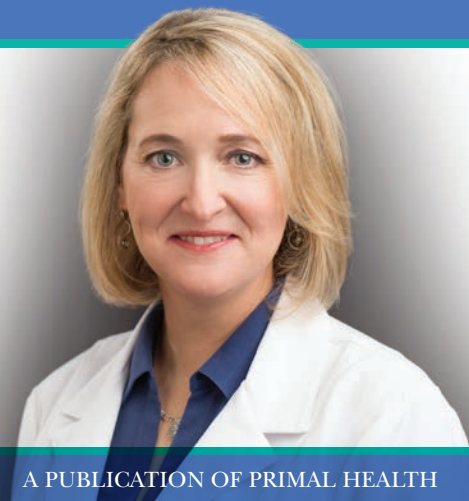


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 3 | ISSUE 05

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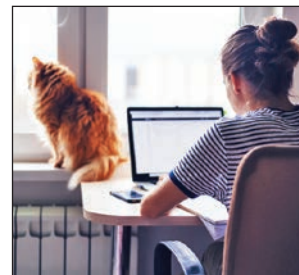


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How to Protect Yourself During a Pandemic



Understanding how to protect yourself against viruses can reduce panic, help keep you safe, and speed up recovery if you do get sick.

For some years, health authorities have considered that chronic diseases such as diabetes and atherosclerosis were the biggest threats to our health. We *thought* that infectious diseases were a thing of the past. But as we've recently learned, this isn't the case.

The explosion of COVID-19 coronavirus disease has stoked fear, panic, and anxiety. However, having the facts and knowing the most important things to do can relieve those reactions and put you in a better position to stay healthy and safe.

As you know, the virus has disrupted millions of lives in ways we never imagined. It's stopped so much travel and daily activity worldwide that beautiful, clear skies have replaced smog in many areas, such as Log Angeles. And officials at NASA were surprised at the dramatic decline of pollution over China, as traffic and factories ground to a halt.

I'm mentioning this just to

emphasize the immense degree to which this virus has interrupted the usual ways human beings live around the world. And I want you to understand why.

The Reason for Disruption

When there's no cure for an infectious disease, the age-old way to reduce its spread is to isolate sick people from the rest of the community. This was done to some extent when COVID-19 emerged, but it spread too quickly to be effectively controlled.

One big reason is because with this virus, people can be infected and contagious before they get symptoms. They may never get any

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

symptoms, or symptoms could be so mild that they don't merit attention — or didn't in the early days of the outbreak.

As we've learned more, people have become more diligent in contacting health professionals if they suspect that they may be infected. And testing of people who were in contact with others who became sick has become more widely available. But this wasn't the case earlier on.

Think about it: How many times

have you gone to work, restaurants, stores, and other places when you've had a cold or flu symptoms that weren't severe enough to force you to stay home? It's been part of our culture to tough it out. Even people whose jobs afford them ample sick days often show up at work when they're sick.

After this crisis has subsided, our attitudes may change. But that doesn't affect the current situation. Because the virus spread to a degree where healthcare systems in many areas have been overloaded, more restriction of physical contact among people became necessary.

Numbers and Headlines

As I'm writing this in late March to meet the print deadline, it's difficult to predict where things will stand by the time you read it. But we've all been bombarded with headlines and statistics about rising rates of COVID-19 infection and deaths.

We don't routinely see headlines about recoveries. They exist, but as of late March they aren't being reported with the same zeal as new cases and deaths. Rates of infection and the shortage of healthcare resources dominate in the media, but it's important to recognize that a diagnosis of COVID-19 doesn't mean an automatic hospital stay or death sentence.

There's no doubt that this disease can be deadly — more so than the flu. But eighty percent of cases are "mild."¹ These can range from symptoms so mild that the person doesn't even notice them to what you would normally consider a bad case of the flu, breathing problems, and some instances of pneumonia. But most cases don't require hospitalization.

A Word about Statistics

When reading statistics, here's something to keep in mind: The only way to know what percentage of people have been infected with the COVID-19 virus is through testing many people with and without symptoms.

This was not possible when the outbreak began. Therefore, it's quite likely that many mild cases have not been counted, and as a result, the rates of severe disease and deaths could appear higher than they really are.

