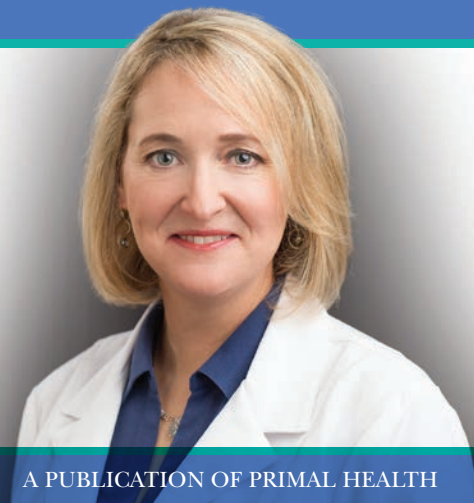


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 3 | ISSUE 12

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10 Critical Nutrients to Avoid Chronic Health Issues



Consistently taking the right amounts of essential vitamins, minerals, and a few other helpful nutrients and herbs can help you avoid today's common health problems.

Most of us experience an occasional event that makes us pay more attention to our health. Noticing that you don't have as much energy as you used to, suddenly feeling "old," or seeing someone close to you experience a health scare are some common reasons. And more recently, the pandemic has shone a whole new light on the need to have a strong immune system.

When any of these things happen, many of my patients ask me about supplements. Am I taking the right ones? In the right amounts? Should I take more? These are good questions to ask any time, not only when some event suddenly gives you a wake-up call to take better care of yourself.

I've addressed natural remedies for some specific situations in earlier newsletters (listed in *Related to This Topic* on page 7). In this article, I want to cover some foundational

nutrients that are most often lacking but vital for optimum health.

When I say, "optimum health," I'm referring to a state where your body is functioning at its best. This is a much more vibrant condition than simply not being depleted.

By "foundational," I mean just that. If the foundation of a house is not in good shape, you can't fix it by redecorating the living room or kitchen. And it's risky to live on a shaky foundation.

Unlike a house, the human body has a built-in mechanism to survive. If there's a shortfall of a foundational nutrient, it will use whatever is available for the most important functions, and other, less

**IN THE NEXT ISSUE:
Is the Keto Diet Right
for You?**

pressing needs will not be properly taken care of.

This premise of using nutrients for the most important functions to keep us alive has been called, by scientists, the “triage theory.” It’s the premise that’s used in hospital emergency departments: treat the most critical patients first. If seriously injured people are being wheeled in and you have a splinter in your finger, you’ll be waiting for a while.

In the human body, this triage

mechanism helps to keep us alive. However, the consequences of long-term nutrient shortfalls are much more serious than sitting around with a splinter in your finger.

Thousands of processes go on in our bodies all the time, and shortages of essential nutrients gradually lead to the major degenerative diseases of our time. Diabetes, heart disease, cancer, dementia, and other ills are more likely to develop when there are long-term, underlying shortfalls in your nutritional foundation.¹

High Risks of Low Nutrient Levels

Nearly two decades ago, scientists at the University of California, Berkeley, performed extensive lab tests to see how a lack of essential nutrients damaged DNA of human cells. This precise type of research is impossible to do on people: in addition to the practical challenges, it would be unethical to deprive someone of a nutrient to see what sort of damage was caused.

This research found that damage from insufficient amounts of certain B vitamins and minerals mimicked the harmful effect of radiation on DNA. This type of damage can lead to cancer, neurological diseases, and accelerated aging.²

The vitamins and minerals tested included vitamins B6 and B12, folic acid, vitamins C and E, and zinc and iron. The researchers pointed out that many people get less than optimal amounts of these nutrients, and a multivitamin could help to fill the gaps.

More recently, researchers at The Ohio State University in Columbus reviewed the available

data on nutrition as it relates to COVID-19. They concluded that the typical Western diet, high in refined carbohydrates, sugars, and unhealthy fats, makes people more susceptible to this viral infection.

