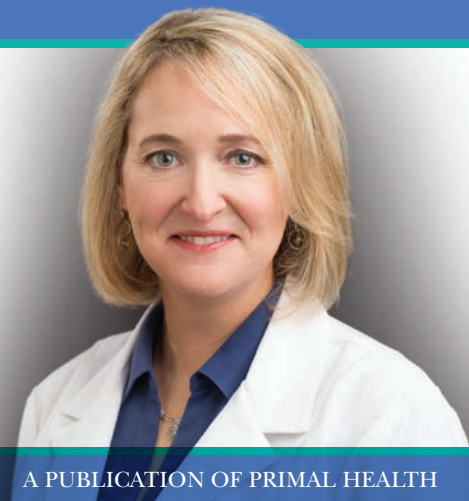


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 3 | ISSUE 04

A PUBLICATION OF PRIMAL HEALTH



CONTENTS

Glutamine Heals the Gut Lining.....	2
Digestive Enzymes Break Down Food.....	2
Protein Quality Influences Skin.....	3
Glycine: Vegan Alternative to Collagen.....	3
Inflammation Irritates Skin.....	4
Extra Help for Psoriasis Relief.....	5
Healthy Skin Checklist.....	6
Coronavirus: How to Protect Yourself.....	8
Sucralose: Risky Artificial Sweetener.....	10
Why You Can't Stop Eating Fast Food.....	10
How Much Gas Is Normal?.....	12



Hidden Triggers of Eczema, Dermatitis, and Other Skin Problems: How to Get Relief



Many of my new patients suffer from skin problems that aren't deadly but have a debilitating effect on their lives. One elderly lady was tormented by intense itching and dry, cracking skin on the palms of her hands. In addition to being extremely uncomfortable, she couldn't wash dishes without wearing gloves and had trouble with other chores around the house.

Visits to various dermatologists hadn't produced any results. When I recommended supplements of digestive enzymes and l-glutamine (an amino acid) to improve her digestion, she was puzzled. But by following my instructions, she finally got some relief. (I'll explain why in a moment.)

The field of dermatology generally looks at skin problems from the outside, with topical treatments and occasionally, drugs. Medical terms for different types of skin eruptions, such as eczema or dermatitis, aren't

scientific definitions. They simply mean that the skin is inflamed.

You'll find many websites that feature pictures of different visible manifestations — the shapes, shades, and textures of bumps and abnormal patches on skin — classified under different labels. But in most cases, there is no known cause or cure.

I look for what's happening on the inside because skin problems are an outward manifestation of things going wrong internally. Sometimes, relief requires a lot of detective work to identify underlying conditions that are unique to each individual. But there are some basic triggers that are very common. Addressing these is always the starting point, and it often resolves or at least significantly improves most skin problems.

The Skin-Gut Connection

Both the skin and the digestive tract are made of similar cells. They're epithelial cells, a category of cells

that line your mouth, throat, digestive tract, all your essential organs, and blood vessels, and they make up the surface of your skin.

While it may seem that your skin and the lining of your intestines are very different, they share a common function: protecting the rest of your body from external elements.

This may sound odd, given that your intestines aren't exposed or visible. But the whole digestive tract is a barrier between whatever you ingest and the rest of your body,

including all your essential organs.

Your intestines are also a barrier between everything you ingest and your immune system. Many substances travel through the inside of your digestive tract; in the intestines, there's a very thin "wall" that separates all that traffic from immune cells. About 70 percent of your immune system is on the other side of that wall.

If the thin intestinal barrier is damaged – even slightly – benign substances can seem like pathogens. And then, a false alarm goes off, mobilizing the immune system to launch an attack.

The immune system secretes various substances to fight the imaginary pathogens. But because there isn't any real pathogen there, your own body gets attacked, and itchy, red, bumpy, and/or scaly skin can be a result.

This mechanism is at the root of most skin problems. Some simple steps can start to heal that intestinal "wall," and start producing relief.

Did You Know?

There is at least 20 times as much surface area in your small intestine as on the surface of your body.

Glutamine Heals the Gut Lining

Glutamine, also called L-glutamine, is an amino acid — a building block of protein. It plays an essential part in maintaining the integrity of your intestinal barrier and in maintaining healthy immune function. It can help people heal from burns and surgery. And it can really help to heal your gut.

Glutamine is in many foods, but

you may not be getting enough. A diet of processed foods with little glutamine could be one reason, or you may not be absorbing it from food because of digestive issues. If that sounds like a catch-22, it is: You need glutamine to repair digestion but can't get it because you can't properly digest your food.

Your body also makes glutamine, but the process slows down as you get older. And, if digestion is poor, your overall nutritional situation is below par, which prevents you from making enough glutamine.

Supplements can resolve this impasse. If you take glutamine in capsules or powders, your gut lining gets an energy boost that enables it to repair itself.¹ Although studies have used higher doses, I recommend taking about 5 grams daily.

