

# Dr. Marlene's NATURAL HEALTH CONNECTIONS

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## The **10-Minute** Sleep Solution

**Good sleep starts long before you turn out the lights. Your diet and daytime habits determine how easily you fall asleep and how well you sleep through the night.**



Do you wish you could fall asleep more quickly, or stay asleep rather than waking up a few times during the night? If so, you're not alone. Nearly half of older adults routinely have trouble falling asleep on at least one night of the week. And more than one-third sleep less than 7 hours on an average night.

As a rule of thumb, you should fall asleep in about 10 minutes, and then sleep through the night without having to get up more than once. If this isn't happening, your sleep needs improvement.

There's a myth that sleep deteriorates as a natural part of aging.<sup>1</sup> This simply isn't true. And to get good rest, you don't need to take prescription or over-the-counter medications that can impair your memory, make you feel confused, upset your digestion, increase the risk of falls, create dependency, and cause other adverse effects. Natural sleep aids are not habit-forming and

are safer than medications.

On a more basic level, your diet — even if it's considered “healthy” by conventional standards — could be robbing you of restful sleep. And, it may well lack essential nutrients that help to reduce stress and support stable energy production without keeping you up at night. In addition, medications and common lifestyle habits can interfere with your natural ability to fall and stay asleep.

As with any nonoptimal situation, what's really going on varies from one person to another. But if you know the most common sleep disruptors, you can take steps to remedy your personal situation.

### More Sleep Myths

Next to the mistaken notion that sleep naturally gets worse with age, here are two other myths: We need less sleep as we get older. We don't. And then there's the idea that you can get along without enough sleep.



Some people have been living sleep-deprived for so long that they've forgotten what it feels like to be truly rested. But "getting along," in this sense, means unnecessarily reducing the quality of your daily life in the short term and damaging your health in the long term.

Insufficient sleep skews your emotions, which robs you of some of the pleasure of living. It reduces your ability to mentally function at your full capacity. In fact, the

effects of sleep deprivation are equivalent to drunk driving. You can make mistakes you wouldn't make when rested and are more likely to have an accident. Or, you might conclude that you're "getting old," when that isn't the problem at all.

Lack of sleep promotes weight gain and increases risks for high blood pressure, diabetes, heart disease, Alzheimer's disease, and virtually any other chronic health condition. It impedes your immune function, making you more susceptible to colds, flu, and other infections. Ultimately, not getting the right amount of sleep can shorten your life.

## Can You Catch Up on Lost Sleep?

Unfortunately, our bodies aren't designed for catch-up. They have natural 24-hour cycles — circadian rhythms — that get disrupted when you don't sleep enough during the week and sleep in on the weekends or follow other irregular schedules.

I often get asked whether it's a good idea to take naps. If you typically get enough sleep but occasionally nap for 20 or 30 minutes and become more alert and productive, that may be fine. But "occasionally" is the key word. If you habitually don't sleep enough at night and then nap for 1 to 2 hours during the day to compensate, that's a sign that your sleep needs correcting.

## The Optimal Amount of Sleep

When we sleep, our bodies and minds have a chance to detoxify and recharge. Without that daily break from the challenges of

life, our system doesn't work as it should.

What's optimal? It varies somewhat from one person to another, but studies involving more than 3 million people found that between 7 and 8 hours sleep per night reduced risk for heart disease, stroke, and early death. Habitually sleeping for shorter or longer periods increased these risks.<sup>2</sup>

Getting back to my initial rule of thumb, you should fall asleep within 10 minutes of turning off the lights, and sleep through the night. If you need to get up once to go to the bathroom, and then fall right back to sleep, you can still get enough rest. But keep in mind that your bladder is built to help you sleep through the night without a bathroom break.

## How the Wrong Diet Robs Sleep

When I see new patients with sleep problems, they're surprised when I ask them about their diet. It doesn't seem related at first, yet it's a very common underlying trigger of poor sleep. The wrong diet, which I'll explain in a moment, causes your brain to be starved during the night, and your body's reaction wakes you up.

Your brain uses about 20 percent of your body's basic fuel, which is blood sugar. You make blood sugar after you eat carbohydrates, but your body also has a back-up system that kicks in if the supply falls short. However, if you've used that back-up mechanism too often, for too long, it starts to go haywire and eventually disrupts sleep.

Here's how a healthy back-up system works: When the brain

Dr. Marlene's

## NATURAL HEALTH CONNECTIONS

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# The Dangers of Sleeping Pills

These are the main classes of drugs to treat sleep problems. Although adverse effects can be significant with even short-term use, risks increase when these drugs are taken on an ongoing basis.