These researchers also noted that such an unhealthy diet, which fuels chronic inflammation, raises the odds of harmful long-term consequences of COVID-19. These include possible neurodegenerative diseases and dementia.³

The Need for Critical Nutrients

As you can see, it’s vital to get adequate amounts of the essential nutrients that your body needs to function well. I must also mention an obvious point but one that is sometimes overlooked. Supplements don’t replace a diet of whole foods, such as plenty of fresh vegetables, healthy fats from fish and pasture-raised meat, and not too many starchy carbs or sugars.

If you eat a fair amount of processed food, it takes some effort to switch to fresh, wholesome ingredients. But it’s one of those inescapable changes that must be made if you want to live a healthy and long life.

That said, supplements are also important because it’s virtually impossible to eat a perfect diet. And our food is often depleted as well.

Nutrients in food depend partially on the soil in which plants are grown, which has been depleted by industrial farming. By the 1970s, mineral content of most of our soil was 85 percent lower than it had been in 1920.

In other words, we need both a healthy diet and some supplements. I’m going to give you the most

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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important vitamins and minerals and two herbs that can help you in a multitude of ways.

Today's Most Common Shortfalls

I routinely see a lack of B vitamins — including B6, B12, and folic acid, the same ones noted in the DNA study above — and minerals. Magnesium is one, and others are trace minerals such as zinc, iodine, selenium, copper, manganese, and vanadium. “Trace” means a small amount, and with these minerals, you need only small amounts — but you do need them.

Many multivitamins contain these, but you will need extra amounts of some. See the *Supplement Snapshot* on page 5 for more details and dosages of all the supplements I describe. I recommend multivitamins because they contain a combination of many nutrients, which is similar to what we find in nature. There is no food that contains a single nutrient, and our bodies don't absorb nutrients well when we take high doses of isolated vitamins and minerals.

That said, not all vital ingredients can fit into a multivitamin, and in some cases such as magnesium, iodine, or zinc, not enough of these can be found in multivitamins. I describe the most important ones below, found in multivitamins and additional supplements.

B Vitamins Are Basic

The B vitamins work together as a team. They can be taken in combination in a multivitamin or in a B complex supplement.

B vitamins enable food to be broken down and used as energy,

and they are essential for healthy functioning of mitochondria, the energy-generating components of all cells. They also improve mood.⁴

In addition, some people need extra vitamin B12. Unlike other B vitamins, B12 can be stored for years in the human body, so a dietary shortfall may not manifest for some time — but it will eventually. In extreme cases,

Symptoms of Vitamin B12 Depletion

Levels of vitamin B12 can be low because of insufficient amounts of the vitamin in the diet, because of digestive problems, or as a side effect of medications. Heartburn drugs and metformin, the most prescribed diabetes drug, may interfere with the absorption of B12.

These can be symptoms of B12 depletion:

- Anemia
- Confusion
- Constipation
- Dementia
- Depression
- Difficulty maintaining balance
- Fatigue
- Loss of appetite
- Memory problems
- Numbness and tingling in the hands and feet
- Sore mouth or tongue
- Weakness
- Weight loss

B12 levels can be checked with a blood test. Severely low levels may need to be treated with B12 injections. Sublingual B12 supplements may be a good option for people with digestive problems that prevent nutrient absorption.

symptoms can mimic dementia.

Vitamin B12 is found in animal foods, not plants. People who don't eat animal foods, or simply eat little meat because they have difficulty digesting it, are likely to be depleted. And levels tend to fall as we get older because of poor digestion that leads to poor nutrient absorption.

The Need for Iodine

I've found that iodine, one of the essential minerals, is likely to be lacking in most people's diets and even in supplement regimens. And its value is underestimated.

In conventional nutrition theory, iodine is viewed as a necessary nutrient for the thyroid, which it is. But this isn't its only function.

Iodine is also essential for healthy breast and prostate tissue.⁵ Fibrocystic breast disease can be a symptom of lack of iodine, and in such cases correcting the shortfall can resolve the condition.

Many people don't get the standard recommended daily amount of 150 mcg. Even if they do, this amount is not sufficient for optimum health. In Japan, where the incidence of health problems in breast and prostate tissues is much lower than in this country, it isn't unusual for diets to contain 12 mg of iodine daily.

