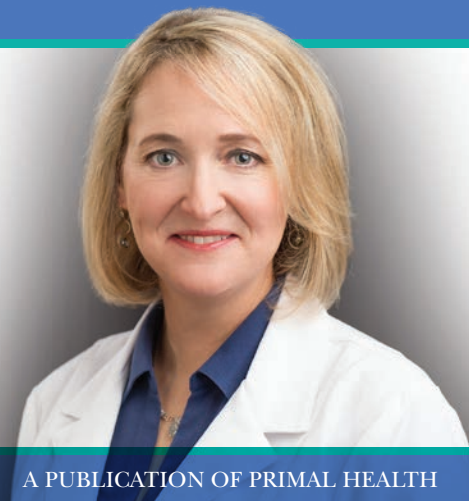


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 3 | ISSUE 11

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The Diabetic's Guide to Heart Health

Whether you have diabetes, are at risk for the disease, or are currently healthy, eating the right diet is the most important step you can take to prevent, slow, or reverse heart disease.



It's no secret that heart disease continues to be our top killer. But did you know that 80 percent of it can be prevented? That's a research fact.

If you were to ask my opinion, even more cases may be preventable. But let's put my opinion aside and look at evidence — research that I want you to be aware of. Even if the potential degree of prevention is underestimated, it's darn good news.

The statistic — that 80 percent of heart disease is preventable — comes from a large group of researchers who analyzed all the available data for the American Heart Association. Their findings were published in that organization's journal, *Circulation*. The percentage is based on tracking of diet and lifestyle habits and incidence of heart disease among tens of thousands of American adults, during a period of decades.¹

This and earlier research identified seven factors that contribute to reduced risk: not smoking; eating a

healthy diet; being physically active; maintaining a healthy weight; and controlling blood pressure, blood fats, and diabetes.

Diabetes — most of which is type 2 — is especially important, as people with the disease have double the risk for heart disease and stroke.² But that doesn't mean you're destined for heart problems provided you do the right things to improve your health.

People with six or seven of the favorable traits are the ones with the lowest risk, but it isn't an all-or-nothing gambit. The more favorable traits you have, the lower your risk.

Trying to deal with seven risk factors is overwhelming, but there's a way to make it simple and doable.

**IN THE NEXT ISSUE:
Top Supplements for
Better Health**



Start with diet. It's the cornerstone for most of the desirable traits, and it's within your control if you have the right information.

Another interesting point that surfaced from the same research: A healthy diet was the least likely trait to be achieved. Among the thousands of people studied, only 22 percent followed a healthy diet — "healthy" being defined by government standards.

I suspect that most of them weren't eating an ideal diet, but

it was healthier than most. And along with the other preventive factors, those individuals had healthier hearts.

As you know if you've been reading my books and this newsletter, the diet recommended by our official dietary guidelines is not what I call really healthy, because it's too rich in starchy carbohydrates and sugar and includes oils that are one of the top triggers of atherosclerosis. (More about those in a moment.) But even an imperfect diet that contains more vegetables and fruits and fewer refined grains and sugars than typical American fare is helpful.

there are two ways in which plaque is dangerous.

Plaque reduces blood flow. Over time, it can partially or completely block an artery, causing chest pain, difficulty breathing when doing some type of physical activity, or a heart attack. Even when the blockage is not severe, plaque particles can break off and lead to a clot that causes a blockage, leading to either a heart attack or a stroke.

In other words, there are two liabilities: plaque blocking blood flow or triggering a clot that blocks it. The big question is, why does the plaque develop?

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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How Heart Disease Begins

The most common type of heart disease, which is accelerated by diabetes and prediabetes, stems from plaque forming in arteries. I'll describe the process in more detail, but to give you a snapshot,

The Cholesterol Myth

Before I describe the real triggers of plaque, I want to dispel a myth about cholesterol.

It is not a bad substance. In fact, without it, you would die. Cholesterol is a building block of

Low Cholesterol and Death

Between the 1960s and 1980s, cholesterol lowering by diet or drugs was examined in various studies for prevention of heart disease in healthy people. In addition, some of these studies tracked deaths from other causes.

A review published in 1990 looked at results of six such studies, with a total of nearly 25,000 middle-aged and older men and women who followed cholesterol-lowering regimens for an average of nearly 5 years. These studies lowered cholesterol by diet, drugs, or a combination of the two.