## Benzodiazepines

Sometimes called “benzo” drugs, these are tranquilizers. In addition to their use as sleeping pills, benzodiazepines are prescribed for anxiety, agitation, panic disorders, muscle spasms, seizures, and to assist in alcohol withdrawal.

Generic Names	Brand Names
alprazolam	Xanax
triazolam	Halcion
lorazepam	Ativan
diazepam	Valium
estazolam	Prosom
flurazepam	Dalmane
quazepam	Doral
temazepam	Restoril

The American Geriatrics Society, which issues guidelines for prescribing drugs to people age 65 and older, recommends that doctors do not prescribe these drugs to older adults. Risks include delirium, disorientation, and higher risk of debilitating falls. **One study found that longer-term use of benzodiazepines nearly doubles the risk for Alzheimer’s disease.**<sup>10</sup>

### Side effects include:

- Sedation
- “Hangover effect”
- Dizziness
- Weakness
- Unsteadiness
- Loss of orientation
- Headache
- Depression
- Sleep disturbances
- Irritability
- Aggression
- Confusion
- Memory impairment

## Withdrawal Symptoms

Benzodiazepines are known to be addictive. When they are discontinued, withdrawal symptoms can include:

- Sleep disturbances
- Rebound insomnia
- Restlessness
- Irritability
- Elevated anxiety
- Weakness
- Blurred vision
- Panic attacks
- Tremors
- Sweating or flushing
- Nausea
- Vomiting
- Headache
- Seizures
- Psychosis
- Hallucinations

## Hypnotics: Other Popular Sleep Prescriptions

Newer drugs, prescribed specifically for sleep problems, are commonly referred to as “hypnotics.” These include Ambien, which has gained notoriety for side effects of people walking, eating, driving, making phone calls, and having sex while they thought they were asleep, without any memory of doing these things. This class of drugs includes:

Generic Names	Brand Names
zolpidem tartrate	Ambien Ambien CR Zolpimist Intermezzo
eszopiclone	Lunesta
estazolam	Prosom
zaleplon	Sonata

Many drugs for sleep problems carry warnings about driving or operating machinery the day after use, because considerable drowsiness and disorientation can persist long after you wake up. These are some common side effects of hypnotics:

- Burning or tingling in the hands, arms, feet, or legs
- Changes in appetite
- Constipation or diarrhea
- Difficulty with balance
- Dizziness
- Daytime drowsiness
- Dry mouth or throat
- Gas
- Headache
- Heartburn
- Impairment the next day
- Mental slowing or problems with attention or memory
- Stomach pain or tenderness
- Uncontrollable shaking of a part of the body
- Unusual dreams
- Weakness

## Over-the-Counter Medications

Many people mistakenly believe that over-the-counter sleep drugs, such as Advil PM, Tylenol PM, Sominex, and others are safe because they don’t require a prescription. Although they aren’t officially considered to be habit-forming, sleep can be more difficult when you stop taking them, and they can easily become a habit.

One common active ingredient in these drugs, diphenhydramine, is an antihistamine that is also used for allergies. It blocks receptors in your brain that control both histamine and wakefulness, making you sleepy. Another common ingredient, doxylamine, makes you drowsy by depressing your central nervous system.

Side effects can include constipation, confusion, dizziness, and next-day drowsiness. The “morning after” effect is more likely if you don’t allow enough time for sleep after taking one of these drugs or exceed the recommended dose.



senses a shortfall of blood sugar, it signals your adrenals — two tiny glands that sit on top of the kidneys — to tell the liver to release extra blood sugar into the bloodstream. This solves the immediate problem of feeding the brain.

Your diet should supply stable levels of blood sugar, so that back-up is needed only occasionally. But when back-up is called upon too often, the adrenal glands get overworked and can no longer kick in when the brain gets hungry. This situation is called “adrenal fatigue,” because those glands are tired out. When you go without eating for a while, you might start feeling exhausted, unable to focus, or dizzy, or you might have trouble remembering things.

This is a sign that your blood sugar is low and your adrenals aren’t working as they should. When it happens during the day, you might instinctively reach for caffeine, a sugary or starchy food, or a sweetened drink, and then you feel better. But when it happens while you’re sleeping, your body sounds the alarm that your brain needs to be fed and wakes you up.

Cravings for sugar, or sometimes salt, trouble waking up in the morning, and fatigue are other common symptoms of this phenomenon. It can also make you a light sleeper, even if you don’t wake up during the night.