The difference between the Japanese and American amounts is enormous. Keep in mind that there are 1,000 mcg (micrograms) in 1 mg (milligram). The Japanese amount is 12,000 mcg, compared to the standard American recommended amount of 150 mcg.

Seaweed, a routine part of traditional Japanese diets, is a rich source of iodine. In this country,

we get small amounts of iodine from iodized salt — regular table salt. Most sea salt is not iodized, nor is sodium in processed foods.

How to Take Iodine

In addition to the standard American recommendation of 150 mcg of iodine daily, there is a recommended upper limit of 1,100 mcg daily. But remember, traditional Japanese diets contain about 12 times that amount and such diets are beneficial — not harmful.

I recommend taking between 1 and 3 mg of iodine daily. That's 1,000 to 3,000 mcg — around or above the recommended upper limit.

I'm making a special note of this because you may hear that the amount of iodine that I recommend is too high. And it's a common but unfounded belief that people with Hashimoto's thyroid disease

should never take iodine (when they should).

Sometimes people whose iodine levels have been low for a long time can experience symptoms when they start to take higher-dose (by American standards) iodine supplements. However, iodine is not the cause of such symptoms.

When iodine levels have been habitually low and you take a supplement, it can set off a detoxification process that causes side effects. Low iodine levels allow toxins such as fluoride, mercury, arsenic, and lead to attach to iodine receptors in your body. A sudden influx of iodine starts releasing these toxins, and side effects occur before the toxins are eliminated.

I suggest starting with 1 mg of iodine daily. If you experience side effects, stop taking the supplement for a few days and then start with a lower dose and gradually work up to 1 mg. And then increase

the dose gradually to 3 mg. If you notice that there's a sweet spot somewhere in between those amounts, where you feel better, stick with that dose.

Other Key Minerals

A multivitamin is not likely to contain enough magnesium and zinc. Both these minerals are especially important.

Magnesium affects more than 300 enzyme reactions in the human body. You need it to properly utilize vitamin D, to control blood pressure, for a healthy brain and nervous system, and for a healthy heart.

Lack of magnesium can lead to muscle spasms. In contrast, getting enough magnesium can help you relax and sleep better. If you have sleep problems, take your magnesium before bedtime.

If you take more magnesium than your body can absorb, you

Symptoms of Low Iodine

Low levels of iodine lead to low levels of thyroid hormones: hypothyroid. Symptoms can include:

- Cold hands and feet
- Constipation
- Depression
- Dry skin
- Elevated cholesterol
- Fatigue
- Memory problems
- Muscle or joint aches or stiffness
- Muscle weakness
- Puffiness in the face
- Thinning hair
- Weight gain
- In women who are menstruating, periods that are heavier than usual

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*.



will get loose stools. If you find that you habitually experience digestive upset from even small amounts of magnesium supplements, try a magnesium cream that lets you absorb the mineral through your skin.

Zinc is another mineral that is necessary for hundreds of reactions in your body. It helps you to resist infections. It's necessary for normal production of insulin, thyroid, and other hormones, and it helps to lower levels of harmful chronic inflammation.

And multivitamins are not likely to provide enough.

Vitamin D and Supporting Nutrients

Vitamin D is essential for the health of bones, blood vessels, the heart, brain, and other essential organs. It's also vital for healthy immune function, including better resistance to all types of respiratory infections.

Researchers from Boston University School of Medicine and a national lab recently analyzed blood

tests from 190,000 people, looking for correlations between vitamin D levels and COVID-19 infection. They found that risk for infection with the virus was significantly lower among people with higher blood levels of vitamin D.⁶

I recommend taking 5,000 IU (125 mcg) of vitamin D daily. With this dose, it's essential to also get adequate vitamins A (100% Daily Value in a multivitamin) and K2 (90 to 120 mcg). Vitamin D increases calcium absorption, and with high doses, there's a risk that some of the calcium may get deposited in arteries. Taking vitamins A and K2 prevents this from happening and gives you the full benefits of vitamin D.

