

# Dr. Marlene's NATURAL HEALTH CONNECTIONS

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## The Guide to Lifelong Brain Health

**Forgot where you left your keys or the name of a movie you liked? Find out if it's serious and how to stay sharp for many years to come.**

Modern medicine hasn't figured out how to deal with Alzheimer's disease because it can't be cured with drugs or surgery, and little is known about its causes — or so it seems. Even when it comes to less serious memory lapses, there doesn't seem to be a solution. But this really isn't the case.

A growing body of evidence has identified some very specific and reversible causes of forgetfulness, other signs of mental decline, and even dementia such as Alzheimer's. This means you can take steps to stay mentally sharp for years to come, and I want you to have the latest information.

### What's Normal?

It's obvious that our bodies change as we get older, but does that mean we have to lose some of our mental abilities? And if so, what's "normal"?

I recently read about a couple of people who enrolled in law school in their late 60s. A man graduated at the age of 71 from the University of

North Texas and a woman graduated at the age of 70 from the University of Hawaii. Granted, these aren't your typical graduates. But completing law school is no small feat.

You probably know of someone who stayed mentally sharp as a tack until they died sometime in their 90s, or at least you've heard of someone like that. Most likely, we marvel at these people because they defy our expectations.

Fear of losing one's mental faculties is the biggest fear related to aging — more so than physical disability. This holds true in all age groups, even in young adults.

### What's Expected?

In medical terms, some cognitive decline is considered normal as people get older. When the decline is greater than the norm, it's called "mild cognitive impairment." And when it gets considerably worse, it's dementia.

Dementia isn't a disease but a term that describes a combination of



symptoms. These include loss of memory and other mental functions to a degree that's severe enough to be debilitating.

Alzheimer's is a disease that is marked by a specific type of brain plaques, and it's one reason why people develop dementia. Other reasons for dementia may include strokes, brain injury, or various other things that can damage brain cells — I describe the most common ones below, along with ways to correct them.

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**Degrees of Mental Decline**

Mental issues that are considered normal include forgetting where you left your keys; forgetting a name; having a word on the tip of your tongue but not being able to think of it; missing an

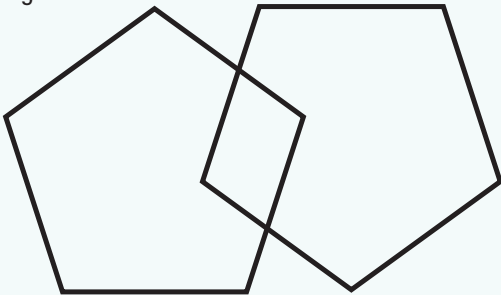
appointment; forgetting details about past events; or being somewhat absentminded.

Individuals with mild cognitive impairment, and those close to them, are aware that their memory and other mental abilities are

**Test Your Mental Acuity**

You can use this questionnaire to test your own mental acuity at home. Use a blank sheet of paper for drawing. If you have difficulty with any of these, try the steps I recommend and test yourself again after you've made some progress.

1. Copy this drawing:



- 2. Count backwards from 100 in sevens. Stop after five answers.
- 3. Draw a picture of a clock, showing ten past eleven.
- 4. Say the color, not the word, as fast as you can.

YELLOW BLUE ORANGE  
BLACK RED GREEN  
PURPLE YELLOW RED  
ORANGE GREEN BLUE  
BLUE RED PURPLE  
YELLOW RED GREEN

5. Fill in the blanks.

1	2	3	4	5	6	7	8	9
△	=	○	×	□	∟	⊥	+	

3	6	1	9	5	4	8	3	9	7	2	5	6	3	4	1	9
○	∟	△														

slipping significantly. They have trouble doing their job and routine things such as shopping or driving, but they are still functioning. They may or may not get worse on their own — but can get better with the steps I'm going to describe.

Signs that dementia has developed include habitually missing appointments; getting lost in familiar places; not paying bills; and severe deterioration of lifelong skills. Rather than forgetting where the keys are, the person may not remember what keys are used for.

## Why Mental Decline Goes Untreated

Our healthcare system is designed to address specific symptoms or markers of disease, such as cholesterol, blood pressure, or pain, with drugs — not to find and treat root causes. This approach doesn't work for mental decline.

In the early stages of Alzheimer's, drugs can reduce symptoms for some people for a while, and then they stop working.<sup>1</sup> And then, patients can be worse off than they would have been without the drugs. And side effects are significant.

## What Works to Keep You Mentally Sharp

The ability to remember, to think clearly, to learn, to make rational decisions, and to keep up with a changing world is influenced by a combination of factors — not one thing. The combination is unique to everyone, so it's impossible to treat mental decline with a one-size-fits-all solution.

These are the major things that can deplete your mental capacity: toxins in your environment; drugs; high blood sugar or insulin; lack of

specific nutrients; lack of exercise; lack of restful sleep; chronic infections; and uncorrected hearing and vision problems.

This is quite a long list, but I'll explain how each of these plays a role. Once you understand what to look for in your own life, and which of these may be affecting you, it's quite realistic to take steps to improve your own situation.