Here's a hypothetical example of how that might work: Let's say you have 200 people infected by the virus in an area but only 100 have enough symptoms to prompt a visit to a doctor and be confirmed as having COVID-19 disease. If 20 of those people develop severe symptoms (out of 100 confirmed cases), that's 20 percent. But if the data included all 200 people who had been infected, 20 severe cases would make up only 10 percent.

These are hypothetical numbers just to illustrate how this can affect reporting. In time, more widespread testing of people will provide a more accurate picture.

Keep in mind that if *all* cases of the disease were counted, the percentages of severe infections that require respirators could be lower. But the sheer numbers would still be large enough to surpass the supply of respirators and overwhelm hospitals.

Those at Higher Risk

That said, risk of developing more severe disease is higher for older people and those with chronic health conditions. The most up-to-date analysis as of late March

Dr. Marlene's

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looked at earlier studies with a total of 53,000 COVID-19 confirmed cases between last December and February. Most of these cases were in China, with small numbers in Australia, South Korea, and 210 cases in the United States.²

This research looked at risk for developing severe COVID-10 disease, with symptoms such as significant shortness of breath. That symptom was defined as someone needing to take 30 or more breaths per minute — 12 to 20 breaths per minute is considered normal for adults.

This study found that risk for developing severe COVID-19 disease was:

- 2 to 2.5 times more likely among people age 50 and older.
- 1.3 times more likely among men.
- Up to 2.5 times more likely among smokers.
- 2 to 3 times more likely among people with hypertension, diabetes, or cardiovascular disease.
- 2.5 to 11 times more likely among people with chronic obstructive pulmonary disease (COPD), a chronic inflammatory lung disease that obstructs normal breathing.
- 2 to 16 times more likely among people with kidney disease, although this association was not as clear, as some kidney patients may have missed their usual dialysis because of quarantine restrictions.

In these studies, the death rate among patients — most of them in China — was 3.1 percent.

The American Experience

The experience so far has been a bit different in the United States. Although older people and those with chronic health conditions are most at risk, the CDC reported in late March that “COVID-19 can result in severe disease among persons of all ages.”³

In addition, younger people may be just as likely as older ones to get infected. As an example, when California had over 5,700 cases in late March, over 3,000 of these were among people under age 50.

Based on CDC statistics in late March, the death rate in this country seemed to be about 1.7 percent. As an example, when the CDC reported 140,904 cases in this country, there were 2,405 deaths.⁴

This is just a snapshot in time, and it is evolving, but it shows that we can't assume that our experience with this disease will be the same as China's experience.

In time, it's possible that many Americans will receive tests that check whether they've developed antibodies to the COVID-19 virus. Antibodies would indicate that a person was exposed to the virus and developed a protective resistance to it, even if they hadn't experienced any illness.

The Big Lesson Learned

Here's one thing that won't change: The importance of a healthy immune system has risen to a much higher priority than most of us probably imagined during

Hand Washing Isn't Enough

At this point, I hope I don't need to tell you that you shouldn't be touching your face or eyes, and you should be washing your hands thoroughly (for 20 seconds with soap) and often.

Important things to know:

- Use plain soap, not antibacterial soap, as the antibacterial ingredients don't kill viruses but can contribute to antibiotic resistance.
- Hand sanitizers are a good option when you can't wash your hands. However, they aren't designed to remove dirt — only to sanitize. Let the sanitizer dry after applying it; don't rub it off.

Things to do:

- Clean and then sanitize surfaces you touch repeatedly, such as doorknobs, countertops, and light switches. Clean to remove dirt and then sanitize with a disinfectant and let the disinfecting substance dry on the surface.



- Don't forget to clean and sanitize your phone. A study of mobile phones found that they are major carriers of bacteria.⁵
 - When you go grocery shopping or to any other store, use a hand sanitizer *after* you leave the store and before you get in your car, so that you aren't bringing bugs from the store into your car and home.
 - Avoid using your fingertips to push buttons in elevators or at store check-outs; use a knuckle instead.
- If you get in the habit of doing these basic things, they become second nature and can help you stay healthy.

our entire lives. Knowledge about how to protect ourselves has also become vital.

Health experts who specialize in researching infectious epidemics and developing ways to protect people know that COVID-19 is only one virulent disease. Even when this one has been conquered, there could be others.