## The Diet Protocol for Sound Sleep

Controlling blood sugar is the key to preventing and correcting the adrenal malfunction I’ve described. If you feed yourself properly during the day, your blood sugar

will be stable, your brain will stay fed during the night, and your body won’t be waking you up by sending out alarms.

If you skip breakfast, you set yourself up for low blood sugar and sagging energy by mid-morning. Donuts and the like become irresistible. And this starts a rollercoaster pattern where your blood sugar skyrockets from sugar and then crashes. Then you crave more starchy or sugary food, which leads to another spike and crash. By bedtime, your body is primed to start sounding alarm bells that prevent you from getting restorative rest.

I have a basic protocol to break this vicious cycle. It will keep your blood sugar stable, help your adrenals recover, and allow you to have restful sleep.

- Eat within an hour of waking up.
- Never skip any meals.
- Never go longer than 3 hours without eating.
- Eat healthy fats with every meal.
- Eat very little sugar.
- Maintain a low-carb diet.
- If your bedtime is more than 3 hours after dinner, have a naturally low-carb snack, such as some natural almond butter, a piece of cheese, or a hard-boiled egg.

If you need a snack before bed, eat a little protein with healthy fat. A small amount won’t make you feel heavy, but will help you sleep by keeping your body and brain fed through the night.

If you wake up in the middle of the night, perhaps feeling anxious, the same type of snack can help

## Foods for Restful Sleep

Research shows that eating a variety of foods, rather than the same ones every day, prolongs restful sleep.<sup>11</sup> All types of vegetables help because they contain magnesium, which has a relaxing effect, and antioxidants, which help to calm inflammation. In addition, some specific foods are especially beneficial.

### Foods Rich in Choline

Choline is used by all cells to preserve their structure and to make a neurotransmitter, acetylcholine, that is essential for healthy function of the brain and nervous system. It can enhance restful sleep.<sup>12</sup> It’s found in B complex vitamin supplements but it’s best to get it from foods rich in choline, such as these:

- Eggs
- Dairy products
- Fatty fish, such as salmon, mackerel, and tuna
- Meat
- Almonds
- Walnuts
- Cashews
- Peanuts
- Nut butters
- Brussels sprouts
- Potatoes
- Avocados
- Kidney beans
- Brown rice
- Oat bran

### Protein

Although lack of protein is not a common problem in this country, the elderly and people who don’t eat meat, seafood, or eggs may not get enough. In such situations, insufficient protein may contribute to insomnia.

The general rule is that you need 0.4 grams of protein per pound of body weight. For example, if you weigh 150 pounds, you need 60 grams of protein daily (150 X 0.4). If you don’t eat much meat or seafood, it’s a good idea to take a protein supplement. Look for a protein powder without sugar. In flavored products, the best sweetener is stevia, because unlike sugar, it doesn’t cause problems with blood sugar.

you get back to sleep. This regimen is intended to help your body get back into a healthy sleep routine within one to two weeks.

Where I mention a low-carb diet, I mean eating foods that are naturally low-carb, such as plenty of non-starchy, fresh vegetables; meat, poultry, and seafood; and healthy fats. For details, see *The Guide to Healthy Eating* in Volume, Issue 8, of this newsletter. Once you're falling asleep within 10 minutes and sleeping through the night, you probably won't need to have bedtime snacks.

## How Stress Affects Sleep

Adrenal fatigue can also develop as a result of too much stress. When we're faced with a stressful situation, the adrenal glands produce cortisol, the fight-or-flight hormone. It's designed to help us deal with short periods of stress, such as running away from a dangerous animal way back in ancient times.

Today, stressful situations may be less extreme but can last long periods of time or become chronic. Long hours in a stressful job, a stressful relationship, and years without a vacation are all-too-typical examples. When stress becomes chronic, the adrenals continually produce extra cortisol, become exhausted, and interrupt your sleep.

Life situations need to be managed to reduce the stress. However, unstable blood sugar is also a form of stress on your body. The diet fix I've described will help to reduce your overall stress load and will make you more resilient to stressful life situations.

## Essential Vitamins and Minerals

B vitamins, magnesium, and vitamin D are especially important for healthy sleep cycles and may be in short supply. Although supplements are never a substitute for a healthy diet, supplementing with these can help you sleep better.