## Brain Toxins

The major types of toxins that impair your mental functions are metals, drugs, and mold. There are two steps to repairing the damage: First, it's vital that you recognize if you're currently exposed to a toxin and get it out of your life. Second, and equally important, there are specific supplements

## Groundbreaking Alzheimer's Treatment

Research at the University of California, Los Angeles, has identified a way to reverse mild to moderate Alzheimer's disease. The protocol was developed by Dale Bredesen, MD, who specializes in neurodegenerative diseases. I've been trained in the protocol by Dr. Bredesen and use the data, as needed, with my patients.

The program starts with extensive testing to identify all the factors that could be contributing to the disease, and a personalized treatment plan is then developed. Such plans are typically quite extensive and lengthy, but they can produce some unprecedented results.

A study of 100 patients with Alzheimer's disease or significant cognitive impairment found that they improved dramatically after doing the program. For example, some who had not been able to work returned to their jobs, and others who were struggling with usual daily tasks improved dramatically.<sup>2</sup>

This protocol is not something you can do at home. But there's a take-home message from this research about lifestyle steps you can take, including these:

- Eating a low-grain (and sometimes gluten-free) diet, low in starches and sugar, and replacing processed food, as much as possible, with more vegetables, fruits, and non-farmed fish.
- Fasting for a minimum of 12 hours between dinner and breakfast, and for a minimum of three hours between dinner and bedtime.
- Sleeping seven to eight hours per night.
- Taking supportive supplements.
- Exercising for a minimum of 30 minutes, four to six days per week (see *How to Grow Brain Cells* on page 8).
- Taking steps to reduce stress, with yoga or music, for example.
- Where necessary, improving dental health to reduce gum inflammation and getting dental and other infections treated.

### Can Alzheimer's Always Be Reversed?

Not if the disease has progressed too far. Before this protocol is begun, a patient takes a test on a computer. If their mental faculties have deteriorated to a point where they are not able to follow the instructions for the computer test, the damage is probably beyond the point where it can be reversed. But if they can do this initial test, there's a good chance that they can improve.



you can take to help your body eliminate the toxins. I'll describe these in a moment.

## Toxic Metals

Metals such as lead, arsenic, and mercury are extremely toxic to the brain. The Mad Hatter in *Alice in Wonderland* was a fictional character who was based on some fact. The chemicals used in making hats produced mercury vapors that literally made the hatters mad. Today, some common ways you can get exposed to toxic metals include lead paint, industrial accidents, and high-mercury fish.

One of my patients was concerned about his memory and was shocked to learn that his attempts to eat a healthy diet with plenty of fish had backfired. He knew tuna was high in mercury, so he was avoiding it; instead, he was routinely eating sea bass — another high-mercury fish.

Fish contains protein and healthy fat, but be aware of mercury content. Generally, small fish are less toxic because they have a shorter lifespan, which means less time to accumulate toxins.

Low-mercury fish include wild salmon, herring, haddock, sardines, shrimp, and scallops. You can download a complete list of fish with varying mercury loads from the nonprofit Natural Resources Defense Council (NRDC) at [www.nrdc.org/sites/default/files/walletcard.pdf](http://www.nrdc.org/sites/default/files/walletcard.pdf).

## Toxic Drugs

The top types of drugs that damage mental function are those for sleep (prescription and over-the-counter), anxiety, and depression. In addition, Demerol for pain, antihistamines, and statin drugs for

cholesterol can cause confusion. That said, any drug can be toxic, much more so in older people because the ability to eliminate toxins decreases with age.

Each year, the American Geriatric Society publishes a list of drugs — the Beers Criteria — that should not be prescribed for older people or should be used with caution.<sup>3</sup> It technically applies to patients age 65 or older, but the age-related changes that inhibit drug detoxification occur gradually — not suddenly. If you're in your 50s or older, ask your doctor or pharmacist to review any medications you take — including over-the-counter drugs — and see if any are on the current year's Beers list.

If you're younger and are concerned about your mental function, it's also a good idea to have your drug list reviewed to see if there's a possibility that any

could be causing the problem. And then, work with your doctor to make any needed changes.

If you're taking statins to lower cholesterol, see *Related to This Topic* on page 8 for an earlier issue of this newsletter that covers the possible side effects in more detail.

## Toxic Mold

When new patients come to see me with memory or other cognitive issues, I'm finding that mold plays a role in virtually every case. I'm not saying that everyone suffers from it, but it's certainly a common thread among people who are experiencing a decline in their mental capacity. And removing mold can produce remarkable results.

Mold grows when an area is damp for 24 to 48 hours or longer. Once the mold dries and dies, it breaks down into tiny particles that are even more toxic than mold that is damp. The only way to deal

### About Dr. Marlene

Dr. Marlene Merritt's passion for natural medicine is fueled by her drive to help others, and her own experience of overcoming a debilitating heart condition, diagnosed at the age of 20. A competitive cross-country cyclist at the time, she suddenly began experiencing severe chest pains. Forced to quit the sport, she suffered from extreme fatigue and constant pain for another 15 years, despite doing everything that conventional, Western medical doctors told her to do.

And then, the tide turned. A physician trained in naturopathic healing recommended a whole-food vitamin E supplement. A week after starting the supplement regimen, her energy began to return, and the pain began to disappear.

