helps to reduce the risk of chronic diseases.

The Blue Zone diet has been embraced by the people of Loma Linda, and it has become a way of life. By eating a variety of whole, unprocessed foods and practicing mindful eating, the people of Loma Linda have been able to maintain their health and vitality for generations.

### Overview of Loma Linda Diet

Loma Linda, California is known for its healthy and balanced diet, which is based on plant-based foods, such as fruits, vegetables, legumes, and grains. The Loma Linda diet is a great way to get all the necessary nutrients for a healthy lifestyle. The Loma Linda diet consists of a variety of plant-based foods, including:

- Fruits: Apples, oranges, bananas, grapes, peaches, and other seasonal fruits.
- Vegetables: Carrots, broccoli, cabbage, spinach, tomatoes, peppers, and other vegetables.
- Legumes: Beans, lentils, peas, and other legumes.
- Grains: Oats, barley, rye, wheat, and other grains.
- Cheese: Sheep and goat cheese.
- Nuts and seeds: Almonds, walnuts, sesame seeds, and other nuts and seeds.
- Herbs and spices: Parsley, oregano, basil, cumin, and other herbs and spices.
- Oils: Olive oil, canola oil, sunflower oil, and other oils.

- Sweeteners: Honey, maple syrup, and other natural sweeteners.
- Beverages: Water, herbal teas, and other non-caloric beverages.

The Loma Linda diet also includes some animal-based products, such as eggs, fish, and dairy products (such as cheese). However, these should be consumed in moderation. In order to prepare a meal following the Loma Linda diet, one should begin by selecting a variety of plant-based ingredients, such as fruits, vegetables, legumes, grains, nuts, seeds, and herbs and spices. The next step is to choose an oil and a sweetener. After the ingredients have been selected, one can create a dish such as a salad, soup, stir-fry, grain bowl, or vegetable stew. For example, a vegetable stew may include carrots, potatoes, onions, garlic, tomatoes, parsley, oregano, olive oil, and salt. One can also make a delicious ravioli dish with whole wheat, spinach, ricotta cheese, and herbs. Finally, one can enjoy the meal with a glass of herbal tea or other non-caloric beverage. The Loma Linda diet is a great way to get all the necessary nutrients for a healthy lifestyle. By incorporating a variety of plant-based foods, such as fruits, vegetables, legumes, grains, nuts, seeds, herbs and spices, oils, and sweeteners, one can create delicious and nutritious meals that are sure to please.

#### **Actionable Recommendation:**

- ✓ **Just as in the four previous blue zone diets, Loma Linda diet is energy-dense with whole grains, legumes, nuts, cheese, and olive oil.**
- ✓ **Make either breakfast or lunch the biggest meal of the day.**

- ✓ **Eat light snacks or salads for dinner.**

#### **Review: Epigenome and Dietary Factors**

According to the National Human Genome Project, the epigenome refers to all the chemical modifications that occur on DNA and histones that regulate gene expression without changing the DNA sequence. These compounds play a role in determining which genes are active in a specific cell. The epigenome can be inherited or altered by environmental factors. In addition, different cells have varying epigenetic marks. For instance, a blood cell's DNA will have different marks than a brain cell's. The collection of epigenomic modifications on a blood cell's DNA should be more similar to other blood cell DNA marks than to those on brain cell DNA. In summary, the epigenome regulates gene expression, development, and tissue differentiation while also suppressing transposable elements. Unlike the underlying genome, which remains mostly static, the epigenome can be dynamically altered by exposure to toxins in the intestines and bronchi.

DNA methylation is one of the epigenetic mechanisms regulating gene expression. DNA methylation involves the transfer of a methyl group onto the C5 position of the cytosine to form 5-methylcytosine. This process regulates gene expression by recruiting proteins involved in gene repression or by inhibiting the binding of transcription factor(s) to DNA. DNA methylation is one of the most studied epigenetic modifications and is known to play a crucial role in various biological

processes such as embryonic development, X-chromosome inactivation, genomic imprinting, and carcinogenesis.

