

NUTRITION & HEALING

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Does Parkinson's start in your gut?!

Plus, one of the best ways to REVERSE disease symptoms

By Glenn S. Rothfeld, M.D.

I've had Parkinson's disease for over 15 years... but you wouldn't know it by looking at me.

I owe much of my success to the various things I've done to stay healthy.

I eat a Paleo diet and try to maintain a modified fasting lifestyle. I exercise regularly and I never skip my stretching and balancing exercises.

And I also take a combination of supplements—including N-acetyl-cysteine, lithium orotate, CPD-choline, plant sterols, and weekly infusions of vitamin C and NAC.

Maintaining this level of health might seem like a lot of work. But I know it's worth the effort.

Because I'm *very* fortunate.

Every week, I see patients whose Parkinson's disease is progressing much faster than mine... and some even have severe, life-altering symptoms.

And I'm struck by how Parkinson's symptoms look different in every single patient.

Some present with a tremor, while others present with stiff

limbs, head, and facial muscles. While others have difficulty with swallowing or choking, and others have difficulty with speech.

It's as if we're talking about several different illnesses rather than one disease.

And it looks like even the mainstream is coming around to the idea that **Parkinson's disease is not defined in just one way, too.**

You see, a new study is turning what we know about the brain and Parkinson's on its "head"!

According to this eye-opening study, *the origin point of Parkinson's disease could actually be in your gut...* and your brain.

Today, we're going to explore this new approach to Parkinson's—then I'll show you **one of the BEST ways to REVERSE Parkinson's symptoms.**

ANOTHER type of Parkinson's disease identified

Integrative medicine distinguishes itself from conventional medicine in several ways. One im-

portant difference is that **integrative medicine focuses on the individual rather than the illness.**

Each patient is considered from a genetic, biochemical, anatomical, nutritional, and epigenetic (the interplay between genes and their environment) perspective.

This avoids the "trap" of treating every patient symptomatically.

Recently, this individualized way of treating illness has been catching on in the conventional world.

For example, oncologists are beginning to look at the particular tumor and its characteristics rather than a one-size-fits-all approach in cancer therapies.

A treatment for colon cancer, for instance, might involve identifying the specific type, the specific genetic makeup, the specific biology, and the extent of anatomical spread—and then crafting a "cocktail" to address this specificity.

This approach is just beginning to take hold in Parkinson's therapy.

Several recent articles describe this as "precision medicine" and use the concept that Parkinson's is not just one illness, but several different illnesses with different biology and genesis.

One of the most recent findings reveals that **Parkinson's can start in either your gut OR your brain.**

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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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PARKINSONS

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I like to tell my patients that our gut is like our second “brain.” Your “gut brain” can’t pay your bills or learn to tango, but the more than 100 million nerve cells lining the gastrointestinal tract from top to bottom control digestion, immunity, and even your mood.

When Parkinson’s starts in your brain, it’s typically linked to a sleep disorder known as REM sleep behavior disorder. There is also a loss of dopamine uptake in your brain. This is eventually followed by damage to other neuronal systems, such as your heart and your intestines.

But Danish researchers have discovered another type of Parkinson’s disease, which they are calling “body-

first” Parkinson’s (they call the first type “brain-first” Parkinson’s.)

In the body-first type, the damage actually begins in the neurons of your intestinal wall, before any damage appears in your brain!

The illness then spreads to your heart, circulatory system, and eventually to your brainstem. This is supported by the observation (backed up by mouse studies) that GI symptoms (including constipation, increased salivation, and trouble swallowing), as well as disorders of intestinal bacteria and leaky gut are all found in patients YEARS before classic Parkinson’s symptoms show up.