Dr. Marlene is a Doctor of Oriental Medicine, has a Master's in Nutrition, and is an Applied Clinical Nutritionist. She is Board Certified in Bariatric Counseling, and certified in the Bredesen MEND Protocol,<sup>™</sup> a groundbreaking method of reversing Alzheimer's disease. She sees patients at the Merritt Wellness Centers in Austin, Texas, and Santa Fe, New Mexico, trains health practitioners nationwide, and is the author of *Smart Blood Sugar* and *The Blood Pressure Solution*.



with it is to remove and replace whatever is moldy, whether that's a shelf in a bathroom cabinet or a part of a wall or windowsill.

It isn't healthy for anyone to live or work in a building with mold, but about one in four people are extremely sensitive to it, and a decline in mental function is a common sign. To learn more about mold effects and remediation, see *Related to This Topic* on page 8 for an earlier issue of this newsletter that covers the problem and the solution in more detail.

## How to Detoxify the Brain

It's essential to stop exposure to any source of toxins, but that alone is not enough. Toxins accumulate in your body and you must eliminate them. Specific supplements are very effective in this situation because they enhance your body's own mechanisms to detoxify.

In the normal course of life, your body makes various antioxidants to eliminate waste products on an ongoing basis. Glutathione is the most important one because it's produced inside every cell and can help to get rid of toxins at the deepest level.

When there's any illness or overload of toxins, glutathione gets depleted — just when you need it most. So, it's vital to do what you can to increase its levels.

Although there are some glutathione supplements on the market, I don't recommend them because they aren't always well-absorbed through the digestive system. Instead, I'm going to tell you which supplements will boost your natural ability to make glutathione — this is the best way to do it.

## NAC Boosts Natural Detoxification

Short for N-acetyl cysteine, NAC is a necessary building block of glutathione so it's essential for eliminating toxins. More specifically, NAC is a form of cysteine, one of the amino acids that make up protein.

Although you can get cysteine from food, it isn't likely to be enough when there's been an onslaught of toxins, and other health issues can also increase your need. As an example, levels of glutathione are lowered by diabetes and cancer.

In medicine, NAC is best known as a treatment for toxicity from too high a dose of acetaminophen (Tylenol). And a lot of research shows a long list of benefits, including improvements in

psychiatric conditions and addiction; better control of blood sugar; healthier kidneys and liver; and relief from respiratory conditions, ranging from coughs and congestion to serious lung diseases such as COPD — chronic obstructive pulmonary disease.<sup>4</sup>

For ethical reasons, animal studies can look at the effects of NAC on brain health in ways that human studies can't, and there have been some impressive results. In mice, NAC has reversed brain changes that occur with Alzheimer's disease, significantly improving memory and the ability to learn.<sup>5</sup> In other animal research, NAC has reduced tremors in Parkinson's disease.

## How to Use NAC

If you know or suspect that you're experiencing the effects of toxins,

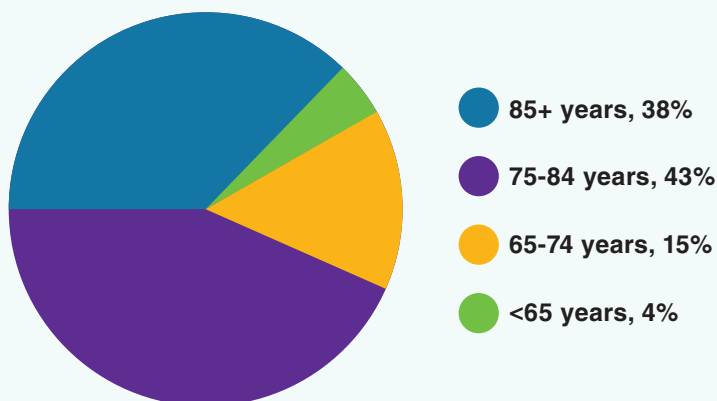
## Alzheimer's Numbers

The numbers of deaths from heart disease, stroke, HIV, and breast and prostate cancers have been decreasing, while deaths from Alzheimer's disease are skyrocketing. In fact, it may be the third-leading cause of death among older Americans, trailing only heart disease and cancer.<sup>6</sup>

Here are some facts from a study at the Rush Institute for Healthy Aging in Chicago:<sup>7</sup>

- On average, people survive for 4 to 8 years after a diagnosis of Alzheimer's.
- 81 percent of people with the disease are 75 or older.
- Nearly 2 in 3 Americans with Alzheimer's are women.

Among Americans who are suffering from Alzheimer's disease, these are their ages:



take 500 mg of NAC daily. If you feel fine and want to enhance your overall health, it's perfectly safe to take the same amount.

If you're wondering how one supplement can affect so many aspects of health, keep this in mind: Glutathione is a master antioxidant and detoxifier that's produced in every single cell, and NAC enhances its production.

There's another essential step to effectively detoxify with NAC: regular bowel movements. NAC helps to get toxins out of every cell and into your natural elimination system — the bowel. But if you're constipated, those toxins can't escape.

Drinking water and eating fiber are essential parts of ridding your body of toxins. Before you reach for fiber supplements, make sure to eat plenty of non-starchy, fibrous vegetables. Broccoli and other cruciferous vegetables are good ones because in addition to fiber, they contain other substances that aid detoxification.

If you do want to take any supplements to help with regularity, try pectin, a type of fiber found in the cell walls of plants. In supplements, it's often made from apples and is labeled as "apple pectin."