Digestive Enzymes Break Down Food

Raw foods contain enzymes that help our bodies break down the food and extract and use nutrients, without causing digestive upset. But heat destroys the enzymes.

Since most of our food is cooked at home or processed at high heat, enzymes are destroyed. Our bodies also make digestive enzymes, but if your system isn't properly nourished, you probably won't make enough. The upshot is, you're likely to fall short.

Without enough enzymes, you can't properly break down food; this can irritate your digestive system, triggering the immune system reaction I described above. The immune system thinks that particles of partially digested food are pathogens and mistakenly attacks you. Skin reactions can be a symptom.

Dr. Marlene's NATURAL HEALTH CONNECTIONS

Publisher Travis Davis
Editorial Director Vera Tweed
Art Director Jody Levitan

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

Natural Health Connections is a monthly publication of Primal Health LP.

Disclaimer: This newsletter offers health, medical, fitness, and nutritional information for educational purposes only. **You should not rely on this information as a substitute or a replacement for professional medical advice, diagnosis, or treatment.** You should seek the advice of your healthcare provider before undertaking any treatment or if you have any concerns or questions about your health. Do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read in this newsletter. Nothing stated here is intended to be, and must not be taken to be, the practice of medical, nutritional, physiological, or any professional care. Primal Health, LP and its officers, directors, and trainers disclaim any warranties (expressed or implied), of merchantability, or fitness for any particular purpose, and shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is," and without warranties.



Copyright © 2020 by Primal Health, LP.
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the publisher. Photocopying, recording, or using other electronic or mechanical methods to capture any part of this publication, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law, is prohibited. For permission requests, write to the publisher at the address below.

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

To solve the problem, I recommend taking a supplement with a variety of digestive enzymes, such as the ones in the chart below.

Take Both Glutamine and Enzyme Supplements

I’ve found that the combination of these two supplements is especially effective for healing skin issues. Here’s why: Each supplement works in a different way.

Glutamine heals the lining of your digestive tract and strengthens its walls. This prevents the contents of your intestines from irritating your immune system and stops or reduces the reaction that triggers skin problems.

Digestive enzymes enhance your stomach’s ability to break down food. If food isn’t broken

down, it can look like an invader to your immune system, triggering a reaction that irritates your skin.

Protein Quality Influences Skin

If you aren’t getting an optimum amount and variety of nutrients, your body assigns priorities to use what’s available for the most important functions, such as maintaining your brain and heart. Your skin is not a top priority, so it’s likely to suffer if nutrients run short.

Although we generally eat plenty of protein in this country — sometimes too much — we lack high-quality protein. By that I mean protein that’s nutritionally dense, comes from a variety of sources, and contains collagen, a key building block of all our

tissues and especially skin. We typically eat only muscle meat and skinless chicken, and these don’t contain collagen.

Collagen gives skin elasticity, keeps it supple, and helps to prevent wrinkles. It isn’t a magic cure for aging, but studies show that when consumed daily as a supplement, collagen does improve skin elasticity and reduce fine lines in older people.² And better looking skin is healthier skin.

See the *Healthy Skin Checklist* on page 6 for good sources of high-quality protein and collagen. If you’re vegetarian or vegan, plan your routine meals to include a variety of protein and other nutrients from whole plant foods.

Glycine: Vegan Alternative to Collagen Supplements

If you don’t eat animal foods, getting enough collagen is challenging, as all collagen in food and supplements comes from animals. As an alternative, you can take glycine, an amino acid supplement.

Glycine is the main building block of collagen.³ We get glycine from food, and our bodies make it. But if we eat poor-quality protein, we can’t make enough. And then, we don’t have enough collagen.

Common serving sizes of glycine supplements are 1 gram daily, but studies have safely used higher doses. Glycine comes in capsules and powders that can be added to foods, drinks, smoothies, puddings, oatmeal, and other foods.

Digestion Alert!

Most patients who come to see me with skin problems don’t feel as though they have digestive

How Digestive Enzyme Supplements Work

Different enzymes break down different components of food, such as protein, carbohydrates, and fats. Some enzyme supplement products contain fewer enzymes and others contain a broader range.

These are some of the enzymes you can find in digestive enzyme supplements:

Enzyme	Type of Food It Breaks Down
Alpha-galactosidase	Carbohydrates in legumes that cause flatulence
Amylase	Starches
Cellulase	Cellulose (fiber) in fruits, vegetables, grains, and seeds
Glucoamylase	Maltose, the sugar in grains
Invertase	Sucrose (a major component of sugar)
Lactase	Lactose (milk sugar)
Lipase	Fats
Malt diastase	Carbohydrates
Protease and/or pepsin	Proteins

There are many digestive enzyme supplement products. I recommend taking one that contains a broad range of enzymes. However, it doesn’t have to contain all the enzymes in the chart above and could contain others that I haven’t listed.