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When your docs can't take their blinders off

Your primary care doctor probably won't even ask about your gut or digestion—and, therefore, he'll miss the root cause of your symptoms. And if you're trying to improve your health or figure out what's wrong with your body, and you are NOT spending some time working on or investigating your gastrointestinal system... then you are wasting precious time AND money. But this disease affects so many organs in the head, neck, and chest that your primary care doctor could conceivably refer you to an ENT (Ear, Nose, and Throat) doctor... a Pulmonary (Lung) doctor... or even an allergy specialist. You could even end up at the dentist's or oral surgeon's office! And one of those specialists is likely to misdiagnose you... and put you on drugs you don't need. I hope that you can move forward with this knowledge by:

- trying to sleuth your own symptoms (and always think “gut” with any chronic symptoms)
- trying natural therapies for some of the symptoms before resorting to drugs
- don't let any specialist pigeonhole your diagnosis

The scary thing is that some people have been on steroid inhalers for 30 or 40 years for asthma that they don't have. People take allergy medicine for just as long to alleviate symptoms (cough, post nasal drip, hoarseness) of allergies that don't actually exist. People have spent a lot of money on hearing aids for hearing loss that could've been stopped if this condition had been diagnosed earlier in life. And people have died from cancers of the throat, neck, and larynx that could've been saved if their docs had recognized this condition.

Afternoon habit WREAKING havoc on your health!

It INCREASES your heart disease, stroke, and death risk

By Glenn S. Rothfeld, M.D.

If you're like most folks, you've probably been cooped up in your house for several months because of the pandemic.

And with nothing else to do, it can be easy to stretch out on the couch and take a snooze.

Of course, there's nothing more satisfying than taking a good nap!

But if daytime naps have become a regular thing for you... and you're always tired from sunup to sundown... *you need to be careful.*

Because researchers recently discovered that this common habit could put heart disease, stroke, and even an early death in your future.

Long naps may be bad for your health

What if I told you that long naps were bad for your health?

That a mid-day catnap was a sign of an earlier death?

For some time now, I've had this theory that naps were a sign of poorer health... but I've never had the ammunition to prove it.

Until now...

A recent study published in the *European Heart Journal* showed that if you take a nap longer than one hour, your risk of heart disease, stroke, and an earlier death is significantly HIGHER than those who don't nap at all.

And this was no small study... researchers included data from 20 different studies with over 300,000 people.

This groundbreaking discovery may come as a bit of shock to some as there are plenty of previous studies that have found naps to be beneficial to your health.

But what makes this new study so intriguing is its focus on TIME.

The length of time that you take a nap really does make all the difference. See, according to the study, the one-hour mark should be the cut-off and anything longer than that is cause for concern.

However, there are some caveats as to who is the MOST at risk for disease.

1. As I already mentioned, the one-hour mark is an important distinction because the increased health risks were not seen in people who napped shorter than 60 minutes.

2. The increased heart disease, stroke, and death risk was only seen in patients that napped for longer than one hour AND slept more than 6 hours per night.

3. Seniors were found to be at the highest risk for disease—and here's why that is so important: Most seniors do not have to get up early for work, which would be a legitimate excuse for sleep deprivation. So in other words: There should be no need for a mid-day nap.

Friend, if you are NOT sleep deprived and you still need a nap every day, there could be THREE reasons for this:

#1: There could be a medical issue

First and foremost, we need to explore the possibility of an underlying medical issue.

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BEAT cancer WITHOUT taking mainstream poison? (It's possible!)

Here's what Big Pharma doesn't want you to know

By Glenn S. Rothfeld, M.D.

A giant leap has been made in cancer, and I want to make sure you put it to good use right away...

New research finds THIS breakthrough treatment could slow down the growth—and spread—of cancer cells.

That's right... ***SLOW DOWN their growth to a grinding halt.***

But that's not all...

This POWERFUL weapon could also **INCREASE your chances of SURVIVING this deadly disease.**

And the best part? All of these results without ever having to take the poisonous drugs the mainstream pushes as cancer treatment.

Today, I'll show you how this "cutting edge" treatment—one I'm

proud to say I use on my own patients—works.

Trust me, folks, this is not one to miss!

No more poisonous drugs?

Loss of appetite and weight loss (cachexia) are two hallmarks of cancer.

As many as 85 percent of patients who have advanced cancer suffer from appetite loss and cachexia, these symptoms are sometimes more prevalent than pain.

Fifteen to 40 percent of patients with an early cancer diagnosis lose weight, often as one of the first symptoms.

There are two reasons for this:

1. Tumors need energy to grow.

2. And cancer also causes appetite loss.

This means cancer is depleting your body of the nutrient reserves that support your immune system.

