

Dr. Marlene's NATURAL HEALTH CONNECTIONS



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Healthy Fats: Deadly Myths and Life-Saving Facts

The most common fats in today’s diets are damaging every cell in your body and generating inflammation that leads to heart disease and diabetes. But switching to beneficial fats can get and keep you well.

We’ve been so inundated with false notions about fat that my patients often find it hard to believe the facts. Saturated fat is bad, right? Wrong.

Here’s a question I often ask: How long did your grandmother live? My patients usually say to a ripe old age — often well past 90. And what did she eat? Well, they’ll tell me, she cooked with butter or lard and ate all sorts of fatty meat that we don’t eat anymore.

So, if saturated fat is bad, how come she lived so long? When you stop and think about it that way, you have to wonder how we became fat-phobic.

It goes back to the 1950s, when heart disease became the top cause of death in the United States. This was a new development, because just a few decades earlier, in the early 1900s, heart disease was not a common cause of death.¹

This often comes as a surprise. Heart disease has been the biggest

health issue we’ve heard about throughout most of our lives, so it just seems as though it’s always been a big problem. But it hasn’t.

Heart disease really hit center stage when President Dwight Eisenhower suffered a massive heart attack in 1955. And the subject became a compelling research topic.

Two major theories about diet and heart disease were presented by scientists of the day: Ancel Keys in the United States concluded that dietary fat was the culprit, while John Yudkin in the United Kingdom concluded that excess sugar was the underlying factor.

Keys’ fat-is-bad view was adopted by the American Heart Association, which issued an official

IN THE NEXT ISSUE:
FOOD SENSITIVITIES:
Hidden Triggers of Many
Health Conditions

recommendation in 1961 that we should eat less saturated fat. By 1977, our federal government set a major dietary goal for the nation: eat less saturated fat.

In the years since then, more and more evidence has emerged to support the other theory: that excess sugar is the underlying trigger of arterial plaque that leads to most heart disease. But back in the 1950s and 1960s, this message didn't gain traction.²

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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The Harmful Saturated Fat Myth

Major harmful consequences have resulted from the recommendations to avoid saturated fat: It became largely replaced by truly dangerous refined oils from seeds such as corn, soybean, and cottonseed oils. And the amount of added sugar and refined carbohydrates in the American diet skyrocketed.

These developments have not only fueled heart disease; they have also created an epidemic of type 2 diabetes.

Meanwhile, the goal of reducing saturated fat was based on false information. A recent review of research, by scientists at Tufts University in Boston and other leading universities, looked at all the evidence relating to saturated fat and heart health. They concluded that saturated fat does not raise risk for heart disease or death, and that recommendations to reduce saturated fat were not based on good evidence.³

Two Main Types of Fat

Fats fall into two major types: solid and liquid. Saturated fats are solid at room temperature, and they stay fresh longer than unsaturated, liquid forms. As an example, you can keep butter without refrigeration for days without it spoiling.

Kitchen Concepts Unlimited, a housewares company, had an accredited lab perform freshness tests on butter that was stored at room temperature (68 to 78 degrees F). Under a microscope, tests checked for yeast, mold, bacteria, and rancidity — all the things that can happen when butter spoils. And they found that the butter was still fresh after 21 days.

In your body, saturated fat naturally makes up half of the material in every cell membrane. It gives those membranes a healthy amount of firmness, so that nutrients can go into the cell and waste products can come out, without leakage that disrupts normal function and leads to inflammation and disease.

Just like butter kept on a kitchen counter, saturated fat in your body is stable. Unlike liquid fat, saturated fat doesn't become rancid and inflammatory.

Saturated fat is also essential for healthy immune function, healthy organs and bones, and — this usually comes as a surprise — for healthy cholesterol. Saturated fat contributes to healthy levels of “good” HDL cholesterol and protects against “bad” LDL cholesterol turning into its most dangerous form.

The Most Dangerous Cholesterol

The “bad” LDL cholesterol exists in different forms, or subtypes, and the usual cholesterol tests don't measure these. (You can ask your doctor for the more precise tests, which I discuss in more detail in an earlier newsletter issue; see *Related to This Topic* on page 6.)