I'm not saying this to alarm you. I realize that this recent virus has affected different parts of the country to different degrees, and not everyone may have felt the need to significantly alter their daily lives to stop its spread. Large cities with dense populations were hit hardest first, but small towns and rural areas are expected to be hit just as hard, if not harder.

The main thing I want to point out is that we've learned that our modern way of life is not immune to the ravages of infection. And this demands that each of us "up our game" when it comes to our immune system.

To do this, I'm going to give you some specific, practical steps. These include diet, lifestyle, and supplements for three situations. The basic category of supplements provides ongoing support for a healthy immune system. Another category provides extra protection when there is heightened risk of infection from a virus, such as colds and flu each winter, COVID-19, or others that may emerge in the future. And the third category is supplements to keep in your medicine cabinet and take at the first sign of any symptom.

Just to be clear: None of the supplements I'm going to recommend are a cure or medical treatment for COVID-19. Rather,

they are tools to bolster your own internal defenses against any type of infectious disease.

Two Essential Parts of Protection

In a pandemic, there's no guarantee that you won't get exposed to the virus. But you can reduce your chances of getting sick or developing life-threatening complications.

There are two essential parts to protecting yourself and those you care about: external and internal. Externally, it's vital to do basic things like washing your hands thoroughly and disinfecting surfaces you continually touch. And then there's distancing yourself from people who are or may be infected.

As you know by now, because infected people may not have symptoms and may not know they have the virus, distancing means not being in physical contact

with people who are not in your household, except for essential activities outside your home.

Public health guidelines have been changing and vary in different parts of the country. During a pandemic, I recommend taking the most conservative approach: Stay home as much as possible.

Internally, there are several things that influence your resistance: your overall health, diet, sleep, stress, and nutritional status, meaning whether you lack essential vitamins and minerals.

Diabetes, respiratory diseases (including allergies), heart disease, high blood pressure, and any other condition that reduces your immune function all put you at higher risk. Regardless of what is going on in your environment, taking steps to prevent or improve these conditions through diet and lifestyle will always put you in a stronger position.

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*.



Before I address each of these, I want to put the whole subject of viruses in perspective. Understanding how they work can help you look at the situation more objectively and take rational steps to protect yourself. Otherwise, it's easier to panic or go to the other dangerous extreme of thinking that an infectious pandemic isn't a real threat to you.

Not All Viruses Pose Serious Threats

Our bodies are built to fight infection, most of the time. A baby in the womb gets antibodies from its mother to protect it against viruses and bacteria. After birth, the mother's milk contains nutrients that protect an infant against infection.

As children grow, they are exposed to various pathogens in the normal course of life. And with this exposure, they develop an ability to fight off the invaders.

Kids get sick here and there as they're growing up. This has been going on as long as humans have been around — there have always been "childhood diseases."

This happens because their immune system is learning to resist harmful microbes. Vaccines for things such as measles help them to do this.

As kids are exposed to bacteria and viruses, they gradually develop antibodies that enable them to resist colds and flu. And as they get older, they're less susceptible to these common infections. If they do get sick, it usually doesn't become a life-threatening situation.

In other words, our immunity to the bugs that are typically in our environment is something

that develops as we grow up. The immune system *learns* to fight them off.

Some Viruses Never Produce Symptoms

Cold sores are annoying but not serious. But the virus that causes them infects a lot more people than you might think.

A study at the University of Washington in Seattle found that the herpes simplex virus that produces cold sores, HSV-1, is present in 45 percent of people by age 18.⁶ And among adults of all ages, it's estimated that up to 80 percent have this virus. However, many people have no idea they have HSV-1 because they never get a cold sore.

Did You Know?

COVID-19 is an abbreviation for "coronavirus 2019." Coronaviruses are a group of viruses that are so called because they are shaped like a crown. Some cold viruses are coronaviruses, but they don't pose the same health threats as COVID-19.

The Biggest Viral Threat

The biggest threat arises when we're faced with a brand-new virus that produces serious disease. Our immune system hasn't had a chance to develop antibodies to deal with it, so we have *no built-in defenses*. This is the situation with COVID-19.