**B Vitamins:** These are essential for healthy metabolism and for production of melatonin, the hormone you make at night that regulates your sleep and wake cycles. Along with vitamin C and magnesium, they help to reduce the effects of stress.<sup>3</sup>

A deficiency of B vitamins can make you feel tired, depressed, irritable, and agitated, and it can stop you from sleeping. B vitamins work together, so it's best to take a B complex supplement that includes at least 100 percent of the daily requirement (%DV in the Supplement Facts on

the label) of these: vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B12, choline, inositol, folic acid, and biotin.

**Magnesium:** Essential for hundreds of enzyme functions in your body, magnesium is helpful for muscle cramps, anxiety, and restless legs. Leafy greens are the chief food source.

Try taking magnesium before reaching for sleeping pills. One study found that 500 mg daily of a magnesium supplement, taken for 8 weeks, helped elderly people fall asleep, stay asleep, and feel more refreshed in the morning. Levels of melatonin improved and cortisol, the stress hormone, decreased.<sup>4</sup>

In addition to being available in pills, magnesium is absorbed through the skin. You can use topical magnesium sprays or have a relaxing bath with Epsom salts.

## 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>TM</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*.



**Vitamin D:** Studies have found low vitamin D levels among people with sleep difficulties. An 8-week study compared a placebo with high-dose vitamin D supplements among people between the ages of 20 and 50 who had sleep disorders. All aspects of sleep improved among those taking the supplement.<sup>5</sup>

Some practitioners recommend 1,000 to 2,000 IU (international units) of vitamin D daily. However, the best dose for you depends upon your individual needs. I highly recommend asking your doctor for a vitamin D blood test, and then supplementing enough to get levels up to 50 ng/ml.

### Melatonin: Nature's Sleep Hormone

In the evening, our bodies start making melatonin, the sleep

hormone. Levels peak during the night and then gradually drop as morning approaches. This natural cycle can be disrupted by artificial light, especially blue light from computers and other electronic devices. And melatonin production tends to decrease as we get older.

It makes sense to put away your devices earlier in the evening and avoid bright lights. In addition, there are melatonin supplements. To help you fall and stay asleep, I recommend a time-released product because it will mimic your natural production. Take a supplement about 30 minutes to an hour before you want to go to sleep. If you feel drowsy the next day, take a lower dose. Melatonin can also help you sleep during the day if you work shifts, and to get over jet lag. In such situations, take it before your desired bedtime.<sup>6</sup>

### Herbal Sleep Remedies

Herbs have a long history of use for insomnia and are a safer alternative to sleep drugs.<sup>7</sup> These are some popular ones that are widely available, as single-ingredient supplements, in herbal formulas, and in herbal teas.

**L-Theanine:** A natural component of tea, l-theanine is concentrated in supplements. It has a calming effect on the brain and may help to reduce stress.

**Valerian:** Some studies have found that it is as effective as sleep drugs but may need to be taken daily for a few weeks to take full effect. Valerian also relieves anxiety and relaxes muscles.

**Chamomile:** It helps you fall asleep by calming the brain and reducing stress but doesn't knock

## Common Conditions that Prevent Restful Sleep

If one of these conditions is preventing you from falling or staying asleep, these are some steps you can take, in addition to the other sleep remedies I've described.

### An Enlarged Prostate

If frequent trips to the bathroom are keeping you up, here are a few things that can help:

- Drink plenty of fluids during the day to stay well hydrated but don't drink anything for at least 2 hours before bedtime.
- Certain foods and drinks may exacerbate the problem, including starchy foods, red meat, caffeine, alcohol, artificial sweeteners, carbonated drinks, and nicotine. Try to avoid these.

- Being overweight or developing diabetes increases risk and can contribute to the problem. Following the type of low-carb diet I've described can help you lose weight and prevent diabetes.
- Studies have found that one or more of these supplements, in prostate formulas or as individual supplements, can help: saw palmetto, stinging nettle, pygeum, beta-sitosterol or pumpkin seed, lycopene, and zinc.

### Joint Pain

Eating the way I recommend will also help to reduce inflammation, which contributes to joint pain. Inflammation from other conditions, such as an untreated infection, can trigger or aggravate joint pain and should be treated. In addition, these can help:

- A relaxing shower or a bath with Epsom salts before bedtime.
- Gentle exercise during the day — water exercise if other movement is uncomfortable.
- One or more of these supplements, which are available individually and in joint formulas: boswellia, turmeric or curcumin, ginger, MSM, glucosamine, and chondroitin.