Inflammation Fighters

Fish oil is a basic anti-inflammatory supplement.⁷ It contains the most potent anti-inflammatory fats. Unless fatty fish such as salmon, sardines, and herring are among your daily or almost-daily staples, you need a fish oil supplement.

For additional inflammation control, you can take turmeric. It's the same herb that gives curry spice its telltale yellow color, but not its heat. In Asian countries, it's been used as an herbal medicine for centuries.

A component of the herb, curcumin, is the active ingredient that is responsible for its healing power, which includes reducing chronic inflammation and helping to prevent all types of inflammatory diseases, such as inflammatory bowel disease, arthritis, pancreatitis, heart disease, and diabetes.⁸

Some supplements contain whole turmeric root and others

(Continued on page 7)

Supplement Snapshot



Start with a multivitamin with 100% of the Daily Value (DV) of vitamin A, 800 mcg of folic acid, and 100% of the DV of trace minerals (iodine, zinc, selenium, copper, chromium, molybdenum, and vanadium). The best multis also contain some concentrated vegetables and fruits.

There's only so much room in a multi, so you will need additional amounts of the ingredients below to reach the daily totals I recommend:

Folic acid: Few multivitamins contain 800 mcg, the optimum daily amount. To get extra, take a B complex supplement for a total of 800 mcg from the combination of a multivitamin and B complex supplement.

Iodine: Get a total of 1 to 3 mg (1,000 to 3,000 mcg) daily.

Vitamin D: Get a total of 5,000 IU (125 mcg) daily unless you've had a vitamin D test and have been prescribed a different amount.

Vitamin K2: Essential to take with high-dose vitamin D, vitamin K2 is rarely found in multivitamins. Get 90 to 120 mcg daily.

Zinc: Get a total of 15 mg daily.

Magnesium: Found in smaller quantities in some multivitamins. Women need a total of 320 mg daily and men need 420 mg. For best absorption, split the total into several doses each day.

Vitamin B12: Individual needs vary, and you may need more than what a multivitamin contains.

Additional Nutrients

These are not typically found in multivitamins but are vital daily supplements:

Fish oil: Essential to prevent or reduce chronic inflammation. Get 3 to 5 g (3,000 to 5,000 mg) daily.

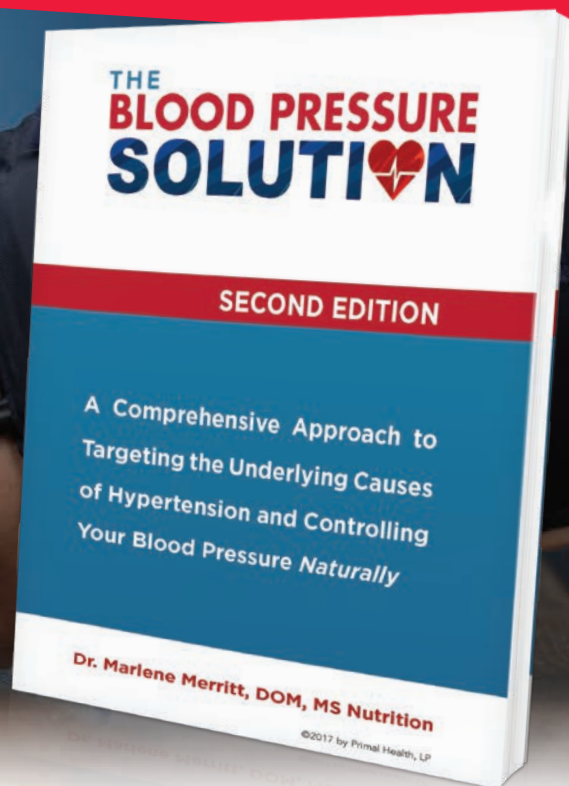
CoQ10: Essential for the heart and energy production, especially if you take statins, which deplete CoQ10. Get 100 to 200 mg daily.

Additional Health Boosters

Turmeric: Doses vary, depending on the extract; follow product directions.