Take one serving of an enzyme supplement with each meal.

difficulties. The fact is, many Americans don't have optimal digestion but are unaware of it, or believe that popping antacids is perfectly fine. This simply isn't so.

There's a big myth that too much stomach acid is a common enemy, when it's really the opposite: lack of stomach acid underlies much of today's digestive discomfort. And this can be a reason why you can't properly break down protein and absorb nutrients.

Although I always recommend digestive enzymes and glutamine

High Blood Sugar Makes Your Skin Age Faster

When asked by researchers to guess ages of middle-aged people from photos, dermatologists didn't score well. It turned out that people who looked older than their actual age had high levels of blood sugar.⁴

for skin problems, you may also need to fix your stomach acid. You can do this by taking supplements of HCl with pepsin, a digestive enzyme.

HCl increases stomach acidity to start breaking down protein, and pepsin breaks it down even further. The two ingredients, found in many supplements, work together. For a more detailed description of this, you can read my earlier newsletter about digestion. See *Related to This Topic* on page 5.

Sensitivity to Household Products

I often see people blaming laundry detergents or other household products for causing eczema.

While it's possible for skin to be irritated by harsh ingredients in such products, I've found that these sensitivities usually develop *after* a digestive issue triggers a skin condition such as eczema.

There certainly are plenty of household and skincare products that contain toxins. However, if your digestion is working well and you don't have inflammation from the types of triggers I talk about in the next section, it's likely that the sensitivity to common products developed because of the earlier, underlying cause.

In this situation, it makes sense to get gentler products (see www.ewg.org for information on thousands of products), but the real solution is to correct the internal cause.

Inflammation Irritates Skin

In this sense, I'm not talking about patches of inflamed skin but about chronic inflammation in

your whole system, which often underlies inflamed skin. These are several common factors that trigger or contribute to underlying systemic inflammation:

- A high-sugar, high-carbohydrate diet. It raises levels of blood sugar, increases inflammation, and makes your skin look older.
- Specific types of foods that you don't easily digest. Gluten and/or dairy are common ones, but you can also react to other foods. If you know you do, avoid the problematic foods.
- Built-up toxins in your system and a sluggish liver that can't work efficiently enough to eliminate them. An occasional cleanse can correct this.
- Inflammatory toxins in your current environment, such as mold in your home or workplace. The mold or other toxins need to be removed.

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*.



In such situations, there’s no substitute for addressing the specific trigger. I had a patient who came in with severe, chronic hives who had not been able to get help from several doctors. And he got no relief by eliminating all the possible irritating foods and household products such as cleansers and laundry detergents. It turned out there was mold in his home, and once that was eliminated, his hives “magically” disappeared.

The *Healthy Skin Checklist* on the next page and earlier issues of this newsletter listed in *Related to This Topic* (below) include steps you can take to identify and remedy these types of triggers.

Extra Help for Psoriasis Relief

Psoriasis is an autoimmune disease that can be stubborn and may require customized treatment. This is in addition to the steps I’ve de-

scribed above, which I recommend following. Harmful bacteria in the gut can be an important contributing factor that requires stricter dietary changes and herbs to be corrected.

Sensitivity to gluten and dairy are often significant triggers of psoriasis. If so, the solution may be to follow a diet that’s usually described as Paleo: no dairy or grains. I don’t usually recommend such drastic dietary changes, but in some cases it’s necessary to allow the immune system to calm down. A more moderate diet may later be well tolerated.

In addition, these are additional supplements that I’ve found helpful in treating psoriasis:

Vitamin D: It calms the immune system, and a study found that it can reduce psoriasis symptoms in people with low levels — which is most people.⁵ Get a vitamin D test and take enough for blood levels to reach at least 40 ng/mL.

Fish oil: It is anti-inflammatory, and studies have found that it can help to treat psoriasis in many cases.⁶ Take a fish oil supplement daily with 600 to 1,000 mg of an EPA/DHA combination (listed in the Supplement Facts on the bottle).

Berberine: A natural substance found in the roots and stems of many plants, berberine has been shown to inhibit overproduction of skin cells that form lesions in psoriasis.⁷ Take 400 to 800 mg daily.

Herbs: Taking these daily can help to reduce inflammation and eliminate harmful gut bacteria: oregano oil (take per product directions, as potency varies); gotu kola (20 to 60 mg daily); and curcumin (take a patented form per product directions).

Other Helpful Supplements

Biotin, one of the B vitamins, is good for skin, hair, and nails. You can take it alone or in a B complex product. It can take 3 to 6 months for any changes to show up in hair and nails, as it takes time for these to grow.

Lysine, also called l-lysine, is an amino acid that works very well if you get cold sores, which stem from the herpes virus. You can prevent an outbreak by taking lysine as soon as you begin to feel the sensation that signals a sore is going to form.