### Heartburn

Most often, lack of stomach acid prevents food from being properly broken down, and partially digested food and stomach juices irritate the esophagus, causing heartburn. See *The 6-Minute Heartburn Remedy* in Volume 1, Issue 6, of this newsletter for how to correct the problem.



you out or make you feel drowsy the next morning. Chamomile also calms digestive upset.

**Lemon Balm:** A soothing herb, it calms the nervous system and improves the quality of sleep.

Other herbs for insomnia include passion flower (also calms anxiety), skullcap (also improves mental focus), and kava (also used to relieve anxiety, pain, and depression). Because herbs contain a combination of plant ingredients, each one has a unique effect. Some may work better than others in your situation, so you may want to experiment with different ones.

## Best Exercise for Sleep

It might seem that doing intense aerobic exercise, the kind that gets your heart pumping really fast, would help you sleep because the physical activity will tire you out. But studies have not found this to be the case. Stretching, yoga, tai

chi, and moderate aerobic exercise have all been proven to improve sleep, especially among middle-aged and older people.

If done consistently, exercise is as effective as sleeping pills without the adverse effects,<sup>8</sup> and it reduces anxiety and depression. Here are some study highlights:

- Older people who practiced yoga for 6 months fell asleep at least 10 minutes sooner, slept about an hour longer, and felt more rested.
- Moderate exercise on a stationary bike (30 minutes, 3 to 4 times per week) helped people in their 60s to sleep about 45 minutes longer per night, wake up less often, and feel more energized the next day.
- Stretching worked best for older people suffering from insomnia and cognitive problems.

## Ending Your Day

It's important to prepare your mind and body for sleep by allowing

some time to wind down before bedtime. Do something relaxing and avoid stimulants such as caffeine and alcohol. To reduce evening stress, avoid working late, watching the nightly news or stressful TV shows or movies, or using electronic devices. One study found that reading a real book, rather than an electronic version, helped people to fall asleep faster, sleep better, and be more alert the next day.<sup>9</sup>

In addition, allow ample time to get 7 to 8 hours sleep. If you use the information I've covered, you should fall asleep within 10 minutes, but it won't happen instantly. Give yourself time to develop better sleep habits and start enjoying restful nights.

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## Other Common Sleep Disruptors

If you aren't easily falling or staying asleep, these are some things to check.

**Are you taking a medication that can cause insomnia?** Possible culprits include cold medicines, decongestants, steroids, some blood pressure drugs (beta blockers, alpha blockers, and diuretics), and antidepressants such as Prozac and Zoloft. Check with your doctor for other options.

**Is your bedroom too hot or too cold?** Adjust the temperature. If you and your spouse need different temperatures, work out a way to deal with it so that you're both comfortable.

**Is noise or light from the outside preventing you from sleeping?** If you can't stop the noise, try ear plugs. A sleep mask can block out light.

**Is your mattress too old?** Sagging mattresses are uncomfortable. A study of women sleeping on mattresses that were at least 5 years old found that discomfort interfered with their sleep, which improved with new bedding.<sup>13</sup>

**Is a pet sleeping on your bed and disturbing you?** Train your pet to sleep elsewhere. If necessary, ask your vet for help or for a referral to an animal trainer.

# Get Back Out There...

## STOP LETTING FATIGUE AND LOW-ENERGY ROB YOU OF THE ACTIVITIES YOU ENJOY!

**Do you feel drained all the time, unable to do the things you love because you have no energy and no motivation?**

Do you feel tired and run down... like you're running on empty, even when you get plenty of sleep?

If you're not living the active, fun-filled life, you were meant to live, please pay close attention: You can now get your energy back, boost your mental clarity, calm your nerves and enjoy all-day endurance that will make your life fun again!

That's why I'm excited to introduce the safe and natural energy booster designed for people just like you...

It's called, **ActivAdapt Energy Drink Mix**.

There's truly nothing else quite like it on the market today because one of its ingredients has been proven in a double-blind study to increase energy by 107% within 60 minutes. And even better, this caffeine-free boost of energy lasted 5 hours WITHOUT increasing heart rate or blood pressure!

**ActivAdapt** is an easy to use drink mix that contains 6 powerful nutrients to help you regain your energy, strength, and stamina:

**EnXtra** is a brand-new, patent-pending extract from *Alpinia Galanga*, a plant in the ginger family. It's a safe, natural energy-boosting compound that boosts energy levels by 107% and lasts 5 hours!

**Rhodiola Root** Extract boosts energy levels by increasing ATP, the "energy molecule" inside your cells. Rhodiola has been used by astronauts and military personnel to increase energy levels, boost alertness and sharpen mental focus during long missions.

