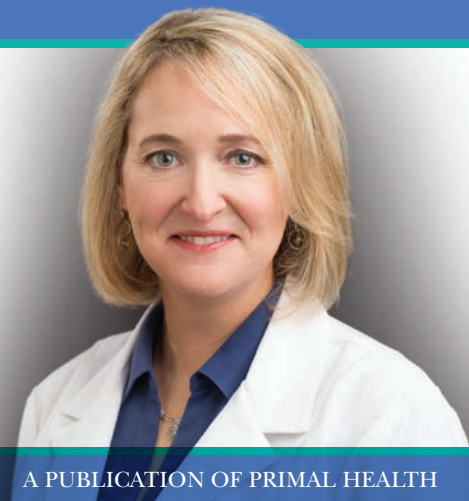


Dr. Marlene's NATURAL HEALTH CONNECTIONS

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Do You Really Need a Multivitamin?

It's extremely difficult to eat a perfect diet, but a multivitamin can fill the nutritional gaps. Here's how to choose and use one that will improve your health and well-being.

Do you feel as sharp as you have in the past? That's one of the first things I ask my new patients, and the answer is typically “No.” They assume — mistakenly — that it's an inevitable consequence of aging.

Feeling tired and being less able to deal with stress are other common things people associate with getting older. Traffic seems to be more annoying and exhausting, even when the roads aren't more congested than they were a few years ago, or other pesky things in everyday life are more aggravating than they once were.

Many people believe that being bothered more by stress is an emotional issue. But that's unlikely. And you don't have to feel mentally dull just because you're older.

These are symptoms of being nutritionally deficient. Although food is certainly plentiful, most of it doesn't deliver all the vitamins and minerals our bodies need. As a result, you never function as well as you could — and should.

Different Views on Multivitamins

There are doctors, other experts, and maybe some of your friends or family members who believe that all supplements are a waste of money. Or maybe you've taken a multi, didn't seem to feel any different, and quit. (I'll explain why this can happen in a moment.)

I'm adamant about the fact that nothing can replace nutritious food, but it's impossible to eat a perfect diet. And beyond making you feel better, adequate nutrition is your best protection against heart disease, cancer, osteoporosis, dementia, and other chronic diseases.

Don't just take my word for it. Here's a quote from an article in *JAMA*, which used to be called *The Journal of the American Medical Association*: “Insufficient vitamin intake is apparently a cause of chronic diseases.” The researchers went on to say: “A large proportion of the general population is

apparently at increased risk for this reason.”¹

They also noted: “It appears prudent for all adults to take vitamin supplements.” This is just one of many studies that make this point.

A multivitamin, or multi — meaning a supplement that contains a combination of essential vitamins and minerals in one or a few pills — is insurance against nutritional deficiencies that can rob you of your health and the joys of life.

Dr. Marlene's NATURAL HEALTH CONNECTIONS

Publisher Travis Davis
Editorial Director Vera Tweed
Art Director Jody Levitan

For subscriptions and customer service inquiries:
877-300-7849
support@primalhealthlp.com

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Primal Health, LP
710 Century Parkway, Allen, TX 75013

Why You Might “Feel No Different”

If your daily diet occasionally failed to provide a few vitamins or minerals, it wouldn’t have a significant impact on your health. But if your diet is habitually deficient in any essential nutrients, it takes a toll — more than you might imagine.

To benefit from a multi, it must be taken consistently. That’s the most basic rule. Even if you do that for at least a few weeks, the differences can still be subtle. I’ve had people tell me they didn’t feel a multi was doing anything, so they stopped taking it, and noticed they didn’t have as much energy or didn’t feel as sharp. Then, they realized that the supplement did make a difference, after all.

The other reason for a seeming lack of benefit could be poor quality of the supplement. Nurses

have told me they often see “bed pan bullets,” meaning intact hard tablets (not capsules) that didn’t break down in a patient’s system and were excreted. Sometimes, they can see the brand name of vitamins imprinted on the tablets!