Does this mean that everyone will be infected and get sick? No, but the chances of infection increase dramatically. On a positive note, a healthy immune

Epidemic or Pandemic: What's the Difference?

An epidemic is a major, often sudden spread of disease. It becomes a pandemic when it is spreading in more than one country.⁷

system will always put you in a better position to resist any bug and to recover more quickly, should you get sick.

External Protection

Washing hands often and cleaning and sanitizing surfaces in your immediate environment are essential daily habits (see *Hand Washing Isn't Enough* on page 3). But then there's your broader environment with all the people outside your home.

What is known as "social distancing" might be better described as "physical distancing." It isn't intended to stop anyone from communicating with others, but to reduce physical contact that makes it easier for an infectious disease to spread.

Unfortunately, when public health authorities issue rules or guidelines about social distancing, not everyone complies. This is a big problem with the strategy. But if followed, it plays a vital role in stopping or slowing the spread of infection.⁸

In turn, this reduces the likelihood of hospitals and healthcare systems being overwhelmed and lacking the facilities or tools to save as many lives as possible. And it buys more time for treatments and vaccines to be developed.

The Reality of Social Distancing

If you live in an area without clear guidelines for limiting physical contact, it's prudent to be cautious and keep your physical contact with people outside your household to a minimum. In areas where public health authorities have issued very specific orders or guidelines, it means staying home almost all the time.

Aside from running essential errands, you should be able to go out for walks, keeping a distance from others of at least 6 feet — about 2 arm's lengths. And you *should* go out for a walk every day. If you have a yard, take advantage of it — do some gardening, barbecue, play with your dog if you have one, and enjoy the fresh air.

Indoors, resist the temptation to spend more time watching television. With so many entertainment options, you could watch around the clock for a long time without seeing a rerun, but this is *not* a good idea. You'll eventually feel more lethargic and depressed.

If you're working from home, keep a work schedule. And when you're "off," do other things.

Most of all, avoid getting fixated on news about the virus. Do stay informed, especially about your local area, by briefly checking news sources once or twice a day. And the rest of the time, do something that's more productive.

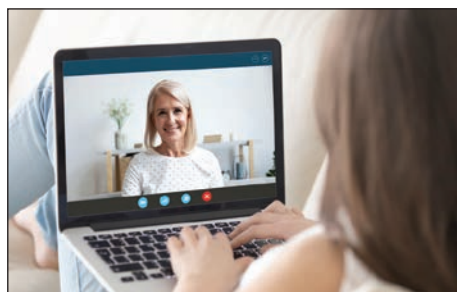
Think of the various projects around the house that you've put off — this is a good time to get these done. If you've always wanted to learn a language, how to make a website, or another skill, explore the options online.

If someone in your household is

diagnosed with COVID-19, follow the CDC guidelines (see *Online Tools* on page 7). If everyone in your household is healthy, physically distancing yourself from people outside your home will help you stay that way.

Stay in Touch with Others

It's always important to stay in touch with people you care about. Just because you don't physically visit or go out with friends or family doesn't mean you can't stay closely connected. And it's more important than ever to stay connected in times like these. The phone is the simplest, but it's not the only way.



Zoom, a free video conferencing service, has become very popular for good reason: You can "visit" with a group of your friends or family members online. If you've never done this, you can test out how it works at www.zoom.com/test. And then try it out with a friend or relative.

If you don't use social media, this may be a time to get acquainted with it and use it as another way to stay in touch with people whose company you enjoy. Have you ever wondered what happened to an old classmate or coworker? Maybe this is the time to find out and reconnect. Being homebound can mean more — rather than less — communication with your friends and family.

Internal Protection

High blood pressure, diabetes, heart disease, and respiratory ailments such as allergies are all conditions that reduce your resistance to infection and increase risk of severe COVID-19 disease. Fortunately, they can be improved with a diet of whole — rather than packaged — foods that are low in sugar and carbohydrates.

My basic plan of limiting carbs without excluding any entire categories of food is a sustainable way of eating that controls blood sugar and a whole host of unhealthy internal processes in your body.

If you aren't familiar with my approach, I encourage you to check out the first issue listed in *Related to This Topic* on page 8. If you have heartburn or other digestive issues, you'll also find some help for those, along with earlier newsletters that deal with other lifestyle issues.