Sunscreen Pitfalls


I find that many people overuse sunscreen. It can clog your pores if not properly cleaned off at the end of the day. And according to the FDA, many sunscreens contain chemicals that haven’t been fully proven to be totally safe.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Digestion	1	6	The 6-Minute Heartburn Remedy
Best Meats and Collagen	3	2	The Diabetic’s Guide to Eating Meat
A Healthy Low-Carb Diet	1	8	The Guide to Healthy Eating
Gluten Sensitivity	2	3	How Gluten Can Cause More Than 30 Health Conditions
Sleep	2	2	The 10-Minute Sleep Solution
My Gentle Detox	1	7	The 21-Day Energy Restoration Plan
Mold	2	11	Mold: The Hidden Trigger of More Than 40 Ailments
Diabetes	2	4	Type 2 Diabetes: The Road to Recovery

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



Last year, the FDA proposed revising sunscreen regulations. Meanwhile, it stated that only these two ingredients are recognized as being safe and effective: zinc oxide and titanium dioxide.⁸ These stay on the surface of your skin as a barrier, whereas other ingredients are absorbed and could be toxic.

I recommend using sunscreen when you're out in the sun for a while. But if you're mainly staying indoors and you aren't especially

sensitive to the sun, you don't need sunscreen. A little sun is good for you. In fact, getting *no* sun increases risk for deadly melanoma and death.⁹

Daily Cleansing Routines

We don't need as many skin products as marketers say. Cleansers can strip skin of natural moisture, and then you use other products to compensate. If you have makeup, sunscreen, dirt, or

heavy sweat on your face, clean it off before you go to bed with a gentle cleanser. Otherwise, just wash your face with water.

You can also strip natural oils from the rest of your body by showering too often or using harsh soaps. If you don't really need a shower, it may be better to skip it.

A Final Word

One other important thing: If you have diabetes, slow wound healing and skin ulcers are complications. There is no substitute controlling diabetes with a diet that is low enough in sugars and carbs to keep blood sugar in a healthy range. For earlier newsletters that address this, see *Related to This Topic* on page 5.

Otherwise, I've found that the steps I've described either significantly help or resolve many skin conditions. As I said, the state of your skin is an outward sign of internal issues. If you address those, you can get your glow back.

Healthy Skin Checklist

Do as many of these steps as needed to get relief from skin problems or simply to slow down the aging process and keep your skin glowing. See *Related to This Topic* on page 5 for earlier issues of this newsletter with more details on how to enhance overall digestion, eat a low-carb diet, get better sleep, and do my gentle detox.



Take glutamine and digestive enzymes. Glutamine restores the lining of your intestines, and enzymes help you break down food in the stomach, so they are complementary. Take 5 grams of glutamine, one or more times per day, and take digestive enzymes with each meal.

Eat a variety of high-quality protein. This includes liver, other organ meats, slow-cooked cuts of meat with connective tissue (for collagen); chicken with the skin; and a variety of fish and seafood. And for a tasty source of collagen, make bone broth — cooked the traditional way — part of your daily diet.

Take a collagen supplement. If you don't routinely eat high-quality protein, take a collagen supplement daily to help heal skin and enable it to repair itself on an ongoing basis. If you follow a vegan diet, take glycine supplements to help your body produce collagen.

Eat a low-sugar, low-carb diet. High levels of blood sugar, from eating sugary and starchy foods, contribute to skin aging and problems.

Avoid irritating foods. If you can't tolerate gluten, dairy, or other foods, avoid them, as they generate inflammation that contributes to and sometimes triggers skin problems.

Get enough sleep. The cells in your skin need energy to heal and keep repairing themselves consistently. Without enough sleep, they lack energy to do this.

Do my gentle detox. Your liver is your detoxifying organ. If you eliminate toxins and waste efficiently, it will help your skin to heal. I recommend that everyone do my detox at least once a year for overall health, and especially if you have skin problems.

Use gentle products. Choose nontoxic skincare products and cosmetics. The Environmental Working Group has a free online database of thousands of products, along with safety ratings, at www.ewg.org.

1 Rao, R., et al. "Role of Glutamine in Protection of Intestinal Epithelial Tight Junctions." *J Epithel Biol Pharmacol*. 2012 Jan;5(Suppl 1-M7):47-54.

2 Kim, D.U., et al. "Oral Intake of Low-Molecular-Weight Collagen Peptide Improves Hydration, Elasticity, and Wrinkling in Human Skin: A Randomized, Double-Blind, Placebo-Controlled Study." *Nutrients*. 2018 Jun 26;10(7).

3 de Paz-Lugo, P., et al. "High glycine concentration increases collagen synthesis by articular chondrocytes in vitro: acute glycine deficiency could be an important cause of osteoarthritis." *Amino Acids*. 2018; 50(10): 1357–1365.