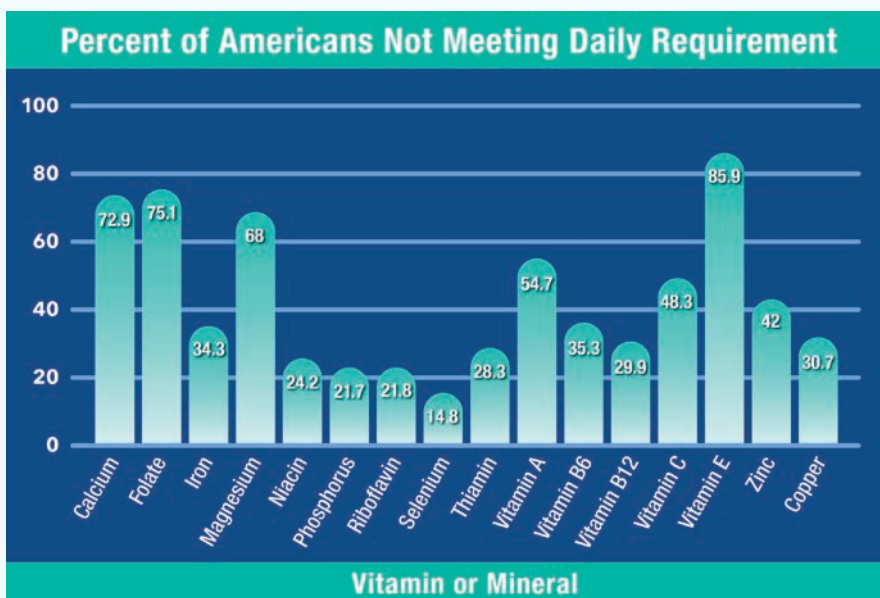
Supplement quality boils down to the quality of ingredients and whether the pill breaks down in your stomach. Labels will give you some valuable clues about quality.

How to Benefit from a Multi

Most vitamins in supplements are synthesized in a lab. These are valid sources of nutrients, but in a multivitamin they should not be taken in high doses. Although some nutrients are used in high doses to treat ailments, a multivitamin has a different purpose. It’s designed to be taken long-term, daily, to

Vitamin and Mineral Deficiencies

According to large government surveys, these are the percentages of Americans not getting enough essential vitamins and minerals. These aren’t all the essential nutrients you need, but they are some major ones tracked by government researchers.



improve overall health by filling in nutritional gaps in our diets. It should contain only moderate doses of individual nutrients (see *The Right Dose* below).

Supplements can never replace a nutritious diet because food contains many more nutrients than you could fit into a pill. As an example, carrots contain over 200 different vitamins, minerals, and other nutrients that work together and protect your health.² Taking excessive amounts of isolated, synthetic nutrients, daily for a long time, can sometimes create an imbalance and health problems.³

Just to be clear, I am not trying to discourage you from taking synthetic vitamins. But I do want you to understand that they work best in moderate doses, as an addition to a nutritious diet — not as a substitute.

The Right Dose

To avoid high doses of synthetic vitamins, I recommend a multi-vitamin and mineral supplement that contains about 100 percent of the Daily Value of each vitamin and most minerals (not calcium and magnesium). The Daily Value (DV) is an amount that is considered enough of each nutrient for most healthy people. In the Supplement Facts on the back of supplement bottles, one column is “%DV.” That’s the important number.

Taking 100 percent of the Daily Value of synthetic vitamins is safe and beneficial, but some products contain much higher quantities. As an example, the Daily Value for vitamin C is 60 milligrams, but some supplements contain 1,000 milligrams or more. That’s a high dose.

How to Get Enough Calcium and Magnesium

Multivitamins don’t contain the full daily requirement of calcium and magnesium because they are bulky and won’t fit in the pill. Besides, it’s in your best interest to get most of these minerals from food, and this isn’t very difficult to do.

Daily Calcium Requirements

Total daily calcium requirements, from food and supplements, for adults at different ages:

Age	Men	Women
19–50 years	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg
71+ years	1,200 mg	1,200 mg

Good food sources:

Collard greens, frozen	8 oz	360 mg
Ricotta	4 oz	335 mg
Sardines, canned with bones	3 oz	325 mg
Yogurt, plain	6 oz	310 mg
Milk	8 oz	300 mg
Cheddar cheese	1 oz	205 mg
Broccoli rabe	8 oz	200 mg
Kale, frozen	8 oz	180 mg
Salmon, canned with bones	3 oz	180 mg
Bok Choy, cooked	8 oz	160 mg
Broccoli, cooked	8 oz	60 mg
Parmesan cheese	1 tablespoon	55 mg

Daily Magnesium Requirements

Total daily magnesium requirements, from food and supplements, for adults at different ages:

Age	Men	Women
19–30 years	400 mg	310 mg
31–50 years	420 mg	320 mg
51+ years	420 mg	320 mg

Good food sources:

Roasted pumpkin seeds	1 oz	81 mg
Dry roasted almonds	1 oz	80 mg
Spinach, cooked	½ cup	78 mg
Swiss chard, boiled	½ cup	75 mg
Black beans, cooked	½ cup	60 mg
Brazil nuts	3 nuts	57 mg
Avocado, cubed	½ cup	44 mg
Brown rice, cooked	½ cup	42 mg
Salmon	3 oz	26 mg
Chicken breast or ground beef	3 oz	20–22 mg
Broccoli, chopped	½ cup	12 mg

There are some exceptions: vitamin D (see below), and B vitamins. If you're in a stressful situation, extra B vitamins are helpful. Vitamin B12 is often lacking as we get older, and the shortfall can contribute to memory loss and confusion. Some multis contain larger amounts of B12 and/or other B vitamins.