Sleep and Stress

If you don't get enough rest, your whole system is functioning below par, including your immune system. If stress is keeping you up or preventing restful sleep, exercise can help. A walk in the morning is a good way to start the day.

Movement that refreshes and relaxes you can reduce stress and enhance the quality of your sleep. Try stretching or some yoga moves — there are plenty of videos online. And if you have old DVDs or videos of workouts you used to enjoy, try them out, making sure you don't overdo it if it's been a while.

In addition, two supplements can be helpful. Each one works differ-

ently so you can take one or both.

Theanine, also called l-theanine, is a calming ingredient found in tea. It can relieve stress without making you drowsy when taken during the day. When taken in the evening, it can help you get restful sleep. That sounds surprising, but it works.

Ashwagandha is an herb that's classified as an "adaptogen." The name comes from the fact that it helps your system to adapt and regain balance in times of stress. And balance can help you sleep better. The Latin name of the herb is *Withania somnifera*; "somnifera" means "sleep-inducing."

3 Categories of Supplements

For a healthier immune system, I've broken down supplements into three categories:

Supplements to Always Take Daily

Start with a multivitamin for insurance against nutrient shortfalls that interfere with immune function and overall well-being. Look for a product with up to 100 percent of the daily value (%DV in the Supplement Facts) of vitamins and minerals. It should include selenium and zinc, two minerals that are especially important for the immune system. Look for 10 mg of zinc in a daily serving.

Take Vitamin D regularly, as low levels reduce the effectiveness of the immune system. I suggest taking 50 mcg (2,000 IU) daily or an amount prescribed by your health professional if you've had vitamin D levels tested.

Fish oil provides the chief anti-inflammatory fatty acids: EPA

and DHA. Although these are in fatty fish, most people don't eat enough of these fish to get a protective amount. Choose a product from an established brand with 1,000 mg daily of a combination of EPA and DHA (listed in the Supplement Facts).

Supplements for Extra Protection

When there is an outbreak or epidemic of a viral infection, whether it's colds and flu or a more dangerous virus such as COVID-19, you need extra protection for two reasons: to bolster your defenses against infection and, in the case of COVID-19, to prevent your immune system from overreacting if you do get sick.

Overreaction of the immune system is what makes this new virus deadly. When it happens, your own

immune system attacks the lungs and other organs. And that's when the greatest damage occurs.

Three nutrients are especially effective in helping to prevent this dangerous overreaction: vitamins C and D and quercetin, a substance found in fruits and vegetables but in quantities that are too small to be therapeutic.

Look for a supplement that combines quercetin and vitamin C and increase your dose of vitamin D to 100 mcg (4,000 IU) daily.

A good herb for extra protection is echinacea, taken daily. Because it takes a couple of weeks to build up in your system to a protective level, I would add it to the other nutrients rather than rely only on echinacea when you know there's a viral epidemic.

Online Tools

Screening your symptoms: If you're experiencing symptoms, you can check if you likely have a COVID-19 infection or may have been exposed to the virus, with an online screening tool developed by Apple with the CDC.

Visit: www.apple.com/covid19

If you use an iPhone, you can download an app, *Apple COVID-19*, from the App Store.

Online screening doesn't replace medical diagnosis or treatment, but it can help you decide what steps to take. If in doubt, always call your doctor.

Updated information: Stay abreast of guidelines from your city and state health authorities. For ongoing information from the CDC, including what to do if you're sick or caring for someone else, visit www.coronavirus.gov.

Emergency warning signs: If you have any one of these symptoms, call 911:

- Persistent chest pain or pressure
- Trouble breathing
- Severe, constant dizziness or lightheadedness
- Slurred speech
- Difficulty waking up
- Bluish face or lips (indicates lack of oxygen)
- Sudden confusion



If you aren't certain of what to do, call your doctor or a health hotline your medical insurer may provide. If your symptoms are not severe, contact a health professional by phone. This option helps you avoid medical waiting rooms where you can get exposed to the virus.

Supplements When Symptoms Appear

Keep in mind that although much attention has been on COVID-19, it's also possible to get a cold or flu. These supplements are remedies you should always keep in your medicine cabinet so that you can take them right away when needed. They work best when taken at the *first sign*, and I really do mean *first sign* of a symptom.