4 Noordam, R., et al. High serum glucose levels are associated with a higher perceived age." *Age (Dordr)*. 2013 Feb;35(1):189-95.

5 Disphanurat, W., et al. "The Clinical Effect of Oral Vitamin D2 Supplementation on Psoriasis: A Double-Blind, Randomized, Placebo-Controlled Study." *Dermatol Res Pract*. 2019 Apr 18;2019:5237642.

6 Millsop, J.W., et al. "Diet and Psoriasis: Part 3. Role of Nutritional Supplements." *J Am Acad Dermatol*. 2014 Sep; 71(3): 561–569.

7 Sun, S., et al. "Berberine downregulates CDC6 and inhibits proliferation via targeting JAK-STAT3 signaling in keratinocytes." *Cell Death Dis*. 2019 Mar 20;10(4):274.

8 www.fda.gov/news-events/press-announcements/fda-advances-new-proposed-regulation-make-sure-sunscreens-are-safe-and-effective

9 Linkqvist, P.G., et al. "Avoidance of sun exposure is a risk factor for all-cause mortality: results from the Melanoma in Southern Sweden cohort." *J Intern Med*. 2014 Jul;276(1):77-86.

Digestive Discomfort, Bloating, Gas, and Stomach Rumbling **BANISHED WITH CITRUS LEAF EXTRACT**



Gastrointestinal discomfort is a common symptom for many otherwise healthy adults.

In fact, roughly 20% of the population suffers from bloating, gas and stomach rumbling that affect quality of life.

Now, you can get blessed relief from these problems with a unique extract of Shiso leaves.

In a double-blind, randomized, placebo-controlled study, 50 healthy people with GI discomfort and reduced bowel movements took 300 mg of Benegut® made of these leaves.

The result? All GI symptoms significantly improved over time. Benegut is now available to you in **FlorAdjust**—a natural formula for GI comfort and relief.

FlorAdjust also includes...

One of the world's most researched and effective probiotic strains—Bifidobacterium Longum BB-536—delivered in an acid-resistant capsule. BB-536 is backed by over 50 published human clinical studies, documenting its ability to relieve occasional constipation, loose stools, and abdominal discomfort.

A 28 billion CFU blend of Lactobacillus plantarum, Bifidobacterium lactis, and Lactobacillus acidophilus to reduce bad bacteria and ease digestive woes.

The pre-biotic Chicory inulin, which feeds “good” bacteria and helps it grow.

All in a delayed-release, acid-resistant capsule to protect the probiotics and help you enjoy healthy digestion, regular bowel movements, and soothing stomach comfort.

“FlorAdjust seems to have helped with a constipation issue that I have fought all my life.”

— Diane

“FlorAdjust is working well for me.”

— John

Banish your digestive discomfort, bloating, gas, and stomach rumblings—get your bottle of **FlorAdjust** today!

Order Your Bottle Today!
www.FlorAdjust.com

For faster service, call 1-888-309-0629
Monday-Friday 7 a.m. to 6 p.m. CST



Coronavirus:

How to Protect Yourself

When there's an outbreak of a new and mysterious viral disease, such as coronavirus, it's easy to become alarmed, especially if you don't know how to protect yourself. So, it's important to understand what is known, who is most at risk, and what steps you can take to bolster your defenses.

The term "coronavirus" describes a category of viruses that, under a microscope, are shaped like a crown. The one that caused an outbreak in China in December 2019, and spread rapidly, is known as COVID-19.

It wasn't known about until recently, so there is not yet a vaccine or treatment. Although studies for vaccines and drugs are underway, it will be some time before any are discovered, established to be safe, and made available.

Bottom line: it's important to do what you can to shore up your own ability to withstand infection by this virus.

How Dangerous Is It?

This coronavirus doesn't seem to strike children, and in healthy adults, symptoms are usually mild. In February, Chinese health authorities published statistics based on the first 72,000 patients. These showed that most were between the ages of 39 and 79, and four in five cases were mild.¹

The overall death rate from these infections in China was 2.3 percent but was as high as 14 percent among elderly people who were

already suffering from chronic health conditions such as high blood pressure, chronic respiratory disease, heart disease, diabetes, or cancer. Risk is higher after age 60 and much higher after age 80.

New data is continually emerging but the initial Chinese statistics show a significantly higher death rate from the virus than from flu. CDC data shows that deaths from the flu in the United States averaged about 0.1 percent in the last 10 years. This tiny fraction represents 30,000 to 40,000 deaths per year.

Coronavirus Symptoms

The most common symptoms are fever and a dry cough. Others can include shortness of breath, fatigue, muscle pain, headache, sore throat, abdominal pain, and diarrhea.

One tricky thing about coronavirus is its incubation period: anywhere from 1 to 24 days.² This is how long someone can be infected — and contagious — before manifesting symptoms.

