

NUTRITION & HEALING

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Get the body of your dreams in 2021?!

My top secrets for MELTING FAT... WITHOUT diet pills!

By Glenn S. Rothfeld, M.D.

We're officially in the final month of the year, folks, and you know what that means...

Another chance for a fresh start in the new year!

If you're like most Americans, you probably like to treat yourself a little extra during the holiday season—and then kickstart your New Year with a resolution to lose weight.

But after a few weeks, it can feel absolutely impossible to shed those unwanted pounds!

Trust me, I understand how hard it is to lose weight—and keep it off.

That's why today, I'm going to give you the "edge" that could make all the difference in 2021... without taking any risky diet pills.

This is not one to miss...

Don't fall for the BMI lie!

If you're trying to lose weight, chances are your mainstream doc won't stop talking about your **body mass index or BMI**.

And while he'll tell you it's the most accurate way to know if your

weight is causing your health issues... he's **WRONG**.

Because **BMI measurements can be misleading**.

The formula for your **BMI** is weight in kilograms divided by height in meters squared.

According to the BMI weight status categories, anyone with a BMI of less than 25 is considered normal. While a BMI of 25-30 is considered overweight, and a BMI of over 30 is considered obese.

To put that into perspective: For someone 5'5", the cutoff for being overweight is about 150 pounds, and the marker for obesity is considered to be 180 pounds. And anyone who is 6 feet tall, 185 pounds is considered overweight, and the obesity marker starts at about 220 pounds.

But your BMI doesn't provide an accurate estimate of how much body fat you have.

And that's a major problem because your body fat content is a more critical health factor than just your weight measurements.

Not to mention, BMI doesn't distinguish between men and women. But of course, a man and a woman with the same body fat could have very different BMIs.

For example: If you're a tall and muscular man, your body fat might be low but your BMI won't reflect that.

And that's why your body shape is a more critical factor.

It's all in your shape

People who are "apple-shaped," meaning they have a lot of fat around their waist, have many more health problems than those who are "pear-shaped"—those carrying a majority of their weight in their hips and butt.

This is called the "waist-to-hip ratio" and is generally thought to be an independent risk factor for coronary artery disease, high blood pressure, diabetes, sudden cardiac death, and early death.

Even cancer (particularly breast cancer) is more frequently observed in those with an elevated waist-to-hip ratio.

Your waist is measured just above your belly button and your hips are measured at the widest.

For someone to be considered in good health, the waist-to-hip ratio

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Dr. Glenn S. Rothfeld's

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Our mission:

Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

Glenn S. Rothfeld, M.D. operates the renowned Rothfeld Center for Integrative Medicine in Waltham, Mass., and he regularly scours the globe looking for the latest advances in natural health.

For nearly 35 years Dr. Rothfeld has helped patients identify and conquer the true underlying causes of diseases like diabetes, arthritis, and even cancer. His cutting-edge research into neurological diseases is creating exciting new avenues of treatment for seniors struggling with everything from Alzheimer's to Parkinson's disease.

Dr. Rothfeld's commitment to uncovering the latest health breakthroughs and educating his fellow physicians and patients is never-ending. He was named a fellow at Harvard University's prestigious Channing Laboratory, and developed one of America's first courses on alternative health for the world-class Tufts University School of Medicine.

As an author of nine books on everything from thyroid disorders to back pain, Dr. Rothfeld has helped thousands of patients find lasting solutions to even the most stubborn health problems. Now you can access all these latest health discoveries each month through Dr. Rothfeld's *Nutrition & Healing* newsletter.

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MELT FAT AWAY

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should be 0.85 or less for women, and 0.96 or less for men.

To calculate this on your own: Divide your waist circumference by your hip circumference.

A large study of 340,000 people found that folks who were overweight and had particularly large waists (more than 34.5 inches for women, and more than 40 inches for men) **had the SAME RISK of getting diabetes as those who were obese** (this was especially true in women).