**Schizandra Berry** increases endurance and working capacity under stress. Researchers have also found it enhances your reflexes and mental sharpness while calming you down if you're feeling anxious.

**Ginseng** is well studied for boosting brain function and short-term memory while promoting calmness. A new analysis published last year confirms it also reduces fatigue after exercise and physical activities.

**Matcha** extract is from a special form of green tea loaded with EGCG, a potent antioxidant that helps flush dangerous toxins from the body—while its amino acids promote a state of relaxation and well-being.

**Palatinose** is unique because it provides your body with a slow, steady release of energy with no spike in blood sugar—which helps keep insulin levels low. It delivers more energy and increases fat burning.

Here's how **ActivAdapt** works...

Simply add one scoop to water, stir, and it dissolves quickly and easily.

It's caffeine-free and only contains 20 calories. You'll notice a substantial change in your physical and mental energy almost immediately after you drink it... with no jitters, no increased heart rate, no blood sugar spikes, and absolutely no crash.

**ActivAdapt** is ideal if you want to regain your energy and feel more vibrant and alive than you have in years...

- More physical energy, strength, and stamina
- Increased mental energy and focus
- Greater concentration and better moods
- Deeper, more restorative sleep
- Lower levels of the stress hormone cortisol
- Enhanced weight control, and fewer sugar and carb cravings

It's time to get back out there and start enjoying the activities you've always loved—and with the help of **ActivAdapt**, it's never been easier. Boost your energy levels, bust stress, banish brain fog, and stop fatigue, while increasing your concentration, attention, and mood.

**Get Your Bottle of  
ActivAdapt Today and  
Start Living the Life You  
Were Meant to Live!**



**Get ActivAdapt Today!**  
[www.GetActivAdapt.com/NHC2](http://www.GetActivAdapt.com/NHC2)



# Top 12 Antidepressant Nutrients



If you eat foods that are linked to higher odds of depression — processed foods in general and especially those that are high in sugar and starch — taking supplements to counteract the effect is like fighting yourself.

Instead, replace unhealthy foods with those that are rich in antidepressant nutrients. They will enhance every aspect of your health.

Here's how the researchers ranked the best mood-boosting foods:

Fresh foods in general are going to put you in a better mood, but some have an especially powerful effect. After combing through all the available scientific literature, Canadian researchers identified what they call “antidepressant nutrients,” meaning those that are the most helpful in preventing and reversing mood disorders. They also identified the richest food sources of these.<sup>1</sup>

The top 12 antidepressant nutrients are specific B vitamins (B1, B6, B12, and B9, better known as folate), iron, magnesium, potassium, selenium, vitamin A, vitamin C, zinc, and omega-3 fatty acids. These may remind you of a multivitamin ingredient list, except for the omega-3s, which are found in fish oil and certain types of algae. But you shouldn't rely only on supplements.

Antidepressant Animal Foods	Antidepressant Plant Foods
Oysters	Watercress
Liver and other organ meats	Spinach
Poultry giblets	Mustard, turnip, and beet greens
Clams	Lettuces (red, green, romaine)
Mussels	Swiss chard
Octopus	Fresh herbs (cilantro, basil, and parsley)
Crab	Chicory greens
Goat	Pummelo
Tuna	Peppers (bell, serrano, and jalapeno)
Smelt	Kale or collards
Fish roe	Pumpkin
Bluefish	Dandelion greens
Wolffish (ocean catfish)	Cauliflower
Pollock	Kohlrabi
Lobster	Red cabbage
Rainbow trout	Broccoli
Snail	Brussels sprouts
Spot fish	Acerola cherry
Salmon	Butternut squash
Herring	Papaya
Emu (an Australian bird)	Lemon
Snapper	Strawberry

## Read Magazines in the Checkout Line

There are so many temptations to buy candy and other junk food while you're standing in the supermarket checkout line; they can truly derail your diet. In the United Kingdom, some stores have removed junk food from checkouts, and here's what a study found: When people shopped at those stores, they bought 76-percent fewer little packages of candy and chips designed to be eaten “on the go.”<sup>2</sup> Instead of getting tempted, peruse the magazines while you're waiting in line.