Keep in mind that I'm talking about doses in the context of a daily multivitamin, which you take long-term to protect against chronic deficiencies. To treat ailments, high doses of vitamins can be used for short periods.

Vitamin D: A Special Case

Multis don't provide nearly enough vitamin D. By studying all the available research and testing patients for many years, I've found that most people are unlikely to get enough vitamin D unless they take 5,000 IU daily. And I've mostly been testing people in sunny states.

The 5,000 IU is the total of vitamin D per day, from a multi and an additional vitamin D supplement. Most multis won't contain more than 600 IU. In this case, you would need an additional amount of 4,400 IU.

The exceptions would be people who are routinely exposed to a lot of sun — enough to get a tan (not a burn). At those times, they would make a lot of vitamin D. But in my years of experience, simply living in a hot, sunny climate doesn't do the trick.

It's best to have your vitamin D levels tested, not just once but about every 6 months. And take enough vitamin D to get your levels around 50 ng/mL (nanograms per milliliter).

Food Ingredients in Supplements

The best types of supplement ingredients are food concentrates, from vegetables, fruits, wheat germ, mushrooms, liver, and other animal sources. They're the next best thing to eating nutritious food because they contain a whole host of nutrients, rather than isolated ones.

I don't usually dwell on animal research, but in this case, there's a valuable animal study. You can't study humans the same way.

Researchers fed synthetic vitamins to one group of rats, and whole liver powder to another group. In an endurance test, rats on the synthetic diet swam 13.3

minutes, on average. Of the rats eating liver powder, 75 percent swam for over 2 hours, and 25 percent swam for 63–87 minutes.⁴

Concentrated foods aren't the same as "food-based" supplements, which are made by spraying synthetic vitamins onto yeast. As the yeast grows, a vitamin becomes incorporated into the yeast. They're the next-best type, after concentrated foods.

Forms of Some Vitamins Matter

In nature, but typically not in multis, vitamin E and vitamin K exist in different forms. Products with multiple forms are good choices.

Decoding Supplement Labels

Here's an example of a label. The %DV on the far right is short for "percent of Daily Value." The Daily Value of most nutrients is enough for most adults. A multi with about 100% of DV, or a bit more, of most vitamins is generally a good choice. Extra vitamin D is always needed, and extra B vitamins can also be beneficial.

1 Always check the serving size.

2 1,080% DV of vitamin C is too much.

3 These are B vitamins and extra amounts can be beneficial.

4 Ingredients below the thick black line are helpful. They are not sources of the vitamins above. The cross in the %DV column means no Daily Value has been set.

5 99 mg of these food extracts is about one-tenth the size of a dime. While beneficial, the extracts can't replace good food.

6 7.5 mg of broccoli concentrate is equal to a little broccoli dust. It's a good ingredient but the quantity is tiny. It can't replace eating broccoli.

Supplement Facts

Serving Size: 2 Tablets **1**

	Amount per serving	%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES)	650 mg	1080% 2
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU	230%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLOQUINONE)	30 µg	40%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
RIBOFLAVIN	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
OLIVOL® (OLIVE EXTRACT, OLEA EUROPAEA L., FRUIT)**	15 mg	+
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA AND D-BETA-TOCOPHEROL)	17 mg	+
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN (CITRUS SPP. L., FRUIT), GREEN TEA EXTRACT-DECAFFEINATED (CAMELLIA SINENSIS HUNT, LEAVES), POMEGRANATE EXTRACT (PUNICA GRANATUM L., FRUIT), CINNAMON EXTRACT (CINNAMOMUM CASSIA L., BARK), BILBERRY EXTRACT (VACCINIUM MYRTILLUS L., FRUIT))	99 mg 5	+
INOSITOL	75 mg	+
CHOLINE BITARTRATE	50 mg	+
N-ACETYL L-CYSTEINE	50 mg	+
BROMELAIN	25 mg	+
ALPHA LIPIC ACID	10 mg	+
COENZYME Q10	6 mg	+
TURMERIC EXTRACT (CURCUMA LONGA L., ROOT)	7.5 mg	+
LUTEIN (TAGETES ERECTA L., FLOWER)	300 µg	+
LYCOPENE	500 µg	+
BROCCOLI CONCENTRATE (BRASSICA OLERACEA V. BOTRYTIS L., FLOWER) 7.5 mg 6		

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

4 | Dr. Marlene's Natural Health Connections

www.NaturalHealthConnections.com

Vitamin E: Alpha tocopherol is the only form included in most multis, but vitamin E in foods exists in 8 forms: 4 tocopherols and 4 tocotrienols. You aren't likely to find all these in a multi — only in separate vitamin E supplements, sometimes called “mixed tocopherols and tocotrienols.”⁵

Some higher-quality multis include more than one form of vitamin E, listed separately below all the usual vitamins and minerals. The additional forms of vitamin E may be listed as gamma

tocopherol, mixed tocopherols and/or tocotrienols, or similar wording. There is no “%DV” next to these, as the daily requirements for them have not been set. You can get all the forms of the vitamin by eating vitamin E-rich foods, such as nuts, seeds, and cold-pressed seed oils.