Panax ginseng: Get 10 to 15 mg of ginsenosides — the active ingredient, which is listed in the Supplement Facts.

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

contain extracts of curcumin. However, these are not well absorbed in the human body. To solve this dilemma, some supplement manufacturers have developed patented processes to make curcumin extracts more absorbable and beneficial. Look for products that are formulated to be well absorbed; product information will note this fact.

CoQ10

Short for coenzyme Q10, CoQ10 is a vitamin-like nutrient that is essential for cells to efficiently produce energy. The heart in particular needs CoQ10, and the supplement has been shown to improve function of the heart, even in people with heart failure.⁹

It’s well known that statin drugs deplete CoQ10, and this may contribute to the side effects of

muscle weakness and fatigue, so the supplement is vital for anyone taking these drugs. However, since CoQ10 levels decline with age, I recommend that everyone take it.

Panax Ginseng

Also known as Korean ginseng, Panax ginseng is named after the Latin word for “panacea,” because it produces so many beneficial effects. In traditional Chinese medicine, Panax ginseng is the only herb that is used by itself; all other remedies are combinations of herbs.

Traditionally, Panax ginseng is regarded as an all-around tonic and adaptogen. A tonic increases vitality and strength and boosts longevity. An adaptogen has a balancing effect, calming in times of stress and invigorating when more energy is needed.

Panax ginseng is part of my daily regimen, and I recommend it to my patients. Studies have shown that it reduces inflammation and contains antioxidants.¹⁰ It improves immune function, reduces stress, helps to control blood sugar, and can help to reduce fatigue.

If you take the herb before bed, it helps you get restorative sleep. If you take it during the day, it will reduce fatigue and help you get things done.

A Final Word

Supplements provide the biggest benefits when they are taken consistently. This way, your entire body is getting nutritional support on a regular basis, and that’s what makes the biggest difference in your health.


You could think of nutrition for your body like a retirement account for your financial wellbeing. The more you consistently drip into it, the further ahead you are.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Multivitamin	2	8	Do You Really Need a Multivitamin?
Immunity	3	9	The Guide to a Healthy Immune System for Life
Blood Pressure	1	2	The Top 3 Killer Myths about Blood Pressure
Blood Pressure	2	9	4 Steps to Healthy Blood Pressure
Diabetes	2	4	Type 2 Diabetes: The Road to Recovery
Digestion	1	6	The 6-Minute Heartburn Remedy
Sleep	2	2	The 10-Minute Sleep Solution
Arthritis	2	5	The 90-Day Program to Relieve Arthritis
Blood Tests	1	3	The Preventive Health Scam Making Millions Sick
CoQ10	1	4	CoQ10: Essential Heart Nutrient
Zinc	2	1	Zinc for Colds and More
Magnesium	1	5	Magnesium: 30 Reasons You May Be Deficient
Vitamin D	3	8	Vitamin D: Fight Diabetes, Osteoporosis, Infections, and More

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



1 Ames, B.N. “Low micronutrient intake may accelerate the degenerative diseases of aging through allocation of scarce micronutrients by triage.” *Proc Natl Acad Sci U S A*. 2006 Nov 21; 103(47): 17589–17594.

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4 Young, L.M., et al. “A Systematic Review and Meta-Analysis of B Vitamin Supplementation on Depressive Symptoms, Anxiety, and Stress: Effects on Healthy and ‘At-Risk’ Individuals.” *Nutrients*. 2019 Sep; 11(9): 2232.

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9 Di Lorenzo, A., et al. “Clinical Evidence for Q10 Coenzyme Supplementation in Heart Failure: From Energetics to Functional Improvement.” *J Clin Med*. 2020 May; 9(5): 1266.

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The Benefits of Cruciferous Vegetables

Broccoli is the classic good-for-you cruciferous vegetable that many people don't want to eat, so much so that it's the brunt of many jokes. One broccoli stalk asks another: "No one likes me; what should I do?" The other one answers: "Wear some cheese."

