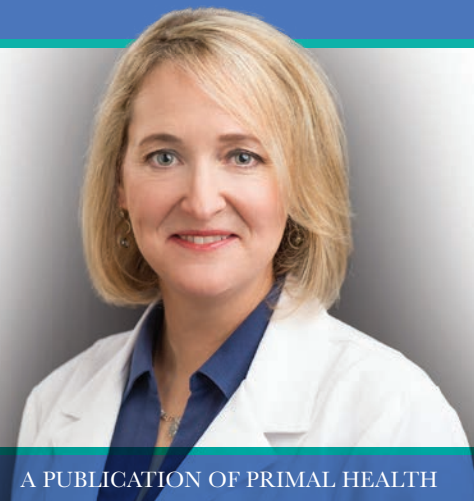


Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 4 | ISSUE 10

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9 Important Benefits of a Seasonal Cleanse

Toxins can slow you down, physically and mentally, and make you more prone to getting sick. A cleanse boosts your energy, helps you think more clearly, and enhances your overall health and well-being.

When I mention a cleanse, my patients often assume that I mean living on juices for days — not an appealing prospect. Or they assume that you must buy some type of detox kit or a bag full of supplements — you don't. And some patients have tried fasting and extreme detoxification programs, and they felt terrible.

In all these cases, people are surprised to learn that I want them to eat real food — and I do mean *real* food — while doing a cleanse. Although fasting can sometimes be beneficial, I don't always recommend it. And fasting isn't necessary to experience considerable benefits from a gentler approach to cleansing.

Mostly, I find that few people have seriously considered doing any type of cleanse, let alone seasonal cleanses. But think about it. Vacations can be rejuvenating for your spirit. For your body, a cleanse has a similar effect.

Frankly speaking, an occasional cleanse is a necessity. I don't need to

tell you that if your car never had an oil change, it would eventually run into trouble. Your body is even more important because I don't know of any place where you can trade it in for a new model. But getting rid of stored toxins can make you feel like a newer model.

My husband and I always have jam-packed schedules. We see a lot of patients, we love to travel, we spend time with family, we continually educate ourselves on new science and cutting-edge approaches to healing ... there's never a dull moment.

Long story short, we always need to be on top of our game. And doing a cleanse a couple of times each year helps us to stay energized to accomplish all the things that matter.

**IN THE NEXT ISSUE:
Healthy Fats: Deadly Myths
and Life-Saving Facts**

How a Cleanse Works

The human body has a built-in ability to eliminate toxins. But with the amount of toxins in today's food, water, and environment, it can be difficult to keep up.

At the same time, our most popular foods and drinks lack essential nutrients that enable our natural detoxifying mechanisms to do their best job. So, toxins accumulate in our bodies, specifically in our fat tissues.

Dr. Marlene's

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Toxins can be chemical preservatives, residues of pesticides and herbicides, or other chemical additives, such as those found in many processed foods. They can be harmful fats in deep-fried foods. They can also be substances that we don't generally consider to be toxic, but in excess, they have a toxic effect — sugar, caffeine, and alcohol, for example.

Doing the type of seasonal cleanse that I recommend reduces toxins in two ways: You avoid the top sources of toxins, and you get nutrients that help to revitalize your internal cleansing systems.

My approach is a gentle one. In fact, some of my patients wonder if it's really going to make much difference — until they do it. And then they're surprised by how much better they feel.

Cleansing Benefits

Before I talk about specific steps to take, I want to share some of the changes that my patients and I have experienced by doing the type of cleanse that I recommend.

More energy: When your body is burdened with toxins, it uses more energy just to get you through the day. It's like constantly walking through sludge. Getting rid of the sludge releases energy for the things that you want to do in your life.

Clearer thinking: So many people complain about brain fog when they first come to see me. Toxins interfere with neurotransmitters and your brain's normal function. The lifting of the fog is one of the most noticeable benefits people experience.

Younger-looking skin: After doing a cleanse, one of my patients started getting a lot of compliments about how great she looked. Her co-workers kept asking if she had had Botox shots or some other cosmetic treatment — she hadn't.

Better digestion: Toxins in foods and drinks can irritate the digestive tract, and they disturb the balance of beneficial bacteria in your gut. Eating foods that don't contain preservatives and other chemicals enhances digestion. Sometimes, my patients don't realize how problematic their digestion was until it improves. They're often surprised when they tell me: "I don't feel bloated anymore!"