Vitamin K: There are two types of vitamin K with different functions: K1 is necessary for blood clotting, so that you don't bleed to death from a cut. K2 is necessary to get calcium into bones and to prevent it from being deposited in arteries, where it leads to heart disease.⁶ Most multis contain only K1, but some higher-quality ones also contain K2.

To be practical, a daily multivitamin supplement is good nutritional insurance. As well, eat plenty of vegetables, grass-fed meat, pastured eggs, liver and other organ meats, fats from fish, avocados, nuts, seeds, seaweed, and cold-pressed nut and seed oils. If you don't eat fatty fish, such as sardines, herring, or salmon, at least twice a week, take 3 grams of fish oil daily.

If you don't want to take pills, you have to eat better food.

1 Fletcher, R.H., et al. “Vitamins for chronic disease prevention in adults: clinical applications.” JAMA. 2002 Jun 19;287(23):3127-9.

2 Hart, C., et al. “The emerging harm of antioxidants in carcinogenesis.” Future Oncol. 2012 May;8(5):535-48.

3 Bouayed, J., et al. “Exogenous antioxidants--Double-edged swords in cellular redox state: Health beneficial effects at physiologic doses versus deleterious effects at high doses.” Oxid Med Cell Longev. 2010 Jul-Aug;3(4):228-37.

4 Ershoff, B.J. “Beneficial effect of liver feeding on swimming capacity of rats in cold water.” Proc Soc Exp Biol Med. 1951 Jul;77(3):488-91.

5 Gutteridge, J.M., et al. “Antioxidants: Molecules, medicines, and myths.” Biochem Biophys Res Commun. 2010 Mar 19;393(4):561-4.

6 Maresz, K. “Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health.” Integr Med (Encinitas). 2015 Feb;14(1):34-9.

How to Buy and Test Multivitamins

Look for multis with about 100% of Daily Value for each vitamin and mineral, except for calcium and magnesium. Extra vitamin D and B vitamins can be beneficial. Products with the highest-quality ingredients contain concentrated foods. Food-based ingredients are next-best. However, synthetic vitamins are also beneficial, as long as you don't take them in high doses.

Be consistent in taking your multivitamin daily. Take extra vitamin D, for a total of 5,000 IU daily from the combination of your multi and an extra vitamin D supplement.

How to Test Supplement Pills

Put a supplement pill in a glass of room-temperature water and see if it breaks down in 30 minutes. In a lab, this is how supplements are tested: To simulate what happens in a stomach, a pill is placed in water that is the same temperature as the human body and the water is agitated continuously for 30 minutes.

If you don't like taking pills, consider a powdered supplement, which can be mixed with water or juice.

What to Do

Keep these points in mind: Taking supplements is better than not taking supplements. Eating good food and taking supplements is even better.

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,TM 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*.





Is Your Coffee Too Acidic?

Your heart's "burning," your stomach feels sour and it seems like stomach acid is climbing up your esophagus like a fireman climbing up a burning building except...he doesn't have a hose to put out that fire.

Ever feel that way? If you're like me, coffee is your favorite beverage in the world. It's how I get my day started, and I don't feel complete until I get my morning joe. It's one of those simple joys in life we look forward to...

Here's the problem though, ever since I got older, most coffee brands sour my stomach. Not only does it upset my belly, but then there are times when I'm running to the restroom.

And honestly... I tough it out simply because I love having my coffee.

But, as always, nature has the last laugh. The body really lets you know when it doesn't want a certain food or beverage.

Until one day after hours of research, I discovered something: IF coffee is grown a certain way, then it won't irritate your stomach lining.

But, as it turns out; low acid coffees tend NOT to have much flavor. Most are described as "bland." And that's pointless. You might as well drink water.

After scavenging the WORLD looking for a coffee bean I could drink, I ran across a little farm in a national preserve in the mountains of Nicaragua. It was here that I had the best darn cup of coffee I'd ever had in my life.

The funny part? It didn't hurt my belly or my teeth for that matter.

It was truly, "low acid coffee"—and not mixed with some external substance. Just good, clean, pure, coffee.

So good you can drink it black, and it tastes delicious! It's called **Lifeboost Coffee**.

It has a smooth chocolate richness, a dark caramel sweetness, and a hint of fruity aromas (think apple and berries).

I'm not the only one who thinks so...

"I love coffee, but I hate heartburn. With this coffee that is not an issue, thank goodness, because it tastes and smells so good." — Rhonda S.

Try Lifeboost Coffee Today
SimpleGutFix.com/coffee



What Makes Lifeboost Coffee Healthy?