The results: Although these regimens did somewhat decrease deaths from heart disease, they did not lower deaths from all causes. Lowering cholesterol

increased deaths from accidents and nearly doubled the deaths from violence or suicide. This held true regardless of the cholesterol-lowering method: diet, drugs, or a combination of the two.³

Since then, many other studies have confirmed the link between low cholesterol levels and suicide. In 2016, one review analyzed 65 studies with more than 510,000 people. It found that low levels of cholesterol increased risk of attempted suicide by 123 percent and risk of death by suicide by 85 percent.⁴

What's the connection? Cholesterol is essential for making neurotransmitters and maintaining structure and function of the brain and nervous system.⁵

the membranes of every cell in your body, and of hormones like estrogen and testosterone. It's used to repair wounds. Without cholesterol, your body can't make vitamin D after you're out in the sun. Cholesterol is essential to make bile, which helps you break down and digest fats. The brain and nervous system require cholesterol, and a lack of it can lead to memory loss, confusion, depression, and even suicide.

Sadly, studies also show that levels of cholesterol do not predict heart disease. For example, among 136,000 people who suffered heart attacks in California, 75 percent did not have cholesterol levels considered to be risky.⁶

In older people, lowering cholesterol too much can be a killer. As an example, a study of more

than 3,500 men in Hawaii tracked their cholesterol levels and lifespan for 20 years. It showed that those with total cholesterol levels below 180 mg/dL were 64 percent more likely to die of any cause.⁸

That said, cholesterol-lowering statin drugs have been shown to be effective in people with advanced heart disease. This could be because the drugs are anti-inflammatory; their cholesterol-lowering effect may or may not play a therapeutic role.

Saturated Fat Is Not Harmful

Saturated fat mostly comes from animals, in meat, seafood, and dairy products. Its telltale characteristic is that it's solid at room temperature — butter and lard, for example. It can also come from plants. Coconut oil is a popular example and even though it's called an "oil," it's solid rather than liquid at room temperature. Saturated fats melt when heated. They withstand high temperatures and are good for cooking.

If I were to ask ten random people on the street to tell me the most dangerous type of fat, I'm willing to bet quite a few of them would say "saturated fat." Not so. The premise is based on faulty research.

A leading nutrition researcher in the 1950s, Ancel Keys, began studying the connection between saturated fat and heart disease around the world. And he published research showing an apparent correlation between rates of the disease and saturated fat intake in six countries.

It looked convincing, but it wasn't accurate. He had studied 22 countries and didn't find any consistent correlation. And then, he cherry-picked six countries that

showed an apparent connection and gained much recognition. The cherry-picking of facts wasn't known until much later.

Around the same time, another nutrition researcher, John Yudkin, was finding and publishing data showing that excessive sugar consumption was the underlying trigger of heart disease, but it seemed to fall on deaf ears.

More recently, an article published in one of the American Medical Association's journals revealed evidence that the sugar industry lobbied and funded research to overshadow any suggestion that sugar could be unhealthy. That industry's aggressive efforts significantly helped to popularize the faulty idea that saturated fat — not sugar — increased risk for heart disease.⁹

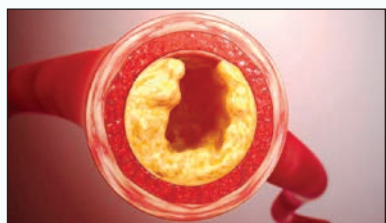
In the past few decades, evidence has accumulated showing that saturated fat is not harmful. Earlier this year, scientists from leading universities in the United States and Europe summarized all the available data and recommended that dietary guidelines be changed to eliminate limits on saturated fat. They concluded that saturated fat does no harm to the heart, does not increase death rates, and protects against strokes.¹⁰

Avoid Dangerous Oils

While the war on saturated fat has been raging, the alternative forms of fat have become vegetable and seed oils: corn oil, soybean oil, and such. They are in most processed foods and are widely used in restaurants — even in high-end establishments. (See a list in *Bad Oils to Avoid* on page 4.)

These oils are made of polyunsaturated fat and are

What Is Plaque?



Scientific Animations, Girish Kherra

In a doctor's office, you may see an image like this one, showing plaque lining an artery, and it can give you the wrong idea. Because the plaque in the image looks like butter, some of my patients assume that it's made of a fat like butter: saturated fat. But this isn't the case.

Plaque does contain fatty substances. However, nearly 75 percent of the fat is polyunsaturated — the type of fat in vegetable and seed oils that are typically refined. Corn and soybean oils are common ones in most processed and restaurant foods.⁷

typically highly refined with heat and chemicals. This type of fat is very unstable. The oils become rancid during the refining process and are then deodorized with more chemicals to hide the odor.

In your body, these oils are inflammatory. Like other fats, they are incorporated into cell membranes as building blocks. But because they are rancid and damaged from the refining, the immune system attacks them as though they were pathogens. This reaction of the immune system generates inflammation and triggers the development of plaque in arteries.