In your digestive tract, pectin takes on a gel-like consistency, feeds beneficial bacteria, and helps to balance things out. It can help to relieve both constipation and diarrhea and is gentler than typical laxatives you buy in the drugstore.

## Turn on Detoxifying Genes

As I mentioned, NAC is a building block of your natural top antioxidant: glutathione. Some other nutrients work on a genetic level to raise glutathione. They

activate a protein called Nrf2, which basically tells genes to "make more glutathione."

The "Nrf" refers to "nuclear factor," but don't worry about the alphabet soup. NAC is like bricks being used to build a house, and Nrf2 is like the site manager telling construction workers (genes) to lay more bricks and get the wall built more quickly.

The genes activated by Nrf2 are what I think of as "pro-life" genes. They help to detoxify, repair, and protect cells against structural damage. They also reduce inflammation, and altogether save cells from death.<sup>8</sup>

Certain foods are especially good at enhancing Nrf2: berries rich in antioxidants, cruciferous vegetables, garlic, turmeric (in curry spice blends), and green tea. Good supplement sources include resveratrol — the beneficial ingredient in red grapes and wine — and turmeric.

In addition, it's important to get enough protein. Although protein

is not generally lacking in the American diet, some people don't eat enough.

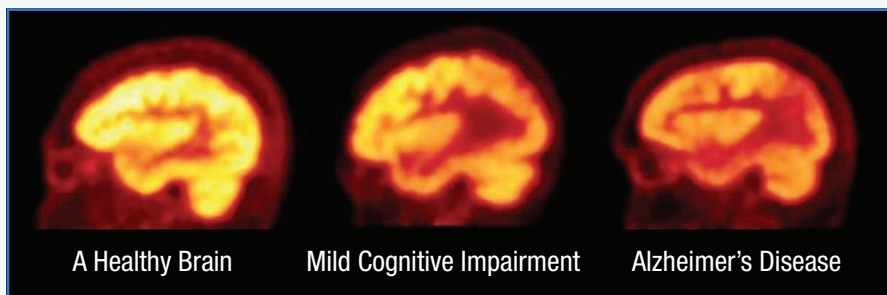
To calculate the amount of protein you need, divide your weight in half and multiply by 0.8. For example, if you weigh 160 pounds, half is 80. Multiply 80 by 0.8 and you get 64. In this case, you would need 64 grams of protein daily.

## Type 3 Diabetes

Alzheimer's is sometimes referred to as type 3 diabetes, because irregularities in blood sugar have a major impact on mental capacity. The brain uses up to one-quarter of all your blood sugar as fuel. When problems arise, it can't absorb and burn that fuel, and then it can't function properly. In a sense, the brain is starving. It's as though a big can of gas is sitting next to a car but you can't get the gas into the fuel tank, so the engine can't run.

In the case of Alzheimer's, the inability to use fuel is dramatic, but it doesn't develop overnight — just

## Brain Starvation in Alzheimer's



*Images courtesy of Penn Medicine*

These brain scans from the University of Pennsylvania show how much blood sugar (fuel) the brain is absorbing when it's healthy, when there's mild cognitive impairment, and when Alzheimer's has developed. The brighter the yellow areas, the more fuel the brain is able to absorb and use.

This mechanism is not related to how much sugar a person is currently eating. It's the brain's inability to absorb and use blood sugar as fuel that is the problem.



like type 2 diabetes doesn't suddenly appear. It takes years of gradual decline, sometimes so subtle that it seems "normal," until the decline drastically affects daily life.

## How the Brain Starves

The path to a starved brain is the same as the one to type 2 diabetes: eating too many carbohydrates for too long. First, blood sugar goes too high, then your body produces more insulin to compensate. Eventually, the cells build up a resistance and can't absorb the blood sugar properly, no matter how much you eat.

The solution is the same as for preventing and reversing type 2 diabetes — retraining your body to efficiently absorb and use blood sugar as fuel. It starts with removing excess carbohydrates from your diet. This doesn't mean eating *no* carbohydrates, but it does mean limiting those that are the most problematic: grains, corn, potatoes, desserts and candy, and sweet drinks, including fruit juice. At the same time, you should eat plenty of non-starchy vegetables.

In addition to starving your brain of fuel, diabetes also depletes your levels of glutathione. It's a multi-pronged attack on your system.

I give a more thorough explanation of type 3 diabetes and the diet to correct it in some earlier newsletter issues, listed in *Related to This Topic* on page 8.

## Infections and Other Health Issues

Just to recap, Alzheimer's is a specific disease, but it isn't the only cause of dementia — a combination of symptoms that include memory loss, possibly

confusion, and other signs of mental impairment.

Viral and bacterial infections can cause brain inflammation that produces dementia. The most common bacterial infections I see are dental, urinary, and sinus infections; Lyme disease is another. Viral infections can include herpes or Epstein-Barr. All these must be treated.

Dental issues are especially common. Many people know they have "bad teeth" and don't see a dentist to resolve the situation, but bad teeth must be treated. I often see a problem with prior root-canal

treatment because root canals can fail, meaning the infection lingers in the tooth, despite the root canal. And then, the only solution is to pull the tooth.

Hearing loss and vision problems are two other common and correctable issues that can contribute to declining mental performance. When ignored, these continually block normal perception and decrease brain stimulation around the clock. The brain has a use-it-or-lose-it characteristic, and the lack of stimulation speeds up its decline.

