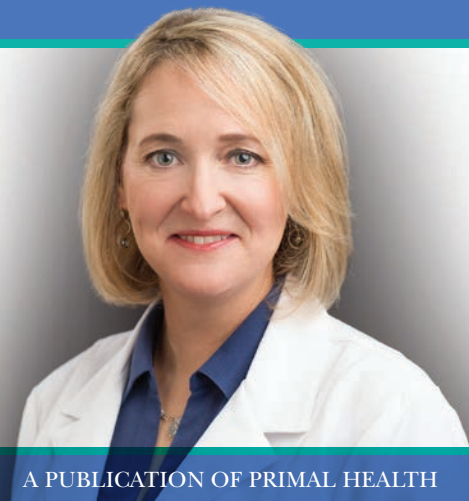


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 3 | ISSUE 10

A PUBLICATION OF PRIMAL HEALTH



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The 5 Simple Steps to Healthy Teeth and Gums

**Heal cavities, reverse gum disease, and safely
whiten teeth without going to the dentist — and
enhance your overall health.**



Like most people, I don't relish going to the dentist. But thanks to the protocol that I'm going to give you later in this article, I haven't needed any dental treatment — not even routine cleanings — for years.

This may defy everything you've ever been told by dentists throughout your life, but it's true. I'll explain why in a moment, but first I want to let you know just how important healthy teeth and gums are for your overall health and well-being.

Ignored infections in teeth and gums are one of the most common underlying triggers of health problems that I see. I find that my patients are much more willing to deal with these issues once they understand the connection.

One of my new patients was at his wits' end about his elevated blood pressure. He had been eating a healthy diet for years, exercised regularly, and wasn't overweight, nor was his life stressful. But his blood pressure just wouldn't come down. As

is the case with many of my patients, he didn't want to take blood-pressure medication for the rest of his life.

A blood test for C-reactive protein (CRP) revealed an extremely high level of chronic inflammation. An optimum CRP level is below 1 mg/L (milligrams per liter); under 3 is acceptable but not ideal. This patient's CRP was 70, the highest I've ever seen.

Such a high level of inflammation is a sign of infection, which seemed puzzling because my patient felt "fine." But it turned out that some time ago, he felt that there was something wrong with a tooth and went to a dentist.

After examining my patient's mouth, the dentist concluded that the tooth was, indeed, infected and

**IN THE NEXT ISSUE:
The Diabetic's Guide
to Heart Health**



would need to be taken out. However — and this next part amazed me — the dentist then recommended simply watching the tooth for another year.

After my patient went back to his dentist with the results of the CRP test, he was referred to a periodontist, a specialist in gum disease and oral inflammation.

The periodontist extracted four impacted wisdom teeth, three of which were also infected, and one other infected tooth.

Dr. Marlene's

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I saw my patient ten days later and guess what? His blood pressure was finally going down and he felt much better than “fine.” He was mentally more alert, woke up in the morning feeling energetic instead of tired, and had a whole new lease on life.

My patient's experience is not unique. An analysis of 40 studies found that gum disease increases the odds of hypertension by 20 to 49 percent. The more severe the gum disease, the higher the risk of elevated blood pressure.¹

How Dental Problems Can Be Deadly

Infected teeth or gums can even be deadly. Studies investigating life-threatening complications of COVID-19 have found a link to the mouth.

COVID-19 patients who need a ventilator to breathe develop extremely high levels of inflammation.² Gum disease generates the same types of inflammatory chemicals, increasing risk of respiratory complications from the virus.³

Bacteria are another link to complications of COVID-19. The mouth contains more than 700 different types of microorganisms. Gum disease and/or infected teeth increase the level of harmful bacteria in the mouth that are known to contribute to or trigger various types of respiratory infections, including pneumonia.⁴

Eliminating gum disease and getting rid of infected teeth reduces inflammation and damaging bacteria, thereby shoring up the body's internal defenses. Consequently, a healthy mouth improves your resistance to infections and lowers risk of life-threatening complications.

Your Mouth and Heart Disease

The connection between oral health and lower risk for heart disease has been known for many years. Unfortunately, it doesn't get enough attention.

Back in 1993, researchers in Wisconsin analyzed data from large government health surveys and the effects of periodontal disease — inflamed gums — on heart disease. Records of more than 9,700 Americans showed that poor oral hygiene raises risk for heart disease.

People with severe infection in their gums were 25 percent more likely to develop coronary artery disease compared to those with little gum inflammation.⁵ Later studies have drawn similar conclusions.⁶

On the flip side, there's good news. Studies show that eliminating inflammation in the mouth reduces the systemic inflammation that underlies development of plaque in arteries and improves other markers of risk for heart disease.⁷

Alarming Dental Statistics

According to the CDC:

- 47.2% of adults age 30 and older have some form of gum disease.
- 70.1% of adults age 65 and older have gum disease.