I'm not going to suggest that you force yourself to eat broccoli, although adding some extra virgin olive oil and lemon juice may make it appealing. But there's another way to get some of the same benefits.

Broccoli is part of the family of cruciferous vegetables, of which there are many. This plant family gets its name from the Latin word for cross, *crux*, because the flowers of these plants have four petals in the shape of a cross. And family members share some desirable, therapeutic qualities.

Why They're Good for You

Cruciferous vegetables contain fiber, protein, and a variety of vitamins and minerals, such as vitamins C, E, and K, and calcium and magnesium. But what really sets them apart is a variety of other beneficial plant compounds that, according to lab studies, have anti-inflammatory, anticancer, antimicrobial, and antioxidant properties and can enhance the health of the immune system, heart, digestive system, and liver.¹

A team of researchers from Harvard Medical School, the Univer-

sity of Minnesota, and several Australian universities found that older women who ate more cruciferous vegetables had less plaque in their arteries.² Other studies have found that this family of vegetables can help to control blood sugar and weight, reduce chronic inflammation, enhance heart health, help to balance hormones, and may help to reduce risk for cancer.³

How to Eat Them

All the solid root vegetables can be chopped, tossed with extra virgin olive oil, seasoned with salt and pepper, and roasted in the oven.

The heavier dark-green, leafy ones such as kale and collard greens can be deveined, massaged with oil, seasoned with salt, pepper, and other spices, and roasted in the oven to make leafy "chips."

These vegetables can also be chopped and simmered in a soup; bone broth is a good soup base. And then, you can either eat the soup or puree it with a hand blender to make a thick, creamy version without any other additives.

Cabbage can be stir-fried or steamed. To add some crunch, sprinkle some pan-roasted sunflower seeds on top.

I'm not suggesting that you force yourself to eat any of these. Here's what I do recommend: Check out the list of all the cruciferous vegetables on this page and experiment. Don't be afraid to try new things; be adventurous.



Cruciferous Vegetables



Many cruciferous vegetables are familiar ones, including:

Arugula	Collard greens
Bok choy	Daikon
Broccoli	Horseradish
Broccoli rabe	Kale
Brussel sprouts	Mustard greens
Cabbage	Radish
Cauliflower	Rutabaga
(white, purple, and orange)	Turnips (roots and leaves)
Chinese cabbage	Wasabi
	Watercress

Less-Familiar Leafy Greens

These leafy greens are often found in salad mixtures but are not generally well known by their individual names:

Komatsuna
Land cress
Mizuna
Tatsoi



Romanesco Broccoli

It looks like a spikey green cauliflower with a texture that resembles broccoli florets. Served cooked, it isn't bitter and has a slight natural sweetness — quite unlike regular broccoli.

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2 Blekkenhorst, L.C., et al. "Cruciferous vegetable intake is inversely associated with extensive abdominal aortic calcification in elderly women: a cross-sectional study." *Br J Nutr.* 2020 Jul 17;1-9.
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Get Back Out There...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Get ActivAdapt Today!
www.GetActivAdapt.com/NHC2

Food to Boost Your Mood

Many of our traditional comfort foods are high in carbohydrates and sugar, from mashed potatoes to cakes and cookies. And if your spirits sag, it can be tempting to break open a bag of junk food and start munching.

Unfortunately, these types of foods are the worst for your mood. All my training and experience with my patients has made this abundantly clear to me, and years of research make the same point.

An analysis of 41 studies of

diets and depression, with a total of more than 300,000 people, found a clear correlation between depression and inflammatory foods.¹ These include all fast foods and processed foods: most packaged foods.

In contrast, fresh, wholesome foods can lift your spirits and enhance your overall wellbeing. If you're not in the mood to cook a lot, try pizza made with a cauliflower crust and add extra vegetables. For side dishes, buy



microwavable bags of “noodles” made from vegetables, or cauliflower “rice.” Add one extra veggie to each meal. And include avocados and nuts in your meals and snacks.

You don't have to be perfect, but do aim for better options. For more ideas about how, check out Volume 1, Issue 8 of this newsletter, *The Guide to Healthy Eating*.