Indeed, patterns of DNA methylation of the young mice is compared with that of old mice in age reversal studies. In age reversal studies, Yamanaka factors, named after Shinya Yamanaka, who had discovered a cocktail of proteins decades earlier that can reprogram adult skin cells into pluripotent stem cells capable of developing into any cell in the body, is inserted into old mice. This procedure modestly extends their life span. Specifically, three Yamanaka factors collectively known as OSK appear to restore part of the animals' epigenome and the pattern of DNA methylation to that of younger mice.

Further DNA methylation has been implicated as an underlying mechanism that may account for the effect of dietary factors on the development and prevention of CVD. Again, DNA methylation is an epigenetic process that provides chemical marks in the genome by which genes are set to be activated or silenced. A study found that omega-3 polyunsaturated fatty acids supplementation caused differential DNA methylation of 308 CpGs, which could be linked to 16 pathways related to cardiovascular disease (CVD) including inflammatory response and lipid metabolism. Another study found that DNA methylation modules are associated with incident cardiovascular disease. Studies in animals and humans suggest that diet-induced DNA methylation changes are likely to contribute to CVD.

### **Take Home Lesson:**

- ✓ **An epigenome is what determines the health of individual cells by activating or silencing a set of specific genes.**
- ✓ **Dietary factors may influence epigenetic changes.**

### **Safety Alert: EzriCare and Delsam Pharma's Artificial Tears**

In March, Safe Health Report warned its readers about two brands of artificial tears that were recalled by the FDA; the recalled brands are EzriCare and Delsam Pharma's Artificial Tears both made by GlobalPharma Healthcare, an Indian company. The reason for the recall was bacterial contamination, especially a drug-resistant strain of *Pseudomonas aeruginosa*. This bacterium can cause serious eye infections and even death. Unfortunately, four people in the US died and dozens more suffered reactions and infections after using the eye drops. The US Centers for Disease Control and Prevention reported that 81 patients from 18 states were affected by the contaminated products. Those who read Safe Health Report in March could have avoided these tragic outcomes by not using the recalled eye drops.

### **Actionable Recommendation:**

- ✓ **Do not use artificial eye drops manufactured by Global Pharma Healthcare.**
- ✓ **Avoid using Ezricare and Delsam Artificial Tears drops in particular.**
- ✓ **Drug-resistant *Pseudomonas aeruginosa* is very difficult to treat whether it's in the eye, lungs, or in the blood.**



9HEALTH RECIPE #3 SHE CAN DO IT, HE CAN DO IT, I CAN DO IT!

## [Icaria-Style Baked Vegetables]

Servings: [1 Servings]

Prep time: [20 min]

Total time: [40 min]



### *Ingredients*

[2 cloves of garlic, minced]  
[1 large eggplant, cubed]  
[1 red pepper, diced]  
[2 zucchinis, sliced]  
[2 tomatoes, chopped]  
[1 teaspoon dried oregano]  
[1 cup crumbled feta cheese]  
[1 teaspoon dried oregano]  
[2 tablespoons chopped fresh parsley]

[1 tablespoon olive oil]

[salt and pepper to taste]

### *Directions*

1. Preheat oven to 375°F.
2. Place the eggplant, red pepper, zucchini, tomatoes, and garlic in a greased baking dish.
3. Drizzle with olive oil and sprinkle with oregano.
4. Bake for 20 minutes, or until vegetables are tender.
5. Sprinkle with feta cheese, parsley, and season with salt and pepper to taste.
6. Serve warm.

### **Special Cooking Information**

[Max Cooking Heat for Olive Oil:  
Extra Virgin – 350°F, Virgin – 420°F,  
Olive oil – 390°F-470°F, once boiling  
point is reached, olive oil becomes  
toxic]