The result? A shorter life.

In fact, a loss of just 10 percent of a cancer patient's weight within six months is a critical factor in his/her success in fighting the disease.

Fortunately, taking supplemental nutrients doesn't influence the growth of tumors.

Even better? **Giving nutrients to a patient in the early stages of cancer can help to ward off dangerous cancer-related weight loss.**

One such nutrient formula widely used—including by me with my cancer patients—and studied is a product out of Hungary.

Known as **Fermented Wheat Germ Extract (FWGE)** or by its brand name, **Avemar**.

It's made by extracting the wheat germ from wheat, then fermenting it using a natural yeast called *Saccharomyces cerevisiae*. Then it is separated, dried—making it into granules.

This process is actually patented, and the resulting Avemar product is licensed to various supplement companies as a natural product.

Although this product was first developed in the 1980s, the great Hungarian biochemist Dr. Albert Szent-Gyorgyi (most famous for discovering vitamin C and winning

What holistic doctors understand about stopping cancer

When I explain to my patients the external causes of cancer—and the difference in how holistic doctors approach them—I use the example of cigarettes. After all, they're the most amazingly evil and stealth root cause of cancer. We all agree that cigarette smoke can cause cancer, but there is a huge misconception that has been formed amid all the noise surrounding anti-smoking campaigns. The root cause of smoking-related cancer is NOT nicotine. It's the tar—the residue left over from burning the tobacco—that contains all the carcinogenic toxins. This is important to note because the most abundant of those toxins is cadmium—which can be REMOVED from your body! The conventional medical community would just say, "Stop smoking and let's hope you don't get cancer." They'd offer to zap you with chest x-rays to show you when (not if) the cancer shows up. A holistic doctor, on the other hand, would tell you to stop smoking and then measure the amount of cadmium in your body to see how much you've absorbed the toxins in cigarette smoke. Detoxification methods (such as chelation) can then get the cadmium OUT of the body... and prevent the cancer from actually forming.

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the Nobel prize) first hypothesized that fermented wheat germ would have immune and anticancer effects many years earlier.

FWGE contains hundreds of different molecules, but two, known as quinones, are most responsible for the product's biological properties.

Quinones, which are cyclic organic compounds, are also the bases for various chemotherapy drugs including Mitomycin, Doxorubicin and Daunorubicin.

However, unlike these potent and dangerous drugs, FWGE has proven to be largely non-toxic and MUCH safer.

The FWGE has effects on cancer metabolism, growth, and spreading (metastasis).

One key anticancer property of Avemar involves the nature of the cancer cell itself.

Cancer cells are anaerobic (they don't like oxygen) and glucose-loving. They thrive on sugar, which is why diets like the ketogenic diet (which does not provide any sugar to its host) are used successfully in cancer.

It seems that FWGE **inhibits the sugar uptake of cancer cells in a dose-related manner** (the more FWGE the stronger the effect).

What's more? The extract has been shown to lower the metabolic activity of the pathways involved in burning up glucose for energy, while enhancing other, non-glucose pathways. The result is less energy for the tumor cells to grow, spread, and replicate.

One of the most popular chemo drugs, Gleevec, works similarly by inhibiting glucose use within the cancer cell.

Avemar is also known to inhibit the function of several enzymes

that are important in metabolism of glucose into energy.

It seems to work at several points along the chain of sugar metabolism, literally **starving the cancer cells from the inside**, with resulting anticancer effects.

Remarkably, this is outside of its immune system effects, which are considerable.

Chockfull of healing properties

FWGE has been proven to **ENHANCE your general immune response** in several different ways.

One of the most interesting is how it can cause apoptosis, the programmed cell death which is the goal of most cancer therapies. This has been shown in several cancer cell lines including **breast, colon, leukemia, melanoma, and gastric cancer cells.**

"The SECRET of Avemar—and why I recommend it so highly—is its ability to SLOW DOWN growth and metastases of cancer cells."

Interestingly, it does not cause apoptosis in non-tumor cells.

Avemar is also known to increase Tumor Necrosis Factor-alpha (TNF-a).