Refined oils also turn “bad” LDL cholesterol into a dangerous substance. They make LDL particles smaller, denser, and less buoyant. These small particles become sticky and can more

easily penetrate arterial walls, contributing to plaque.

How to Identify Healthy Oils

Oils can be produced without heat or chemicals, with a press. Pressing oils out of seeds was the traditional way of making them before we had industrialized food production. Today, oils made this way are labelled as “cold pressed” or “expeller pressed.”

Extra virgin olive oil is cold pressed. “Pure olive oil,” “light olive oil,” or “olive oil” are made from olives that are left over after pressing, and they are refined with heat and chemicals.

Labels are the main way we can tell how oils are produced, but there is no requirement to state that an oil is refined. However, if it isn’t described as “cold pressed” or “expeller pressed,” it surely is refined. If you didn’t have a label, your nose could

detect the smell of a cold pressed oil: like the plant it came from. Extra virgin olive oil, which is not refined, smells like olives, but corn oil doesn’t smell like corn. It has no smell because it was deodorized after being extracted with heat and a variety of chemicals.

If you eat packaged food, fast food, or other restaurant food, it’s virtually impossible to avoid refined oils. Check ingredient labels and you’ll see what I mean. These oils are in almost every packaged food product, fast food, and many restaurant dishes — even take-out food that’s marketed as being healthy.

The only surefire way to stop eating refined oils is to cook your food from scratch. Coconut oil, butter, and other animal fats work well for high-heat cooking. Extra virgin olive oil works well for lower-heat preparation or when added after cooking, for flavor.

(Continued on page 6)

Harmful Oils to Avoid



These oils are typically produced using high heat and a variety of caustic refining chemicals, then deodorized to hide an unpleasant odor. They increase inflammation and cause cholesterol particles to become small, dense, and deadly. Avoid these:

- Vegetable oil
- Corn oil
- Soybean oil
- Canola oil
- Safflower oil
- Cottonseed oil
- Rice bran oil
- Grapeseed oil

Exceptions

Some of these oils are available in “cold pressed” or “expeller pressed” forms, meaning they are extracted with a press instead of heat and chemicals. Most likely sold in natural food stores, the pressed versions are okay to eat.

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*.

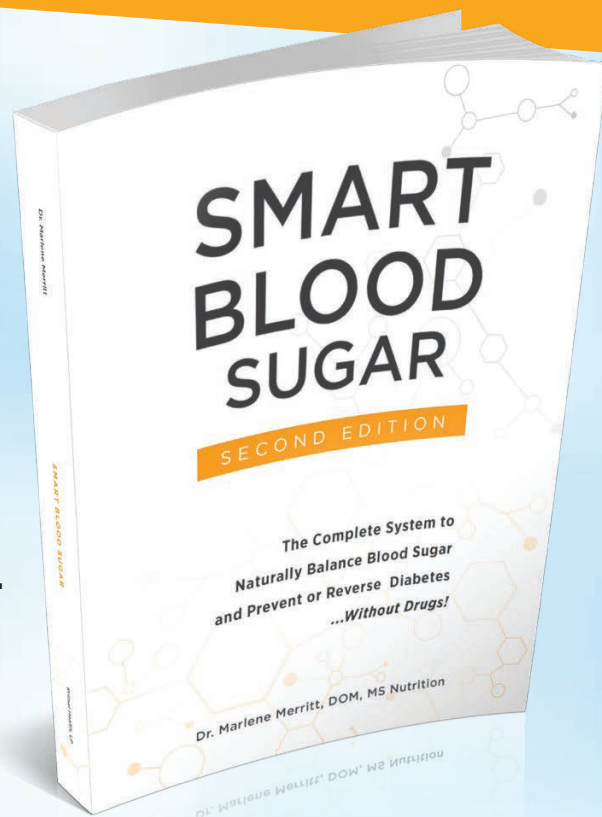


Dr. Marlene Discovers “Insulin Switch” That Stops Blood Sugar Spikes



This blood sugar “switch” is built into every cell of the body and, when it is flipped “ON”...

- Blood sugar returns to the healthy range
- Weight is shed from belly, neck, arms, and thighs
- Energy levels return to normal
- Sleep becomes easy again



Dr. Marlene has been helping people repair their blood sugar for the last 15 years.

Just like Arthur Mabee, who was suffering from high blood sugar. His insulin levels were so high, the blood vessels in his eyes began bursting. He was severely overweight and suffering from heart problems. Arthur's doctor wanted to put him on Metformin...

That's when Arthur discovered Dr. Marlene's best-selling book, **Smart Blood Sugar**. “I said, ‘Well, I’m going to order this book because this doctor knows exactly what she’s talking about,’” Arthur explained.