This means that when one person gets infected, they could be walking around for days or even a few weeks with no symptoms while passing on the virus to other people. But not everyone who is exposed to the virus gets sick — just as not everyone gets the flu during flu season.

Nutritional Defense

Coronavirus is most dangerous if your system is already nutritionally deficient. The nutrients below

Should You Wear a Mask?

The coronavirus is transmitted through large droplets when an infected person sneezes or coughs.



Experts in infectious diseases recommend that sick people should wear a mask to prevent

droplets from landing on other people around them.

People who take care of sick people should wear respirators — special masks designed to fit over your face and filter out small particles from the air you breathe. If that isn't possible, caregivers should wear a new surgical mask (pictured above) every time they are near the sick person, and then throw away the mask after each contact.

If you're healthy, wearing a mask as you go about your day doesn't ensure protection and is not recommended. Masks can be ill-fitting and allow viruses and bacteria to get underneath.

One of the main ways that viruses are transmitted is by touching a contaminated surface (a doorknob in a public place, for example) and then touching your face with your hand. We touch our faces often without thinking about it, and viruses and bacteria can get in through the mouth, nose, and eyes. If wearing a mask stops you from touching your face, it may be helpful. But if you rub your eyes, for example, or touch your face under the mask, it defeats the purpose.

To keep abreast of new developments in your area, you can get the latest information from health authorities by searching "coronavirus" on Facebook.

can help your immune system resist any virus and, if you get sick, have milder symptoms and recover more quickly. Because each one works differently, you can take more than one.

Selenium and Zinc: If you're deficient in either of these minerals, immune cells that fight viruses can't work properly, so your system has weak defenses.³ I recommend eating 4 or 5 Brazil nuts daily, as they are very rich sources of selenium, and take 10 mg daily of zinc.

Vitamins C and D: Coronavirus can trigger what's known as a "cytokine storm."⁴ Cytokines are substances produced by immune cells. When the virus attacks, the immune system can overreact and produce too many cytokines, which harm lungs and other tissues. This is a key mechanism that leads to serious illness or death from the virus. Vitamins C and D reduce the odds of this type of overreaction by your immune system.

For protection, I suggest taking between 4,000 and 6,000 IUs of vitamin D daily while coronavirus is a concern. If you get sick with any type of viral infection, take 1,000 mg of vitamin C, three times a day until you get well.

Quercetin: Found in many vegetables and fruits, quercetin can help your immune system fight off viruses and can help calm any harmful overreaction. For prevention, I suggest taking a supplement that combines vitamin C and quercetin, which is easy to find, and follow product directions.

Epicor: This is an ingredient in many supplements for immune

health. It's made from baker's yeast through a fermentation process. Studies show that Epicor balances the immune system, helping to reduce risk of viral infections and shortening illness if it occurs. You can take it daily per product directions.

Wellmune: This is a different type of extract from baker's yeast. More specifically, it's a proprietary type of beta glucan — a natural substance also found in some grains and mushrooms. Studies show that it boosts the immune system without causing an unhealthy overreaction. Both Epicor and Wellmune can be taken at the same time, as they work in different ways.

Herbal Remedies

Certain herbs can also help you fight viruses while protecting you from a harmful overreaction by the immune system. Curcumin, echinacea, and boswellia (frankincense) are three such herbs. I suggest keeping these on hand, as individual herbs or in herbal combinations, along with a note of when to use them. If you start to experience any type of symptom, start taking them at once. They will work best if you use them as soon as you realize you are sick, not after a day and a doctor's office visit.

If there's a practitioner trained in Traditional Chinese Medicine in your area, you can get a customized herbal formula either for prevention or to help treat a viral illness. Studies have shown that such treatments were effective against earlier SARS epidemics and are likely to be helpful against coronavirus.⁵

Rinse Your Nose for Protection

Nasal irrigation with NeilMed Sinus Rinse or a similar product will keep your mucous membranes moist. This helps the mucus "catch" viruses and bacteria and drain them into the stomach, where they get killed off by stomach acid. If you have digestive problems, take betaine HCl with pepsin for optimum stomach acidity. I cover this in more detail in an earlier newsletter: Volume 2, Issue 10, *Real Flu Prevention: With or Without a Flu Shot*.

Remember the Basics

Nothing will replace the basic ways to protect against getting and spreading viral infection: wash your hands frequently; keep your fingers away from your mouth, nose, and eyes; and stay at least 3 to 6 feet away from someone with obvious respiratory symptoms. If you do get sick, cough or sneeze into your elbow or a tissue, and stay home.

Equally important, really try to avoid sugar and refined flour, as these weaken your immune system. Eating plenty of non-starchy vegetables, protein, and healthy fats keeps your immune system working well.