TNF-a is produced by macrophages, those ever-present cells of your immune system that roam your tissues, engulfing cells and debris that shouldn't be there.

TNF-a is critical, perhaps the most critical of the anticancer messengers. It can provoke a cancer cell to kill itself directly, poison itself (by producing oxygen radicals,) or starve

itself (through limiting its blood supply, called anti-angiogenesis).

TNF-a also produces a molecule called Intercellular Adhesive Molecule-1 or ICAM-1, which helps direct white blood cells to tumor sites.

What's more? This remarkable product has been proven to **SLOW DOWN the repair of cancer cells**, allowing them to be easier prey for the immune system.

A cancer-fighting MACHINE

The SECRET of Avemar—and why I recommend it so highly—is its ability to **SLOW DOWN growth and metastases of cancer cells.**

Much of this depends on the product's anti-angiogenic effects, which have been demonstrated in gastric, prostatic, lung, and endocervical cancer cells.

This is thought to be a result of a lowering of the proteins necessary to trigger the growth of new blood vessels by the tumor.

Animal experiments have supported the use of FWGE in cancer therapy.

In one experiment, mice and rats were given lung cancer, colon cancer, or melanoma cell implants. Feeding Avemar to the animals resulted in significant reductions in metastases—from 50 to 85 percent less.

Another study was done to look at the cancer-protective qualities of Avemar. Rats were either fed the extract or a normal diet, and then cancer was provoked.

The results were eye-opening: There was nearly **70 percent less cancer in the Avemar-treated group.**

Just like with any natural product, the issue of interference with

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PARKINSONS

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It's now well known that the microbiology “signature” of Parkinson's patients is different from healthy patients. This means normal intestinal bacteria are altered in Parkinson's, with some bacteria (firmicutes, Clostridia) missing and other strains (Proteobacteria, Enterobacteria) overgrown.

The theory is that leaky gut, small intestinal bacteria overgrowth (SIBO), and general dysbiosis (imbalance of gut bacteria) lead to a response from the innate immune system. This is the part of your immune system that blindly protects us from foreign

invaders. (As opposed to the acquired immune system where specific antibodies are formed to specific invaders.)

This process activates proteins known as toll-like receptors. They then release several inflammatory messengers. These harbingers of inflammation eventually make their way to your brain, where they cause damage. It's thought that the vagus nerve—the longest and most complex of the cranial nerves—acts as a highway for the disease progression.

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BEAT CANCER

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chemotherapy effects is always raised, mostly by oncologists fearful of anything they don't know about.

Several studies show that combining FWGE with various anti-cancer drugs can result in uniformly positive results.

It has been combined with cisplatin and administered to ovarian and liver cancer cells. It has been combined with the estrogen blocker tamoxifen in breast cancer cells, with docetaxel in ovarian cancer, and with 5-fluorouracil (5-FU) in colon cancer and liver cancer cells.

As one author summed it up, Avemar works with cancer drugs without increasing toxicity or decreasing their effectiveness.

There is even suggestion from some studies that it works collaboratively with the chemo drug, enhancing its anticancer activity.

Clinical studies have started to follow the laboratory findings.

In one study of advanced head and neck cancer, 60 patients were either given Avemar or placebo, and were followed by researchers. The Avemar group had **significantly less**

oxidative stress—a key driver behind cancer—as measured by their laboratory, and had **significant improvements in quality of life**.

Another study of melanoma patients showed a significant difference in progression and in overall survival of the FWGE group versus the placebo group.