## FDA Medication/Food December Recall

Recall Date	Brand Name	Product Description	Recall Reason Description	Company Name
5/1/2023	Del Maguey Co	Copitas-Artisan ceramicware cups	May exceed FDA guidance levels for leachable lead.	Del Maguey Co
5/3/2023	Mighty Sesame Co.	Organic Tahini	Potential Foodborne Illness/Salmonella	Rushdi Food Industries
5/4/2023	Advil	Over-the-Counter Drug	Product was stored outside of labeled temperature requirements.	Family Dollar
5/4/2023	lēf Farms	Salad greens	potential Escherichia coli 0157:H7 (E. coli) contamination	lēf Farms
5/5/2023	Pilot	COVID-19 At-Home Test	microbial contamination in the liquid buffer solution	SD Biosensor, Inc.
5/5/2023	Chang Farm, Nature's Wonder	Mung bean sprouts, Bean Sprouts	Potential for Listeria monocytogenes	Chang Farm
5/6/2023	Robinson Fresh, Lancaster, Giant	Kale, Spinach, Collard Green products	Potential for Listeria monocytogenes	Lancaster Foods, LLC
5/11/2023	Ah	Black Fungus (Nam Meo)	Salmonella contamination	AH USA Group, Inc.
5/14/2023	Gerber Food Start	Powdered Infant Formula	Potential Cronobacter sakazakii contamination	Associated Wholesale Grocers, Inc.
5/19/2023	G-Suppress Dx	Cough drop, expectorant, nasal decongestant pediatric drops	Packaging may contain incorrect product	NOVIS PR LLC

## Case Number 8: Fentanyl Toxicity

### What's the probability of 5-year survival for this 32-year-old female with Burkitt's lymphoma?

*The following real life-like case examples are hypothetical stories in the palliative or hospice care settings, imagined by the author with the help of artificial intelligence. Frailty scores are commonly used not only to decide if a patient should be placed in palliative or hospice care, but also to assess whether the patient is suitable candidate for major surgery in the case of surgical intervention. Unfortunately, patients with low frailty scores often do not survive five years after a major health crisis. No one is no exception since everybody eventually succumbs to the law of gravity.*

Andrea Dory Andreas is a 32-year-old Caucasian female found down in the bathroom when she fell and hit her face on the bathroom floor causing trauma to her nose on hospital day 40 on 05/29/2023; she was admitted to the inpatient ward on 4/20/2023. Significant medical history includes sepsis, depression, adnexal mass, Burkitt's lymphoma, ifosfamide-induced encephalopathy, and facial neuropathy.

**Assessment and plans** on the morning of 05/30/2023 include: 32-year-old female with adnexal mass diagnosed with Burkitt lymphoma, being treated on R-CODOX-M for cycles 1&3/R-IVAC for cycles 2&4 (rituximab plus cyclophosphamide, ifosfamide, etoposide, high-dose cytarabine, and methotrexate /rituximab plus etoposide cytarabine, and ifosfamide), proceeded with treatment on 4/23/2023 and received high dose methotrexate on 5/3/2023.

1. Burkitt lymphoma - recent diagnosis, confirmed on adnexal mass biopsy via exploratory laparotomy on 4/20/2023 with right adnexal mass excision with right salpingo-oophorectomy, supra-cervical hysterectomy, left

salpingectomy, cystoscopy, and left ureteral stent placement. The biopsy was complicated with Burkitt's lymphoma. Due to concerns that post-surgical changes would skew results, no PET/CT was performed. Bone marrow biopsy on 4/22 was positive for marrow involvement of Burkitt lymphoma.

R-CODOX-M/R-IVAC regimen was initiated 4/23/2023.

High-dose methotrexate given 5/3/2023 on Day 10 of Cycle 1, loading dose followed by 24-hr continuous infusion; will assess

#### Andrea Andreas

\*All patient data is fictional and imagined by the author with AI assistance. Safe Health Report complies fully with US HIPPA regulations.