As an example, the first sign could be walking up during the night with a slight scratchy feeling in your throat, or some slight congestion in your sinuses. Get up and take one of these immediately. Don't wait until morning.

Viruses multiply very quickly. Picture one microbe quickly turning into two, then those two

turning into four, those four into eight, and so on. If you catch the first few with a natural remedy, it can be much more effective in stopping the infection.

At the first sign of any symptom, take 1,000 mg of vitamin C, three times daily, until you get well.

Andrographis is an herbal remedy that is anti-viral. Take it at the tiniest sign of a symptom — one serving — and keep taking it every 2 to 3 hours, or about 4 times a day, until symptoms disappear. The herb comes in tablets, capsules, and liquid supplements.

Olive leaf extract is another good herb to take as soon as a symptom appears. It can be taken along with Andrographis, and some formulas for immune health include both herbs.

You can take both the herbs and vitamin C, as they work in different ways in your body.

Supplements that Do Double Duty

There are two interesting nutrients that can be taken for both extra protection and to reduce symptoms: Epicor and Wellmune. Each is a different type of extract from baker's yeast. You can take one or both, as single ingredients or in formulas for immune health.

A Final Word

The hope is that with more experience with COVID-19, scientists will be able to develop vaccines and effective treatments. But even then, a healthy immune system is your most basic defense. And while I've been talking about one virus because of a pandemic, the same immunity-enhancing strategies will also help you resist colds and flu and any other bugs that may emerge in the future.

Related to This Topic

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

Related Topic	Volume	Issue	Title
A Healthy Low-Carb Diet	1	8	The Guide to Healthy Eating
Good Digestion	1	6	The 6-Minute Heartburn Remedy
Blood Pressure	2	9	4 Steps to Healthy Blood Pressure
Allergies	3	3	Quick Fixes and Lasting Cures for Seasonal Allergies
Multivitamins	2	8	Do You Really Need a Multivitamin?
Sleep	2	2	The 10-Minute Sleep Solution
Blood Pressure	1	2	The Top 3 Killer Myths about Blood Pressure
Coronavirus	3	4	Coronavirus: How to Protect Yourself (page 8)
Diabetes	2	4	Type 2 Diabetes: The Road to Recovery
Zinc	2	1	Zinc for Colds and More (page 8)
Resisting Viral Infection	2	10	Real Flu Prevention: With or Without a Flu Shot

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



1 Wu, Z., et al. "Characteristics of and Important Lessons From the Coronavirus Disease 2019 (COVID-19) Outbreak in China: Summary of a Report of 72,314 Cases From the Chinese Center for Disease Control and Prevention." JAMA. 2020 Feb 24. doi: 10.1001/jama.2020.2648. [Epub ahead of print]

2 Zhao, X., et al. "Incidence, clinical characteristics and prognostic factor of patients with COVID-19: a systematic review and meta-analysis." Published online before peer review: <https://www.medrxiv.org/content/10.1101/2020.03.17.20037572v1>. Accessed March 30, 2020.

3 Severe Outcomes Among Patients with Coronavirus Disease 2019 (COVID-19) — United States, February 12–March 16, 2020. MMWR Morb Mortal Wkly Rep 2020;69:343–346.

4 CDC. Cases in U.S. Updated March 30, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

5 Morubagali, R.R., et al. "Study of bacterial flora associated with mobile phones of healthcare workers and non-healthcare workers." Iran J Microbiol. 2017 Jun; 9(3): 143–151.

6 Cowan, F.M., et al. "Herpes simplex virus type 1 infection: a sexually transmitted infection of adolescence?" Sex Transm Infect. 2002 Oct;78(5):346–8.

7 CDC. Principles of Epidemiology in Public Health Practice, Third Edition.

8 Hatchett, R.J., et al. "Public health interventions and epidemic intensity during the 1918 influenza pandemic." Proc Natl Acad Sci U S A. 2007 May 1;104(18):7582–7.

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

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

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

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

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

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

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

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

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

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

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

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

Here’s How GlucoBurn Works:

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

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

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

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



Get GlucoBurn Today!
GlucoBurn.com/NHC3

For Faster Service, call 1-888-309-0629 Monday-Friday 7 a.m. to 6 p.m. CST • Saturday-Sunday 8 a.m. to 5 p.m. CST

The Latest on Organic Fruits and Vegetables



I'm often asked, "Should I buy organic fruits and vegetables?" The answer isn't a simple yes or no. It's vital to eat plenty of fresh vegetables and fruits, and if you can't buy organic, buy what you can.