Of course, decreasing the waist-to-hip ratio is best done by losing fat. In fact, as little as a 5 percent fat loss has been shown repeatedly to improve health outcomes.

But losing even such a small amount of weight can feel impossible, especially if you've been trying for years.

Luckily, there are some easy strategies that I've seen work for many of my patients... even those who have struggled the most with weight loss.

And your diet is one of the best places to start.

Eat your way to a better body?!

If you've got an apple-shaped body along with high blood pressure, high blood sugar, and high cholesterol (collectively known as metabolic syndrome), I usually recommend the **Mediterranean diet**.

This diet focuses on lean proteins, seafood, fresh produce, healthy fats, nuts, and seeds. And it also includes healthy fats like olives and olive oils, while minimizing processed carbs.

A 2016 meta-analysis (a study that combines other studies) showed that, after 12 months or more, the Mediterranean diet resulted in **TWICE the weight loss as low-fat diets, and as much as low-carb diets.**

Against a control diet, it LOWERED all heart disease markers, particularly in diabetics.

Another diet that I recommend, especially in patients with elevated inflammation is the **Paleo diet**.

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Study after study has shown that, the more someone exercises after losing weight, the more they are likely to keep that weight off. The amount of exercise, not surprisingly, affects success in maintaining weight loss.

PROOF the flu shot is just another Big Pharma cash grab BULLETPROOF yourself against the flu with THESE natural remedies instead!

By Glenn S. Rothfeld, M.D.

Can you believe it's already December?
Besides the inevitable onslaught of cold temperatures here in Massachusetts, that means one thing: **flu season**.

According to the CDC, we can expect around 38 million illnesses and 22,000 flu-related deaths for the 2019-2020 season.

But folks, that doesn't mean you should run out and get a flu shot...

I know that every year, you're bombarded with propaganda pushing these ineffective, risky shots.

But for all the worry and drama that you're put through year after year, even if you get the flu shot... ***you can still get the flu.***

So I have just three words for you: **DON'T... DO... IT!**

This year, instead of wearing down your immune system with the flu shot—**try kicking the flu to the curb with THESE proven remedies.**

Another DUD!

I've practiced medicine for over 40 years now and I am still amazed at the mainstream's need to push vaccines—especially the flu shot.

Every year, you're led to believe if you don't get the flu shot, you'll suffer for weeks. And it'll worsen every single illness by wearing down your immune system.

If the flu shot worked as intended, it *might* be something you should consider.

But it doesn't even come close to working as effectively as Big Pharma claims.

You see, there are hundreds of strains of the flu and the shot only protects against three or four of them. The CDC gives an educated guess, but it's "a shot in the dark" at best.

In fact, the CDC just released the numbers for this year's flu and put its effectiveness at only 50 percent...

What a dud!

In an article on the ineffectiveness of the flu shot, Dr. Arnold Monto, a professor of epidemiology at the University of Michigan School of Public Health, explained, "Every year, there's always some degree of mismatch..."

And Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases (NIAID), is also quoted as saying, "Even on a good year, the effectiveness of the vaccine is about 60 percent. On a bad year, it's as low as 10 percent."

So in other words: These public health experts admit that the **ONLY** safeguard that the CDC and FDA have against the flu virus is NEVER going to be 100 percent effective.

Is the flu shot more dangerous than we thought?

The flu shot is not always effective because the virus mutates during the incubation process.

You see, to make the flu vaccine, scientists first harvest the virus in a chicken egg. And that mutated virus does NOT match what humans are actually transmitting to each other.

But that doesn't stop Big Pharma from plastering flu shot advertisements everywhere... because of course, the flu shot is BIG business for the mainstream.

Dead vs. live vaccinations

It's common sense that the live virus vaccines can be riskier than the injection of a dead virus.

In fact, the risk and side effects of live virus vaccinations has become so obvious that the shingles vaccine was recently made into a dead virus.

And from what I can tell with my patients who have gotten the new shingles vaccine, a majority of them have experienced flu-like symptoms for a day or two after the shots—this is a two-part vaccine—but I have not seen any serious side effects...