Basic Cleanse Snapshot

I don't usually recommend eliminating entire categories of foods. But a cleanse is an exception because it's something you do temporarily, to give your body a break and to reset it on a healthier path. The five categories of foods and drinks listed below are the top ones that burden your body with toxins. While doing a cleanse, I recommend eliminating these:

- Coffee and other caffeinated drinks, except for green tea.
- Alcohol.
- Sugar in all forms, and artificial sweeteners.
- Processed foods: anything in a bag, box, or can.
- Deep-fried foods.

Every day, you eat three meals, and snacks as needed — but avoid the items above. Keep reading for more details about each of these, and how to avoid them.

Fewer food cravings and better weight control: The substances that I've listed in the *Basic Cleanse Snapshot*, on page 2, disrupt hormones. This causes roller coasters in your energy level and food cravings, which promote overeating and weight gain. Getting off this roller coaster enables you to regain control of your appetite.

A better mood: An energy roller coaster often goes hand in hand with mood swings and irritability. I've had patients who found a new lease on life by doing a cleanse, with renewed interests in hobbies and other activities that had mysteriously lost their appeal.

A stronger immune system: I've had patients who used to get two or three colds each winter, but after they did a cleanse (and followed a healthy diet after that) they were surprised to go through an entire winter without getting sick. Preservatives and other additives in processed food reduce the immune system's ability to resist and fight infections.

Fewer allergy symptoms: A cleanse improves liver function, which helps to clear histamines that trigger allergies. Doing a cleanse a couple of times a year can reduce allergies.

Less joint pain: Toxins trigger inflammation that becomes chronic and fuels joint pain. Doing a cleanse has helped many of my patients who suffered from painful joints. Often, they're surprised by the connection between diet and pain, but they're always happy

to experience the improvement. Chronic inflammation also increases risks for heart disease, diabetes, Alzheimer's, and other diseases.

Top Toxins to Avoid

My basic cleanse consists of avoiding five categories of foods and drinks that are the top sources of toxins in our diets: coffee and other caffeinated drinks, sugar and artificial sweeteners, alcohol, processed food, and deep-fried food.

Abstaining from these takes some planning and effort. I find that it's easier to get motivated and stay on track if you understand how each of these affects your system, and what to eat and drink instead.

Coffee and Caffeine

Coffee naturally contains antioxidants, and you may have heard that studies have linked it to health benefits, such as lower risks of heart disease, diabetes, and neurological diseases. In fact, I've

covered some of this research in earlier issues of this newsletter.

If you don't have any negative side effects from coffee, I generally view the question of whether to drink it as a personal choice. But coffee and other caffeinated drinks, such as black tea, soda, and energy drinks, should be eliminated during a cleanse. They are metabolized through the liver, a chief detoxifying organ, and you want to lighten the load on your liver. Chocolate naturally contains caffeine, so it should also be excluded during a cleanse.

Should you drink decaffeinated coffee during a cleanse? No, because it still contains traces of caffeine. But there is one exception to the caffeine rule: green tea.

The Power of Green Tea

I recommend green tea for everyone, and if you're a coffee drinker, green tea is a good substitute. If you find it difficult

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*.



to go without coffee or another type of caffeinated drink, you can transition gradually. For example, replace one cup of coffee with a cup of green tea, then replace another cup, and so on.

Green tea is relatively low in caffeine and is an especially rich source of EGCG (epigallocatechin gallate), a substance that turns on one of your body's chief detoxifying mechanisms. In addition, studies show that EGCG is anti-inflammatory and helps to protect against various diseases, including heart disease, type 2 diabetes, brain diseases, and cancer. And it enhances immune function.¹

Up to about three cups a day is beneficial, but don't add sugar. If you like your tea sweetened, use one of the natural sugar alternatives I describe below. And brew it yourself, to avoid additives in bottled versions.

The Power of Water

Water is highly underrated. It's the best way to stay hydrated and give your body the fluids it needs for healthy, regular elimination, including a daily bowel movement. Each day during a cleanse, it's essential to drink 8 to 10 glasses of water — filtered, to avoid chemicals that are in tap water.

Water makes up a major part of our bodies: about 60 percent for men and 55 percent for women. It's essential for elimination of toxins and other waste, good digestion, normal brain function, normal circulation, body temperature regulation, and saliva production. Water lubricates and cushions bones, the spinal cord, and the brain.²

As we get older, our bodies store less water and our sense of thirst diminishes. So, it's more important to develop a habit of drinking water.