In just three days of using Dr. Marlene's **Smart Blood Sugar** program, Arthur began to feel changes in his body. He gained more energy, his memory improved, he began sleeping 8 to 12 hours per night—and best of all—he lost 118 pounds since reading the book.

“I’ve improved my health 190%... I no longer have diabetes. I no longer have a pre-diabetic condition,” shared Arthur. “My eyes have even cleared up. This has definitely helped me more than anything I’ve ever done in my life.”



Did you see that? Arthur no longer has diabetes. And so can you! Yes—it is possible to reverse type 2 diabetes and maintain blood sugar in the normal range.

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

This simple plan works by doing a few simple things that bring blood sugar down while stopping a few things that have been pushing blood sugar up. It's a combination of these two actions that make the protocol work so well.

Dr. Marlene's **Smart Blood Sugar** has become a best-selling book because it cuts through all the confusing and contradictory information and zeros in on the exact steps to take right now to heal your blood sugar.

In this easy-to-read, 100-page book, you will find step-by-step guidance, easy tools, and dozens of tips on how to maintain healthy blood sugar levels and repair insulin resistance without wasting a lot of time or money.

“Get this book, sit down, and do the same thing I did. Read it word for word,” Arthur shares with others. “**Smart Blood Sugar** will help you greatly.”

It's time to bring your blood sugar back in the healthy range. Get your copy of Dr. Marlene's best-selling book, **Smart Blood Sugar**, today for only \$27!

Order Your Copy Today!
www.SmartBloodSugar.com/Book



How Starch and Sugar Damage the Heart

Today's common diet that's high in starch and sugar leads to insulin resistance, a situation where cells become resistant to insulin. In response, the body produces higher levels of insulin to regulate blood sugar, but eventually this stops working and blood sugar rises.

Elevated insulin generates inflammation. It starts long before risk for diabetes is even recognized and remains hidden, because insulin levels are rarely tested. As well as being the top trigger of diabetes, insulin resistance leads to weight gain, especially in the belly area, and it's directly tied to plaque formation in arteries.

Elevated insulin increases the amount of small, dense "bad" LDL particles that lodge into artery walls and trigger plaque growth. One study of nearly 1,400 people that measured plaque and insulin resistance found a clear, direct connection: The more insulin resistance, the higher the plaque.¹¹

What to Eat

The entry point to a healthy heart is a diet rich in non-starchy, fresh vegetables, healthy fats, and limited amounts of the carbs we most often overeat. As a culture, most of us have overloaded on sugars and starches for years, and our bodies simply can't keep doing so. For the details of my diet, see the earlier issues of this newsletter in *Related to This Topic* below.

If you have type 2 diabetes, controlling carbs is even more important because you know your risk for heart disease is increased. Risk is also higher for anyone with prediabetes, meaning blood sugar that is elevated but not enough to be classified as diabetes.

To see where you stand earlier in the process, you can request a fasting insulin test. If your level is 6 microunits per milliliter (mcU/ml or mIU/ml) or higher, it indicates a problem. Elevated insulin sets off a vicious cycle because it raises chronic inflammation, makes your

body more prone to store fat, and starts the process toward diabetes.

Weight, especially around your middle, is another warning sign. By cutting back on carbs, eating plenty of fresh vegetables, fish, and meats that I recommend in earlier issues of this newsletter, as well as getting enough sleep, you should be able to lose weight while enjoying good food.

A Final Word

Although I've focused here on diet, exercise is also essential. If you need to change your diet and start exercising, I recommend starting with the diet. Once you're comfortable with it, start walking every day. And don't smoke.

As I mentioned at the beginning, eating the right foods will address most of the risk factors for heart disease. It requires some extra effort to make changes, but once they become new habits the rewards are well worth it.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Cholesterol Myths	1	4	When Statin Drugs Can Harm You More than Cholesterol
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
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.