Of course, it's still too early on to tell how safe it really is.

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This diet also relies on protein, vegetables, nuts, and seeds. But it differs from the Mediterranean diet in one major way—the Paleo diet eliminates grains, legumes (beans), and potatoes.

Although there isn't much research to support the use of the Paleo diet, there is support for its use in both weight loss and high cardiovascular risk factors.

But as you already know, changing your diet is NOT the only way to successfully lose weight.

Drink up and slim down

We've known for a long time that **drinking lots of water is useful in losing weight.**

That's because it helps reduce your appetite by filling your belly.

But that's not the only thing staying hydrated does for your health... it also helps **detox** your body.

You see, your fat cells are holding tanks for toxins. And when you start to lose fat, these toxins are released into your bloodstream.

This can cause headaches, fatigue, achiness, and the other effects that frequently happen with dieting.

But drinking water flushes these toxins out of your body, making you feel better.

If you're dieting, I recommend you drink between 6-8 glasses of water (usually filtered or spring water). Sometimes, a lemon squeezed into the water will aid in the positive effects.

But water drinking does more than just suppress appetite and cleanse your body of toxins...

In animal studies, proper hydration also increases metabolism by expanding cell volume, leading to insulin sensitivity and the breakdown of fat (lipolysis).

What's more? Hydration was also found to increase the substance Angiotensin II.

Increased Angiotensin II stimulates thirst, which can correct dehydration and lead to decreased fat, decreased weight, and increased insulin sensitivity.

And there's another way to in-

crease your thirst and trim your waist at the same time.

The 150-minute secret to fat loss

The recommendations of aerobic activity for cardiovascular health are 150 minutes of moderate or 75 minutes of vigorous physical activity per week.

Moderate exercise includes taking a brisk walk, mowing the lawn, taking a bike ride, or playing tennis.

And vigorous activity includes hiking, jogging, playing soccer, or carrying heavy loads.

In 2018, the American Heart Association said that **OVER HALF of the American population did NOT meet this requirement.** And yet, even those who do meet that requirement are frequently not doing enough activity to lose weight.

Many people (including postmenopausal women in one study) reached a "set point" after which they were unable to lose more weight by increasing or extend-

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Why is it so hard to lose weight?

With so much evidence that increased weight (particularly belly weight) is a health hazard, why is it so hard to lose weight and to maintain weight loss?

The answer is a complex mixture of:

- Early childhood factors (including birth weight and early food exposures)
- Biological factors (including genetic predisposition, metabolism, appetite, and nutrient load)
- Psychological (including depression, PTSD or other mood issues, and coping mechanisms)
- Stress-related (including adrenal gland imbalance)
- Local environment (whether fruits and vegetables are readily available, whether fast foods are easily accessible)
- Social (what others in the family are eating, whether there are social supports, and whether or not there are easy options for walking or other exercise)
- TV watching (with the constant barrage of calorie-rich food commercials)

You see, with so many factors, there unfortunately isn't one magic diet that will guarantee weight loss for everyone.

FLU SHOT

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In fact, they are trying out different ways of making the vaccine, and human trials even started in the spring of 2019 for a “universal flu shot.”

This universal vaccine would not be needed every year, and the mainstream claims that it will cover all strains of the flu.

Other than the obvious issue that I have with the lack of understanding of holistic options to strengthen the immune system, I am also blown away by the lack of fear that Big Pharma has for this vaccination’s potential side effects.

I have spoken to hundreds of patients that skip the flu shot every year because they experienced some form of a “reaction” from the vaccine.

You’ve probably heard people say, “I got the flu from the flu shot.”

Well, there is a serious medical condition that you can get as a side effect of a vaccination called Guillain-Barre syndrome.

This condition causes your immune system to attack your nerves, starting at your legs and then going up to your lungs and diaphragm.

While it is extremely rare, this condition is also extremely *deadly*.

I have seen enough cases in my medical career that it is always in the back of my mind when patients ask me about the risks of vaccinations.