Sip your water throughout the day. If you drink most of it in the evening, you will be making bathroom trips during the night. Try starting your day with a glass of water with a little fresh lemon juice.

Sugar and Artificial Sweeteners

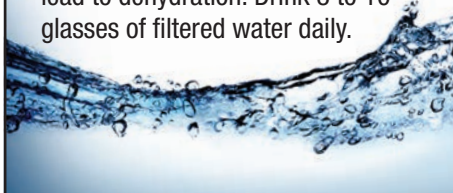
Sugar is a major driver of insulin spikes and crashes that cause energy roller coasters and cravings for sugary and starchy foods. It's essential to tame this vicious cycle, or it will be nearly impossible to control what you eat and to maintain stable energy. (See page 8 for more details about insulin.)

Don't Wait to Get Thirsty

By the time you get thirsty, your body is already a bit dehydrated. And even slight dehydration can be detrimental, making you tired, constipated, cranky, confused, or even forgetful. It can make your mouth dry or trigger cravings for sugar, even when you know you aren't hungry.

On average, adults urinate about six or seven times a day — less may be a sign of dehydration. When you don't have enough water in your body, your kidneys hold on to urine.

Sweating, diarrhea, fever, or simply not drinking enough water can lead to dehydration. Drink 8 to 10 glasses of filtered water daily.



Studies show that sugar causes chronic inflammation³ and increases risks for today's major chronic diseases, including diabetes, obesity, heart disease, mental decline, nonalcoholic fatty liver disease, and some cancers.⁴

Added sugars are in 74 percent of the food sold in this country,⁵ so it's no wonder that most people consume too much. Sugar can take many forms, such as high fructose corn syrup, corn syrup, maltose, dextrose, rice syrup, molasses, and fruit juice concentrate.

Artificial low-calorie sweeteners are also harmful. They disrupt blood sugar and destroy beneficial bacteria in the gut, damaging the digestive process and immune defenses.⁶ You need good digestion to be able to eliminate toxins and to absorb nutrients.

When your body is continually overloaded with sugar and/or artificial sweeteners, it has fewer resources available to eliminate toxins. That's why sugars and artificial sweeteners should not be part of your diet during a cleanse.

Natural Sugar Alternatives

The human body doesn't have any requirement for added sugars, but our taste buds have become so accustomed to them that they're hard to completely give up.

I always aim to be realistic, so rather than telling you to never sweeten your green tea — if you like a sweetened drink — I recommend using a natural sweetener that isn't harmful, such as stevia or monk fruit.

Stevia: The leaves of the stevia plant contain stevioside, a sweet component that has been found to

be beneficial. Studies show that unlike sugar, stevia doesn't raise blood sugar and can help to lower blood sugar that is elevated. And it's anti-inflammatory.⁷

Stevia is much sweeter than sugar and some people don't like its taste. Personally, I prefer liquid stevia over a powdered form.

Monk fruit: Also called *luo han guo*, monk fruit comes from a tree that is native to China. Like stevia, it's sweeter than sugar. Animal research shows that it can help to normalize levels of blood sugar and insulin. And traditionally, it has been used to treat sore throats and to enhance digestion and regularity.⁸ Monk fruit is mostly sold in a powdered form, but there are some liquid versions.

One caution: Some brand-name sweeteners contain a combination of stevia or monk fruit plus artificial sweeteners or other ingredients that can upset your stomach. I recommend using products that contain only stevia or monk fruit.

What About Honey?

Honey contains beneficial nutrients, and I have no problem with it being included in a healthy diet in small quantities. It can even soothe a cough or sore throat. But it's still a form of sugar that should be excluded during a cleanse.

Agave is another sweetener that is sometimes considered to be a "healthy" sweetener. But — you guessed it — it's another form of sugar. And it, too, should be excluded during a cleanse.



Alcohol

While there is evidence that moderate alcohol consumption can be part of a healthy lifestyle, alcohol is not an essential nutrient. And there is plenty of evidence that it can harm.⁹

Alcohol is toxic to the human body. When ingested, it forces your liver to do extra work to eliminate it — and heavy drinking is a major cause of liver disease. While doing a cleanse, you want to decrease — not increase — the toxins in your system, and avoiding alcohol is a simple way to do so.