## How Often Must You Exercise?

You've heard it a million times: exercise for at least 30 minutes a day. But what if most of your exercise is a weekly hike or bike ride, or playing a sport on the

<sup>1</sup> LaChance, L.R., et al. “Antidepressant foods: An evidence-based nutrient profiling system for depression.” *World J Psychiatry*. 2018 Sep 20;8(3):97-104. <sup>2</sup> Ejlerskov, K.T., et al. “Supermarket policies on less-healthy food at checkouts: Natural experimental evaluation using interrupted time series analyses of purchases.” *PLoS Med*. 2018 Dec 18;15(12):e1002712.

weekend? It will work just as well as shorter bouts of activity on multiple days, according to a study of more than 3,400 adults age 40 and older.<sup>1</sup> Just make sure to get your heart rate up a bit and aim for a total of 2.5 hours for the week. And don't forget to take breaks from sitting, now called "the new smoking," because it's just as bad for your health.

### Did You Know?

There are almost as many gyms as supermarkets in this country. However, two out of three people who join a gym never use it.

## Why Magnesium Is Essential with Vitamin D

Vitamin D has garnered a lot of attention in the last few years, but a key point has been overlooked: You can't properly utilize vitamin D if you lack magnesium. In fact, magnesium regulates vitamin D, helping to raise low levels and reduce high levels, according to a study at Vanderbilt-Ingram Cancer Center in Nashville, Tenn.<sup>2</sup> This doesn't mean you shouldn't get vitamin D levels checked by your doctor — you should. And, get enough magnesium as well as vitamin D from your diet and supplements. In addition to lacking vitamin D, up to 80 percent of Americans don't get enough magnesium: 320 mg daily for women and 420 mg for men.

## Smell Your Food to Control Portion Size

If you find yourself eating too quickly, mindlessly, or eating too much at one sitting, perhaps your food needs more aromatic ingredients. An experiment by Dutch scientists found that the more aroma in a food, the smaller the bites people tend to take.<sup>3</sup> With smaller bites, you will end up eating more slowly (assuming you chew your food properly), and you're likely to feel satiated with less food. One way to add aroma: Chop fresh herbs just before you eat and sprinkle them on your food.

## Beware the Antibiotic Meat Trap

There's been a lot of talk about antibiotics in meat in the last few years and meat labeled "raised without antibiotics" is becoming a bit easier to find. But don't let that lull you into thinking that antibiotics are no longer used to produce most meat. They are.

Antibiotics in our food contribute to antibiotic resistance and can disrupt your gut bacteria, thereby contributing to digestive and other health problems.

I'm mentioning this because I recently noticed a small news item about a major big-box store announcing a new policy to reduce use of antibiotics. This

development isn't as good as it sounds. The new policy will only limit use of some antibiotics, some of the time, and will take several years to implement.

Bottom line: Try to choose meat without antibiotics, ideally grass-fed or organic meat. And, make sure to routinely eat naturally fermented foods, such as sauerkraut and pickles made with live cultures and found in the refrigerated section of the store. These types of foods will help to keep your gut bacteria in balance.

## Only 12% of Americans Are Metabolically Healthy

You might well wonder, what does that mean? In this sense, "metabolically healthy" means meeting five criteria that reduce risk for heart disease and diabetes: healthy levels of blood sugar, blood pressure, "good" HDL cholesterol, and triglycerides without taking medications, and a waist size no larger than 35 inches for women and 40 inches for men.

According to data from 8,721 American adults, only 12 percent are metabolically healthy.<sup>4</sup> You can join that healthy minority by reducing sugary and starchy foods, eating plenty of fresh, non-starchy vegetables, avoiding packaged foods and sodas, and regularly being physically active.

1 Shiroma, E.J., et al. "Physical Activity Patterns and Mortality: The Weekend Warrior and Activity Bouts." *Med Sci Sports Exerc.* 2019 Jan;51(1):35-40. 2 Dai, Q., et al. "Magnesium status and supplementation influence vitamin D status and metabolism: results from a randomized trial." *Am J Clin Nutr.* 2018 Dec 1;108(6):1249-1258. 3 de Wijk, R.A., et al. "Food aroma affects bite size." *Flavour* 2012 1:3. 4 Araújo, J., et al. "Prevalence of Optimal Metabolic Health in American Adults: National Health and Nutrition Examination Survey 2009-2016." *Metab Syndr Relat Disord.* 2018 Nov 27.

