Serum aldosterone concentrations were compared between normal hearing and presbycusic groups.

A highly significant difference between groups in serum aldosterone concentrations was found ($p = 0.0003, t = 3.95, df = 45$).

“We conclude that aldosterone hormone may have a protective effect on hearing in old age.”

Aldosterone therapy may offer advantages over prednisone for long-term management of not only autoimmune hearing loss, but also other forms of non-immune-related deafness for which steroids are currently prescribed.

The comparable efficacy of prednisolone and aldosterone in restoring auditory function suggests steroid reversal of autoimmune hearing loss in mice is due to increasing stria vascularis sodium transport and not suppression of systemic autoimmune reactions.
CONCLUSIONS: Spironolactone effectively blocked prednisolone from improving hearing in MRI/Mpj-Faslpr autoimmune mice. This offers evidence that the inner ear mineralocorticoid receptor is the therapeutic target for corticosteroids used to treat autoimmune and sudden sensorineural hearing loss.

Spironolactone prevented both steroids from maintaining normal cochlear function. This suggested both steroids are preserving hearing through the mineralocorticoid receptor within the ear to regulate endolymph homeostasis.

“Pilot” Human Research at Tahoma Clinic
- Not placebo-controlled or double-blind
- 30 volunteers between 41 and 79 years old
- Aldosterone 125 micrograms BID, p.o., 90 days
- Results judged objectively (audiogram), subjective report

“Pilot” Human Research at Tahoma Clinic
- First 20 volunteers to complete:
  - 7 had neither objective or subjective improvement
  - 3 had objective (audiogram) improvement, no subjective change
  - 10 had both objective and subjective improvement

Reversing and Slowing Cataract Progression #1A
- 49 patients with early to early moderate cataract
- Double-blind, placebo-controlled, 6 months
- 26 used 1% N-acetylcarnosine eyedrops BID
- 13 used placebo eyedrops BID
- 10 used no eyedrops at all

Reversing and Slowing Cataract Progression #1B
- 1% N-acetylcarnosine group:
  - 91% had 7-100% visual acuity improvement
  - 82.9% had 27-100% glare sensitivity improvement
  - 41.5% had improvement in visual image
  - 0% had worsening of vision

Reversing and Slowing Cataract Progression #1C
- Placebo & No-treatment groups:
  - 100% had worsening of vision at 6 months

Reversing and Slowing Cataract Progression #2A
- 65 older drivers with cataracts in one or both eyes:
  - Double-blind, placebo controlled, 4 months
  - Placebo group: gradual worsening glare sensitivity
  - 1% N-acetylcarnosine group: significant improvement in glare sensitivity and visual acuity


An ophthalmologist and Columbia University affiliated researcher, Dr. Josephson, makes a convincing, detail-by-detail case (including “how” and “why”) that a significant proportion of all glaucoma has its origin in hypo-adrenalism, but is manifest by elevated intra-ocular pressure.

ACE declared “illegal”, 1970s


Follow your presenter's procedure, your presenter has made personal observation of the efficacy of this therapy. Before and after intra-ocular pressures were measured by independent observers.

ACE declared “illegal”, 1970s

Check for hypoadrenalism! If present, apply adrenal strengthening measures as noted.

Carbenoxolone (licorice-derived patent medicine inhibiting 11b-HSD type 1) significantly reduces intraocular pressure in patients with glaucoma.
**Inhibited by Estradiol & HGH**

11-β Hydroxysteroid Dehydrogenase I

CORTISOL

11-β Hydroxysteroid Dehydrogenase II

Inhibited by Licorice & Cadmium

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**Reversing Macular Degeneration (“Dry”)**


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**Reversing Macular Degeneration (“Dry”)**

- Since 1986, your presenter and other Tahoma Clinic physicians have been able to help arrest or—in the majority of individuals treated—reverse the progression of “dry” macular degeneration in over 70% of several hundred individuals, with visual improvement measured by independent ophthalmologists.

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**Preventing Alzheimers**

- Testosterone & Estrogen
- Lithium
- Curcumin/Turmeric

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**Testosterone and Estrogen (Epidemiologic)**

- Older men with highest levels of free testosterone have lowest risk of Alzheimer’s disease. Women in early 60s with highest estrogen levels have lowest risk of Alzheimer’s.

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**Testosterone and Estrogen (Basic Science)**


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**Lithium**


Prevention is best! Literature review reveals that lithium is very likely to dramatically reduce Alzheimer’s disease risk.

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**Lithium: A Bonus**


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**Curcumin/Turmeric**

Thought You’d Like to Know:

- Rubidium Can Reverse Severe Clinical Depression
- Calandra C, Nicolisi M. Confronts fra due farmaci ad azione antidepressiva: rubidio cloro a chlorimipramina. Proc 34th Congress Italian Society of Psychiatry, Catania, Italy, 1980
- Torta R et al. [Rubidium chloride in the treatment of major depression]. Minerva Psichiatr 1993;34(2):101-110

The End