Your Mouth and Diabetes

There's a two-way street between poor dental health and diabetes. An unhealthy mouth makes it harder to control blood sugar and increases risk for diabetic complications. At the same time, diabetes increases the odds of gum disease.

One study called this insidious relationship “the diabolic duo.” It also noted that gum disease may initiate or contribute to the basic mechanism that underlies type 2 diabetes, where cells can't absorb blood sugar, causing levels to rise.⁸

British researchers found that diabetes triples the risk of developing gum disease. And a severely inflamed mouth in diabetics doubles the risk of advanced kidney disease.⁹

If diabetes has developed or is on its way (with elevated blood sugar that isn't high enough to be diagnosed as the disease), dental treatment can help to reverse damage. Getting rid of harmful bacteria and inflammation in the mouth helps to lower blood sugar and reduce inflammation that contributes to development of diabetes and its complications.¹⁰

Cancer and Alzheimer's

Studies have found associations between gum disease and risk for oral, lung, prostate, pancreatic, esophageal, kidney, and blood cancers.¹¹ Although an association doesn't mean that gum disease was the cause of a cancer, inflammation generated in the mouth may contribute to the formation of tumors.

Among older people, a decline in memory and other mental functions is more likely with poor oral health.¹² And gum disease is

a risk factor for Alzheimer's and other types of dementia. In addition to triggering inflammation, harmful bacteria in the mouth can spread and destroy nerve cells in the brain.

Real World Experience

To give you a better sense of how the state of your mouth can relate to the way you feel and function every day, I want to share the experience of one of my patients. Blood tests showed exceedingly high levels of inflammation, she was very fatigued, her thyroid function was low, and she was anemic.

Some time ago, she had had a root canal, but the tooth continued to be infected and cause discomfort. She had taken antibiotics prescribed by her dentist, and these helped temporarily. But the problem persisted.

The infected tooth was triggering a series of malfunctions: low iron that caused anemia

and led to low thyroid that led to low energy, in addition to the inflammation. I'll explain how these are connected.

When there is an infection, the body won't use iron as it should — it will store iron in an unusable form because, otherwise, the bad bacteria will use it. Even if there's enough iron in the diet, the body sequesters it so that it can't be used. The stored form works much like a savings account without any check-writing privileges — all in an effort to prevent the iron from being used to make the infecting bacteria stronger.

Blood tests can reveal such an iron problem. Ferritin is the storage form of iron. If free iron in the blood is low but ferritin is high — as was the case with this patient — it indicates that iron is being stored in an unusable form because there is some type of infection.

The thyroid needs iron to make

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,[™] 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*.



thyroid hormone. With this patient, the stored, unusable iron stopped enough thyroid hormone from being produced. The combination of low thyroid and low (usable) iron made her very tired.

Once she understood the multitude of problems that stemmed from the infected tooth, she had it extracted. Her levels of iron and thyroid hormone became normal, inflammation dropped, and her energy levels soared.

Like many people, this patient assumed that feeling tired all the time was an inevitable sign of aging. When she had initially complained of the fatigue, her doctor even told her that it was probably because she was 78 years old. But it wasn't — was he surprised when she showed him her more complete blood work!

Why an Unhealthy Mouth Is Dangerous

Harmful bacteria and inflammatory chemicals in your mouth are especially dangerous because they can go directly into your blood, more so than from other parts of your body. Unlike your skin, for example, the mouth has no padding from fat or lymph — the whitish liquid that oozes out of a cut along with blood — so toxins and infections from the mouth can quickly spread.

The only more direct route for bacteria and inflammatory substances to enter your bloodstream would be if these were injected right into a vein. That's why a healthy mouth is so important.

In addition, the sinuses and brain are close by. Chronic or recurring sinus infections can stem from infections in the mouth,

and no amount of antibiotic prescriptions will bring permanent relief — until the dental infection is treated. And it's possible for the infection from an abscessed tooth to spread to the brain.

A more common situation is bacteria growing under the gums, causing the gums to separate from the roots of teeth and creating pockets. More bacteria grow in the pockets, which become harder to clean. The resulting infection eats away at the bone, destabilizing the foundation of teeth and eventually leading to tooth loss.

Fortunately, the whole process can be reversed. Some situations require cleanings from a dentist, and severely infected teeth may need to be extracted. But the daily regimen below is all you need to maintain a healthy mouth, and it may be enough to reverse problems that have started to develop.

The Daily Regimen for Healthy, White Teeth

The regimen I'm about to give you was developed by Ellie Phillips, DDS, a remarkable dentist who

created a precise set of steps — using everyday products from drug stores — that reverses most dental problems without any special dental treatment.