Best Exercise for Healthy Arteries

When it comes to aerobic exercise, I routinely recommend interval training. As an example, instead of walking for half an hour at a steady pace, alternate spurts of fast walking with slower walking.



This type of exercise enables you to challenge your body more during the intense spurts without becoming exhausted. I think of it as a smarter approach to fitness.

Now, it turns out there's another benefit: healthier arteries. Researchers at Dalhousie University in Nova Scotia, Canada, tested different types of exercise on 38 adults with an average age of 67. They compared the effects of three different training programs, each lasting six weeks: high-intensity aerobic interval training; aerobic training at a steady, moderate pace; and resistance training.

By measuring blood-vessel function with ultrasound, they found that interval training was the most effective at improving the ability of blood vessels to pump blood efficiently. This enhances control of blood pressure and reduces risk for heart disease.

Moderate aerobic exercise at a steady pace was next best for arteries. Resistance training did not produce significant arterial improvement, although it does produce other benefits such as improved strength.²

The important thing with intervals is to push yourself enough to get out of breath during the high-intensity spurts. In walking, for example, you could walk at your top speed between two lampposts and then walk at your normal speed to the next lamppost and keep repeating that pattern. Keep in mind that high intensity means different things to different people, and it's important to work at a pace that's right for you.

Your Winter Medicine Chest



In any cold and flu season, and especially during a pandemic, it's important to take a multivitamin, vitamin D, zinc, and the other nutrients that I've described earlier in this issue. I also recommend keeping some andrographis and/or olive leaf extract in the house, as these are effective antiviral herbs.

At the very first sign of any symptom — even in the middle of the night — immediately take one serving of andrographis or olive leaf extract and keep taking it every 2 to 3 hours throughout the day. In addition, keep some extra vitamin C on hand; if you start to experience symptoms, take 1,000 mg, 1 to 3

¹ Lassale, C., et al. “Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies.” *Mol Psychiatry*. 2019 Jul;24(7):965-986. ² O'Brien, M.W., et al. “Impact of High-Intensity Interval Training, Moderate-Intensity Continuous Training, and Resistance Training on Endothelial Function in Older Adults.” *Med Sci Sports Exerc*. 2020 May;52(5):1057-1067.

times daily. (This is the only time I recommend high-dose vitamin C.)

It's important to have these remedies on hand so that if any symptom appears, even slightly, you can take them immediately. Viruses replicate, and it's easier to stop them at the outset.

Simple Prevention Tips

To lower your odds of catching *any* bug that's going around:

- Stay hydrated. Indoor air, where bugs spread most easily, is dry in winter and it dries out the mucous membranes in your nasal passages. This makes it easier for bugs to attach inside your nose, move into your respiratory system, and make you sick. Drink lots of water to keep your nasal passages well hydrated and rinse your nose with a Neilmed Sinus Rinse or a saline nasal spray several times a day.
- Wash your hands often and sanitize surfaces that are frequently touched, such as doorknobs.

- Get plenty of rest every night. Being sleep-deprived lowers your resistance against all types of infection.
- Wear a mask when you're going to be near people outside your household, especially indoors, and practice social distancing.
- For prevention of colds and flu, take one serving of an alcohol-based echinacea root tincture twice daily. A good-quality product should make your tongue tingle. If you can't tolerate a tincture, take echinacea in pill form.¹



More details are in earlier newsletters: Volume 2, Issue 10, *Real Flu Prevention*, and Volume 3, Issue 5, *How to Protect Yourself During a Pandemic*.

Beware of Drug Interactions

When patients first come to see me, they often ask if they can eliminate the need for medications by making lifestyle changes. With the right strategy and consistent effort, many succeed in doing so, but not everyone can get the help they need along these lines.

It's well known that taking multiple prescription and/or over-the-counter medications can cause harmful interactions. This is especially true among older people, who are more likely to be prescribed numerous drugs. But drug interactions are not checked for often enough.