- 1 Virani, S.S., et al. "Heart Disease and Stroke Statistics—2020 Update: A Report From the American Heart Association." *Circulation*. 2020 Mar 3;141(9):e139-e596.
- 2 Diabetes and Your Heart. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>
- 3 Muldoon, M.F., et al. "Lowering cholesterol concentrations and mortality: a quantitative review of primary prevention trials." *BMJ*. 1990 Aug 11;301(6747):309-14.
- 4 Wu, S., et al. "Serum lipid levels and suicidality: a meta-analysis of 65 epidemiological studies." *J Psychiatry Neurosci*. 2016 Jan;41(1):56-69.
- 5 Zhang, J., et al. "Cholesterol metabolism and homeostasis in the brain." *Protein Cell*. 2015 Apr; 6(4): 254-264.
- 6 Sachdeva, A., et al. "Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines." *Am Heart J*. 2009 Jan;157(1):111-117.
- 7 Felton, C.V., et al. "Dietary polyunsaturated fatty acids and composition of human aortic plaques." *Lancet*. 1994 Oct 29;344(8931):1195-6.
- 8 Schatz, I.J., et al. "Cholesterol and all-cause mortality in elderly people from the Honolulu Heart Program: a cohort study." *Lancet*. 2001 Aug 4;358(9279):351-5.
- 9 Kearns, C.E., et al. "Sugar Industry and Coronary Heart Disease Research." *JAMA Intern Med*. 2016 Nov 1; 176(11): 1680-1685.
- 10 Astrup, A., et al. "Saturated Fats and Health: A Reassessment and Proposal for Food-Based Recommendations: JACC State-of-the-Art Review." *J Am Coll Cardiol*. 2020 Aug 18;76(7):844-857.
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Doctor Visits by Video

Telemedicine, telehealth, or virtual doctor visits — all these mean consultations between a health professional and a patient without physically being in the doctor's office. Video over the internet is the best way, but phone calls also work.

Ever since social distancing became a necessity due to the COVID-19 pandemic, I've been meeting with my patients mostly by video and occasionally by phone. And I want to share some of my experience with you.

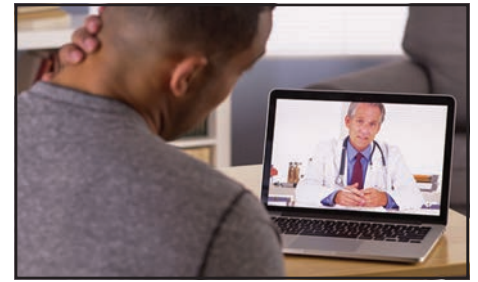
After the pandemic began, my patients were delighted to learn that they could continue to "see" me by video or phone. However, some were reluctant to use the

internet for video calls because they had never done it before.

Before I videoconference with a patient for the first time, one of my staff helps them to get set up and practice so that they're ready to go for the appointment with me. And then my patients are pleasantly surprised at how easy and convenient it really is.

I have patients who used to spend ten hours driving back and forth from my office. Now they see me from their own kitchen table.

We can all be a bit reluctant to adopt new technology, but one thing I've learned is that it has nothing to do with age. Some of my oldest patients quickly



embraced video calls, while one of my younger ones continues to insist on only phone calls.

Growth of Virtual Visits

My patients are not the only ones benefitting from virtual visits. Between April and June of this year, more than a third of visits to primary care doctors were virtual, compared to just over one percent during the same months last year.¹

Virtual visits aren't just for primary care. A study of patients receiving follow-up after surgery compared in-person and virtual visits. In both cases, patients spent the same amount of time with the doctor, about 8 minutes. But with in-person visits, patients spent an additional 40 minutes in the office, plus travel time.²

Another study tested two ways of doing a physical rehab program after a stroke: in person at a rehab clinic and by video, with patients in their own homes. After completing a 12-week program, those who worked from home, with a video connection to a physical therapist, improved their motor skills significantly more than the group receiving in-person therapy.³

Given a choice, some people may always prefer in-person appointments. But there's no way to tell how you'll react to a virtual visit unless you try one.

What to Do

Most of all, don't be complacent. The need for social distancing isn't disappearing very soon. Meanwhile, high blood pressure, diabetes, or prediabetes won't magically go away.

Here are some suggestions:

- If you've been missing routine appointments with your health care provider, ask about your options for virtual visits.
- Keep track of your waist size: If it's been increasing, it's time to adopt or restore some healthier eating habits, especially cutting back on starchy foods and sweetened foods and drinks.
- Fill a bigger part of your plate with vegetables (other than potatoes) and aim to eat some fish in place of meat.
- Be more physically active. Many smartphones come with apps that measure the steps you take each day

while the phone is in your pocket, or you can download free apps that do this. They can be motivating.

- Explore online exercise videos and try some. When you find ones that appeal to you, make a habit of doing the workouts.
- If you've been struggling with blood pressure and you don't already own a blood-pressure monitor, get one. Check your blood pressure first thing each morning and make a note of it, with the date and time. Make improvements in your diet and move more, and see how it affects your blood pressure. Do the same if you routinely check your blood sugar.
- If you've never experienced a video call, ask a tech-savvy friend or relative to help you set up a video call with them. Once you get the hang of it, you just might like it.