Dr. Ellie, as she likes to be called, carefully tracked the health of her patients' mouths, the products they were using, and how they were using them. She did this with hundreds of patients for over ten years.

She observed that some things worked better than others, and some were detrimental. As she observed products and methods that worked well, she suggested that patients change their home routines, and she tracked the results. And the system I recommend was born. I've been following it myself and recommending it to my patients for years, and the results are amazing.

This system can heal cavities, clean out pockets of bacteria, get rid of the pockets altogether, and whiten teeth without special whitening treatments. And it doesn't require any expensive products, special tools, or even flossing.

(Continued on page 6)

Beware of Root Canals

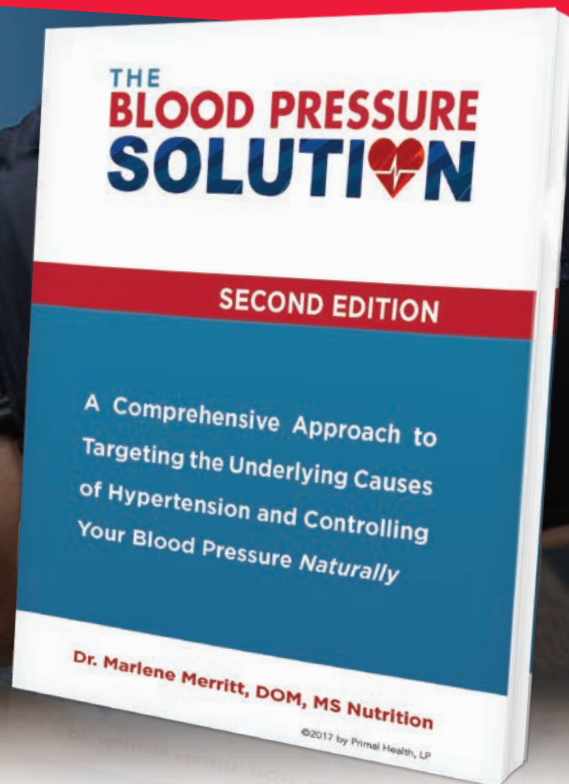
Root canals can occasionally be an effective therapy where a tooth has been injured and cracked, but this is the minority of cases. Most often, root canals are done as an alternative to extracting a tooth that has developed an infection.

It sounds like an attractive treatment — no one wants to lose a tooth — but it isn't. With my patients who have had root canals, I've found that very commonly, the infection recurs and continues to cause problems, in the mouth and beyond.

Many people are afraid of losing a tooth, even if it's causing discomfort. Once my patients understand how much damage an infected tooth is causing, they are more open to having it extracted.

The idea of having a gap in your mouth is unappealing — understandably so — but you don't have to live with a gap. Dental implants can effectively replace a tooth, and if the cost is too high for your budget, a dental bridge is a lower-cost alternative.

Get Dr. Marlene's Best-Selling Book... **Blood Pressure Solution!**



Dr. Marlene has been sounding the alarm about dangerous blood pressure drugs for the last 15 years — and offering a safe, natural alternative.

She has worked with hundreds of patients who were suffering high blood pressure—many were taking two, three, even four medications and going through awful side effects...

Just like Kathleen Kelly, whose ankles swelled up from the prescription blood pressure drugs she was taking. She also suffered an awful cough from using Lisinopril. By the time she read Dr. Marlene's best-selling book, **Blood Pressure Solution**, Kathleen's doctor had her on three blood pressure medicines combined—and her blood pressure was still high!

"My patients are always surprised to see how easy it is to use my natural Blood Pressure Solution," said Dr. Marlene. "The diet is not restrictive. Many of the foods you thought were taboo are perfectly ok—like steak is ok, butter is ok, natural sea salt is ok, even several carb foods are good. Part of the solution is to get good fats into your diet."

After reading **Blood Pressure Solution**, Kathleen made simple lifestyle changes found in the book and began to see immediate results...

"My blood pressure came down right away...I just feel great. I'm ecstatic. I go around telling everybody I found the fountain of youth. I have much more energy now. My concentration and focus are better. I can walk around my block without getting winded anymore. I am 100% off my medication."

Did you see that? Kathleen reports she is 100% off her medications. And so can you!

Yes! You too can be off these anti-hypertensive drugs... maintain blood pressure in the normal range... and feel good again!

Dr. Marlene Merritt's **Blood Pressure Solution** is working for people all across America. And she believes it can work for you, too. Here's how...

Dr. Marlene originally developed her unique solution for her patients at the Merritt Wellness Center in Austin, Texas. And after seeing just how successful it was for people in her own community—she decided to put her entire natural solution, with step-by-step guidance, into an easy-to-use book called, **Blood Pressure Solution**.