Processed Food

Studies that have tracked more than 170,000 people since 2009 show that eating a diet of processed food increases risks for all of today's chronic diseases — including heart disease, diabetes, cancer, Alzheimer's, and depression — and speeds up death. Toxins in processed food interfere with normal digestion, generate chronic inflammation, depress immune function, and artificially inflate appetite, leading to overeating and unhealthy weight gain.¹⁰

As an example, just one preservative in more than 1,200 cereals, toaster pastries, snacks, and other processed foods (TBHQ, short for tert-butylhydroquinone) disrupts the immune system. It can reduce resistance to infections, trigger allergies, or make the immune system attack your own body, causing or contributing to autoimmune diseases.¹¹

It's never a good idea to eat processed food, but I realize that we don't live in a perfect world, and you don't have a personal chef on call around the clock. To

keep things simple and practical, avoid foods and drinks that come in boxes, bags, or cans while doing a cleanse.

What should you eat? Fresh vegetables, cooked or raw, fresh meat and fish, eggs, fruit, and other fresh foods. It's okay to eat dairy foods, such as yogurt and cheese, unless they disagree with you. If you like cereal, rice, or other grains, buy them in their natural form: unrefined oatmeal or brown rice, for example. Don't buy quick-cooking versions.

If you made your own bread with unrefined flour, it would fit my criteria for foods to eat during a cleanse. The same goes for pizza — if you truly made every ingredient from scratch. More realistically, it means making a burger patty from ground beef you get at the butcher counter, for example, instead of buying a box of frozen patties ready to be heated in a microwave. And for salad dressing, make your own with extra virgin olive oil, vinegar or lemon juice, and seasonings of your choice.

Most Important Vegetables

Two families of vegetables — cruciferous and allium — are especially good for helping your system to detoxify. Cruciferous ones include broccoli, cauliflower, bok choy, cabbage, kale, arugula, Brussels sprouts, collard greens, watercress, and radishes. Allium vegetables include garlic, onions, leeks, chives, scallions, and shallots.

I'm not suggesting that you only eat these; variety is best. But I do recommend that you include at least one from each of these two vegetable families in your daily menu.

Deep-Fried Foods

These include obvious foods such as fries and fried chicken, and all sorts of deep-fried chips — even if you make them from scratch at home. The reason? The oils used for deep frying are inflammatory; they're toxic and they needlessly make your system work harder.

As an example, soybean oil is widely used for deep frying, but research shows that it triggers brain changes that contribute to anxiety, depression, and dementia.¹² Widely-used corn and vegetable oils pose similar hazards.

Instead of deep frying, you can roast potatoes, chicken, and other foods. You can even make your own chips: thinly slice any vegetable, spray lightly with olive oil, and roast in the oven.

Lightly sautéing food in olive oil, butter, or coconut oil doesn't have the same damaging effects and is fine to do during your cleanse. But this is quite different from deep frying with inflammatory vegetable oils.

Where to Start

First, incorporate 8 to 10 glasses of filtered water and some green tea into your daily routine. If you sweat or have diarrhea, drink extra water. If you usually drink beverages with caffeine and/or sugar, wean yourself off these. And steer clear of alcohol. Meanwhile, plan your meals and snacks so that you aren't eating sugar, processed foods, or deep-fried foods.

Stick with my cleansing way of eating for two to three weeks. You need to allow time for your body to clean up its insides. And make sure to get enough sleep and some regular exercise.

I haven't mentioned avoiding carbs because regardless of how you usually eat, you can benefit from the basic cleanse I've outlined. Avoiding excess carbs is another, beneficial step, but not mandatory for the purpose of this cleanse. However, if you know that you're sensitive to dairy, gluten, or other foods, exclude these.

A Final Word

If you want to boost your cleansing further, an earlier newsletter outlines a stricter, 3-week regimen, with a couple of supporting herbs and breakfast protein drinks. It also covers reasons to choose organic food and what to do if eating all-organic is not realistic — which it isn't for most of us.

If you do what I recommend and have lasting fatigue or other, mysterious symptoms, a gluten intolerance or mold in your environment could be the problem, and should be addressed. Earlier newsletters, listed in *Related to This Topic* below, cover the stricter cleansing regimen and sensitivities to mold or gluten.

If you've never done any type of cleanse, I recommend starting with the basic one I've described in this article. It's well worth the effort.