- Certified Organic
- Certified Kosher
- Non GMO
- Pesticide Free
- Bird Friendly
- Shade Grown
- Mountain Grown
- Over A Mile Above Sea Level
- Carefully Hand Picked
- Specialty Bean
- Single Origin
- Small Batch Roasted
- Patron Sponsors of Rainforest Trust
- Fair Trade
- Chemical Free
- 3rd Party Tested for Mycotoxins and Mold
- Low Acid
- Stomach Friendly
- Teeth Friendly

"Life Boost Coffee is more than just drinking coffee - it's an experience that no one should miss. It's smooth with no bitter aftertaste and it's delightfully pleasant. I'm glad Lifeboost Coffee found me." — Everet K.

"This coffee is great tasting!! Best so far!!" — Edward, T.

"Love the product and you certainly can taste the difference." — Gay M.



How to Get Rid of Toenail Fungus

Toenail fungus is unsightly, stubborn, may be uncomfortable or painful, and can sometimes develop into a more serious infection. If you search for remedies online, you'll likely find some alluring promises of a quick cure — but don't be misled.

I've taken a look at the remedies that appear again and again on many sites, and the underlying science — or lack of it. I'm going to tell you which ones have merit and which ones don't. And I'll give you some practical things you can do to prevent toenail fungus from recurring, or from infecting you in the first place.

Keep in mind that there isn't an overnight cure. But some remedies are better than others, and you can take simple steps to get and keep your nails in good shape.

What Is Toenail Fungus?

Technically called “onychomycosis” (pronounced oh-nee-koh-my-KOH-sis), toenail fungus is an infection — an invasion of microscopic organisms — underneath the surface of the nail. It makes nails discolored. They usually become whitish or yellowish, initially at the top or side of a nail, and may become darker if the infection becomes more severe. The nail can become thicker and may separate from the nail bed (the skin under the nail).

There are three steps to getting rid of toenail fungus: treatment to kill the fungus; actions to avoid attracting the fungus again; and steps to bolster your body's ability to resist future fungal invasions.



Questionable Remedies

These are some remedies that are often touted but I wouldn't bet on: vinegar, baking soda, mouthwash, and garlic juice. They're used as topical treatments on infected nails or mixed with water as a foot soak. While these have been proven to kill various tiny organisms in a petri dish, there's no hard evidence that they will kill toenail fungus in people.

That said, where there are anecdotes of people experiencing success with a remedy, you can consider trying it if — and only if — there's no potential harm. In the case of garlic juice, don't put it on your nails as it can cause blisters on skin.

Prescription medications eliminate toenail fungus for some people but there are three problems: They usually must be taken for three months or more, they're expensive, and they have serious side effects, including liver injury, stomach upset, and dizziness. And here's the biggest problem: After you stop taking the drug, the fungus can return, because drugs don't treat underlying causes.

Research-Supported Natural Remedies

The chemistry of many natural substances has been studied in test tubes, and many plants have anti-fungal properties. However, very few studies have tested natural remedies for toenail fungus on real people with infected nails. Here are those that have some scientific support:

Essential Oils: These are concentrated oils from plants that contain therapeutic ingredients. For toenail fungus, the effect of tea tree oil was compared with a pharmaceutical topical treatment for athlete's foot that is available in drug stores: clotrimazole.

In a group of 117 patients, half applied pure tea tree oil to infected nails, and the others applied clotrimazole, twice daily. In 6 months, the fungus was either diminished or gone in about 60 percent of patients in both groups. Another 3 months later, about half of each group reported more improvement or no more fungus.¹

Oregano oil can be used along with tea tree oil on nails. Although

it has not been tested in a human clinical trial, it has the most potential for resolving toenail fungus. In a chemical analysis of five types of therapeutic plants, oregano was found to have the broadest anti-fungal properties.² And many people have found it to be an effective remedy.

Ozonated Oil: Ozone is a colorless gas that's been used to treat all sorts of infections and speed healing of wounds for more than 150 years. You don't hear much about it today because antibiotics are so widely used. But antibiotics don't work on toenail fungus because they kill only bacteria, not fungi.

Ozone helps the immune system to work more effectively to overcome fungi and other pathogens, and to heal infected areas. Ozone also helps your body to get rid of infected cells, so they can be replaced with new, healthy cells. Ozone can be bubbled into plant oils, which are then called "ozonated" oils.

In Cuba, a study of 400 people with toenail fungus compared the effect of an ozonated sunflower oil and a cream designed to heal skin infections, such as athlete's foot. These people were considered to be cured when infected nails regained their normal color, growth, and thickness, and a lab test for fungus was negative.