This is a comprehensive approach to targeting the underlying causes of hypertension and controlling your blood pressure naturally.

Dr. Marlene's book has been sweeping the country with over 330,000 copies sold in the U.S., and even 32,000 copies shipped overseas.

So, are you ready to bring your blood pressure back to the normal range? Gain more energy? Drop a few unwanted pounds? And feel better than you have in years, just as Kathleen did?

Great! Get your copy of Dr. Marlene's best-selling book, **Blood Pressure Solution** today! Go to the website listed below, and you'll see a complete review of the book, watch videos from people just like Kathleen and order your copy of **Blood Pressure Solution**!

Get Your Copy Today! Go To:
www.PrimalLabs.com/BPS

The most important thing to do is follow the steps exactly. Don't skip any of them and don't alter the sequence.

Two Parts to Daily Dental Care

Cleaning your teeth in the morning and before bed is one part of essential care, and it must be done exactly as I list in *The 5-Step Daily Dental Regimen* below. And you must use xylitol during the day.

Xylitol is a natural, sugar-free sweetener made from plants such as birch and beechwood. It's used to sweeten many sugar-free products. But in a concentrated form, it makes your mouth less acidic, reduces plaque and bad bacteria, and helps your teeth to absorb minerals. Studies show that it prevents and heals cavities.¹³

Your mouth becomes more acidic each time you eat or drink something. Coffee, tea, soda, and even water all raise acidity. Using xylitol in mints, granules, or in a rinse after eating or drinking during the day reduces the acidity, reduces plaque, and protects your mouth.

Daily xylitol use produces half the benefits of this program. You can buy xylitol granules in health foods stores or use Zellie's mints. I mention this brand of mints because it contains concentrated xylitol and is designed to be therapeutic.

Healing Cavities

It may be hard to believe that you can heal cavities without having them drilled and filled. But you can.

The regimen I recommend will heal most cavities because it will "remineralize" your teeth, meaning it will enable your teeth to absorb

minerals and restore their structure. When this happens, cavities heal. Believe me, it really does work.

Fluoride is a key mineral in some of the recommended products. Some of my patients are surprised by this because they view fluoride as a toxic substance. I used to, too, but then I learned some details.

I don't recommend drinking water treated with fluoride because when swallowed in more than trace amounts, fluoride can be toxic.¹⁴ However, your teeth need it to maintain strong enamel and to prevent and heal cavities.

Studies show that fluoride is beneficial and not toxic when it is applied topically to your teeth, in toothpastes, and in mouthwashes that you spit out.¹⁵

Another key mineral, as I'm sure you know, is calcium. Many people consume enough calcium, especially if they eat dairy products, but it doesn't get absorbed by their teeth.

To enable your teeth to absorb calcium, you need vitamins A, D, and K2. See below for my daily recommended doses.

The 5-Step Daily Dental Regimen

First thing in the morning and before going to bed, use the specific products listed below, in the exact sequence shown. Do not rinse your mouth in between each step. During the day, use xylitol mints, granules, or a rinse — this part delivers half the benefits.

1. Rinse with CloSYS Ultra Sensitive Mouthwash for one minute. It comes with optional added flavoring; do not add the flavoring. This mouthwash reduces harmful anaerobic bacteria and lowers acidity in your mouth.
2. Using a soft toothbrush, brush your teeth with Crest Cavity Protection Regular Paste. It contains finely ground silica that is non-abrasive and, unlike some other toothpastes, it does not damage tooth enamel.
3. Rinse with Original or Cool Mint Listerine Antiseptic Mouthwash for 30 to 60 seconds. Other flavors are not as effective. If you can't tolerate the intensity, mix it with a little water. Listerine kills any remaining bacteria but is very acidic and will cause damage if left on your teeth.
4. Rinse with ACT Anticavity Fluoride Rinse for 1 minute. It removes the

leftover acidity, helps to remineralize the teeth, and seals them.

5. Use xylitol during the day. Have 6 to 10 Zellie's xylitol mints (www.zellies.com) or a couple teaspoons of granulated xylitol (available at health food stores) after you eat or drink anything, or rinse with xylitol dissolved in water. Spread these out so that your mouth gets coated with xylitol in between meals, snacks, and drinks.

Try not to eat or drink anything for 30 minutes after your morning cleaning. After your evening cleaning, don't eat or drink anything before going to sleep.

Essential Vitamins

To help your teeth absorb calcium and other minerals, take these daily:

- Vitamin A: Take it in the most absorbable form of retinol or retinyl, 700 mcg for women and 900 mcg for men.
- Vitamin D: Get a daily total of 125 mcg (5,000 IU).
- Vitamin K2: Take 75 to 90 mcg daily.