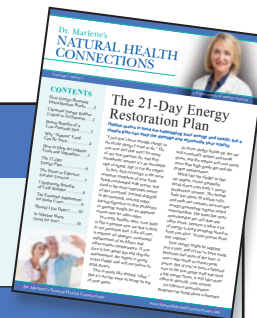
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Related to This Topic

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

Related Topic	Volume	Issue	Title
A 3-Week Cleansing Regimen	1	11	The 21-Day Energy Restoration Plan
Being "Regular"	3	1	Quick and Lasting Fixes for Common Bathroom Problems
A Healthy Low-Carb Diet	1	8	The Guide to Healthy Eating
Gluten Intolerance	2	3	How Gluten Can Cause More Than 30 Health Conditions
Mold Toxicity	2	11	Mold: The Hidden Trigger of More Than 40 Ailments
Sleep	2	2	The 10-Minute Sleep Solution

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By the time you're 55 or 60, your levels are significantly reduced, and you're making very little new collagen.

This shortfall sets the stage for the ailments we associate with aging—achy joints, weak bones and muscles, stiff arteries, and wrinkled and sagging skin.

Low levels of collagen can also cause leaky gut and digestive issues. That's because the lining of your intestines rely on collagen for structural integrity. The same is true for your arteries.

Why you need more collagen

Collagen is essential to your mobility, your muscle strength, and your joint comfort. It's also the key to smooth and flexible arteries. Youthful looking skin. Stronger hair and nails. And a healthy digestive system.

In fact, it makes up 75% of your skin. 80% of your ligaments. 90% of your tendons. 67% of your cartilage. And 30% of your bones.

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Insulin: The Overlooked Health Marker



What if I were to tell you that there is a simple blood test that could predict your health better than other routine tests used today in health check-ups? This test could detect early, reversible changes that, years later, raise blood sugar and blood pressure and increase risk for diabetes, heart disease, Alzheimer's disease, cancer, and other debilitating conditions. And it could identify the root cause. Wouldn't that be something?

Believe it or not, such a test is available — but not widely used — today. I'm talking about testing levels of insulin. Although insulin is an essential hormone, too much of it is even more troublesome and damaging to your body than elevated blood sugar. Don't get me wrong: high blood sugar is harmful. But excess insulin is an even bigger problem. And it goes haywire *before* blood sugar starts rising.

Insulin and Blood Pressure

Many of my patients come to see me because they have high blood pressure with no medically detectable cause. In 80 percent of these cases, I find that high insulin, which causes fluid and sodium retention, is the trigger. And once the insulin levels come down, the blood pressure normalizes. This mechanism isn't mysterious, but it's generally ignored in today's standard medical care.

Insulin and the Heart

In addition to raising blood pressure, high insulin increases inflammation and causes “bad” LDL cholesterol to be converted to dangerous plaque in arteries.

More than two decades ago, Swedish researchers studied residents of the tropical Pacific island of Kitava, where heart disease and stroke were almost nonexistent and people lived long, healthy lives. The islanders were not Westernized and ate a traditional diet of food they cultivated on the island.

Researchers tested various health markers among islanders between the ages of 20 and 86. They compared the test results with those of people of similar ages who lived in Sweden and followed a typical Western lifestyle. Insulin levels were very different.¹

Insulin levels in Kitava were lower at all ages. But an even bigger difference emerged later in life.

As Swedes got older, their insulin levels rose — this is the usual pattern in Western societies. But this didn't happen in Kitava. In fact, after age 50, insulin levels decreased among the Pacific islanders and were dramatically lower than Swedish levels. The islanders also had lower blood pressure, were leaner than the Swedes, and did not have inflammation-promoting belly fat.

The researchers concluded that a Western diet and lifestyle is the main cause of problematic, elevated insulin. And elevated insulin increases the odds of heart disease.

Insulin and Diabetes

Blood sugar is the marker used to diagnose prediabetes and diabetes. But blood sugar isn't the first thing that goes awry — insulin is.

There's a basic relationship between carbs, blood sugar, and insulin. When you eat carbs, blood-sugar levels rise, and insulin is released to move the blood sugar into cells where it can be used as energy. (Excess is stored as fat.)