Age: .....32  
Sex: .....female  
Weight: .....125 pounds  
Height: .....5 feet 9 inches

**Activities of Daily Living (ADL) components: transfer, bed mobility, toileting, and eating**

- 0 – Independent: If the resident completed the activity with no help or oversight every time during the 7-day prior period.
- 1 – Supervision: If oversight, encouragement, or cueing was provided three or more times during prior 7 days.
- 2 – Limited Assistance: If resident was highly involved in the activity and received physical help in guided maneuvering of limb(s) or other non-weight-bearing assistance three or more times during the last seven days.
- 3 – Extensive Assistance: If resident performed part of the activity over the prior 7 days, help of the following type(s) was provided three or more times: ▪ Weight-bearing support provided three or more times. ▪ Full staff performance of activity during part, but not all, of the prior 7 days.
- 4 – Total Dependence: If there was full staff performance of an activity with no participation by the resident for any aspect of the ADL activity. The resident must be unwilling or unable to perform any part of the activity over the entire prior 7-day period.
- 7 – Activity occurred only once or twice: If the activity occurred but not 3 times or more.
- 8 – Activity did not occur: If, over the prior 7-day period, the ADL (or any part of the ADL) was not performed by the resident or staff at all. ADL support measures the most support provided by staff over the prior 7 days.

\*Adapted from Minnesota Department of Health Guideline

Andrea's ADL Score ..... 1

methotrexate levels with a target level of less than 0.02.

Monitor blood counts daily and transfuse as needed to maintain Hgb count to > 8 and Platelet count to > 50K with subdural hematoma.

With blood count recovery, Cycle 2 R-IVAC started on 5/28. But the patient experienced confusion secondary to ifosfamide toxicity after 1st dose on 5/28/2023. Discussed with the patient at length the risks and benefits of restarting ifosfamide (increased confusion vs disease burden) and a decision was made to continue ifosfamide if drug-induced confusion is cleared in 24 hours.

2. Ifosfamide-induced encephalopathy- on 5/29/2023, day 2 of 5 of ifosfamide. The patient was acutely confused and was in her hospital bed. 45 minutes later she was in the bathroom when she fell and hit her face causing trauma to her nose. She had no focal neuro deficits and was oriented to self only. She was repetitious and impulsive.
3. Fungal pneumonia coverage: voriconazole has been discontinued as no fungal infection is likely and it causes prolonged QT.
4. Facial neuropathy - 2/2 Burkitt's. MRI 4/30/2023 showed dural thickening. Continue gabapentin.

**Food/Nutrition:** neutropenic diet, encourage oral intake, protein, replace electrolytes as needed, follow up magnesium and potassium.

**Mental Status:** Neurological: alert and oriented to person, place, and time. Continue to ambulate in halls, and out of bed daily.

**Review of Systems:**

Constitutional: Positive for malaise/fatigue. Negative for fever and chills.

Gastrointestinal: Positive for nausea and constipation. Negative for abdominal pain.

Neurological: Positive for weakness. Negative for dizziness and tingling.

Endo/Heme/Allergies: Bruises/bleeds easily.

**Vitals:**

Temp: [35.4 °C -37.4 °C] 37 °C

Heart Rate: [75-115] 102

Resp: [15-19] 17

BP: (98-139)/(55-90) 115/62 mmHg

	05/30/23 0001	05/30/23 0325	05/30/23 0451
<b>Temp</b>	36.4	36.7	36.2
<b>BP</b>	112/72	110/67	142/94
<b>HR</b>	91	112	116
<b>RR</b>	18	18	20
<b>SpO2 (RA)</b>	84	92	92

**Labs:**

Lab Values @ 5/30 AM labs	Reported	Reference Range
White Blood Cell	4.0	4.0 - 11.1 10 <sup>9</sup> /L
Hemoglobin	8.0	14.3 - 18.1
Hematocrit	27.0	39.2 - 50.2 %
Platelet Count	90	150 - 400 10 <sup>9</sup> /L
Potassium	3.5	3.5-5.1 mmol/L
Glucose	162	70 - 199
Creatinine	0.55	0.70 - 1.30

5/28: Blood culture positive x 3 for MRSA which is being treated with IV vancomycin for 4 weeks.