Whitening Teeth

The cleaning regimen and daily use of xylitol also whiten your teeth, in a different way than we're used to. Instead of using abrasive toothpastes with baking soda or other whitening agents, teeth become whiter because the enamel becomes stronger and thicker.

The enamel is the hard, outer layer of teeth, and its natural color is white. Dentin, which is softer and darker, lies underneath. When teeth don't get enough minerals, the enamel gradually wears away and as it becomes thinner, the color of the dentin starts to show through.

In other words, thinning enamel makes teeth yellowish. When the enamel is naturally restored with minerals, it gets thicker and your teeth look whiter — at any age.

Healing Gum Disease

You may have heard of gingivitis, periodontitis, or periodontal disease. They describe different stages of disease that weakens your teeth, generates inflammation in your mouth, and is the most

common cause of tooth loss among older adults.

With gingivitis, bacteria irritate and inflame the gums; they may bleed when you brush your teeth. It's caused by poor dental hygiene.

With periodontitis, also known as periodontal disease, the damage is deeper. It's in the bone and connective tissues under the gums that support teeth, which are collectively known as the "periodontium."

If gingivitis is not corrected, bacteria eat away at the gums, causing the gums to recede and separate from the base of the tooth. This creates pockets around teeth, exposing the underlying tissues and bone. More bacteria and debris accumulate in the pockets, generating more inflammation. This eventually leads to bone loss and loose teeth.

The combination of correct, twice-daily cleanings and xylitol use throughout the day can reverse this disease process. I've had patients with deep pockets around their teeth that healed without

any other dental treatment. I've had *so* many people who canceled their gum surgery — or their oral surgeon did — because they didn't need it anymore. Needless to say, their dentists were truly surprised.

A Final Word

The daily regimen I recommend can get and keep your mouth in good shape for the rest of your life. However, if you know or suspect that you have one or more infected teeth, with or without a root canal, see a dentist without delay.

A healthy diet that's low in carbs and sugar is equally important to prevent chronic inflammation, keep blood sugar at healthy levels, and give you plenty of energy to enjoy your life.

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Related to This Topic

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

Related Topic	Volume	Issue	Title
A Healthy Low-Carb Diet	1	8	The Guide to Healthy Eating
Healthy Carbs	3	6	The Diabetic's Guide to Eating Carbs
Healthy Meat	3	2	The Diabetic's Guide to Eating Meat
Diabetes	2	4	Type 2 Diabetes: The Road to Recovery
Blood Pressure	2	9	4 Steps to Healthy Blood Pressure
Blood Tests	1	3	The Preventive Health Scam Making Millions Sick

Access these online by logging in to www.NaturalHealthConnections.com.

Kidney Health Basics

Your kidneys filter about 50 gallons of blood every day. They help to eliminate waste, control blood pressure, make red blood cells, balance acidity in your body, and activate vitamin D.

One in three American adults is at risk for kidney disease, according to the National Kidney Foundation. Diabetes, high blood pressure, being over age 60, and a family history of kidney failure all increase risk for kidney disease. But in all these cases, there are basic things you can do to improve and maintain the health of your kidneys.

Insulin and Diabetes

Diabetes is the biggest known risk factor; kidney disease is a common complication of the disease. There is also evidence that earlier malfunctions with insulin can promote kidney disease, even before diabetes develops.

The kidneys regulate levels of sodium in the blood. Insulin resistance — where cells don't respond properly to insulin — interferes with this regulation, resulting in higher sodium levels in the blood that contribute to elevated blood pressure.¹

The Blood Pressure Connection

There is a two-way street between blood pressure and kidney disease. Hypertension increases risk for kidney problems, and kidney disease may be a trigger of high blood pressure.

In conventional medical terms, the cause of most hypertension

is unknown. I've found that this isn't the case, but it takes a bit of detective work on the part of a health professional to find the root cause, such as a hidden infection, stress, nutritional deficiencies, or a diet that is too high in sugars and carbohydrates.

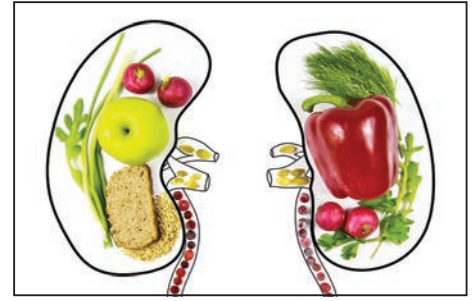
Eating for Kidney Health

A low-protein diet is sometimes recommended for people with kidney disease. It can make things worse by increasing carbohydrates, especially refined ones, and leading to a deficiency in protein and other nutrients. Research from the Mayo Clinic in Rochester, Minn., concluded that people with kidney disease should eat about the same amount of protein as healthy people, and those on dialysis should eat more.²

Given that insulin resistance, diabetes, and high blood pressure can all lead to kidney problems, it makes sense to follow a diet that reduces these risk factors. This means eating plenty of vegetables and other nutritious whole foods and reducing sugars and starchy carbohydrates. (For details, see the earlier issues of this newsletter about a healthy diet, listed on page 7.)