When you habitually eat more carbs than your body can handle,

Dangers of High Insulin

Studies have found that elevated insulin raises levels of chronic inflammation and increases risk for many conditions, including:²

- Allergies
- Alzheimer's disease
- Asthma
- Cancer
- Crohn's disease
- Depression
- Diabetes
- Enlarged prostate
- Graves' disease
- Hashimoto thyroiditis
- Heart disease
- High blood pressure
- Inflammatory bowel disease
- Lupus
- Multiple sclerosis
- Nonalcoholic fatty liver disease
- Osteoarthritis
- Parkinson's disease
- Polycystic ovary syndrome
- Psoriasis
- Rheumatoid arthritis

there's a constant demand for extra insulin. And eventually, insulin becomes chronically elevated.

To make matters worse, cells become resistant to the insulin; that's insulin resistance. And then, even high levels of insulin can't get all the blood sugar into cells, so blood sugar becomes elevated. Only then does a fasting glucose test or an A1c test detect the problem.

This mechanism also affects the brain and contributes to Alzheimer's disease. In fact, Alzheimer's has been called "type 3 diabetes."³

An insulin test can detect the malfunction years or even decades earlier. One study tested insulin, blood sugar, and other health markers in 515 healthy, middle-aged people. And 24 years later, it tested them again.

Those with the highest levels of insulin in the first batch of tests were the most likely to have developed diabetes 24 years later. And researchers concluded that insulin level was the most reliable predictor of future diabetes.⁴

Symptoms of Excess Insulin

When your body produces excess insulin after you eat carbs, your blood sugar crashes. And that leads to unpleasant symptoms, including:

- Sugar cravings that are often mistaken for poor willpower.
- Fatigue.
- Irritability.
- Difficulty focusing and concentrating.
- Memory lapses.
- Waking up during the night for no obvious reason.

Insulin and Weight

Elevated insulin creates the perfect storm for weight gain. It causes your body to store fat and completely stops it from burning fat.

If you've been eating more carbs than your body can handle for a long time, your body will routinely release excess insulin. And each time you eat carbs, the insulin will be elevated for hours.

As an example, let's say you eat a 100-calorie packet of fat-free cookies. It sounds like a relatively harmless snack, but it isn't. While it may take only a few minutes to eat the cookies, your insulin will be elevated — and will stop you from burning fat — for maybe four hours.

And there's another liability: Excess insulin will make your body store more fat as a result of eating the cookies.

Sleep Disturbances

My patients are usually surprised to learn that high insulin can make you wake up at night. It happens because high insulin causes blood sugar to crash. And then, the brain feels starved for energy and sort of panics, and that's what wakes you up. You can prevent this by having a low-carb snack with a bit of fat a couple of hours before bedtime and by eating a healthy, low-carb diet during the rest of the day.

For men, high insulin raises estrogen levels and can contribute to an enlarged prostate, leading to bathroom trips during the night.⁵

What Is a Healthy Insulin Level?

Given that insulin testing is sadly underused, perhaps it isn't surprising that there are no official

medical guidelines for healthy insulin levels. Based on my training and experience in my practice, I've found that a level of fasting insulin under 6 mIU/mL (milli-international units per milliliter) is optimal. The test is done with a blood sample taken after you haven't eaten for at least 8 hours.

One study of nearly 1,000 people, by researchers in Arizona, found that compared to people with an insulin level of 5 mIU/mL, those with a level of 8 mIU/mL were twice as likely to have prediabetes. And those with insulin around 25 mIU/mL were five times as likely to be prediabetic.⁶ Yet, the higher insulin ranges are so common today that levels up to 25 mIU/mL are often considered "normal." But that's a far cry from the optimum.

How to Tame High Insulin

High insulin develops from years of eating too many carbs, and lowering it into a truly healthy range can take a while. But once you start eating a healthy, low-carb diet, you will see noticeable improvements quite quickly: more stable energy and less irritability, for example. Getting some exercise each day will speed up the process.

1 Lindeberg, S., et al. "Low serum insulin in traditional Pacific Islanders—the Kitava Study." *Metabolism*. 1999 Oct;48(10):1216-9.

2 Kopp, W. "How Western Diet And Lifestyle Drive The Pandemic Of Obesity And Civilization Diseases." *Diabetes Metab Syndr Obes*. 2019; 12: 2221–2236.

3 de la Monte, S.M., et al. "Alzheimer's Disease Is Type 3 Diabetes—Evidence Reviewed." *J Diabetes Sci Technol*. 2008 Nov; 2(6): 1101–1113.