¹ Alexander, G.C., et al. "Use and Content of Primary Care Office-Based vs Telemedicine Care Visits During the COVID-19 Pandemic in the US." *JAMA Netw Open*. 2020 Oct 1;3(10):e2021476. ² The Value of Time: Analysis of Surgical Post-Discharge Virtual vs. In-Person Visits. Scientific Forum, American College of Surgeons Clinical Congress 2020, October 3-7, 2020. ³ Chen, J., et al. "The effects of home-based telerehabilitation in stroke patients: a randomized controlled trial." *Neurology*. 2020 Sep 30;10.1212/WNL.0000000000010821. doi: 10.1212/WNL.0000000000010821. Online ahead of print.

Vitamin C: Best Way to Get Enough

When I see a patient for the first time, one of the things I ask about is the supplements they take. And I'm often shocked by the large amount of vitamin C some people are taking, especially powdered vitamin C supplements that fizz when you mix them with water.

There are many brands of these. Pictures of oranges on packages give you the idea that the supplement comes from an orange, and that taking it is much like eating an orange. It isn't.

In nature, nutrients occur in combination. When you routinely take high doses of vitamin C, such as 1,000 mg or more, it can lead to nutrient imbalances, such as excessively high iron levels. However, it's vital to get enough from your diet, and perhaps supplement a little for nutritional insurance.

Vitamin C is necessary for normal immune function, for a healthy heart, and to make collagen, which supports healthy structure of organs, blood vessels, skin, and muscles.

How to Benefit

If you are getting enough vitamin C from food, taking more in a supplement won't provide additional benefits. However, if your body is under physical stress, you are likely to need more than the basic daily recommended amount of 90 mg for men and 75 mg for women.

Infections,¹ diabetes, elevated blood pressure, smoking, excessive drinking, and heavy physical exertion all increase the need for

vitamin C. Generally, older people have lower levels of the vitamin.²

In addition, three types of drugs can deplete vitamin C: heartburn drugs that suppress production of stomach acid; aspirin; and birth control pills.³

If you take vitamin C in a supplement, I generally recommend no more than 150 mg. If you take more than about 500 mg at one time, only a fraction is usually absorbed.

Ideally, you would get all your vitamin C from food, but a supplement can be helpful. It's best to take vitamin C in a multivitamin. If you take high doses of an extra vitamin C supplement and get diarrhea, that means you've taken more than your body can absorb, so take less.

Vitamin C, Muscle, and Aging

Without the right diet and exercise, after the age of 50, most people lose between 0.5 percent and 1 percent of muscle mass per year. Over the years it adds up, and loss of muscle makes people frail and more likely to fall, break bones, and lose their independence. Getting plenty of vitamin C from food can slow this process and help keep you strong and active.

A British study looked at diet and muscle mass of more than 13,000 men and women between the ages of 42 and 82. It found that those whose diets contained the most vitamin C had the least age-related muscle loss.⁴ In the human body, about two-thirds of

the total vitamin C is in muscle. The vitamin is a building block that helps to maintain the structure of muscles and enables them to produce energy. Fatigue can be a sign that your diet lacks vitamin C.

Vitamin C Food Sources

I encourage you to eat more vegetables to get your vitamin C. Although fruit is also a good source (1 medium orange, when eaten in season, contains about 70 milligrams of vitamin C), I don't recommend loading up on it because fruit is also a rich source of sugar. Yes, it's sugar that occurs naturally—but it's still sugar.

The official daily requirement for vitamin C is only 90 milligrams for men and 75 milligrams for women. I recommend aiming for at least 150 mg from food. You can get that amount by routinely eating a variety of vegetables.

Food	Milligrams (mg) per serving
Sweet red pepper, raw, ½ cup	95
Sweet green pepper, raw, ½ cup	60
Broccoli, steamed or raw, ½ cup	51
Brussels sprouts, cooked, ½ cup	48
Cabbage, cooked, ½ cup	28
Cauliflower, raw, ½ cup	26
Tomato, raw, 1 medium	17
Spinach, cooked, ½ cup	9

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Is your memory getting worse?

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

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

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

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

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

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

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

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

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

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

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

— Lee Miller from Austin, TX

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

— Hayley Burns from Richmond, VA

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

— Barbara Sherwood from Leesburg, FL

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

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

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



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Irish Court Rules that Bread Is Really Cake

The highest court in Ireland has ruled that Subway sandwich buns are not bread because they contain too much sugar. The issue arose because that country's tax laws exempt bread from sales tax but require the tax to be charged on "confectionery" — sweet foods such as pastries and cakes.¹

The rationale is that essential foods should not be taxed, but discretionary ones that aren't nutritionally necessary should be taxed. For bread to qualify as an essential, tax-free food, there is a limit on how much sugar it may contain. The Subway bread contains five times Ireland's maximum allowable amount.