I believe one of the main reasons people feel sick after they get a vaccination is because most adult vaccinations (including the flu shot) still contain mercury (in the form of a preservative called thiomersal).

Even in low dosages, this toxic chemical stirs up many peoples’ immune systems in a wicked way.

That’s why I counsel my patients with autoimmune diseases to be careful about vaccinations.

You see, the subject of vaccinations causing autoimmunity is so well known that there are so MANY studies about it.

In fact, a group of Italian doctors published a review in 2017 of all of these studies called, “Vaccination and autoimmune diseases: Is prevention of adverse health effects on the horizon?”

According to the study, “The vaccination might display autoimmune side effects and potentially even trigger a full-blown autoimmune disease.” They even admit that reaction to live viruses and reactions to the preservatives (aluminum and mercury) are possible and the probable culprits.

Flu shot ingredients: What they contain and why

Most flu vaccinations given at a pharmacy are in vials that are used more than once.

And to protect these multi-use vials from being contaminated during the repeated puncturing process, heavy metal preservatives are used to kill any potential bugs.

As I previously mentioned, the main preservative in adult vaccinations is **mercury (called thimerosal)**. And the main preservative in childhood vaccinations is **aluminum**.

But what most docs don’t want you to know is that you CAN get vaccinations in single-dose vials—without the added preservative. Just ask your pharmacist for the one-time-use vials.

Of course, they don’t make as much money but you get spared the heavy metal.

Send jet lag packing in 7 easy steps

Every year, millions of Americans travel during the holiday season. Of course, this year the number is expected to drop drastically. But if you or a loved one are flying across the States to see your kids and grandchildren, here are some tip for beating jet lag:

1. Figure out when breakfast time is where you’re headed.
2. Starting a day or two before the trip, eat a high-protein breakfast and lunch, and a high-carbohydrate dinner. Drink coffee or tea (assuming you enjoy either) between 3 and 5 p.m.
3. On your day of departure, break the fast with a high-protein meal (if it’s early in the day) or a carbohydrate meal like pasta (if it’s late in the day).
4. Don’t drink alcohol on the plane.
5. If you sleep on the plane, don’t sleep past breakfast time at your destination.
6. Start taking 3mg of melatonin an hour before you would go to sleep where you’re going (e.g. if you’re going to England, which is six hours ahead of Eastern time, start taking the melatonin at 6 p.m.—or 10 p.m. in England—a couple of days before). When you’re overseas, continue to take the melatonin an hour before bed.
7. The day before coming home, repeat the process (i.e. take the melatonin an hour before your home bedtime).

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STOP your stomach issues FOR GOOD!

Discover the “cow cure” for gas, bloating, and cramping

By Glenn S. Rothfeld, M.D.

These days, everyone is probiotic CRAZY!

They're sold just about everywhere you look in: yogurts, snacks, drinks... you name it.

I'm so happy that everyone has gotten the message.

After all, your gut is at the center of your health. It's directly related to your immune system... your digestion... your brain... and more.

And feeding your gut with probiotics helps a lot.

But there's **ANOTHER** step you need to take if you want to say goodbye to gas, bloating, and cramping.

The only problems? Your mainstream doc knows nothing about it.

So if you are still suffering from bad digestion or inflammation in your body, keep reading...

Because I've got a “cow cure” that's going to END your stomach woes once and for all.

The “cow cure” for your tummy troubles

Every day our guts are exposed to toxins from the air we breathe, the water we drink, and the food we eat.

We often use probiotics to help combat the damage caused by toxins to our intestinal lining.

Because probiotics are bacteria that are natural to your gut, most docs believe that they will crowd out the improper microbes (bacteria, viruses, fungi, etc.) and toxins.

Frequently, though, probiotics are NOT enough to stem the tide of invaders.

Instead, the gut's main protectors—the immunoglobins—are damaged or decreased by stress, poor diets, or various toxins.

But what if we could enhance the number and activity of these watchdog proteins so that the protection they offer is augmented?