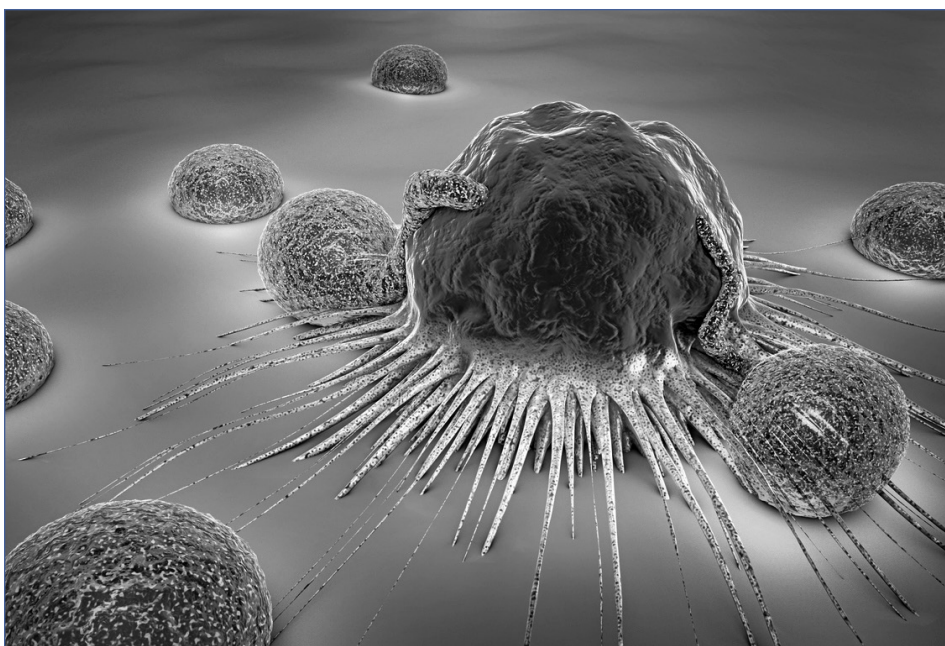
A multicentered trial of 170 colorectal cancer patients began in 1998. The “active” group was given 9 grams of FWGE twice daily. Chemotherapy and radiation therapy were given as needed.

The results were STRONGLY in favor of Avemar “significantly inhibiting” tumor progression, forming new metastases, and increasing survival.

The authors noted that no serious adverse events were recorded, and the only complaint was the taste of the wheat germ extract.

In my humble opinion, whether it's to fatten up a cancer patient who's losing body mass, or to bring another POWERFUL weapon to bear in the battle against cancer, Avemar is a product worth considering.

You can purchase an Avemar supplement online at www.avemar.co/. **GR**



BAD HABIT

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There are two kinds of medical issues which I would classify as either a more pronounced issue or a hidden medical issue.

It could be something as simple as **low B12 levels** or it could be more complex like a “**sluggish**” **thyroid or adrenal fatigue**—when your adrenal glands get overworked and stop producing the hormones you need.

#2: You could have a sleeping issue

While it may seem obvious, if you need a nap despite getting a good night’s sleep, you could be experiencing a sleeping issue.

This is more of a quality versus quantity issue, and it could mean that your sleep quality is poor despite logging in a decent number of hours.

The elephant in the room is **sleep apnea**.

Most people mistakenly call sleep apnea snoring... and folks, this is simply **INCORRECT**.

Sleep apnea does **NOT** always cause snoring—you could have horrible sleep apnea and never create an audible snore during your sleep.

And treating this medical issue can be frustrating because the mainstream only offers relief with a cumbersome machine called a **continuous positive airway pressure (CPAP) machine**.

CPAP machines use a mask that fits over your nose, or nose and mouth. It blows air at a pressure that keeps your airways open as you sleep.

Half of folks with sleep apnea who purchase a CPAP will not use it regularly because it is very uncomfortable and can even feel suffocating.

I hear people say this all the time, “I cannot and will not wear that darn thing.”

However, I do prescribe CPAP machines because I do feel that they are worth giving a try.

There are also plenty of other options out there like face masks and different devices.

I sometimes tell my patients that I would rather see them try using Breathe-Right Nasal Strips and see if they still need a nap, or if they wake up feeling a bit more refreshed.

I am also a big fan of dental devices, even though they are not perfect. I usually have my patients start with the cheaper versions of the more expensive dentist-made devices.

“The length of time that you take a nap really does make all the difference. See, according to the study, the one-hour mark should be the cut-off and anything longer than that is cause for concern.”

My favorite one to recommend is called **Zyppah**, an anti-snoring mouthpiece that utilizes a unique tongue stabilizing feature.

Another one of my favorite treatments are nasal cones. They are plastic cones that you place in your nasal passages while sleeping.

