Curcumin (Turmeric) to Prevent Blood Clots

Editor:
This is about the benefits of curcumin, often called turmeric. It is the herb *curcuma longa*. I am taking my information from firms selling this herbal remedy but it is worth reading about.

First is the publication of Vitamin Research Products of November 2000 by Ward Dean MD, with the title *Fibrinogen*. There are two parts to any blood clot – either in a wound or in a blood vessel. First there is the platelet thrombus followed by the more massive fibrin thrombus. It is the more massive fibrin thrombus that so often causes death from heart attack or from a thrombotic stroke. Dr. Dean writes that fibrinogen is converted to the fibrin portion of a vascular blood clot. He says that the higher fibrinogen is in the blood, the greater the risk of getting a fatal blood clot in a vessel in the brain as in a stroke or in a coronary artery in a heart attack.

Dr. Dean holds that elevated fibrinogen in blood is a far greater risk factor than is cholesterol. He says that high cholesterol in blood poses little danger if at the same time, there is low fibrinogen in blood. He said that as little as 20mg a day of turmeric will cause a dramatic reduction in plasma fibrinogen in 15 days' time. His firm is selling a 150mg turmeric capsule, 120 for $11.95.

In the June 2003 issue of the publication of Life Extension is a page on the anticancer effect of curcumin. It causes the death of cancer cells by the introduction of apoptosis. Over and above that it introduces the formation of our immune cells that kill cancer cells. Also it inhibits angiogenesis and thus prevents cancer colonies from forming blood vessels to feed the cancer. Life Extension is offering to members 60-900mg capsules for $14.63.

This all comes under the heading of trying to sell some pills but I think they are well-placed offers. I am going to add a 150mg capsule of turmeric to the pills I take.

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Dr. Don Carrow’s Tale

Editor:
I read the article and story about Dr. Don Carrow’s untimely death, his background, education, and multiple medical and non-medical specialty interests he had, in the January 2004 issue of Townsend Letter. Like Dr. Carrow, I have practiced anesthesia and pain management for 3 decades. Before joining anesthesia, I worked 15 years in basic science research at Emory University School of Medicine and the Yerkes Regional Primate Center of Emory University in Atlanta. Today I practice at a complementary health center treating cancer patients and those afflicted with various chronic diseases including Lyme disease.

Ten years ago I treated a lady who was dying from septic shock after surgery with massive peritoneal infection in the hospital. I did peritoneal hyperthermia (after obtaining permission from IRB in the wee hours) with chemotherapeutic agent for 4 hours. The patient walked out of the hospital and she is still alive today. This procedure has never been attempted before anywhere in the world. Sarcasm and indignation was expressed by my colleagues about how I treated this woman. I survived due to my genuine interest in the science of finding new therapies to heal patients. I wanted to continue to use this method for both peritoneal and ovarian cancer patients. I could not get the IRB approval due to these doctors who did not understand the procedure and did not like changes from the status quo. I sympathize with Dr. Carrow and the hassle created by hostile colleagues, medical boards and even the FDA for those doctors “who dare to think outside the box.”

Reading your article I noticed two glaring omissions to the contributions made by Dr. Carrow:
1. The advancement of the Coley’s Vaccine for Cancer patients.
2. His contribution to the dissemination of Prolotherapy as a viable pain controlling technique.

Two weeks before his death Dr. Carrow and I were considering a collaboration on the Coley’s vaccine between our two centers. He was very much aware of my background on IPT and other research I have done and published more than 125 research papers in the most prestigious medical journals all over the world (*British J,*