4 Dankner, R., et al. "Basal-state hyperinsulinemia in healthy normoglycemic adults is predictive of type 2 diabetes over a 24-year follow-up: a preliminary report." *Diabetes Care*. 2009 Aug;32(8):1464-6.

5 Kopp, W. "Diet-Induced Hyperinsulinemia as a Key Factor in the Etiology of Both Benign Prostatic Hyperplasia and Essential Hypertension?" *Nutr Metab Insights*. 2018 May 8;11:1178638818773072.

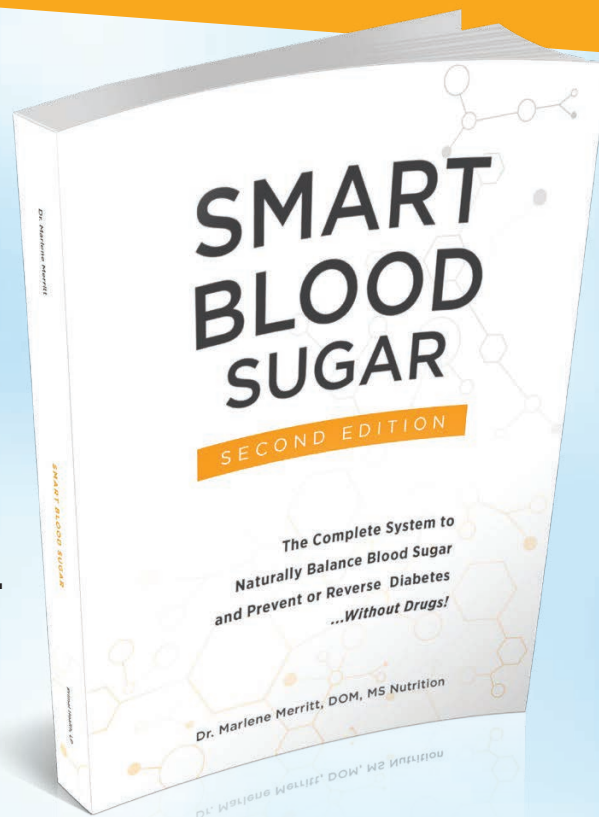
6 Johnson, J.L., et al. "Identifying prediabetes using fasting insulin levels." *Endocr Pract*. Jan-Feb 2010;16(1):47-52.

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



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

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



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

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

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

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

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



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

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

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

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

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

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

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

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



How Much Exercise Do You Need?

We spend quite a bit of time sitting. Most of today's work is done on a computer, and we have endless entertainment while we sit on the couch. Getting up and moving around, often, improves circulation and reduces health risks such as elevated blood sugar.¹ But how much exercise do we really need to compensate for all that sitting and to stay in good health?

For years, the recommendation has been to get the equivalent of 150 minutes a week of moderate exercise, such as brisk walking. This can be broken down in many ways, such as 30 minutes on 5 days per week, or about 20 minutes every day. An alternative would be to do a total of 75 minutes per week of more intense movement, such as running or some other type of exercise that gets you out of breath.

A more efficient and effective way to exercise, which I recommend, is to alternate spurts of more intense activity with lighter activity. For example, walk

at your usual pace for a few blocks, and then walk as fast as you can to get your heart pumping for a block or two — about one minute — and then walk more slowly until your heart rate drops down to normal. And then, repeat that fast-slow cycle about five times.

Counting Steps

Counting steps is a simple way of tracking your daily activity, and you can easily do it by having your smartphone in your pocket or by wearing a fitness tracker on your wrist. And a recent study shows that taking enough steps each day can reduce your risk of death.

This new study tracked daily steps of 2,110 middle-aged Americans, for nearly 11 years. Researchers looked for differences in death rates between people who took fewer than 7,000 steps daily and those who took more. They found that risk of death from any cause was significantly lower



among those taking more than 7,000 daily steps — 72 percent lower among women and 58 percent lower among men.²

On the flipside, people with the lowest step counts had the most diabetes, elevated blood pressure, and heart disease. The speed of walking wasn't found to affect death risk.

Keep in mind that these step counts represented all the steps each person took in a day, not just purposefully walking for exercise. All steps make a difference.

If you track your daily steps, you can set goals to take progressively more. As your step count increases, so will your health.

Preventing Falls Prolongs Independence

If you're taking care of an elderly person or are concerned about your own ability to live independently in the future, preventing falls is an important step. There are simple things you can do to prevent falls in one of the most common places where people get injured: at home.