I also try to suggest to my patients that they **change their sleeping position in bed**. The best techniques to try are raising the head of your bed (or use a sleeping wedge) to see if your sleeping position makes a difference.

Recently there have been many developments in sleep medicine that have been game-changers.

For example, it is **MUCH** easier now to get a glimpse or analysis into your sleep quality.

I think that the biggest change is that insurances now pay for home sleep studies and therefore your sleep is monitored in your own environment, instead of an uncomfortable and awkward sleep lab.

There are now even apps such as **SnoreLab**, **SnoreClock**, or **Snore Control** on your smartphone that can help detect sleep issues.

And as you may already know, some of the FitBits (wrist monitors) measure sleep quality. And there is even a very cool (and expensive) ring you can wear called an **Oura Ring** that measures your sleep quality.

#3: You could be slipping into a “food coma”

You’ve probably heard people talk about experiencing a “food coma” before.

This post-meal fatigue usually occurs about one hour after you finish your meal.

A food coma is usually caused by either consuming too much food, the wrong kinds of food, or too many carbohydrates.

If the root cause is too much food... then cutting back on the quantity of your food is the obvious answer. I would also suggest you **try using digestive enzymes near the beginning of your meal** to try to help your gut digest the food better.

When I say the wrong “kind” of food, I mean that some people can have minor (but significant enough to cause fatigue) food reactions. These are not official food allergies, but they are sometimes called **histamine reactions or even food sensitivities**.

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PARKINSONS

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This “body-first” Parkinson’s raises the question of whether influencing your gut flora could prevent, slow down, or even reverse the disease.

A growing body of experimental and clinical literature suggests that **fecal transplantation**, in which stool from a healthy source is placed into the Parkinson’s colon, could have positive effects on disease symptoms.

In one mouse study, fecal transplantation slowed down the toll-like receptor signaling, thereby quieting down neuro-inflammation.

Mice that are without intestinal bacteria (“germ-free mice”) have no Parkinson’s-like neurological symptoms, and when their colons are infused with the bacteria of Parkinson’s

patients they develop the symptoms.

Your microbiome’s health can be treated by prebiotics (natural therapies to feed the lining of the bowel) and probiotics (good bacteria to recolonize the gut).

Prebiotics are present in foods such as fruits, vegetables, and whole grains. Probiotics occurs in many fermented foods including yogurt, sauerkraut, tempeh, and kombucha.

You can also take prebiotic and probiotic supplements. I recommend taking 25 grams of prebiotics and taking a probiotic containing 10 billion CFUs. You can find bottles of each supplement at your local drug-store or online.

Both prebiotics and probiotics are vital to the Paleo diet as a

way to help restore balance to your gut—which assists with digestion.

There is now a growing hope that these remedies can alter the course of Parkinson’s disease.

As far as brain-first Parkinson’s goes, **early signs of oxidative stress on the dopamine system—a group of nerve cells—seem to be a catalyst for developing the disease.**

There are now many studies suggesting that n-acetyl-cysteine, a natural antioxidant and the precursor to glutathione (“the master antioxidant”) can **REVERSE some of the symptoms of Parkinson’s**—such as tremors, balance issues, muscle rigidity and cognitive problems—probably by reversing this oxidative stress. **GR**

BAD HABIT

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Sometimes patients will notice that they cough after they eat, or their nose will run soon after eating.

This is a tip-off to having some minor food reactions.

Now, if your food coma is caused by eating too many carbs, that might be a result of an insulin surge.

This can just be from the pure amount of carbohydrate consumption, or it can be caused by a lack

of protein to buffer the amount of insulin secreted.

So making some dietary changes, and even some sleuthing can really help figure this out.

Whether it be cutting way back on the quantity of food, changing the timing of your meals, or eating a meal with no carbohydrates—**this may be the BEST way to narrow down your low energy levels to food.**

I understand that a catnap or a power nap may sound like a great idea on a low-energy day... but next time, before you lay your head down to rest, ask yourself, “*Why am I am napping? Am I napping because I am compensating for another underlying medical issue?*”

I urge you to do this especially if you think you are getting adequate sleep (more than 6 hours) and are over 65. **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

Phone: (800) 230-2762

www.anh-usa.org

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