## Essential Vitamins to Feed the Brain

In addition to eating a diet of whole foods rather than packaged ones, and limiting carbohydrates from grains, corn, potatoes, and sweet foods and drinks, some basic vitamins are essential. These support normal brain function and your body's own ability to eliminate toxins.

To ensure you don't have a shortfall, these are good daily doses of basic supplements:

**Multivitamin:** Look for a product that contains about 100% of the Daily Value of each nutrient, listed in the %DV column of the Supplement Facts on the label.

**Extra B vitamins:** A B complex product, per product directions.

**Vitamin E:** 200 IU of a product that contains a combination of different types of vitamin E, listed as tocopherols and tocotrienols on the label.

**Vitamin D:** 5,000 IU with vitamin K.

**Fish Oil:** 1 to 3 grams.

**CoQ10:** 100 to 200 mg.

### Other Helpful Vitamins

If you feel your mental function could use a boost, these are other

supplements you can add to the list above:

**Additional Vitamin B12:** Daily doses of at least 2.4 mcg. A deficiency of vitamin B12 can lead to symptoms that look like dementia but reverse when B12 levels are restored. In later years, the digestive system is not as efficient in extracting nutrients from food, and B12 is a vitamin that is often in short supply.

**Choline:** This is a B vitamin and is included in small amounts in some multivitamins, but you can take more, for a total of 500 mg daily. Choline is known to be an essential nutrient for the brain. In addition, animal research has shown that supplementing with choline helps to prevent development of brain plaques that are a hallmark of Alzheimer's and to reduce brain inflammation.

**Lecithin:** In addition to pills, lecithin is available in powders and granules, which can be sprinkled on food or mixed into beverages. It's a natural source of choline and healthy fats. Take 300 mg daily of lecithin from non-GMO soy or sunflower.

Both these are simple to correct. Hearing aids have become virtually invisible and much more effective than in the past. And a current vision prescription, or any other necessary treatment, can give you a new lease on life.

Low levels of thyroid hormone can also contribute to cognitive problems. Check *Related to This Topic* below for an earlier issue of this newsletter that covers low thyroid and how to correct it.

How to Grow Brain Cells

I’m going to give you a bit more alphabet soup: BDNF. It stands for brain-derived neurotrophic factor. “Neuro” relates to the nervous system and brain; “trophic” means that it promotes cell growth, maintenance, and repair. BDNF stimulates the growth of cells in the brain and nervous system. Since aging slows down cell growth, raising levels of BDNF can reverse the process.<sup>9</sup>

How do you raise BDNF? Exercise is the best way. Research shows that physical exercise wards off dementia.<sup>10</sup> The best type of

exercise is in intervals, meaning you alternate going fast, so that you get out of breath, and slow. You can do this by alternating fast and slow walking.

The Beauty of Sleep

We can never underestimate the power of sleep. It’s a no-brainer: When you don’t get enough restful sleep, you don’t function well. We all know that, and there’s plenty of scientific evidence linking lack of sleep to brain deterioration, diabetes, and other ills.

As if that weren’t enough, a recent study found that during deep sleep, your brain gets a gentle bath, so to speak. Waves of cerebrospinal fluid flow in and out of the brain, cleaning it out.<sup>11</sup> You know what happens when you leave dirty dishes in the sink overnight — you don’t want that happening in your brain.

Unfortunately, we don’t always do whatever is necessary to get a good night’s beauty rest and brain revitalization. If you stay away from caffeine later in the day, go to bed early, sleep in a dark, cool

room, and still can’t get restful sleep, don’t take sleeping pills, but do see your doctor.

A Final Word

I’ve described a lot of things that can influence your mental function, and there’s one more: Your social life and involvement in different activities. Being socially active will help to keep you sharp.

To prioritize: First, see if you’re exposed to a toxin I’ve described. If you may be, take steps to stop that exposure. And then, take detoxifying supplements and start looking at your diet and ways to improve it. Any time after you’ve stopped any exposure to toxins, start adding some physical activity.

Every little bit counts. Rome wasn’t built in a day, as the saying goes, but if you move forward step by step, you will arrive at the destination of being mentally sharper.

Related to This Topic

These are some earlier issues of this newsletter that address related topics:

Related Topic	Volume	Issue	Title
Statin Drugs	1	4	When Statin Drugs Can Harm You More Than Cholesterol
Mold	2	11	Mold: The Hidden Trigger of More Than 40 Ailments
Type 3 Diabetes	1	1	The Link Between Diabetes and Alzheimer’s
Diet	1	8	The Guide to Healthy Eating
Thyroid	2	7	The 30-Day Thyroid Restoration Protocol
Sleep	2	2	The 10-Minute Sleep Solution

Access these online by logging in to [www.NaturalHealthConnections.com](http://www.NaturalHealthConnections.com).

1 Cummings, J.L., et al. "Alzheimer's disease drug-development pipeline: few candidates, frequent failures." *Alzheimers Res Ther.* 2014 Jul 3;6(4):37.

2 Bredeesen, D.E. "Reversal of cognitive decline: 100 patients." *J Alzheimers Dis Parkinsonism.* 2018 Oct;8(5):450.

3 Fick, D.M., et al. "American Geriatrics Society 2019 Updated AGS Beers Criteria® for Potentially Inappropriate Medication Use in Older Adults." *J Am Geriatr Soc.* 2019 Apr;67(4):674-694.