A study at the Washington University School of Medicine in St. Louis looked at a group of people with an average age of 75 who were living alone. Researchers found that the number of falls in the home during the following year was reduced by half with simple modifications. These included adding grab bars and a

seat to the shower, making surfaces slip-resistant in the bathroom, and adding lighting and handrails on staircases.³



Falls are the most common cause of traumatic brain injury and fracture for older adults. They can lead to serious complications that rob people of their independence, and some falls lead to death.

Side effects of medications that cause confusion, weakness, or dizziness can also lead to falls. This is one reason why medications and possible interactions and side effects should periodically be reviewed.

¹ Francois, M.E., et al. "Exercise snacks' before meals: a novel strategy to improve glycaemic control in individuals with insulin resistance." *Diabetologia* 57, no. 7 (July 2014): 1437–45. ² Paluch, A.E., et al. "Steps per Day and All-Cause Mortality in Middle-aged Adults in the Coronary Artery Risk Development in Young Adults Study." *JAMA Netw Open*. 2021 Sep 1;4(9):e2124516. ³ Stark, S., et al. "Home Hazard Removal to Reduce Falls Among Community-Dwelling Older Adults: A Randomized Clinical Trial." *JAMA Netw Open*. 2021 Aug 2;4(8):e2122044.

Q&A

Q: I read your article on kidney health and how a healthy diet can help to prevent kidney disease. What about healing kidneys? If you are on dialysis, can a healthy diet help your kidneys to recover so that you no longer need dialysis? — Alejandro J.

A: The kidneys filter and remove excess fluid and waste from the blood and turn it into urine. Where dialysis is required, the kidneys have lost 85 percent of their function.

There are two possible situations that can lead to dialysis being required. One is some type of acute injury to the kidneys, and the other is chronic kidney failure that has developed over a period of years. Whether or not the kidneys can recover depends upon what caused the condition.

In acute cases, kidney failure occurs suddenly. It can happen where there has been a crush injury that damaged internal organs. Some other acute situations include poisoning by heavy metals or chemicals, an infection, a blockage of the oxygen supply to the kidneys, or a tumor or illness that blocked urine output.

With acute kidney failure, it's sometimes possible that dialysis is needed only on a temporary basis. It depends on the damage and how much regenerative energy is left in the kidneys.

Dialysis does the filtering job of the kidneys, but it doesn't heal them. The kidneys are resilient

organs, and if the damage was not too great, the assistance from dialysis may allow them to heal themselves in some cases.

Chronic kidney failure — the result of damage over a long period of time — is a different story. In these situations, the kidneys don't typically recover. However, many people who require dialysis continue to lead full, active lives.

A high-carb diet is hugely problematic; in contrast, a keto diet can be very helpful. Complications of type 2 diabetes are a major cause of kidney failure, but can be prevented with a low-carb diet. We discuss this in the earlier article you mentioned, on page 8 of Volume 3, Issue 10, of this newsletter: *Kidney Health Basics*.

Q: I keep hearing how the Mediterranean diet is healthy. How does it compare with your diet?

— Amy P.

A: The Mediterranean diet was part of a traditional lifestyle in Mediterranean regions before processed food spread around the world. My diet is quite similar to the way people actually ate in those cultures. However, what passes as a "Mediterranean diet" today can be quite different — not factually representative of those traditional food sources and eating habits.

The traditional Mediterranean foods were grown locally, and edible wild plants were harvested. Everything was seasonal. Where fish and seafood were available, they were part of the diet. Animal foods, including dairy (mainly yogurt and cheese) came from animals raised locally and from game. And every part of the animal

was eaten, including organs, connective tissue, and sometimes skin. Fat — which was saturated fat — was used for cooking.

Today, there are some false notions. Some foods recommended as part of a Mediterranean diet never existed in those traditional cultures. Some examples are low-fat and non-fat dairy products and harmful, inflammatory vegetable oils. And I caution against these.

Saturated fat was part of traditional Mediterranean food, yet it continues to be demonized in many of today's Americanized "Mediterranean" diets. As you may know, I view saturated fat as a normal part of a healthy diet.

The most basic thing to know about real Mediterranean diets is that they consisted of real food. There was no processed food, no soda, nothing that came in a bag, box, or can. And that's the ideal way of following my diet.

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.