Study participants used the remedies twice daily for three months. Among those using the ozonated sunflower oil, 90 percent were cured, and the remainder showed improvement. Among those using the cream, 13 percent were cured,

27 percent improved, and the rest showed no improvement.³

The ozonated oil tested in the study, called Oleozon, is not available at this time online or in stores in this country, but other brands of ozonated sunflower oil are available. Other ozonated oils, such as olive oil and hemp oil, are also available.

Vick's VapoRub: Many people use the popular cough remedy to treat toenail fungus. In a study, it

was tested on 18 Midwesterners, who applied the ointment at least once a day to infected nails. After 48 weeks of daily use, 5 were cured, 10 showed improvement, and 3 showed no change.⁴

What to Expect

Toenail fungus lies under the nail, and it isn't eliminated until the infected portion of the nail has grown out and has been replaced with new, healthy nail. Since nails grow slowly, this takes time. You

How to Use Nail Remedies

When using any of the remedies below on nails infected with toenail fungus, follow these steps:

Always clean and thoroughly dry the infected nail before applying an oil.

Always use a clean brush or cotton ball to apply oil.

After applying the oil, wait for 10 to 20 minutes to allow it to penetrate the nail before putting on socks or shoes.

Always wash your hands after touching or treating an infected nail, as toenail fungus is contagious.

Before starting to treat an infected nail, make sure your feet are clean and completely dry. You can improve absorption of therapeutic oils by gently filing the surface of the infected portion of the nail with a clean emery board (not a metal nail file) or a clean nail buffer. This will create a slightly rough surface that helps the nail to better absorb the oil. But don't do this too often, as you could damage the nail and create new problems.

To eradicate toenail fungus, you need to repeat the treatment daily for some

months. You can again "rough up" the nail, occasionally, for enhanced absorption. How often? Use your judgment, but always be gentle.

Essential Oils

Tea tree oil alone may be enough for mild cases, or you may need to combine it with oregano oil. To use one or both:

Paint the oil on the affected nail with a clean brush, just like you would apply nail polish.

As an alternative, use a cotton ball to rub oil onto the nail.

If you are using both oils, apply tea tree oil and then oregano oil, as the tea tree oil may help the oregano oil to penetrate the nail more effectively.

Apply the oil, or oils, 2 to 4 times daily.

Ozonated Oils

Apply oil to the affected nail with a clean brush or cotton ball, two times a day.

Vick's VapoRub

With your finger or a clean cotton swab, apply the ointment to the affected nail, at least once daily.

need to be diligent in using remedies daily and taking these other steps to help prevent the fungus from continuing to grow:

- Dry your feet thoroughly after washing, as fungus grows in moist, dark areas. A hair dryer, set on low, can be a handy tool.
- Don't wear nail polish on infected nails.
- Change socks after each application of a nail remedy, to prevent buildup of debris that can feed a fungus.
- As an alternative to changing socks after each application, wrap the toes in plastic wrap.
- Keep toenails trimmed straight across and file the edges smooth.
- Disinfect nail clippers or scissors after each use.
- In a public shower or pool area, always wear sandals, as going barefoot makes it easy to get infected with a fungus.
- Don't wear old, smelly shoes. Treat them with an antifungal shoe cleaner or replace them.

If your nails are healthy, these same steps will help to prevent them from getting infected.

How to Improve Your Defenses Against Toenail Fungus

Toenail fungus usually takes hold because of an injury to the nail, weak resistance to fungi and other

pathogens, or a combination of these. Your resistance is influenced by the health of your immune system and your microcirculation: tiny blood vessels that deliver nutrients under the surface of your skin and nails, and throughout the rest of your body.

Diabetes, kidney disease, or a bad diet can weaken your resistance. If you correct your diet, it will boost your resistance, improve microcirculation, and help with any other health condition you may have. These are the most important things to eat or avoid:

- Eat plenty of brightly colored vegetables that are not starchy.
- Reduce or eliminate sugars and starches, especially pastas, breads, and other baked foods, because sugars and starches interfere with the immune system.
- Eat freshly prepared food as much as possible, including different cuts of meat, fish, eggs, and vegetables.
- Get enough sleep.
- Manage stress, as stress reduces immune function.

In addition, echinacea can help to improve immune function when taken long-term, but make sure to use a high-quality product. If you take a tincture, it should make your tongue tingle. If you prefer a capsule, you can test it by breaking open a capsule and putting a little on your tongue.

Where to Start

There is no hard and fast rule about which remedy to use for toenail fungus. You may have tried various remedies already, and it may be time to try something new. If a fungus is very stubborn or you eradicated it and then it returned, it's time to look at underlying causes: your immune system and microcirculation.

5 Foods that Improve Microcirculation

When microcirculation gets damaged, you get a little less nutrition to your toes, under the nails, and other tissues such as the liver, kidneys, joints, brain, and eyes. Over time, this makes you more prone to toenail fungus and contributes heavily to degenerative diseases such as diabetes and heart problems.