We don't have similar laws in this country but it's important to know how much sugar is in your food, especially when eating foods that don't seem sweet. In the case of Subway sandwich buns in the United States, sugar content of different footlong buns varies between 6 and 10 grams, which is about 1.5 to 2.5 teaspoons of sugar. Sandwich contents add more sugar.

If you eat Subway fare, it's a good idea to check nutritional information at www.subway.com. Keep in mind that amounts refer to 6-inch sandwiches; double the quantities for a footlong. Check other restaurants' nutrition content as well.

When you're looking at nutritional content, I suggest paying attention to the total carbohydrates, which include sugar and starch, in

the food. And if you're watching your weight, blood sugar, or blood pressure, follow my plan that's covered in detail in earlier issues of this newsletter (see *Related to This Topic* on page 6).

Traditional Bread

Historically, sugar was not used in the making of bread. In France today, there are laws governing ingredients and procedures for breads that are sold as traditional French breads. Sugar is not allowed as an ingredient; only flour, water, yeast or another starter, and salt may be included.

In addition to giving bread some sweetness, sugar adds two other qualities that are considered desirable today: It shortens the time it takes for dough to rise, and it extends the shelf life of bread.

Many supermarket breads and other baked goods contain high

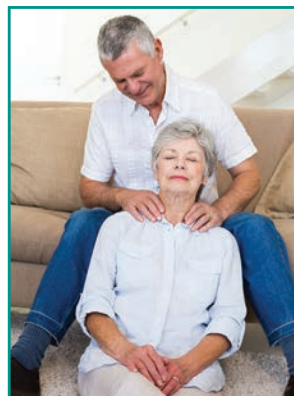


fructose corn syrup and chemical additives to improve texture and shelf life, as well as industrial oils such as soybean oil. These products are designed to be convenient if you don't like to shop frequently, but they aren't the healthiest.

I've found that many people don't tolerate grains well, and the other ingredients don't help. It is possible to buy bread made without sugar or high fructose corn syrup, industrial oils, and chemicals; you just have to look for it.

If you're watching carbs, keep in mind that bread is a rich source of carbohydrates, even if it's made with whole grain flour and contains no sugar or chemicals. If you really like bread, you may be more satisfied with a small amount of a more traditional, artisanal variety as an occasional treat.

Take 10 Minutes to Lower Stress



We often don't take time for a break from busy schedules, but doing so can make a significant difference in stress levels. A study of 60 healthy women in Germany found that simply resting for ten minutes decreased the feeling of stress just as well as getting a light ten-minute massage. However, massage also exerted a calming effect on heart rate.²

The study tested light massages, such as softly having the shoulders rubbed, or a vagus nerve massage. The vagus nerve is the longest nerve

in the human body and runs down both sides of the neck. A soft neck massage has a calming effect

¹ <https://www.marketwatch.com/story/irelands-supreme-court-rules-subway-sandwiches-have-too-much-sugar-to-meet-legal-definition-of-bread-2020-10-01> ² Meier, M., et al. "Standardized massage interventions as protocols for the induction of psychophysiological relaxation in the laboratory: a block randomized, controlled trial." *Sci Rep.* 2020 Sep 8;10(1):14774.

The Power of Pets

It's well known that pets can be a source of comfort, but does this hold true when people are isolated due to social distancing during a pandemic? British researchers have found that during the lockdown this year, pets of all types have enhanced the mental and physical wellbeing of most pet parents.

A research team led by the University of York surveyed more than 5,000 pet owners this past spring. About 5 percent of them felt that life in lockdown would be

easier without their pets, but most felt that pets helped them to:¹

- Feel less lonely during a lockdown
- Cope emotionally during the pandemic
- Stay more active and fit
- Stay in touch with other people who have similar interests in pets

Pets also had a positive effect on other family members. The types of pets included dogs, cats, horses or ponies, small mammals,



fish, reptiles, birds, and farm animals, and some people had more than one. Positive effects were similar, regardless of the type or number of pets.

Beware of This Retirement Myth

If you're still working and leading a busy life, it's tempting to think that once you retire, you'll have the time to live a healthier lifestyle and get into better shape. But a more realistic approach is to start working toward that goal right now.

At the West Virginia University School of Medicine in Morgantown, a study of nearly 1,000 people between the ages of 55 and 70 found that the idea of a "new start" after retirement is not likely to have a significant impact on health.²

In the group that was studied, over one-third had already retired, and the rest were still working. Researchers compared lifestyle and health markers in these two groups.