# 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.

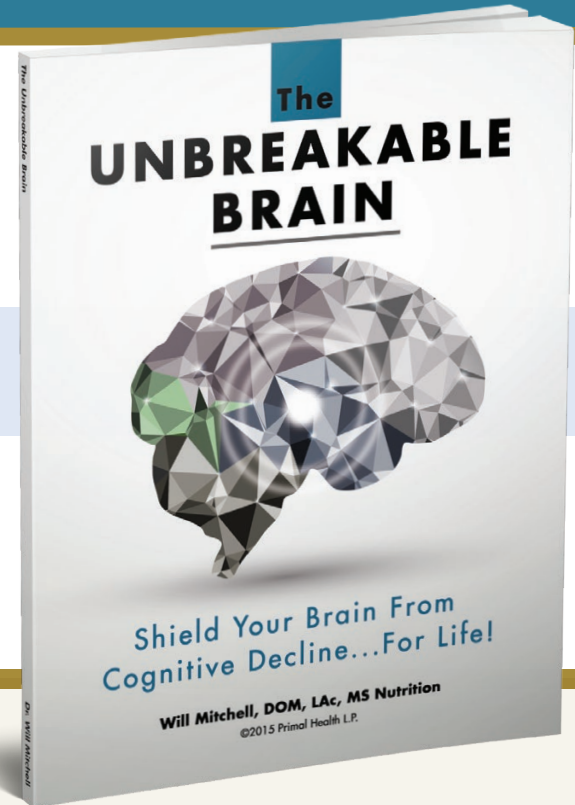
Yes—these are senior moments...and they are the first signs of dementia. The Alzheimer's Association recently admitted it, “Memory loss that disrupts daily life may be a symptom of dementia.”

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)**



# Q&A

**Q: I have type 2 diabetes and am supposed to stick to a high-protein diet. I don't have a menu to follow and don't know how to get on track. Do you have any idea of how to begin? — Jessica M.**

**A:** I don't recommend a high protein diet because it can be hard on your kidneys. Eating too many starchy and sugary foods is the main thing that leads to type 2 diabetes, and reducing the amount of these foods helps to control blood sugar, which is what you want to do.

Obvious sugary foods are candy, desserts, sodas, fruit juices, and any other sweet beverages. The most common starchy foods are all types of potatoes, including yams and sweet potatoes, rice, corn and foods made with corn, and all the foods made with grain, such as breads, buns, cakes, cereals, and baked snacks such as pretzels.

The best approach is to replace a lot of these starchy carbohydrates with vegetables and healthy fats. Eat plenty of vegetables that aren't starchy, some healthy fats such as avocado, extra virgin olive oil, and butter, and a moderate amount of protein. All types of meat, poultry, fish, and seafood are good protein sources.

Here's a snapshot of a healthy plate: Between two-thirds and three-quarters would be non-starchy vegetables with some olive oil or butter, and seasoning. In a salad, avocado is a good addition for healthy fat. The rest of the plate could be

some meat, poultry, fish, or eggs. I recommend including fatty cuts of meat and poultry with the skin. Some examples of good snacks are a spoonful of peanut butter with some celery or another vegetable, or some vegetables dipped in hummus or ranch dressing. For more details, I suggest checking *The Guide to Healthy Eating* in Volume 1, Issue 8, of this newsletter.

**Q: What's your view on using vibration machines to get your daily exercise? — Thad B.**

**A:** I'm glad you asked, because machines that vibrate while you stand, sit, or lie on them are becoming more popular in gyms and specialized fitness studios. They are sometimes promoted as alternatives to traditional exercise, but there isn't enough evidence to say that they can be a substitute. When your body feels the vibration, muscles contract in response. This increases circulation and makes the muscles work a bit harder. In addition, resisting the vibration challenges your skeleton, and this can help maintain or even improve bone density.

There is some evidence that vibration machines can reduce back pain and improve strength, balance, and bone density in older people. One study of postmenopausal women tested a machine that requires you to stand on a vibrating plate. Bone density in the hip improved by nearly 1 percent after the women used the machine for 30 minutes, three times a week, for six months.

In cases where an individual is not able to do any other type of

exercise, vibration machines are especially beneficial. Another study, using the same type of machine, found that the vibration improved muscle strength and speed of movement in elderly people who weren't able to do traditional exercise.

Keep in mind that our bodies are designed to move in many ways: forward, backward, up, down, side-ways, bending, contracting, stretching, and twisting in various ways. Any single piece of equipment, whether it's a vibration machine or a more traditional treadmill or weight machine, doesn't demand full use of your body's capabilities. Therefore, a well-rounded fitness program should include a variety of movements and may involve different types of equipment. If you can walk, bike, swim, or do other exercise, I wouldn't recommend using a vibration machine as your only form of exercise, but it can enhance a fitness regimen.

## 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.