### Current Medications:

Vancomycin 3000 mg as a continuous infusion  
NS 1000 mL x1 bolus

### Scheduled Medications:

Acyclovir 10 mg/kg Intravenous Q12H  
Allopurinol 300 mg Oral Daily  
Cytarabine chemo IVPB 2,000 mg/m2 Q12H  
Ondansetron with dexamethasone IVPB Q24H  
Dexamethasone eye drops 2 drops Both Eyes Q6H  
Docusate sodium 100 mg Oral BID  
Etoposide chemo IVPB 60 mg/m2 Q24H  
Famotidine 20 mg IV BID  
Gabapentin 300 mg Oral BID  
Granisetron 1 mg Intravenous Q12H

Ifosfamide chemo IVPB 1,500 mg/m2 Q24H

### Eye of the Tiger Test for Andrea Andreas

\*All patient data is fictional. Safe Health Report complies fully with US HIPPA regulations.

#### Clinical Frailty Score

- 1 – Very Fit: Very fit for their age with no disease symptoms, very active, and exercise regularly- 5 days a week
- 2 – Fit: Still no active disease as in 1 but exercise only occasionally – three times a week or only seasonally
- 3 – Managing Ok: Disease symptoms are well managed. Not able to exercise at all other than walking.
- 4 – Very Mild Frailty: Symptomatic disease. Not dependent on others for daily activities but disease symptoms slow down their activities. May need a cane for walking occasionally for example
- 5 – Mild Frailty: Symptomatic disease limits daily activities. Needs walkers. Needs help with walking and shopping.
- 6 – Moderate Frailty: Needs help with walking, shopping, climbing stairs, and bathing with disease progression.
- 7 – Severe Frailty: Completely dependent for personal care and daily activities but seem stable and at risk of death within the next 6 months.
- 8 – Very Severe Frailty: Same as 7 but unstable and even mild illness is likely to cause death.
- 9 – Terminally Ill: As in 8 but not likely to live next 3-6 month.

\*Adapted from [Rockwood & Theou 2020](#)

Andrea's Frailty Score ..... 4

Leucovorin IVPB 25 mg IV Q6H  
Levetiracetam 1,000 mg IV Q12H  
Lidocaine 5% (700 mg/patch) 1 patch Topical Q24H  
Magnesium gluconate 500 mg Oral BID  
Mesna 500 mg/m2 for uro-protection  
Senna 8.6 mg Oral BID  
Dexamethasone 20 mg q24h

Lorazepam 0.5-1 mg prn nausea/vomiting  
Hydromorphone 1 mg Iv q2h prn

### PRN Medications:

acetaminophen, alteplase, aluminum & magnesium hydroxide-simethicone, aluminum hydroxide, calcium gluconate, calcium gluconate, chlorhexidine, heparin flush, heparin flush, lidocaine 2%, lorazepam, magnesium sulfate in water, methylprednisolone, NS, nystatin, polyethylene glycol packet, potassium chloride, potassium chloride, potassium phosphate/sodium phosphate, prochlorperazine, prochlorperazine.

### Jerry Barberi, RN Note:

The patient woke up in the middle of the night last night around 11:00 pm and called her husband at home to bring her an umbrella because she felt cold standing outside of the hospital in the rain. She was acutely confused while in her hospital bed. Half an hour later, she was in the bathroom when she fell and hit her face causing trauma to her nose. Her nurse was not in the room at that time. She has no focal neuro deficits but is oriented to self only. She is repetitious and impulsive.

- CT Head- New acute subdural hematoma 5mm in superoposterior parietal lobe, no midline shift.
- Surveillance biopsy culture- pending
- Liver function tests, stable
- Ammonia pending
- EKG- normal sinus rhythm
- Neuro checks Q 4 hours
- Discontinue PRN hydromorphone, and scheduled lorazepam, add back when mentating normally.
- Holding on methylene blue

### Synopsis:

The patient fell because she was confused by a drug called ifosfamide, which she was receiving for her cancer. She also had other contributing factors such as an infection in her blood vessel, weight loss, and low red blood cell count. These are all common complications of cancer and its treatment.

The patient has a type of cancer called Burkitt lymphoma. She was treated with one of two possible combinations of drugs: R-CODOX-M with R-IVAC or DA-EPOCH-R. Both of these regimens include a drug called rituximab, which targets a specific protein in the cancer cells.