Some LDL particles are buoyant, fluffy, and not harmful. These are essential for the normal function of your body. Other LDL particles are small, dense, and sticky, and can trigger dangerous inflammation in artery walls.⁴

Saturated fats are beneficial because they increase the amount of fluffy, harmless LDL and reduce the amount of the small, dense, dangerous type.⁵ Today's

refined plant oils do the opposite: They increase the small, dense, dangerous LDL.

This doesn't mean that you should eat only saturated fat; you shouldn't. Traditional diets of different cultures around the world evolved with a balance of natural fats. If they hadn't been healthy, people would not have survived.

Now, most of the fat in our food has become dramatically altered in a way that promotes disease. To correct the problem, it's helpful to understand where various types of fat are found.

Why Saturated Fats Are Good for You

Saturated fats have been vilified — unjustly. In fact, they are essential for the healthy function of our bodies.⁶ Saturated fats:



- Make up 50 percent of all our cell membranes.
- Are essential for our bodies to use calcium to build and maintain bones.
- Protect the liver from toxins such as alcohol and acetaminophen (Tylenol).
- Protect our kidneys.
- Enhance the immune system.
- Are needed for the lungs to be able to expand.
- Contribute to healthy levels of “good” HDL cholesterol.
- Lower lipoprotein(a), an especially dangerous component of “bad” LDL cholesterol.
- Are needed for our bodies to retain and use different types of healthy fats.

How Fats Occur in Nature

In nature, fats are always a mix of different types, such as saturated and unsaturated fat. For example, butter and beef tallow are more than 50 percent saturated fat. But in both of these, most of the rest of the fat is of the same type as in olive oil. So, why do we call butter and tallow saturated fats? The categories are based on the predominant type of fat in a food.

Lard is a fat that has been used in a lot of traditional cuisines but is now considered unhealthy. Lard is pork fat that is rendered, meaning melted and clarified: filtered to make it pure white and smooth, without any bits of other animal tissue. If you've cooked bacon, the fat left in the pan is like lard but it isn't pure white and it tastes like bacon, rather than having the more neutral taste of lard.

Here's the surprising thing: We tend to think of lard as a saturated fat, but nearly 60 percent of it is the same type of fat that you find in olive oil. In other words, the two fats are different. Lard is 39 percent saturated fat and olive oil is only 14 percent saturated fat.

The “Healthy” Fat Myth

In the campaign to reduce saturated fats, seed oils became the “healthy” substitute. Although they may be labelled as vegetable oils, they really come from seeds: corn and soybeans, for example, are the seeds of these plants. Cottonseed and canola (rapeseed) are some other common ones.

There are some problems with these. By their nature, they are very unstable fats that easily turn rancid and become inflammatory. They are typically refined, using high heat

and a combination of chemicals to extract oil from the seeds. The process turns the oil rancid, and to compensate, additional chemicals are used to bleach and deodorize it. Otherwise, it would have an unpleasant color and smell.

In short, the refining process turns these oils into harmful substances. This type of refined fat is foreign to the human body, as it never existed in nature, yet it is in most popular packaged and restaurant foods.

When we eat these oils, they are incorporated into cell membranes, including cell membranes of the “bad” LDL cholesterol. Because they are rancid, foreign substances, our immune system attacks the LDL cell membranes, creating inflammation and arterial plaque.

For decades, these oils have been promoted as a healthy fat. But research shows that when you substitute these refined oils for saturated fat, there is a higher risk for heart disease and death.⁷ And an analysis of arterial plaque found that most of it is made of this type of unsaturated fat.⁸

Seed oils can be part of a healthy diet in small quantities if they come from sources that have been a part of traditional diets and are cold pressed or expeller pressed — not refined. Some good ones include peanut and sesame oils.

The Olive Oil Myth

Olive oil comes from a fruit: olives. If it's extra virgin olive oil, meaning it was cold pressed and didn't go through refining with heat and chemicals, it's a healthy fat. Studies have shown that it can help to lower blood pressure, reduce plaque in arteries,

protect the heart, reduce chronic inflammation, lower risk for inflammatory diseases, and help to protect against cancer.⁹

Given the benefits, it may be tempting to think that all will be well if you just make olive oil your main source of fat. However, your body needs fat from a variety of natural sources.

There's a myth that healthy people in the Mediterranean traditionally ate only olive oil. In fact, they used a variety of fats that were available from local sources, including saturated fat from animals that they raised and, if they lived near the coast, from fish.