Milk Thistle: Helpful Herb

Milk thistle helps to give kidneys energy to repair damage. Studies show that it helps to lower blood sugar in diabetics, reduce disease progression, and protect against complications of diabetes such as kidney disease.³



In cancer patients being treated with cisplatin, a chemotherapy drug, kidney damage is a known side effect. Studies have shown that milk thistle reduces the damage.⁴ Milk thistle is also well known for enhancing the health of the liver.

If you're concerned about your kidneys, you can take milk thistle. Look for products that list the quantity of the active ingredient in the herb, silymarin or silybin. Take 300 to 450 mg of the active ingredient daily, divided into two or three servings.

Kidney Tests



When you get an annual health check, you can ask your doctor about kidney tests. These are the two main tests:

An ACR urine test, short for "albumin-to-creatinine ratio." Albumin is a protein in the blood that shouldn't be in your urine. If it is, on repeat testing over about three months, it can be an early sign of kidney disease. The test also helps to show how well the kidneys are removing creatinine, a normal waste product of muscles.

A GFR blood test, short for "glomerular filtration rate," measures how well the kidneys are functioning.

Depending on your age and health status, these tests may already be part of your routine health check.

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70-Year-Old Man Feasts on Pasta, Cheese, Bread, and Wine...

...and wakes up with a normal blood sugar reading of 84!

After getting “the lecture” from his doctor, 70-year old Bob Bianchi finally decided to eat better to help control his blood sugar. And while he wasn’t happy about it, he’d been doing pretty well...

Then recently, Bob’s son wanted him to celebrate his birthday together at a favorite Italian restaurant. How could Bob turn him down? “I’m just gonna take a night off and go for broke,” Bob decided.

And boy did Bob *feast*. He ordered the linguini with shrimp, layered in gooey mozzarella cheese and buried under heaps of sauce. Add in some bread and red wine, and it was heavenly!

So when Bob went to test his blood sugar the next morning, he was ready for bad news. But when the numbers popped up on the screen, he couldn’t believe it... His fasting blood sugar **was a mere 84** — smack dab in the middle of the normal range!

How the heck could this happen? Well, Bob had been eating sensibly most of the time, following his doctor’s orders. And he’d also been protecting his blood sugar by taking **GlucoBurn** from Primal Labs, a leader in nutritional supplements.

In fact, after just two days of taking Primal Labs’ **GlucoBurn**, Bob was shocked to see his morning fasting numbers at 63!

GlucoBurn is an easy-to-swallow gel cap containing four powerful nutrients to help with blood sugar control:

- 1 **White Mulberry Leaf Extract (the “Sugar Blocker”):** Prevents carbohydrates from getting broken down into sugar, so they never make it to your bloodstream.
- 2 **Banaba Leaf Extract:** Acts like an insulin copycat because it mimics the way insulin works at the cellular level. This allows your body to burn more sugar.

3 **ALA (Alpha Lipoic Acid):** Deep inside the energy factories in your cells, ALA helps break down sugars and amino acids into raw fuel — giving you more energy.

4 **Gymnema Sylvestre (the “Sugar Destroyer”):** This powerful nutrient slows down the digestion of carbs and sugar, making it harder for glucose to reach your bloodstream.

Here’s How GlucoBurn Works:

Just take one capsule with each meal. You’ll receive an optimal dose of the pure form of all four nutrients. Their effectiveness is supported by over 25 scientific research studies, including 11 randomized controlled trials, the gold standard of scientific research.

These clinical findings show that the four ingredients in **GlucoBurn**:

- ✓ Support **healthy blood sugar metabolism**
- ✓ **Reduce blood sugar spikes** after meals
- ✓ Support **healthy fasting blood sugar** levels
- ✓ Support **healthy HbA1c** levels
- ✓ **Stimulate insulin** release
- ✓ **Mimic** naturally occurring insulin

YES! You can do all these things with **GlucoBurn**. With blood sugar in the normal range, you’ll also enjoy better concentration, more energy, and a brighter mood. Put **GlucoBurn** to the test, and you’ll be convinced.