4 Mokhtari, V., et al. "A Review on Various Uses of N-Acetyl Cysteine." *Cell J.* 2017 Apr-Jun;19(1):11-17.

5 Da Costa, M., et al. "N-acetylcysteine treatment attenuates the cognitive impairment and synaptic plasticity loss induced by streptozotocin." *Chem Biol Interact.* 2017 Jun 25;272:37-46.

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7 Hebert, L.E., et al. "Alzheimer disease in the United States (2010-2050) estimated using the 2010 census." *Neurology.* 2013 May 7;80(19):1778-83.

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9 Bathina, S., et al. "Brain-derived neurotrophic factor and its clinical implications." *Arch Med Sci.* 2015 Dec 10;11(6):1164-78.

10 Tari, A.R., et al. "Temporal changes in cardiorespiratory fitness and risk of dementia incidence and mortality: a population-based prospective cohort study." *Lancet Public Health.* 2019 Nov;4(11):e565-e574.

11 Fultz, N.E., et al. "Coupled electrophysiological, hemodynamic, and cerebrospinal fluid oscillations in human sleep." *Science.* 2019 Nov 1;366(6465):628-631.



# Say “Good Bye” to those Senior Moments

## PREVENT, STOP, AND REVERSE MEMORY LOSS & DEMENTIA FOR LIFE!

“Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”

— Cathy D. Carson City, NV

**Do you turn to jelly when you try to remember someone's name... someone you've known for a long time? Maybe it's suddenly asking yourself, 'WHERE AM I?' when you're at a store... or you have to take a few extra moments to add 100 to 75.**

Perhaps you're suddenly feeling bored when you're the most excited person on the planet. Are you repeating yourself like a broken record? Maybe you don't seem like your normal super-focused self.

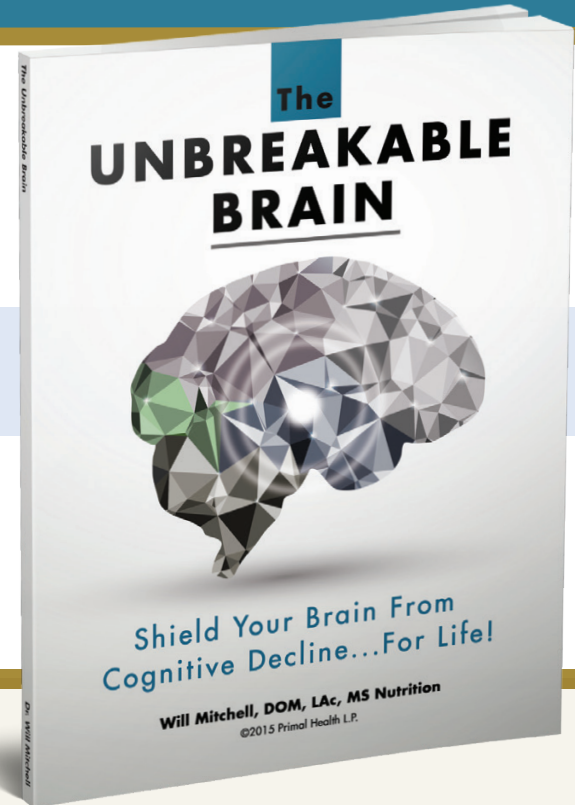
Yes—these are senior moments...and they are the first signs of dementia. The Alzheimer's Association recently admitted it, “Memory loss that disrupts daily life may be a symptom of dementia.”

How long will these “senior moments” continue? If you think memory loss will “go away” like a bad case of the flu... think again. They won't... unless you start taking some simple steps.

That is why world-renowned brain expert Dr. Will Mitchell has recently released his best-selling book, **The Unbreakable Brain**. This simple, but powerful 121-page book gives you a 28-day plan for brain health you can start right away. The plan gives you 7 powerful strategies you can easily adopt, and in the next 4 weeks, you'll be able to...

- Protect your brain
- Keep your mind razor-sharp for as long as you live
- And keep your independence by not spending your final days in a facility.

Here's what Cathy D. from Carson City, NV wrote to Dr. Mitchell after reading **The Unbreakable Brain**, “Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”



Yes—in just 2 week's Cathy's memory was back! Its results like this that have made **The Unbreakable Brain** a national best-seller. It's even popular in the medical community. Beverly C. from West



Renowned Health  
Expert, Dr. Will Mitchell

Des Moines, IA wrote to say, “I took your book to my doctor's office, and he knew of it and said it was one of the best. My doctor is on board with this plan.”

Dr. Will Mitchell put everything you need to prevent and even fight dementia in this easy-to-read book. In addition to his 28-day plan to a sharper brain, you'll also find...

- 1 simple trick to finding the true cause of your memory loss—and how to fix it...
- 14 prescription drugs that kill your memory...
- 5 things your brain needs every day to super-boost memory...
- Complete list of inexpensive nutritional supplements that revive the brain...
- At-home test that reveals if you'll get full-blown dementia...

Over 180,000 copies **The Unbreakable Brain** have already been sold to folks like Dorothy from Shelton, WA. who said, “I am delighted with my results, and I would highly recommend this book to anyone struggling with memory problems as they age.”