Locally grown produce is the best option because it's richest in vital plant nutrients. When produce is transported over long distances, nutrients diminish.

Most Important to Buy Organic

Some fruits and vegetables contain more pesticide residues than others. For those with the highest pesticide levels, it makes sense to make the effort to buy organic.

Each year, the nonprofit Environmental Working Group (EWG) analyzes the results of thousands of USDA tests of pesticide levels on produce samples. This year, EWG found pesticides on 70 percent of fresh fruits and vegetables. The 2020 ranking (#1 contains most pesticides, and so on) is listed above right.

I would try to buy organic versions of the items at the top of this list, at least the top dozen. That's where you'll be avoiding the most pesticides. For the others, do the best you can.

- | | | |
|------------------------|---------------------|---|
| 1. Strawberries | 18. Hot Peppers | 35. Cabbage |
| 2. Spinach | 19. Plums | 36. Mushrooms |
| 3. Kale | 20. Green Beans | 37. Broccoli |
| 4. Nectarines | 21. Tangerines | 38. Cantaloupe |
| 5. Apples | 22. Raspberries | 39. Cauliflower |
| 6. Grapes | 23. Grapefruit | 40. Asparagus |
| 7. Peaches | 24. Snap Peas | 41. Eggplant |
| 8. Cherries | 25. Winter Squashes | 42. Sweet Peas, Frozen |
| 9. Pears | 26. Carrots | 43. Papaya (may have more residues if genetically modified) |
| 10. Tomatoes | 27. Oranges | 44. Onions |
| 11. Celery | 28. Summer Squashes | 45. Pineapple |
| 12. Potatoes | 29. Bananas | 46. Sweet Corn (may have more residues if genetically modified) |
| 13. Sweet Bell Peppers | 30. Sweet Potatoes | 47. Avocados |
| 14. Cherry Tomatoes | 31. Watermelon | |
| 15. Lettuce | 32. Mangoes | |
| 16. Cucumbers | 33. Kiwi | |
| 17. Blueberries | 34. Honeydew Melon | |

Another interesting finding: 99 percent of non-organic raisins contained residues of at least two pesticides. I don't recommend eating a lot of dried fruit, because it's high in sugar. Even if it's natural sugar, it's still sugar, so consider it an occasional treat. And if raisins appeal to you, it's a good idea to buy organic ones.

Visit www.ewg.org for more information.

Vitamin B12 and Parkinson's

When someone is diagnosed with Parkinson's, having higher levels of vitamin B12 may help to ward off dementia — loss of memory and other mental functions — according to a study at the Mayo Clinic in Rochester, Minn.¹

Researchers looked at 25 men and women whose B12 blood levels had been tested within the year prior to the Parkinson's diagnosis, and they correlated this

with future dementia symptoms among these patients.

Patients whose blood levels of vitamin B12 were less than 587 ng/L (nanograms per liter) were about five times more likely to develop dementia in the next 5 years, as the disease progressed. Those who fared best had B12 levels around 648 ng/L.

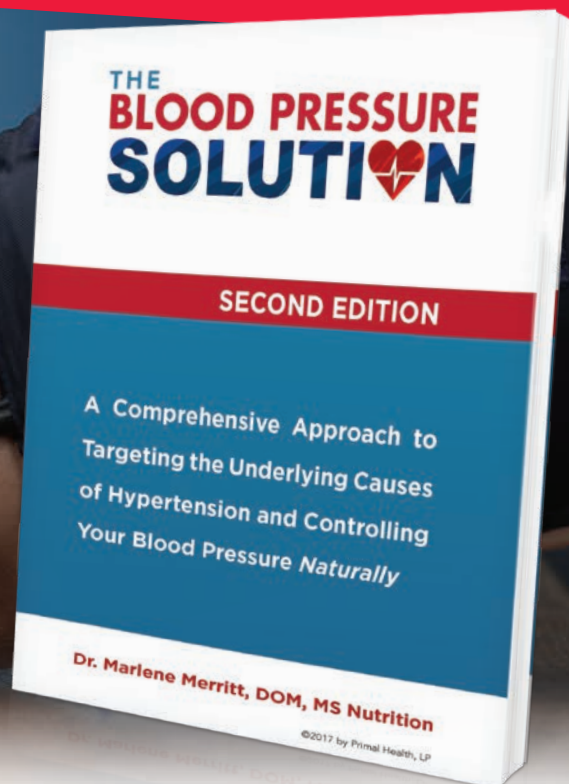
Vitamin B12 is also an important nutrient for healthy people, in whom symptoms of a B12 deficiency can manifest as dementia, with confusion, memory lapses, and disorientation. These can resolve by