Get GlucoBurn Today!
GlucoBurn.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

Stiff Shoulder? New Discovery Can Help

If you have a stiff or painful shoulder for no obvious reason (such as injury or arthritis), it could be frozen shoulder, where ligaments around the shoulder joint swell and become stiff. In addition to being painful, the condition — “adhesive capsulitis” in medical terms — limits your range of motion, making it difficult to reach the top shelf in your kitchen or even brush your hair.

In the past, studies have shown that risk for frozen shoulder increases with blood-sugar levels that are above normal or high enough to indicate type 2 diabetes. Now, a new study shows that even blood sugar in the higher range of “normal” can be a trigger of frozen shoulder.

What the Study Found

Researchers looked at various health markers among 151 people with frozen shoulder who were otherwise healthy and had no known reason for shoulder issues. They compared these with markers from 453 similar individuals who did not have frozen shoulder or any other shoulder problems.

Fasting blood sugar is classified as normal up to 99 mg/dL. However, here’s what the study found:

- Risk for frozen shoulder dropped when fasting blood sugar was below 85 mg/dL, quite a bit lower than the upper limit of “normal.”
- Once fasting blood sugar rose to 90 mg/dL or above, the odds of frozen shoulder were significantly higher.

Other markers that increased risk for the shoulder condition included elevated inflammation — measured by C-reactive protein (CRP) blood tests — and elevated cholesterol.¹ This is not surprising, as elevated blood sugar, inflammation, and cholesterol share a common trigger: a typically high-carb, high-sugar diet.

What to Do

I’ve found that many people want to avoid relying on medications to relieve pain and stiffness, but all too often they look to natural substances such as anti-inflammatory herbs as a substitute for drugs. While such herbs — turmeric or boswellia, for example — can provide some relief and may be helpful in the short term, it’s vital to address underlying causes.

The typical American diet is high in sugars and refined carbs. Shifting to a diet of whole foods with reduced, unrefined carbs will lower levels of blood sugar, inflammation, and other health markers.

Changing one’s diet can be challenging, but if it’s approached in a realistic way it’s very doable and the rewards are well worth the effort. I’ve found that my healthy



eating plan is easy to follow and can be sustained in the long term.

Here are some quick tips:

- Instead of soda or fruit juices, drink water or green tea. If you like a sweet drink, use stevia as a sweetener. Some liquid versions have additional, sugar-free flavoring and you can try different ones for variety.
- Instead of potatoes or corn as side dishes, try a variety of greens and other, brightly colored vegetables, cooked and/or raw, flavored with some extra virgin olive oil, sea salt, and other spices.
- For snacks, trade pretzels, crackers, chips, or cookies for some vegetables with a spoonful of nut butter or dipped in humus.

For more details, see the earlier, diet-related issues of this newsletter, listed in *Related to This Topic* on page 7.

Animal Protein Benefits

It’s trendy today to eat more protein from plants, and it’s a good thing to do. However, a recent study found that for older people, ounce for ounce, animal protein is more potent in maintaining healthy muscles than protein from soy or wheat. A combination of animal and plant proteins seems to be most beneficial.²

¹ Park, H.B., et al. “Association between fasting glucose levels and adhesive capsulitis in a normoglycemic population: a case-control study.” *J Shoulder Elbow Surg.* 2020 Jun 9;S1058-2746(20)30277-9. ² Witard, O. “Protein from dairy, meat, or plant sources: What’s the difference for ageing muscles?” Presented July 10, 2020, at the virtual conference: Future Physiology 2020.

Nature Can Lift Your Mood

In the era of social distancing and staying home, it's easy to get a bit down in the dumps. Getting out in nature can give you a lift.

Any amount of time spent in a natural setting, be it in a city park, a wooded area, or a beach, is therapeutic. But more exposure to nature produces more benefits.

A study of nearly 20,000 people in the United Kingdom found what seems to be a sweet spot: Two hours per week or slightly more in a natural setting had the biggest impact in improving overall well-being and health.

Less than two hours didn't produce nearly the same gains, and much more time outdoors didn't produce significantly more benefit. It didn't matter whether the time was spent outdoors in one two-hour outing or divided into multiple smaller ones. Nature had a therapeutic effect on all types of people, including those who were healthy and those with health conditions.¹

How Does It Work?

You might wonder if the benefits come from exercise. After all, walking in a park or a forest is

much better than sitting on your couch. While that's true, nature offers some added perks.

In Japan, there's a practice called "forest bathing." The Japanese term, "Shinrin-yoku," means "taking in the forest atmosphere." People go into a forest and view it while walking, sitting, or a combination of the two.

One Japanese study compared the effects of people walking and sitting in 24 different forests and outdoors in nearby city neighborhoods. In each type of setting, participants sat and viewed the landscape for about 14 minutes and then walked for about 16 minutes.