Here's a simple way of viewing this: Saturated fats provide solidity, and unsaturated fats — ones that are liquid at room temperature, such as olive oil — provide flexibility. You need a healthy balance of these, which comes from eating a variety of unrefined fats.

The One Fat You Must Never Eat

Trans fats are non-negotiable, do-not-eat fats. They are artificial fats made from the unhealthy refined seed oils with an additional alteration: They are turned into semi-solid or solid fats by a process called “hydrogenation.” In chemical terms, the process means adding hydrogen molecules to the plant oils to transform them from a liquid to a solid or semi-solid form. This extends the shelf life of the fat and artificially improves the texture of food.

Margarine and vegetable shortening are trans fats. These started to replace butter and lard during food shortages in World War II, and later were adopted as

Did You Know?

By law, trans fats cannot be added to organic foods. Buying organic versions of crackers, chips, refrigerated dough, or baked goods is a simple way to steer clear of hidden trans fats.

cheaper substitutes for saturated fats in baked goods and many other processed foods. Any food that lists a “hydrogenated” or “partially hydrogenated” oil among its ingredients contains trans fats.

By the beginning of this century, studies showed that trans fats disrupt cell membranes, diminish mental performance, and increase risk for heart disease, depression, and Alzheimer's disease.¹⁰

In 2015, the FDA ruled that trans fats needed to be phased out of foods, due to health concerns, and that trans fats needed to be listed as a separate item in the Nutrition Facts on food labels. But there's a

loophole that makes hidden trans fats perfectly legal.

If one serving of a food contains less than 0.5 grams of trans fat, it's legally listed as “0 grams.” Foods with trans fats include many snacks that are eaten in quantity — more than one serving at a time (the can't-eat-just-one-chip phenomenon). Here's an example of what can happen: Let's say one serving of a snack food contains 0.4 grams (listed as 0 grams on the label), and you eat 3 servings. You've consumed 1.2 grams of trans fats. And later that day, you have two servings of another food with 0.4 grams of trans fat per serving. You've now eaten a total of 2 grams of trans fat for the day.

This may not sound like much, but according to our official federal food guidelines, you shouldn't get more than 1 percent of your calories from trans fats. That works out to about 2 grams daily, on average. Even though 2 grams doesn't

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*.



sound like much, this recommendation makes no sense because trans fats provide no benefits, only harm, and they stay in your body for months.

The only safe way to deal with trans fats is to completely avoid them — there is no truly safe amount. If an ingredients list includes any hydrogenated or partially hydrogenated oil, that food contains trans fats.

The Dairy Myth

Low-fat and nonfat milk and other dairy foods are widely recommended as heart-healthy foods, but they aren't. Think about this: People in the Scandinavian countries have been eating a lot of full-fat dairy products for centuries, and they are healthy. If full-fat dairy is bad for you, how could this be? Do you see how the low- or nonfat recommendation makes no sense?

Some recent research results provide more evidence. A study of more than 4,000 Swedes found that those who ate the most full-fat dairy foods had the lowest risks for heart disease and death from any cause.¹¹

Not everyone tolerates dairy well. If you do, stick with full-fat versions. If you like yogurt, avoid flavored varieties because they are high in added sugar. Instead, get plain, full-fat yogurt and add liquid stevia flavoring of your choice, plus some fresh berries and chopped nuts. It's healthy and delicious.

Fish and Seafood Myths

Fish can be a source of healthy fat, but don't fall into the trap of thinking that it's the only animal food you should eat. Variety is

best. In addition, it's important to avoid fish that are high in mercury or other toxins.

Wild fish is generally better for you. On fish farms, fish can be fed antibiotics to prevent infection in overcrowded pens. And their feed may be unhealthy and contain pesticides. But this isn't true of all fish farms. If you're looking at farmed fish, I suggest asking store employees who work at the fish counter about their fish-farming


Why It's Vital to Avoid Refined Oils

The fats in wild salmon are known to be anti-inflammatory — the opposite of inflammatory refined oils. So, it's tempting to think that if you add good fats from fish, perhaps you can outweigh the harmful effects of refined oils, which are in most processed food and in vegetable shortening and vegetable oils. But this simply isn't so.

