

1/13/78

5:00

DR. BERRY

QUESTIONS FROM OUR VIEWERS

I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK MANY OF YOU THAT HAVE WRITTEN WORDS OF ENCOURAGEMENT ABOUT OUR MEDICAL DISCUSSIONS AND HAVE SUGGESTED TOPICS. MANY OF YOU HAVE ASKED QUESTIONS AND WE HAVE NOT HAD A GOOD SYSTEMS THUS FAR FOR GETTING THEM ANSWERED. I AM TRYING TO DEVELOP ONE NOW FOR THOSE THAT NEED TO BE ANSWERED IN WRITING BUT WE WILL TRY OUT THIS METHOD OF ANSWERING SOME IN A WEEKLY PROGRAM. WE ARE DOING THIS FOR YOU AND SO WE WANT TO BE RESPONSIVE AND EDUCATIONAL FOR YOU.

ONE OF OUR VIEWERS ASKED ME TO
PLEASE DISCUSS POTASSIUM, THE NEED
OF IT AND WHY. POTASSIUM IS AN
ESSENTIAL NUTRIENT TO THE BODY FOR
IT IS ONE OF THE PRINCIPAL SUB-
STANCES INSIDE EACH OF OUR BODY
CELLS. IT IS ALSO IMPORTANT IN
THE FLUIDS OUT SIDE OUR CELLS BE-
CAUSE THERE IT INFLUENCES MUSCLE
ACTIVITY, IN PARTICULAR THAT OF
CARDIAC MUSCLE. IT INFLUENCES THE

ACID BASE BALANCE OF OUR BODY AND ALSO THE AMOUNT OF FLUID OR WATER RETAINED BY OUR BODY. THERE ARE MANY IMPORTANT FUNCTIONS OF METABOLISM THAT WOULD NOT OCCUR WITHOUT THE HIGH LEVELS OF POTASSIUM IN THE CELLS. SO IT IS ESSENTIAL. THE NEXT PART OF THE QUESTION IS

DOES ONE NEED TO HAVE SUPPLEMENTS OR DO YOU GET SUFFICIENT AMOUNTS IN THE DIET BY EATING, AND IF SO,

WHAT FOODS? WELL, THE NORMAL INTAKE OF POTASSIUM IN FOOD IS ABOUT 4 GRAMS A DAY AND THE POTASSIUM IS SO WIDELY DISTRIBUTED THAT IT IS UNLIKELY THAT YOU WOULD DEVELOP A DEFICIENCY UNLESS YOU HAS SOME PATHOLOGIC STATE.

THE FOLLOWING FOODS CONTAIN HIGH AMOUNTS OF POTASSIUM--ABOUT 300 TO 600 MILLIGRAMS PER SERVING: VEAL, CHICKEN, BEEF LIVER, BEEF, PORK, DRIED APRICOTS, DRIED PEACHES, BANANAS, THE JUICES OF ORANGES, TANGERINES AND PINEAPPLE, YAMS, WINTER SQUASH, BROCCOLI, POTATOES, AND BRUSSEL SPROUTS. THERE ARE

SOME OTHER FOODS THAT ARE HIGH IN POTASSIUM BUT THEY ARE ALSO HIGH IN SODIUM AND IN MOST SITUATIONS WHERE THERE IS A NEED FOR HIGH POTASSIUM INTAKE, YOU SHOULD BE REDUCING THE SODIUM INTAKE SO I HAVE NOT NAMED THESE FOODS. THE

QUESTIONS GOES ON AS TO IF YOU HAVE

A LACK OF IT, WHAT HAPPENS? LOW

POTASSIUM LEVELS CAN DEVELOP IN ANY ILLNESS, PARTICULARLY THOSE WHERE THERE IS FLUID LOSS. LOSS OF POTASSIUM IN THE URINE IS INCREASED BY CERTAIN DIURETIC AGENTS AND THESE ARE OF COURSE WIDELY USED IN PEOPLE WITH HIGH BLOOD PRESSURE AND FREQUENTLY IN WOMEN FOR PRE-MENSTRUAL ADEMA. SOME SYMPTOMS OF LOW POTASSIUM CONCENTRATIONS INCLUDE MUSCLE WEAKNESS, IRRITABILITY PARALYSIS, RAPID HEART RATE AND ARRHYTHMIAS OR IRREGULAR BEATING OF THE HEART, AND THERE ARE ALSO CHANGES IN THE ELECTROCARDIOGRAM. ANOTHER PART OF THE QUESTION ASKS, CAN YOU HAVE TOO MUCH POTASSIUM?

IT IS POSSIBLE TO HAVE AN ELEVATION OF POTASSIUM IN PEOPLE WITH KIDNEY

FAILURE, ADVANCED DEHYDRATION OR SHOCK. IT IS POSSIBLE TO ADMINISTER TOO MUCH POTASSIUM, PARTICULARLY IF GIVEN DIRECTLY INTO THE VEIN. SYMPTOMS OF THIS ARE CHIEFLY DEPRESSION OF THE HEART AND CENTRAL NERVOUS SYSTEM AND HERE YOU SEE A SLOWING OF THE HEART WHICH MAY BE FOLLOWED BY COLLAPSE OF THE VESSELS AND EVEN, STOPPING OF THE HEART. SO POTASSIUM IS IMPORTANT, YOU SHOULD BE ABLE TO GET ENOUGH IN A NORMAL DIET BUT YOUR PHYSICIAN MAY IN CERTAIN INSTANCES PLACE YOU ON POTASSIUM SUPPLEMENTS WHICH ARE AVAILABLE.

ANOTHER QUESTION IS RELATED TO AN
APPARENT CONFLICT IN MY ADVICE
ABOUT TAKING ASPIRIN TO PREVENT
HANGOVERS. A VIEWER WHO HAD READ
THE PEOPLE'S PHARMACY AND SEEN
THE SHOW ON THE SCENE AT 5, CALLS
ATTENTION TO THE WARNING IN THREE
PLACES ABOUT ASPIRIN OR ALKASELZER
WHICH BASICALLY THE SAME SUBSTANCE
AND POSSIBLE INTERNAL BLEEDINNG.

IN FACT, THE COVER OF THE BOOK HAS A STATEMENT, "ASPIRIN TAKEN FOR A HANGOVER CAN CAUSE INTESTINAL BLEEDING".

THIS IS A VALID CONCERN FOR CERTAINLY WE ALL KNOW THAT ASPIRIN AND ASPIRIN CONTAINING PRODUCTS ARE OR CAN BE IRRITANT TO THE STOMACH AND INTESTINES. ANYONE WHO HAS TAKEN THEM IN LARGE DOSES FOR LONG PERIODS IS PERFECTLY AWARE OF THIS. PHYSICIANS ARE ALSO AWARE AND USUALLY WARN PATIENTS THAT THEY MAY HAVE IRRITATION AND THAT YOU COULD INDEED PRODUCE SOME BLEEDING IF THIS IRRITATION WAS SEVERE ENOUGH. IT IS ALSO TRUE THAT ALCOHOL IS AN IRRITANT TO THE STOMACH. THEREFORE IT IS NOT ILLOGICAL TO ASSUME OR TO CONCLUDE THAT THE COMBINATION OF THESE TWO MAY PRODUCE EVEN MORE IRRITATION AND THUS POSSIBLE BLEEDING. THE REFERENCE MADE BY THE VIEWER TO A FATAL HEMORRHAGE RESULTING WAS ON PAGE 127 OF THE BOOK THE PEOPLE'S PHARMACY AND REALLY HAS NOTHING TO DO WITH OUR