Researchers measured various markers of stress, including levels of cortisol (the stress hormone), pulse rate, and blood pressure, before and after sitting and walking in both types of environments.

Being in a forest was significantly more therapeutic than being in a city environment. See *Stress Markers* below.²

What to Do

I highly recommend that you regularly get outdoors into the most



natural setting available to you. I would aim for a little dose of nature every day, if possible, and perhaps take a longer jaunt in pleasant natural surroundings once a week or so. And remember, it's all about taking in your natural surroundings.

Best Types of Dairy Food for the Heart

Many people don't tolerate dairy foods well and shouldn't eat them. But if dairy agrees with you, there's some news about which type is most beneficial for the heart.

Here are some facts from a recent study: First, a moderate amount of full-fat dairy is more nutritious than low-fat or fat-free versions, and the fat does not pose any danger to your heart. Second, fermented dairy products are the most beneficial. And third, you might consider dairy foods made with sheep's or goat's milk, as these are easier to digest than cow's milk and contain more beneficial types of fat.³

Stress Markers	Stress marker decrease after sitting and viewing a forest for 14 minutes	Stress marker decrease after walking in a forest for 16 minutes
Cortisol	13.4%	15.8%
Pulse rate	6%	3.9%
Systolic blood pressure (the top number)	1.7%	1.9%
Diastolic blood pressure (the bottom number)	1.6%	2.1%

1 White, M.P., et al. "Spending at least 120 minutes a week in nature is associated with good health and wellbeing." *Sci Rep*. 2019 Jun 13;9(1):7730. 2 Park, B.J., et al. "The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan." *Environ Health Prev Med*. 2010 Jan; 15(1): 18–26. 3 Sendra, E. "Dairy Fat and Cardiovascular Health." *Foods*. 2020 Jun 26;9(6):838.

Q&A

Q: I have been looking at vitamins for women over 50 in my local drugstore. One that is well regarded comes in tablets with 100 percent of most vitamins and minerals that you recommend. But it contains only 1,000 IUs of vitamin D3, much less than the 5,000 IUs you recommend. Is there a multivitamin that contains the full amount of vitamin D or do I need to buy a separate supplement? — Janet B.

A: You raise a good point. There's only so much room in a vitamin pill, and it's difficult to fit in the 5,000 IU of vitamin D that I've found most people need, along with the other vitamins and minerals.



I'm not aware of a multivitamin that contains 5,000 IUs of vitamin D, so you will need to take additional vitamin D in a separate supplement. If your multivitamin contains 1,000 IU of vitamin D, then you will need another 4,000 IUs daily from a separate supplement. You also need 75 to 90 mcg of vitamin K2, found in some multivitamins. It helps calcium to be used more effectively, in bones and teeth, and helps to prevent calcium deposits in arteries.

I do have some other recommendations for choosing a multivitamin. You can test a pill to see if it breaks apart easily. Put the pill in a glass of room-temperature water and see if it breaks down

in 30 minutes. If not, I suggest looking for a different product.

If a pill breaks down efficiently in water, it will easily break down in your stomach, which means your body can absorb the nutrients. Generally, capsules break down more easily than tablets.

In addition to 100 percent of most vitamins and minerals, I like products that contain extracts or concentrates of real foods, such as vegetables and fruits. While such products aren't substitutes for eating real vegetables and fruits, they do provide additional nutrients in a way that more closely resembles nature.

Q: I'm following your diet recommendations and am doing very well, but I have trouble with constipation. What can I eat or drink to help with my constipation? — Andrew J.

A: There are several things that you can try: water, fiber from vegetables, prunes, beets and beet leaves, bile supplements, and magnesium. Individual needs vary, but all these things can help.

It's estimated that American adults get an average of 14 grams of fiber per day, much less than the optimal amount of 38 grams for men and 25 grams for women. The best way to increase your fiber intake is by eating more vegetables. Make sure you are also drinking plenty of water, or the extra fiber can upset your digestive system.

Eating a few prunes in the morning is a time-tested remedy. But also, your bile — which breaks down fat — may need some

improvement. It's secreted by the gallbladder. Eating beets and beet greens helps to thin the bile before it reaches your stomach, which makes it more effective at breaking down fats.

Bile salt supplements can enhance bile in the stomach for more support. Usually, you need to take bile salts for only about six weeks.

Taking extra magnesium will help to pull water into your colon and to push things through. If you try this, make sure to drink extra water, so that you don't get dehydrated. You can add a powdered magnesium supplement to water and drink it throughout the day. Once your body gets a bit more magnesium than it can absorb, it will start working in your colon.

There can also be underlying conditions, such as low thyroid, that contribute to constipation. But first, you can try the things I've suggested and see if you get relief.

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.