A recent study compared the two regimens and found that they had similar results in terms of how long the patients lived without their cancer getting worse (progression-free survival) and how long they lived overall (overall survival). The study was presented by Chamuleau M, Stenner F, Chitu D, et al. at the 2022 EHA Congress, which is a meeting of experts in blood diseases. The study followed the patients for an average of 19.1 months (range, 0.03-88.4).

The study showed that after two years, 76% of the patients who received R-CODOX-M with R-IVAC were still alive and free of cancer progression, compared with 70% of those who received DA-EPOCH-R ( $P = 0.38$ ). This means that there was no significant difference between the two groups. The same was true for overall survival: after two years, 75% of the patients who received R-CODOX-M with R-IVAC were still alive, compared with 76% of those who received DA-EPOCH-R ( $P = 0.85$ ).

These results are slightly lower than those reported in a previous study that showed that R-CODOX-M with R-IVAC had a three-year progression-free rate of 74%. However, this may be due to different factors such as the number and characteristics of the patients, the duration and quality of the follow-up, and the methods of analysis.

The good news is that the patient has a high chance of surviving her cancer for the next five years. The overall long-term survival rate for Burkitt lymphoma is 70-80% with prompt

treatment. This means that most patients who are diagnosed and treated early can live for a long time with this disease.

### Take Home Lesson:

- ✓ **Having family members at the bedside can help prevent harmful events during hospital stay, as reviewed in the March issue of Safe Health Report. Harmful events affect almost one in four patients who are hospitalized.**
- ✓ **Don't lose hope if you are diagnosed with any type of cancer. You need to have a fighting spirit!**

### Safety Warning: Melatonin Gummies for Children

A recent study has revealed that most melatonin gummies sold in the US have inaccurate labels and contain more melatonin than they claim. Melatonin is a hormone that regulates sleep and circadian rhythms. It is often used as a supplement to treat insomnia or jet lag. However, too much melatonin can cause side effects such as headaches, drowsiness, nausea, and mood changes.

The study was conducted by Pieter Cohen and his colleagues, who evaluated 30 brands of melatonin gummies for their melatonin content. They published their findings in a research letter in the April 25, 2023, edition of JAMA Network, a peer-reviewed medical journal. The researchers used a method called ultra high-performance liquid chromatography (HPLC) to analyze 25 brands of gummies that were marketed for children. HPLC is a technique that separates and measures the components of a liquid mixture.

The researchers found that only three brands (12%) had a melatonin content that was

within 10% (plus or minus) of the amount stated on the label. The rest of the brands had more melatonin than they claimed, ranging from 110% to 347% of the labeled amount. This means that children who consume these gummies could be exposed to melatonin doses up to 40 to 130 times higher than what is recommended. The recommended dose for children is 0.5 to 1 mg per night, according to the American Academy of Pediatrics.

The researchers also tested five brands of gummies that contained CBD, which is a compound derived from cannabis that has anti-inflammatory and anti-anxiety effects. They found that these brands had accurate labels for CBD content, ranging from 104% to 118% of the stated amount. However, one brand did not contain any melatonin at all, but only CBD.

The authors of the study concluded that melatonin gummies are poorly regulated and pose a risk for children who consume them. They called for more oversight and enforcement by the US Food and Drug Administration (FDA), which is the agency that regulates drugs and supplements in the US. They also advised consumers to be cautious and consult with their health care providers before using melatonin gummies or any other supplements.

The authors report that between 2012 and 2021, there were 27,795 melatonin-related pediatric poison center calls, which resulted in 27,795 emergency department and clinic visits, 4,097 hospitalizations, 287 intensive care unit admissions, and 2 deaths. Their main question is: “Do children really need melatonin for sleep?”

Melatonin is a hormone produced by the pineal gland in the brain each day in response to darkness. It signals that it’s time to sleep. The pineal gland produces 10 times more melatonin at night than during the day. Since children’s brains make almost four times the necessary amount already, children do not need additional

melatonin as a rule. However, under medical supervision, melatonin can be used to treat circadian rhythm disturbances such as those associated with attention-deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD).