To offset the harm of eating just 2 tablespoons of refined oils, this is how many ounces of wild salmon you would have to eat:¹²

2 tablespoons of:	Ounces of wild salmon:
Soybean oil	19
Corn oil	22
Cottonseed oil	22
Safflower oil	32
Sunflower oil	12
Peanut oil	13
Sesame oil	17

A salad with bottled dressing may well provide more than 2 tablespoons of refined oil. The only way to avoid damage from these harmful oils is to stop eating them.



practices. If they don't know, look elsewhere or buy wild fish.

Shrimp is America's most popular seafood, but I see patients who don't want to eat it because it's relatively high in cholesterol. This isn't likely to raise cholesterol for most people. (Eating a lot of sugary and starchy foods *will* likely raise your cholesterol and turn it into a dangerous, inflamed form that leads to plaque.)

How to Benefit from Healthy Fats

There's no way to mince words here: You must avoid trans fats and unhealthy refined and hydrogenated oils. This is the first and most important step in improving your fat intake.

These are the most common sources of the unhealthy fats: any type of refrigerated dough, including frozen pie crust and cookie dough that you slice and bake; cookies and crackers; shortening made with vegetable oil; super-market cake, filling, and icing; and deep-fried food from restaurants.

All these typically contain refined and hydrogenated oils. Check the ingredients for corn, soy, cottonseed, sunflower, or safflower oils. Cakes and cookies made the traditional way, with real butter, are a better option but they're hard to find unless you bake your own using traditional recipes.

In animals, fat is where pesticides and other toxins are stored. So whenever possible, I recommend organic or grass-fed versions of meats, poultry, butter, lard, and full-fat dairy foods. But even if you can't get organic or grass-fed versions, do eat a variety of meats and other animal foods.

For cooking, instead of seed oils, use organic or grass-fed butter, coconut oil, or avocado oil when using a high heat, or olive oil for sautéing. Organic lard or bacon fat are other options.

For salad dressings, make your own with extra virgin olive oil, different vinegars or lemon juice, and herbs.

If you eat out, it's difficult to avoid refined seed oils because even high-end restaurants use them for frying and baking. Deep-fried foods and baked goods are likely the top sources on the menu, unless the restaurant is an unusual one that prides itself on using the healthy fats I've discussed.

Fish Oil Supplements

Fish oil is known for its anti-inflammatory effects but it isn't a substitute for avoiding the unhealthy, inflammatory fats such as corn and soy oils, and their hydrogenated forms. The way to benefit is to reduce your intake of inflammatory fats and take fish oil.

Fish oil supplements typically contain two types of anti-inflammatory omega-3 fats: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). But in nature, fish also contain another anti-inflammatory fat: omega-7, which is usually removed when fish oil is extracted. Yet, the omega-7 fat enhances insulin sensitivity and helps to prevent type 2 diabetes.¹³

Supplements with both the omega-3 and omega-7 fish oils are less common but they are available. I suggest taking 2 to 3 grams daily. And check the supplement for freshness: Cut open a capsule and see if the oil smells and tastes fresh.

A Final Word

If you increase the amount of saturated fat in your diet, your cholesterol may go up temporarily, but it should adjust back to normal within about 6 months as your body adapts. If it stays higher, you may be in a minority of people who are genetically

predisposed to this; just eat a bit less saturated fat and your cholesterol should readjust.

In a nutshell, the vital things to do are: First, reduce seed oils such as corn and soy oils, or better yet, eliminate them. Eat a variety of animal fats and some healthy plant fat, such as extra virgin olive oil. And try to choose organic or grass-fed versions as much as possible.


To put healthy fats in context, they should be part of an overall diet that is rich in non-starchy vegetables and isn't overloaded with sugar and starchy food. Healthy fats add flavor to foods and make them more satisfying, making it easier to avoid food cravings and to develop a habit of eating wholesome, fresh foods.

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
Healthy Carbs	3	6	The Diabetic's Guide to Eating Carbs
Healthy Meat	3	2	The Diabetic's Guide to Eating Meat
Cholesterol Tests	1	3	The Preventive Health Scam Making Millions Sick
Heart Health	3	11	The Diabetic's Guide to Heart Health
Keto Diet	4	1	The Keto Diet for Weight Loss, Diabetes, Improved Memory, and More
Inflammation	4	4	How to Calm Harmful Inflammation

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



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5 WAYS DUOMEGA 3&7 FISH OIL MAY SAVE YOUR LIFE.

Harvard College
and Cleveland Clinic
confirm it.