The National Poll on Healthy Aging, based at the University of Michigan in Ann Arbor, surveyed more than 2,000 adults between the ages of 50 and 80. It found that

most people who take multiple medications had not had them reviewed for potential interactions by a pharmacist.²

Among those in the survey who were over the age of 65:

- 30 percent were taking 5 or more prescription drugs.
- 15 percent were taking 5 or more over-the-counter medications.

Among survey respondents between the ages of 50 and 64, 19 percent were taking 5 or more prescription drugs.

For anyone taking two or more medications — including over-the-counter products — it's important to get these periodically reviewed for potential clashes. And while you're at it, ask what each of



these drugs does, whether your prescribed dose is correct, and whether it's possible to reduce or eliminate the need for any drug through lifestyle changes.

The survey also found that many people are not aware that Medicare and some other health plans cover drug reviews. If you or anyone you care about is taking a combination of medications, periodic reviews are important. Side effects of a single drug can be problematic, and potential interactions between two or more drugs significantly raise the risks of adverse effects.

¹ Pleschka, S., et al. "Anti-viral properties and mode of action of standardized Echinacea purpurea extract against highly pathogenic avian influenza virus (H5N1, H7N7) and swine-origin H1N1 (S-OIV)." *Virology* 2009 Nov 13;6:197. ² www.healthyagingpoll.org

Q&A

Q: I'm trying to lower my blood sugar by eating your low-carb diet. Do I need to lose weight to succeed, or will just eating healthier foods work? — *Andrew K.*

A: There are two possible answers to your question because there are two types of body fat.



The jiggly type of fat that's visible just under the skin — muffin tops are an example — is called “subcutaneous” fat. From a health perspective, this type of fat is relatively harmless because it doesn't generate inflammation. If this is the only type of fat you have, you can lower your blood sugar without necessarily losing weight if you follow a healthy low-carb diet of fresh foods.

The other type of fat, “visceral” fat, lies much deeper and surrounds vital organs. People who are apple-shaped have this type of fat in the abdominal area and may not even realize that the fat is there. It looks like a big stomach, but nothing jiggles on the surface.

This deep type of fat is dangerous because it triggers chronic inflammation, and with inflammation being continually generated by those fat cells, blood sugar can't be regulated properly. This holds true even if a person appears quite slim other than having a belly.

In fact, there's a vicious circle. Eating a high-carb diet triggers deep fat storage in the abdominal area, and that fat generates more inflammation and contributes to higher levels of blood sugar. It's all going in the wrong direction.

To break this damaging cycle, a diet needs to both lower blood sugar and help to eliminate the deep abdominal fat. This means being vigilant in controlling carbohydrates and sticking with wholesome foods prepared from scratch. Exercise also helps.

It's also possible to have a combination of the two types of fat. In my experience, people who carry a lot of excess weight always have some deep, inflammatory visceral fat, even if they also have a lot of visible fat just under the skin.

Losing the deep inflammatory fat makes a huge difference in every aspect of health, as well as helping to get and maintain blood sugar in a healthy range.

Q: I've seen some vegan seafood that's made only of plant foods but looks and tastes like the real thing. I read your article about meatless burgers and am wondering, do you think fishless seafood is healthy? — *Angela B.*

A: There are several reasons why someone may not want to eat actual seafood, such as an allergy, concern about overfishing or treatment of people on foreign shrimp farms, or the desire to live a vegan lifestyle. I respect all these choices.

From a strictly nutritional perspective, there are two things to consider: the ingredients in a plant-based seafood product and

what you might be eating instead.



For example, if your first choice is a fast-food fish sandwich — a chunk of nameless fish deep fried in a thick crust of batter, served on a giant bun with a sauce made with refined oil — there's a lot of room for improvement. However, if you would normally eat some wild salmon or sardines with some vegetables, a vegan version would probably put you at a nutritional disadvantage. Fish and seafood contain essential omega-3 fats, whereas a vegan version would not.

Facts to look for on a nutrition label include ingredients: how processed are they? Also, check the protein and carbohydrate content and consider whether the product fits your needs. From what I've seen so far, vegan seafood is significantly higher in carbs and lower in protein than the real thing.

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.