taking B12 supplements or getting B12 shots or B12 intravenously from a health practitioner.

As we get older, the ability to absorb and utilize nutrients from food often decreases, and a B12 deficiency is more likely. Even supplements of vitamin B12 may not be well absorbed. Low stomach acid is a major reason for the problem and can easily be remedied. For how to correct digestion, you can follow the steps in an earlier issue of this newsletter, Volume 1, Issue 6, *The 6-Minute Heartburn Remedy*.

¹ McCarter, S.J., et al. "Higher vitamin B12 level at Parkinson's disease diagnosis is associated with lower risk of future dementia." *Parkinsonism Relat Disord*. 2020 Mar 16;73:19-22.

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

Q&A

Q: What is your take on artificial food colors? I noticed the gelatin desserts pictured in *The Diabetic's Guide to Eating Meat* clearly used artificial colors. — *Daphne O.*

A: I'm not a fan of artificial colors. There are plenty of chemicals in our environment and in food, and there's no reason to be exposed to



more with artificial coloring. I also believe that food generally shouldn't need artificial colors to make it look appealing.

That said, there's also room for a little fun with color in dessert. However, the coloring doesn't need to be artificial.

I didn't make the gelatin in the photo you're referring to (pictured above). But the bright colors don't mean that artificial coloring was necessarily used. Some foods and food ingredients can add brilliant colors, such as these:

Green: Chlorophyll, the substance that gives plants their green color, can be taken as a nutritional supplement, which is available in liquid drops. Just a few drops of a liquid chlorophyll supplement will add a rich green color.

Yellow: The bright yellow color of curry comes from turmeric. You can buy it as a spice, and it doesn't have any distinct taste, so it's versatile. In case you're

wondering, the taste of curry comes from a spice blend, not the turmeric. Saffron is another spice that can add a yellow color, but it's pricier than turmeric.

Blue: Blue-green algae, a popular nutritional supplement, will add a blue color.

Red: Beet juice or cooking water from beets adds a rich red color.

Pink: Hibiscus tea adds pink.

Orange: Orange juice is a simple source.

Purple: Acai (pronounced "assa-YEE") is a South American fruit that looks a bit like a grape and has a vibrant purple color. It's very perishable and must be frozen right after being harvested in the Amazon regions. Frozen acai is sold in packets and makes a nutritious base for a bowl of fruit or a smoothie. A little pulp, thawed, is a great way to add a purple hue.

Q: A plant-based diet is constantly being talked about as the best way to eat. Is this the same as a vegan diet? — *Orlando P.*

A: I'm glad you asked because terminology can be quite confusing. The movement toward a plant-based diet most often aims to increase the quantity of plant foods on our plates and decrease the amount of meat and animal products. However, the term is also sometimes used to describe diets that contain no meat or animal products. It all depends on who's talking.

A vegan diet is quite clearly defined. It contains no meat, fish,

or products of animals, such as eggs, milk, cheese, butter, or honey. Many vegans also don't use animal products in clothing or household products. Wool, silk, and leather are examples of substances that are not vegan.

A diet that's "vegetarian" omits meat or fish but generally includes at least some foods that come from animals, such as milk or eggs.

"Plant-based" doesn't have any official definition. It literally means a diet that has plants as its base, meaning that plants make up a major portion of the foods eaten. However, this type of diet can also include meat, fish, and animal products such as milk and eggs.

I'm a fan of plant-based eating in the literal sense: Fill the biggest part of your plate with vegetables, especially those that aren't starchy, but add a little meat or fish and healthy fat.

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.