Well folks, there is now a product that does just that.

It's called **Serum-Derived Bovine Immunoglobins, or SBI**. This dairy-free medical food product contains digestive proteins and peptides derived from adult cows. It works because it replaces and positively changes the immunoglobins in your gut safely and effectively.

There are dozens of studies supporting the use of SBI in the gut:

► In animal models when SBI was added to the diet, anti-inflammatory markers and signs of inflammation were markedly reduced. There were also signs of overall improvement in the immune function of the SBI-treated group.

► In another mouse study, colitis similar to Crohn's disease was created, and half the mice were fed SBI in their diet. The health of the intestines was significantly preserved in the SBI treated group, and evidence of microbe binding was present.

► A 2013 study randomly assigned 66 patients with diarrhea-predominant Irritable Bowel Syndrome (IBS) to 6 weeks with a soy protein, or SBI 10 grams per day—which led to significant improvement in urgency, gas, bloating, abdominal pain, and loose stool in the SBI group.

► In another study, patients with refractory IBS (resistant to treatment) had a combined positive response to SBI of 70-88 percent.

► A recent survey study of 595 patients with diarrhea-predominant IBS showed that the SBI improved the frequency of stools from 35 percent to 91 percent.

The Swiss-army knife of supplements

The benefits of SBI go far beyond your digestive tract.

When toxins and microbes are not eliminated from your gut, they cause inflammation both locally and, when absorbed through a leaky gut, systemically. **This is likely the beginning of many illnesses from Parkinson's to cancer to some forms of heart disease.**

And foremost among these are autoimmune diseases.

An autoimmune disease is when your immune system reacts against a particular tissue in your body, identifying it incorrectly as foreign.

The number of autoimmune illnesses is skyrocketing—and it's no wonder given the toxic and microbe-filled world we live in.

It makes perfect sense that eliminating toxins and microbes in your gut will reduce your immune system's irritation, leading to less autoimmune activity.

Clinically, this is my go-to product for any patient showing positive autoimmune antibodies, whether they have digestion issues or not.

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FLU SHOT

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Interestingly, childhood vaccinations no longer contain mercury (thimerosal) because of the controversy over an autism link.

So it seems the mainstream is at least admitting that children should not be exposed to mercury but adults are fine being exposed to mercury?!

Unfortunately, we still cannot say that childhood vaccinations are 100 percent safe because even though they no longer contain mercury, they're now preserved with aluminum.

And I am assuming that you would not purposely want to put aluminum in your body or your grandchildren's bodies.

No thank you!

Let these remedies work their “anti-flu magic”

This year—rather than giving into the Big Pharma-funded flu shot ad campaigns—why not **try these PROVEN natural remedies...**

One of my favorite ways to counter the flu is with **elderberry**.

Scientists recently applied elderberry juice to cells before, during, and after they were infected with the influenza virus.

What they expected to see is the flu being cleared up more quickly and having less of an impact on the cells than if elderberry wasn't applied.



The CDC just released the numbers for this year's flu vaccine and put its effectiveness at only 50 percent.

That's what happened—but *they also saw something they didn't expect...*

Elderberry juice effectively prevented the virus from propagating—even in its latest stages... when the flu is at its **WORST!**

In other words, unlike so many other “flu remedies” out there, you don't necessarily need to take elderberries before or when you first come down with the flu.

According to this latest study, it's effective *regardless* of when you take it!

Just look for **elderberry juice** the next time you visit the grocery store. It provides a higher absorption rate than other methods. That said, if you can't locate a juice, supplements can be found just about everywhere.

Make sure to take 600 to 900 mg of elderberry extract daily to stop the flu in its tracks.

I also recommend you try **Echinacea** to boost your immune system.

Due to its popularity, the herb has been tested *extensively...* and a recent study found a **high liquid dose brought your chances of getting the flu all the way down to 2 percent**—something the flu shot can't even come close to.