There was only one significant lifestyle habit that improved after retirement: Retirees were more

physically active — walking and doing other things. And among those still working, being more active was the most common healthy habit they envisioned after retirement.

Although physical activity is a vital part of good health, diet, smoking status, weight, blood pressure, blood sugar, and cholesterol are others. And these others did not improve in retirement.

A Realistic Path to Better Health

Diet is the key to improving most of those other markers, but there's a catch. It's difficult for most people to change lifelong eating habits. I've found that to hold true among people who work full-time, part-time, or are retired.

Another barrier is this: Improving your diet is a learning process. It doesn't happen overnight — and if you try to make drastic, sudden changes, they usually don't last.

I've found that for most people, gradual changes lead to success. Identify one eating habit that you can realistically improve and work on that one.

Let's say you usually have a sweet treat a couple of hours after dinner — perhaps it's a soda, a couple of cookies, or a flavored yogurt that seems healthy because it isn't ice cream — but it's loaded with sugar. Try skipping it one evening. And then try skipping it again.

If you go back to your old habit one evening, don't panic. Just aim to forego that treat the next night. Do it long enough, on most days, and it will become a new habit. And then find something else to improve.

By adding healthier habits one by one over time, you can transform your diet for the long haul. And enjoy a healthier retirement — whether it's in your future or already in your present.

¹ Ratschen, E., et al. "Human-animal relationships and interactions during the Covid-19 lockdown phase in the UK: Investigating links with mental health and loneliness." PLoS One. 2020 Sep 25;15(9):e0239397. ² King, D.E., et al. "Retirement and Healthy Lifestyle: A National Health and Nutrition Examination Survey (NHANES) Data Report." J Am Board Fam Med. Mar-Apr 2017;30(2):213-219.

Q&A

Q: Whenever I eat breakfast, I immediately get a headache with pressure. My meal consists of bacon or sausage, scrambled eggs, and hash browns, grits, or oatmeal. Is it possible that the meat is causing this problem?

— Domita H.

A: Some people believe that nitrates and nitrites — added to bacon, other cured or processed meats, and some sausages for color, flavor, and as a preservative — can cause headaches or act as a trigger for people who suffer from migraines. Scientifically, there isn't an explanation for this.

The human body makes nitrites, and they are found in many vegetables. When you eat foods containing nitrates, the saliva in your mouth converts them into nitrites. Bacon that is “uncured” typically contains celery or other vegetable extracts that are rich in nitrites.

That said, it's possible for an individual to be sensitive to a particular substance. The best way for you to tell if the meat is related to your headache is to not eat it for a week or two and see if you get a headache after eating your other breakfast ingredients. If you are sensitive to something in the meat, it may take a while for your body's reaction to calm down.

Some people are sensitive to eggs. Also, egg content can vary, depending on how chickens were raised. Pasture-raised chickens eat grass, weeds, seeds, and bugs,

and they get a lot of exercise. On factory farms they are confined indoors and fed grains contaminated with herbicides and pesticides, and maybe animal parts.

What a chicken eats and how it lives affects the nutritional content of eggs, and whether the eggs contain any chemical residues. If you aren't already eating eggs from pasture-raised chickens, you may want to try them.

Some people are sensitive to grains. You could try eating only one of your breakfast foods at a time and seeing if you get a reaction.

Q: I know that regular soda is bad for me because it's high in sugar. Is it okay to drink diet soda? — Arthur G.

A: Diet soda has some downsides, but if you want to control your blood sugar, it can be a better temporary option than regular soda while you upgrade your overall diet. However, zero-calorie chemical sweeteners may cause digestive problems, headaches, depression, weight gain, and other health problems.

Many studies have looked at the effects of artificial sweeteners. They found that people who routinely drink diet soda either don't lose weight or gain weight and are more likely to develop high blood pressure and diabetes.

The trend of America's expanding waistlines parallels more people drinking diet soda. While by itself, this doesn't prove that diet soda causes weight gain, there is evidence that zero-calorie sweetness can make you crave sugar and more calories of any type.

In nature, foods that are sweet also contain calories. When you drink diet soda, your body expects calories but doesn't get them, and your appetite for other foods may increase.

If you routinely eat food out of packages or from restaurants, I would switch to a diet of whole foods prepared from scratch. And then start weaning yourself off diet soda. If your food isn't providing you with plenty of nutrients from a variety of fresh vegetables and healthy fats, you're more likely to crave sugar, and soda becomes much more appealing.

Sodas sweetened with natural sweeteners that contain no or very few calories are healthier options than diet soda with artificial sweeteners. Stevia, xylitol, and monk fruit are good natural sweeteners, and there are plenty of sodas sweetened with one or more of these.

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.