1 The Novel Coronavirus Pneumonia Emergency Response Epidemiology Team. "Vital Surveillances: The Epidemiological Characteristics of an Outbreak of 2019 Novel Coronavirus Diseases (COVID-19) — China, 2020." *China CDC Weekly*. 2020, 2(8): 113-122.

2 Del Rio, C., et al. "COVID-19—New Insights on a Rapidly Changing Epidemic." *JAMA*. Published online February 28, 2020.

3 Steinbrenner, H., et al. "Dietary Selenium in Adjuvant Therapy of Viral and Bacterial Infections." *Adv Nutr*. 2015 Jan; 6(1): 73-82.

4 Zumla, A., et al. "Reducing mortality from 2019-nCoV: host-directed therapies should be an option." *Lancet*. 2020 Feb 22;395(10224):e35-e36.

5 Luo, H., et al. "Can Chinese Medicine Be Used for Prevention of Corona Virus Disease 2019 (COVID-19)? A Review of Historical Classics, Research Evidence and Current Prevention Programs." *Chin J Integr Med*. 2020 Feb 17.

Sucralose: Risky Artificial Sweetener

A popular artificial sugar replacement, sucralose is in



many drinks and packaged foods that are marketed as low-carb or sugar-free options, and in Splenda. Although sucralose is approved by the FDA, experts have disagreed about its potential health risks.

One argument in favor of sucralose was that possible health risks were based on animal and lab studies, and these may not translate into the same effects in humans. But evidence of harm from human trials is mounting.

What Human Studies Have Found

One recent human study at Yale found that when consumed in diet drinks *for just 10 days*, sucralose reduces insulin sensitivity. Re-

duced insulin sensitivity impairs your body's ability to utilize energy from carbs and sugar and causes blood sugar to rise. It's the underlying mechanism that increases fat storage and puts you on a path to diabetes and heart disease.¹

Another study, by Harvard Medical School and other leading U.S. universities, tracked the soda habits and health of more than 80,000 postmenopausal women for nearly 12 years. It found that sucralose, in more than one diet drink per day, increased risk for stroke, heart disease, and death by up to 30 percent.²

Some were even more vulnerable to sucralose harm. If they drank two or more diet drinks per day, women who were obese or already had heart disease or diabetes were twice as likely to suffer from a stroke.

Better Alternatives

I don't recommend consuming any artificial sweeteners. To add some sweetness without raising blood sugar, these are some good options:

Stevia: Made from the stevia plant, it comes in many flavors as well as plain liquids and powders. Some people don't like its taste.

Xylitol: It doesn't have the stevia taste and is versatile as a sweetener for drinks, foods, and baking. It's also good for your teeth, in candy or lozenges or dental products, because it kills bad bacteria in your mouth.

Monk fruit: Many people like its taste. In China, it's been used to treat diabetes, coughs, and constipation.

With any of these, moderation always applies. Sweetened foods are best eaten as a treat.

Why You Can't Stop Eating Fast Food

Eating fast food and other processed foods — what researchers call a “Western diet” — reduces your ability to control your appetite.³ That's the finding of an Australian study of 110 healthy people between the ages 17 and 35.

Study participants normally ate a healthy diet of whole foods. For the study, half were given a Western-style diet high in processed food and half continued their normal diet. After one week, those eating the Western diet experienced brain changes that reduced their ability

to control their appetite. There were no such changes among those eating their usual healthy diet.

The Western-style eaters then resumed their usual healthy diets and were tested again two weeks later. Fortunately, their brains and appetites returned to normal.

I've found that by switching to a diet of unprocessed foods, my patients quickly feel better and have fewer cravings for sugary foods and drinks. They're often surprised at the difference.

The Problem with America's Seafood Habits

Our favorite types of seafood exclude some the the healthiest ones, such as sardines, herring, oysters, mussels, rainbow trout, and Atlantic mackerel. According to the National Fisheries Institute, 86 percent of the seafood we eat, in order of popularity, is shrimp, salmon, tuna, tilapia, Alaska pollock, pangasius (very large Asian catfish), cod, catfish, crab, and clams.

1 Dalenbergh, J.R., et al. “Short-Term Consumption of Sucralose with, but Not without, Carbohydrate Impairs Neural and Metabolic Sensitivity to Sugar in Humans.” *Cell Metab.* 2020 Mar 3;31(3):493-502.e7.
 2 Mossavar-Rahmani, Y., et al. “Artificially Sweetened Beverages and Stroke, Coronary Heart Disease, and All-Cause Mortality in the Women's Health Initiative.” *Stroke.* 2019 Mar;50(3):555-562
 3 Stevenson, R.J., et al. “Hippocampal-dependent appetitive control is impaired by experimental exposure to a Western-style diet.” *R. Soc. open sci.* 2020 Feb;7(2) <http://doi.org/10.1098/rsos.191338>

Micronutrient rejuvenates stiff joints in just 7 days



If your knees, hips or joints are aching, chances are good it's due to too much inflammation.