### **Recommendations:**

- ✓ **Discuss your plans to use melatonin for children with your healthcare provider.**
- ✓ **The use of melatonin is not recommended for any condition other than ADHD and ASD.**
- ✓ **Buy only gummies that come in child-resistant bottles to prevent accidental poisoning.**
- ✓ **Make sure the product has a “USP Verified” mark for high quality.**
- ✓ **Save the phone number of the Poison Control Center on your phone.**

### **Safe Health and Financial Health**

Having good health coverage depends on having good financial health. Retirees need to have a stable monthly cash flow that includes social security and pension payments, as well as regular withdrawals from 401K plans if they have any. They should not take too many risks with their investments, but rather keep their money in cash or cash equivalents.

This is a timely reminder for our readers that the US economy seems to be shifting from a period of slowing inflation to a period of disinflation or deflation, according to the author’s weekly Costco gasoline prices. This is a time when cash or cash equivalents may do better than stocks or long-term bonds. Please be careful if you

are in the market! This is not financial advice, but just a word of caution.

**Recommendations:**

- ✓ **Keep your money in cash or cash equivalents when there is disinflation. For example, you can buy 2-year US treasury notes that pay 4.7% interest as of 5/26/2023 or keep your cash in a US Treasury-only money market fund, even if you are tempted to do otherwise.**
- ✓ **If there is a sudden drop in the market, paid subscribers may get a Flash Alert from us in June. As a reminder, Flash Alert is sent four times a year or as needed.**



## MrGineaPig's Core Long-Term Trial

LONG-TERM TRIAL	SUPPLEMENT	START DATE	
Muscle Weakness	Hyaluronic Acid	07/01/2019	50 mg-1 capsule daily
Digestive Aid	Bacillus coagulans	10/4/2022	take one gummy bear daily after dinner
Back Pain	Pantothenic acid	09/1/202	500 mg 1 capsule daily
	Pantethine	09/01/2022	450 mg 1 capsule daily
BPH/ prostatitis Prevention	Cranberry Extract 600 mg	12/20/2022	1 capsule three times a day
Mealtimes	Breakfast 09:00 -Lunner (13:00)	01/07/2023	+Salad with Balsamic Vinegar Lunner = Lunch + Dinner

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## March Risk Factors for Premature or Unexpected Death

Immediate Risks	Internal Threat	External Threat	Other Topics
1. Covid 19 - XBB.1.5	1. Poor diet	1. Earthquake	1. Shortness of breath
2. Covid 19- XBB 1.9.1	2. Smoking	2. War	2. Back pain
3. Fentanyl-laced pills	3. High blood pressure	3. FDA recalls	3. Hemorrhoids
4. Gun violence	4. Obesity	4. Meat preservatives	4. Incontinence
5. Drug shortage	5. Sedentary Lifestyle	5. Trans fatty acid	5. Joint swelling
		6. Pesticides	6. Fibromyalgia
		7. Heavy metals	7. Suicide
		8. K Bromate	8. Health Insurance

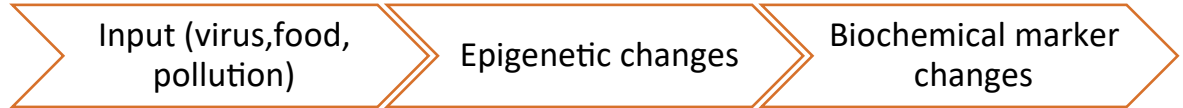
**Topics Chosen: Covid-19 update, Clostridium difficile, Search of Best Diet Series**

## Format of Safe Health Report

Section 1: Conditions or internal environment that increases the risk of premature death or pose immediate danger to your health (both mental and physical) as in avalanche.

Section 2: External environment that increases the premature death, FDA recalls.

Section 3: Case examples of premature death. If you are in similar situation, remove yourself out of harm's way! Can we extend **our expiration dates** when in the eye of the storm before disease strikes at a tissue level? Remember epigenome is what activates a specific set of genes.



### **Purpose of Safe Health Report**

If you feel you are being used by someone or somebody or institution or institutionalized philosophy or even by your parents or siblings or your coworkers or even your boss, you are a GineaPig. This newsletter is designed to empower GineaPigs in the area of human health and possibly decrease the risk of **premature death**.

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