You'll want to take 2.5 grams of *Echinacea root*—which is rich in phytochemicals known as alkylamides—daily to prevent a cold or the flu when you suspect you'll be exposed.

And you can temporarily UP that dosage to between 7.5-10 g if you feel you're coming down with something! **GR**

COW CURE

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There is hardly any toxicity with SBI, other than the rare occasion of a beef allergy, since it's from a cow source. It's non-dairy, and is otherwise non-allergic.

Many safety studies have been done on it—with results showing it is remarkably safe to use, with very few side effects.

There is a prescription version of SBI, which has some dextrose (sugar) and I'm told that it is derived

from a GMO-corn source.

That's why I prefer a supplement source. It's called **SBI Protect**, and it's an exclusive product of Ortho Molecular Products—a reputable supplement company.

SBI Protect comes in capsules or powder, the dose to treat illness is usually 10 grams twice daily, and for those without symptoms it's 5 grams twice daily. **GR**

MELT FAT AWAY

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ing their aerobic activity. That's because to lose weight effectively, you also have to restrict calories and eat a healthy diet.

In one study called the Nutrition and Exercise in Women study, overweight and obese post-menopausal patients were randomized to eat a low-calorie diet only, exercise only, or both. After 12 months, the group that did both had a 10.8 percent weight loss than the diet only (8.5 percent) and exercise only (0.8 percent).

Several meta-analyses have supported the fact that both components are necessary for a satisfying weight loss.

While physical activity is secondary in weight loss, it has a much bigger role in the MAINTENANCE of weight loss.

Study after study has shown that, the more someone exercises after losing weight, **the more they are likely to keep that weight off.** The amount of exercise, not surprisingly, affects success in maintaining weight loss.

I don't usually have patients exercise vigorously when they're actively on a weight loss program.

I believe that your body tries to hold onto its calories when you

increase exercise. But after reaching a goal weight, I deeply encourage patients to push their level of physical activity to least 150 minutes per week.

And I also recommend four fat-burning supplements to my patients.

Try these 4 fat-burners!

The first is an **extract of green coffee beans**, which contains antioxidants called chlorogenic acids. The best forms of green coffee beans have up to 50 percent CGA, and decaffeinated forms are available. The recommended dose is 400mg per day.

Green coffee beans work by inhibiting an enzyme that increases blood sugar. And several small studies have shown a 1-pound-per-week weight loss. This includes one study done on the Dr. Oz Show, where women were followed for 2 weeks while taking the extract.

The second supplement, is the antioxidant **alpha lipoic acid**. This versatile supplement—used for everything from cancer to neuropathy—has some research that shows a loss of 1-2 pounds per week in patients taking ALA in modest doses, versus those on placebo or just fish oil.

The ALA appears to work by breaking down fat, and stopping the formation of new fat cells. It may also have a slowing effect on blood sugar levels.

Many people prefer the active “R” form of ALA. But the regular ALA is a fraction of the cost and contains 50 percent R-ALA so I often recommend that. The recommended dose is 600mg per day.

Another useful supplement is **Coleus forskohlii**.

One small study of overweight and obese men showed that it lowered fat mass, and another study showed that it decreased hunger.

Like many other substances in the plant world, it has various uses from asthma to glaucoma. I recommend taking 250mg each day.

And finally, I sometimes recommend a form of the hormone called **dehydroepiandrosterone, or DHEA**. I use a form of the DHEA supplement called 7-Keto DHEA, which appears to increase metabolism in overweight people. I recommend taking 100mg twice daily.

Since I also give DHEA for stress, and being overweight can increase or be caused by mental and physical stress—I am “killing two birds with one stone.” **GR**

ALTERNATIVE HEALTH RESOURCES

American College for Advancement in Medicine (ACAM)

Phone: (800) 532-3688

www.acam.org

American Academy of Environmental Medicine (AAEM)

Phone: (316) 684-5500

<https://www.aaemonline.org>

American Academy of Anti-Aging Medicine

Phone: (888) 997-0112

www.a4m.com

Alliance for Natural Health USA

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