Microcirculation can be improved by eating plant foods with phytochemicals that are especially effective for healing damaged blood vessels. Eating these foods daily is an effective way to boost your microcirculation:

- 1 clove raw garlic or take a garlic supplement.
- 1/3 of a chocolate bar with 85 percent or more cacao.
- 2–3 ounces of berries; blueberries are best.
- 3–4 cups of green tea; if you drink less green tea, use turmeric and ginger in your food.
- 2/3 cup of sliced, diced, or grated beets or 2 stalks of celery (can be juiced).

1 Buck, D.S., et al. "Comparison of two topical preparations for the treatment of onychomycosis: melaleuca alternifolia (tea tree) oil and clotrimazole." *J fam pract.* 1994 Jun;38(6):601-5. 2 Sokovic, M., et al. "Antifungal activities of selected aromatic plants growing wild in Greece." *Nahrung.* 2002 Oct;46(5):317-20. 3 Menéndez, S., et al. "Therapeutic efficacy of topical oleozon® in patients suffering from onychomycosis." *Mycoses.* 2011 Sep;54(5):e272-7. 4 Derby, R., et al. "Novel treatment of onychomycosis using over-the-counter mentholated ointment: a clinical case series." *J am board fam med.* 2011 Jan-feb;24(1):69-74.

How Much Coffee Is Safe to Drink?

Many of my new patients feel guilty about enjoying their coffee, and ask me if they should stop. It's a difficult question because coffee can make you jittery and sleepless, exhaust your adrenal glands, and disturb your heart rhythm.

Meanwhile, observational studies have found an association between drinking coffee and some health benefits, including less type 2 diabetes, Alzheimer's disease, Parkinson's disease, depression, liver damage, and heart disease. Coffee can also help you stay regular and possibly burn fat.

In some of these studies, coffee drinkers with improved health states drank such large amounts of coffee that the side effects for most people would outweigh the benefits.

What to Do

Whether or not you drink coffee really depends on your personal situation. And if you are a coffee drinker, how much is too much? I usually recommend drinking no more than about 2 cups a day.

A recent Australian study looked at data on more than 347,000 people and concluded that up to five cups of coffee per day did not raise blood pressure or heart risk.¹

But here's an important point: In this study, 1 cup meant 8 ounces. That's the smallest cup size you can find in a coffee shop. If you're buying a giant, 30-ounce cup, you're getting close to the daily limit identified in the study.

To be honest, the 5-cup limit isn't the most important thing.

Your personal tolerance for coffee is what matters. If you like coffee, the amount that feels right for you and doesn't give you any unpleasant side effects is your personal limit.

Brewing Tips

If you are going to drink coffee, the way you brew it can make a difference. Cold brew coffee, steeped in cold water for many hours, is popular today, partially because it seems to be less acidic. But brewing with hot water delivers more of the antioxidants that are



naturally present in coffee beans. If you like coffee iced, you can brew it hot and let it cool or chill it in the fridge.

If caffeine doesn't agree with you, drink decaf or skip it. And if you love coffee

but get heartburn because of the acidity, try a coffee that's labeled or described as "low acid."

But loading it with sugar will counteract any potential benefits. If you prefer sweet coffee, stevia is a sugar-free, zero-calorie, natural sweetener that comes in plain and flavored versions.

Infections Raise Stroke Risk

There's a direct link between infections and different types of stroke, according to a study at the Icahn School of Medicine, at Mount Sinai in New York City. By examining databases of patients in New York State, researchers found that urinary tract infections had the biggest effect. These more than tripled the risk of ischemic stroke, which is caused by blocked blood vessels in the brain, within 30 days of infection.²

Other types of infections, such as respiratory and blood infections, also increase ischemic and other types of stroke. In addition to blocked blood vessels, strokes can be caused by bleeding in the inner lining of the brain or a ruptured blood vessel in the brain.

Infections increase chronic inflammation, which underlies diabetes, heart disease, and other chronic conditions. I've found that the most common, overlooked ones are sinus infections and infections resulting from improperly done root canals. It's vital to get all infections identified and treated, or they can really damage your health.

Did You Know?

Low levels of "bad" LDL cholesterol — below 70 mg/dL — increase risk for a stroke, according to a recent study at Penn State.³ Cholesterol levels that are too low also raise risk for Alzheimer's disease and other types of dementia.

1 Zhou, A., et al. "Long-term coffee consumption, caffeine metabolism genetics, and risk of cardiovascular disease: a prospective analysis of up to 347,077 individuals and 8368 cases." *Am J Clin Nutr.* 2019 Mar 1;109(3):509-516. 2 Sebastian, S., et al. "Infection as a Stroke Trigger." *Stroke.* 2019 Jun 27;STROKEAHA119025872. doi: 10.1161/STROKEAHA.119.025872. [Epub ahead of print] 3 Ma, C., et al. "Low-density lipoprotein cholesterol and risk of intracerebral hemorrhage: A prospective study." *Neurology.* Jul 2019, 10.1212/WNL.0000000000007853.