Now, you can get rapid relief with a unique, highly targeted form of **Boron** called FruiteX-B®. This patented ingredient is nature-identical to the boron found in fruits, vegetables and certain beans.



Now, get better relief than from glucosamine and chondroitin.

In double blind clinical study, 60 people with knee discomfort got 220 mg of FruiteX-B® boron or a placebo daily for 14 days.

The results? Those taking the unique Boron got relief in as little as 7 days, with less joint discomfort, reduced stiffness and improved flexibility, mobility and range of motion.¹²

Why such soothing comfort?

Because this special form of boron supports a normal inflammatory response by reducing the inflammation marker, C-reactive protein.

Now, this same clinically-tested dosage of FruiteX-B® is yours in the powerful **TriFlexarin**® formula.

Plus, this unique formula includes a patented

collagen ingredient called **UC-II® collagen**, which has been shown to “reprogram” a faulty immune response that can cause activity-related joint pain.

In one study, people suffering from moderate to severe pain due to exercise took 40 mg of UC-II collagen or 1500 mg of glucosamine and 1200 mg of chondroitin. Overall, people taking UC-II improved on the WOMAC pain scale by 39% which was 19% better than glucosamine-chondroitin.¹³

In another study, healthy people taking UC-II were able to exercise longer before experiencing pain than the placebo group and significantly improved range of motion.¹⁴

TriFlexarin® also includes selenium to reduce joint tenderness and a blend of ginger, turmeric and boswellia serrata to reduce occasional joint swelling and inflammation.

“**TriFlexarin**® is great. You feel relief quickly after taking it. I highly recommend it.”

—Georgianna



“I had pain at the gym, pain while sitting, pain while sleeping. **TriFlexarin**® works for me. The other night I was out to dinner and realized I was pain-free.”

—J. Sanders, CA



Soothe and rejuvenate your stiff joints in just 7 days—get your bottle of **TriFlexarin**® today!

Order Your Bottle Today!

TriFlexarin.com

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

Q&A

Q: If I've eaten a lot of fish that's high in mercury for years, and then stopped, will the mercury automatically get eliminated?

— Alan B.



A: Some will and some likely won't. Fish contain methylmercury, also called organic mercury. To the human body, it looks like an amino acid and it spreads to various tissues.

In this organic form, it's able to move in and out of different areas of the body, and most of it can be eliminated. But over time, some of it gets converted to inorganic mercury, which can't get out.

When organic mercury is converted to the inorganic form, it remains lodged in the tissues where that conversion took place. And there's the problem.

You can help your body eliminate the mercury by increasing levels of the human body's most powerful internal antioxidant: glutathione. It can get mercury out of cells, including those in the brain.

The best way to significantly raise glutathione levels is to take a supplement of NAC, short for N-acetyl cysteine. It's a special form of cysteine, an amino acid.

Studies show that taking 1,000 mg of NAC daily significantly increases the level of glutathione

in the human body. I recommend splitting that dose and taking 500 mg twice a day for six months. When testing many patients before and after such a regimen, I've found that the NAC reliably reduces mercury levels.

One word of warning: You'll see glutathione supplements. I don't recommend these because studies show that they don't reliably raise glutathione levels. But NAC does.

Q: Is there any standard for how much gas is normal? And does it matter, from a health standpoint, whether it's smelly or not?

— Gabby U.

A: There isn't any medical guideline for how often you should pass gas — or wind, as some people call it. But estimates range from 10 to 20 times a day, and it varies from one individual to another. Most gas is odorless.

Gas is produced during normal digestion. It's a byproduct of food being broken down and moving through the digestive tract, and much of it is absorbed by your body. The rest can come out as burps or out the other end. It can also stay in your system and cause uncomfortable bloating.

When gas is bothersome, it's a sign that food isn't being easily broken down. If you notice more gas after eating certain foods, it's a sign that your system can't easily break those down. If you suddenly add more fiber to your diet, for example, you may not be able to tolerate the increase. If that's the case, try adding fiber more gradually to give your body a chance to adjust.

In other situations, there could be a lack of enzymes or stomach acid to break down food; excess gas is a symptom of a struggling digestive process. As an example, some people lack the lactase enzyme, which is needed to break down lactose, the natural sugar in milk and dairy products.

Supplements of digestive enzymes and/or HCl with pepsin, which boosts stomach acid, could be helpful. I talk more about these on pages 2 to 4 of this issue.

As far as odor, here's a rule of thumb: Excess gas with no odor is a sign that carbohydrates aren't being efficiently broken down. Excess gas with odor is a sign that there's difficulty breaking down protein.

In some cases, there's a bacterial overgrowth in the digestive system. And that requires individualized treatment by a health professional who takes a holistic approach.

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.