**Get your copy of The Unbreakable Brain today and protect your brain in just 28-days!**

**Get The Unbreakable Brain for Just \$27!**  
**[www.SimpleBrainFix.com/NHC2](http://www.SimpleBrainFix.com/NHC2)**

# How to Beat Winter Blues

The shorter days and longer nights of winter can make you feel a bit glum and lethargic, or even bring on seasonal affective disorder — depression triggered by winter. But there's a simple solution: Get some morning sun.<sup>1</sup>

Getting outdoors in morning sunlight lifts daytime mood, boosts energy, and leads to more restful sleep. And better sleep leads to a better mood the next day.

## Why Morning Sun is Special

Although being outdoors at any time of the day can lift your spirits, morning sun is unique because it influences two important hormones: serotonin, the feel-good hormone, and melatonin, the



hormone that promotes good sleep.

When you're out in the morning, your body produces more serotonin. Being outdoors later in the day doesn't result in the same serotonin boost. In addition to enhancing daytime mood and mental focus, serotonin is converted at night to melatonin to help you fall and stay asleep during the night.

This cycle of daytime serotonin and nighttime melatonin is an integral part of our internal body

clock. Genetically, it's designed to mirror the natural cycle of light during the day and darkness at night. However, the cycle gets disturbed when we're constantly indoors during the day and exposed to artificial light in the evening.

## Skip Sunglasses

Although serotonin production is triggered when some of your skin is exposed to sun, production of the hormone is enhanced when sunlight enters your eyes. Try to get 10–15 minutes of morning sun exposure without sunglasses. When traveling, this can help you beat jet lag, because it resets your internal body clock.

If you can't get out in the morning, use a full-spectrum lamp that's designed for light therapy.

# Best Time to Take Blood Pressure Drugs

Blood pressure drugs are most effective when taken in the evening, according to a large European study.<sup>2</sup> For more than 6 years, researchers tracked over 19,000 men and women who were taking at least one drug for hypertension. They compared the effects of taking the medications in a single dose first thing in the morning or at bedtime.

Patients who took their medication at bedtime had nearly half the risk of dying from or suffering heart attacks, strokes, heart failure, or requiring a procedure to unblock narrowed arteries.

Blood pressure naturally dips during nighttime sleep, and this is a vital time for arteries to repair themselves. Researchers observed that the bedtime dose of medication brought about a bigger nighttime dip in blood pressure.

I've found that diet and lifestyle changes can most often lower blood pressure without drugs, but if you are taking blood pressure drugs, check with your doctor

about how to best take them. You can find the details of my blood-pressure program in Volume 2, Issue 9, of this newsletter, *4 Steps to Healthy Blood Pressure*.

# Risks of Steroid Injections for Arthritis

Corticosteroid injections are used to relieve pain of osteoarthritis, but a recent study at Boston University School of Medicine has found that side effects can be more dangerous than previously thought.<sup>3</sup> The injections can speed up progression of the disease, lead to stress fractures, and stop blood supply to bones, causing bone tissue to die and collapse.

The study tracked 459 osteoarthritis patients who received corticosteroid shots in the knee or hip. Serious side effects occurred in 8 percent of people.

Inflammation, which underlies osteoarthritis, can be reduced with the right foods, herbs, and exercise, with minimal or no drugs. For more details, check out Volume 2, Issue 5, of this newsletter, *The 90-Day Program to Relieve Arthritis*.

1 Mead, M.N. "Benefits of sunlight: a bright spot for human health." *Environ Health Perspect.* 2008 Apr;116(4):A160-7. 2 Hermida, R.C., et al. "Bedtime hypertension treatment improves cardiovascular risk reduction: the Hygia Chronotherapy Trial." *Eur Heart J.* 2019 Oct 22. pii: ehz754. 3 Kompel, A.J., et al. "Intra-articular Corticosteroid Injections in the Hip and Knee: Perhaps Not as Safe as We Thought?" *Radiology.* 2019 Oct 15:190341.

# Is your memory getting worse?

If you're over 50, chances are your brain isn't functioning like it did in your younger years.

This isn't surprising. In fact, the Centers for Disease Control warns that over 16 million Americans now live with cognitive impairment. This includes not only memory problems, but also difficulty in learning new things, concentrating, and making important decisions.

Unfortunately, age is the greatest risk factor for cognitive impairment. By age 65, 40% of folks in the U.S. have age-associated memory issues. So as the years go by, it wouldn't be unusual for you to forget things. Or notice how difficult it is to stay focused during a conversation or TV program.

But I have good news. It doesn't have to be that way...

Primal Labs is proud to introduce **CogniForce**, a ground-breaking nutritional supplement for optimal brain support.

**CogniForce** is an easy-to-swallow gel cap containing 10 powerful nutrients to help you improve cognitive function, memory, and brain health:

- ✓ **Ginkgo:** Improves blood flow to the brain. This supports memory, mood, and focus — and exerts a positive effect on the brain's processing speed to help avoid "senior moments."
- ✓ **L-theanine:** This amino acid stimulates brain neurotransmitters to boost concentration and mood — and promote relaxation.
- ✓ **Acetyl-L-carnitine:** Research shows this amino acid can significantly improve memory and focus — and lift you out of those occasional "blue moods."
- ✓ **The B vitamins riboflavin, vitamin B6, folate, and B12:** Studies show these crucial vitamins help prevent the brain shrinkage many people experience as they grow older.
- ✓ **Sensoril®:** This patented extract of the ancient Ayurvedic herb ashwagandha helps lower cortisol — the stress hormone.

