



TAHOMA CLINIC
FOUNDATION

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Original Research Proposal: The Use of Berberine in Type II Diabetes

A non-controlled, non-blinded study of diagnosed volunteers at Tahoma Clinic, May 2013

Primary Investigator: Jonathan V. Wright, M.D.

Researcher: John Sherman, N.D.

Study Personnel:

Primary Investigator: Jonathan V. Wright, M.D.

Dr. Jonathan Wright is the Medical Director of *Tahoma Clinic* in Renton, Washington where he also practices medicine. A Harvard University (A.B. 1965) and University of Michigan graduate (M.D. 1969), Dr. Wright has taught natural biochemical medical treatments since 1983 to thousands of physicians in the USA, Europe, and Japan. In 1982, Dr. Wright personally developed the use of physiologic doses of bio-identical estrogens in daily medical practice, and was the first to use DHEA in private practice. His expertise in the careful and comprehensive follow-up testing for steroids and their metabolites, along with his pioneering work with bio-identical steroids, clearly established his reputation as the physician with the most experience in bio-identical steroid therapy in the United States.

He originated successful natural treatment for elimination of childhood asthma and D-mannose treatment for E. coli urinary tract infection, and discovered cobalt's effect on estrogen detoxification.

In 1973, Dr. Wright founded *Tahoma Clinic*, which focuses on disease prevention and treatment by natural biochemical means. *Tahoma Clinic* is staffed with medical doctors, naturopathic physicians, nutritionists, allergists, nurses and administrative personnel committed to the vision of providing patients with the best holistic medical care. The infamous 1992 FDA *Tahoma Clinic* "raid" ("The Great B-Vitamin Bust") was a major impetus for Congressional reform of vitamin/mineral regulation. Dr. Wright continues to be an advocate for patient freedom of choice in healthcare.

Dr. Wright is internationally known for his books and medical articles. He has authored/co-authored 11 books, selling over 1.1 million copies, with two texts achieving best selling status: "*Book of Nutritional Therapy*" and "*Guide to Healing with Nutrition*". Dr. Wright authors *Nutrition and Healing*, a monthly newsletter emphasizing nutritional medicine in medical practice that reaches over 90,000 in the USA, and another 20,000 or more worldwide.

Along with Alan Gaby, M.D., Dr. Wright routinely presents the comprehensive and scientifically documented "*Nutritional Therapy in Medical Practice*" seminar, which has helped numerous

health professionals gain insight into nutritional approaches for disease. Dr. Wright speaks nationwide at various medical association conferences on varied topics including nutritional medicine, natural hormone replacement therapies for men and women, the natural treatment of cardiovascular diseases, asthma, diabetes, D-mannose for bladder infection, Vitamin D usage and laboratory testing, clinical uses of nutrient elements, and many other subjects.

Dr. Jonathan Wright currently serves as board member for Washington's King County Harborview Medical Center and participates in various well-known health organizations.

Research Clinician: John Sherman, N.D.

Dr. John Sherman's 30 years of naturopathic practice has equipped him with a wealth of experience -- from natural childbirth to complex health challenges. His eclectic background has provided him with a unique perspective on many different ailments and imbalances.

In addition to practicing medicine prior to coming to Tahoma Clinic, Dr. Sherman served as Clinic Director for Bastyr University of Kenmore, Washington, and also as associate professor for both the National College of Natural Medicine and Bastyr University. He has authored a classic naturopathic textbook on herbal medicine titled, *The Complete Botanical Prescriber*; and also co-authored, *Alternative Medicine: The Definitive Guide*. Additionally, he has produced an instructional DVD titled, *Cancer and Diet: Using Food to Eliminate Cancer and Promote Recovery*.

At Tahoma Clinic, Dr. Sherman sees patients with diverse health problems, including men and women interested in Dr. Wright's bioidentical hormone therapies. His areas of special interest include auto-immune challenges, chronic fatigue, immune system support, detoxification of the body, individualized nutritional programs, and preventive whole-health programs for men and women.

Berberine Study Results, 5-12-2013

Below are the latest totals on the Berberine/Type 2 Diabetes Study:

A total of 51 participants entered the 4 month study so far, with 22 completions, 17 who were eventually disqualified after beginning the study, 11 who discontinued on their own for various reasons, and 1 participant who is still being followed.

Of the 22 who fully completed the study (16 females, 6 males, average age 58), we've had some promising results:

- Fasting glucose dropped 10.4% (111.1 to 99.6)
- Peak glucose during the glucose/insulin tolerance test dropped 12.6% (248.6 to 217.3)
- Hemoglobin A1c dropped 7.8% (average of 6.4 to 5.9)

Lipids also improved:

- Total cholesterol fell 8.9% (195.0 to 177.7)
- LDL cholesterol dropped 14.3% (119.8 to 102.7)
- Triglycerides were reduced by 14.0% (151.9 to 130.6)
- Interestingly, liver function appears to have improved, with GTT dropping a surprising 22.8%

The participants who completed the study, averaged an 8.6 lb loss in weight (4.2%)

Of the people who were disqualified, most were proven to be type 1 diabetics, after ignoring their type 2 diagnosis for many years; And of the participants who discontinued on their own, many had digestive complaints, such as constipation (or diarrhea), that appeared to be caused by the berberine. Others had more immediate health issues that needed to be addressed beyond their dysglycemia.

John Sherman, N.D., Research Clinician

Jonathan V. Wright, Primary Investigator