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.

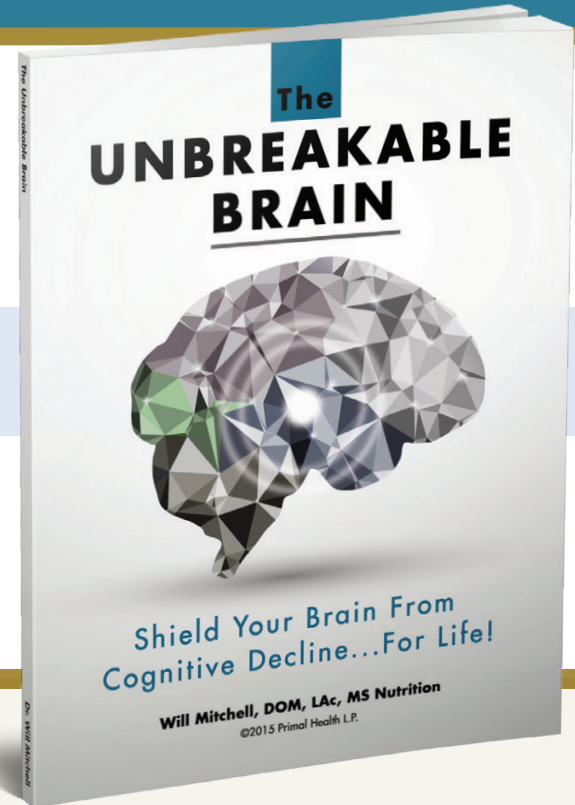
Yes—these are senior moments...and they are the first signs of dementia. The Alzheimer's Association recently admitted it, “Memory loss that disrupts daily life may be a symptom of dementia.”

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

Q&A

Q: I have been taking supplements and my A1C has dropped from 8 to 6, and my blood pressure has improved. My only concern is my creatinine is high. Is there any supplement that will help bring it down? — *Eric F.*

A: First, let me congratulate you for doing a good job. Your A1C level has dropped from diabetic to prediabetic, and it could go down to normal if you keep doing the right things.

There are several things that could influence your creatinine level. Your body has undergone some significant change for the better, but it may take longer for the creatinine level to do down.

Creatinine levels are typically higher in people with large muscles, as a result of body building or genetics. Weak kidneys can also lead to higher creatinine levels. In terms of diet, eating excessive amounts of protein, especially lean protein, can put more stress on kidneys and raise the level of creatinine.

One test I recommend looking at is your fasting insulin level. If it's 6 or higher (measured in microunits per milliliter or mcU/mL), it's generating inflammation in your body. This could be affecting your kidneys which, in turn, could be affecting your creatinine.

You can lower insulin levels by eating fewer sugars and starches and replacing any processed food with fresh versions. Getting regular exercise and sleep are two

other essential habits. These can all help you progress to an even healthier state.

Q: My doctor said my blood pressure was borderline and wanted to prescribe medication to lower it, but he said it wasn't mandatory at this stage. What's my best option? — *Mary O.*

A: This is a perfect opportunity to develop some new and improved lifestyle habits to control your blood pressure without medications. Although the drugs can be lifesavers, they do have side effects that prompt many people to stop taking them. In addition, some blood-pressure drugs deplete nutrients that are essential for a healthy heart, including some essential vitamins and minerals and, in the case of beta blockers and thiazide diuretics, Coenzyme Q10 (CoQ10) — a nutrient that is also depleted by cholesterol-lowering statin medications.

In nine out of ten cases, the cause of high blood pressure is unknown. I call it "lifestyle-induced high blood pressure."

An unhealthy diet, lack of exercise, stress, poor sleep, smoking, and drinking can all cause blood pressure to rise. Being overweight also plays an important role, but skinny people can have high blood pressure too.

In terms of diet, sugar and starch are the biggest triggers and should be reduced. I've had patients who lowered blood pressure simply by doing this. Salt — either too much or too little — can also be a factor.

At the same time, it's important to eat plenty of foods that are nutritious. Ideally, that means no processed foods but plenty



of fresh vegetables, some fruit, pasture-raised eggs, fish, and meat raised on grass rather than corn. I don't recommend low-fat foods or diets. In fact, it's important to eat healthy fats, such as avocado, full-fat dairy, butter, coconut oil, avocado oil, extra virgin olive oil, nuts, and seeds, as these keep you from getting hungry and provide vital nutrients.

Some earlier issues of this newsletter that address this subject in more detail include *The Guide to Healthy Eating* in Volume 1, Issue 8, and *The Top 3 Killer Myths about Blood Pressure* in Volume 1, Issue 2.

Do you have a question for Dr. Marlene?

Send your health-related questions to 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 or call 877-300-7849.