✓ **L-tyrosine:** Another amino acid crucial for production of brain neurotransmitters involved in memory and cognition.

✓ **Bioperine®:** Patented extract of black pepper fruit helps improve absorption of nutrients.

Today, people from all walks of life are protecting their brains with **CogniForce**. Here's what a few of them had to say:

"I have been taking **CogniForce** for about 5 weeks now. I noticed a positive result fairly early. I am feeling more alert and better able to handle tedious work that used to overwhelm me."

— Lee Miller from Austin, TX

"I started taking **CogniForce** fifty-two days ago, and my own forgetfulness has slowed down."

— Hayley Burns from Richmond, VA

"I've been taking **CogniForce** just a little over a month now, and it has helped me improve my thinking and mood swings."

— Barbara Sherwood from Leesburg, FL

If you want to maintain your memory and protect your brain into your 60s, 70s, 80s and beyond... the time to do it is NOW. Join thousands of satisfied users experiencing the brain-boosting effects of **CogniForce**.

We're so confident in the brain and memory-supporting power of **CogniForce**, we offer a 60-day **RISK-FREE** 100% money-back guarantee. You have nothing to lose.

Don't lose your precious memories... get your own bottle of **CogniForce** today — experience life with a sharper, quicker, and more focused brain!



**Order Your Bottle Today!**

**GetCogniForce.com/NHC3**

**For Faster Service, call 1-888-309-0629**

Monday-Friday 7 a.m. to 6 p.m. CST • Saturday-Sunday 8 a.m. to 5 p.m. CST



# Q&A

**Q: I have cat allergies, but sometimes I can't avoid being around a cat. Are there any natural remedies that can help?**

— *Marsha G.*

**A:** There are two things you can try: homeopathic remedies and apple cider vinegar. Both can work for any type of allergy because they calm your body's response to whatever triggers the allergic reaction.

Homeopathy is a healing system that relieves symptoms by stimulating the human body to heal itself. It's been practiced for more than 200 years, and in some European countries homeopathy is recognized as a medical specialty. In the United States, homeopathic remedies are regulated by the FDA as over-the-counter products and are widely available in natural food stores and in some drugstores.

Homeopathic remedies are designed to treat specific symptoms, which are listed on product labels. Each remedy contains highly diluted, microscopic amounts of one or more natural substances to stimulate internal healing, thereby relieving symptoms.

If you use the right remedy, relief can be very quick, or it may require taking the remedy several times, per the product instructions. Most homeopathic products come in tiny tablets or pellets that dissolve under your tongue, so they're easy to take.



Apple cider vinegar works for some people by calming histamine production. Mix 2 teaspoons of the vinegar in a glass of water and drink it. One caution: Vinegar can damage tooth enamel, so rinse your mouth with water right after you drink it.

If you know you're going to be exposed to a cat — or any other allergen — you can use either of these remedies beforehand to prevent a reaction. If that isn't possible, use them as soon as you can when symptoms appear.

**Q: I have started taking CoQ10 to reduce or eliminate dependence on statins. How much CoQ10 should I take?** — *Rudolf G.*

**A:** Before I address your question about how much CoQ10 to take, I want to clarify an important point: CoQ10 is not a substitute for cholesterol-lowering statin drugs, although it is a necessary nutrient for good heart function.

Here's the important link between statins and CoQ10: The drugs deplete CoQ10. This can contribute to side effects, such as fatigue and muscle weakness and pain. Taking CoQ10 can counteract the depletion and may reduce side effects.

You're correct to take CoQ10 because it is essential for a healthy heart, and its levels naturally decline as we get older. CoQ10 is a chief fuel for mitochondria,

microscopic components within every cell that generate energy.

Healthy mitochondria are especially important in the heart, because it works harder than any other muscle in your body. And I do recommend taking CoQ10, regardless of whether you're taking statins.

A good dose of CoQ10 for healthy people after age 40 is 100 mg daily. If there is some heart disease or high risk for it, you could take 200 or 300 mg daily.

CoQ10 should be taken with some fat for better absorption — with fatty food or at the same time as a fish oil supplement. Other than that, I haven't found that it matters which form of CoQ10 you take.

If you want to reduce or eliminate statin drugs, please do work with your doctor. For ways to reduce cholesterol naturally, you can check my earlier newsletter, Volume 1, Issue 4, *When Statin Drugs Can Harm You More than Cholesterol*.

## Do you have a question for Dr. Marlene?

Send your health-related questions to [drmarlene@naturalhealthconnections.com](mailto:drmarlene@naturalhealthconnections.com). Please include your first name and the initial of your last name. Although she cannot answer each question directly, Dr. Marlene will select a few in each newsletter and will address other questions and concerns in articles in future issues. Answers are intended for educational purposes only and should not be viewed as medical advice. If you need help with your subscription or have questions about Primal Health supplements, email [support@primalhealthlp.com](mailto:support@primalhealthlp.com) or call 877-300-7849.