#1 Provides missing Omega for a healthier heart

In the 1970s, Danish researcher Dr. Jorn Dyerberg discovered Alaskan Eskimos' hearts were 7 times healthier than his fellow Danes, in spite of mainly eating oily fish. This discovery led to the billion dollar Omega 3 fish oil industry. But what was lost in the original research was Eskimo blood was rich in Omega 3 and Omega 7. And yet, 99% of fish oils sold today don't have Omega 7. **DuOmega 3&7** corrects this error and provides the missing Omega 7 for heart health!

#2 Cleveland Clinic finds Omega 7 vital to heart health

Dr. Michael Roizen, chief Wellness Officer at Cleveland Clinic, conducted a study of Omega 7 on adults at risk for cardiovascular events. After 30 days of taking a purified form of Omega 7 called Provinal®, the subjects showed a 44% reduction in inflammation...an 18% reduction in triglycerides... an 8% reduction in LDL (bad) cholesterol... and a 5% increase in HDL (good) cholesterol.

#3 Harvard study shows lower incidence of blood sugar issues

Research at Harvard School of Public Health showed that people with the highest blood levels of Omega 7 had a 60% lower incidence of blood sugar issues. Study subjects had lower body mass index (BMI), healthier triglycerides, and lower inflammation. Omega 7 also improved glucose metabolism and insulin sensitivity. **DuOmega 3&7** contains Provinal®, the purest and best studied of all Omega 7s.

#4 Double Strength Omega 3 promotes normal blood pressure and brain health

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#5 Fish oil benefits with no fishy taste or burps

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Gout: How to Get Relief

Gout is an inflammatory type of arthritis triggered by abnormally high levels of uric acid, a waste product. Excess uric acid turns into crystals that become deposited in a big toe or other joints, causing inflammation and pain.

Uric acid is created when the human body processes purines, chemicals that are both internally generated and obtained from food. An excess of purines (found mostly in meats and fish) is one cause of excess uric acid.

Most Important to Know

Men are especially prone to gout because they naturally produce more uric acid than women. Other triggers include being overweight and/or having high blood sugar, insulin, blood pressure, or triglycerides. Collectively called “metabolic syndrome,” these

factors increase internal production of uric acid, as well as raising risk for diabetes and heart disease.¹

Before symptoms appear, uric acid levels can be elevated for years. Purine-rich foods — chiefly meats — are only one trigger. Obesity makes the human body produce more uric acid internally. Studies show that reducing purines from food *and* taming internal uric-acid production dissolves crystals and prevents new ones from forming, eliminating gout.²

Where to Start

Gout medication can help to get flare-ups under control. At the same time, make dietary changes to help your body reduce excess levels of uric acid.³

- Drink plenty of filtered water to help kidneys eliminate uric acid.



- Eat plenty of fresh, non-starchy vegetables.
- Count the carbs listed in the chart below.
- Eliminate meat, poultry, and fish until you break the cycle of pain. Once flare-ups are tamed, slowly reintroduce these foods and determine your own tolerance level.
- Do eat eggs.
- Don't drink milk, but do include other, full-fat dairy foods such as unsweetened yogurt.
- Eat some pseudo-grains, such as quinoa, and include some beans, legumes, and nuts in your diet.
- Eliminate sweet drinks and beer.

Carbs to Count

Count carbs in only these types of foods:

Food Category	Includes:
Grains	Oatmeal, other cereals, bread, crackers, pastries, cookies, cakes and other baked desserts, breakfast and other nutrition bars, pasta, and rice.
Snacks	Chips, pretzels, candy, and popcorn.
Sweet Drinks	Sodas, energy drinks, sweetened coffee or tea, alcoholic drinks, and any other drinks with any type of added sugar, including high fructose corn syrup, honey, and agave.
Starchy Vegetables	Corn, potatoes, sweet potatoes, yams, and beets.
Legumes	All types of beans, peas, and legumes.
Fruit and Juices	Fresh, frozen, canned, or dried fruit, and all fruit juices and smoothies.

While you are avoiding meat, poultry, and fish, limit carbs from the above categories to between 80 and 90 grams daily. Do not restrict other vegetables — those not listed above.

Once gout flare-ups have subsided and you can tolerate meat, poultry, and fish, reduce carbs from the above categories to 60 grams daily.

Your diet will need to be stricter until flare-ups subside. And then, you can wean off medication and try slowly reintroducing meats and fish.

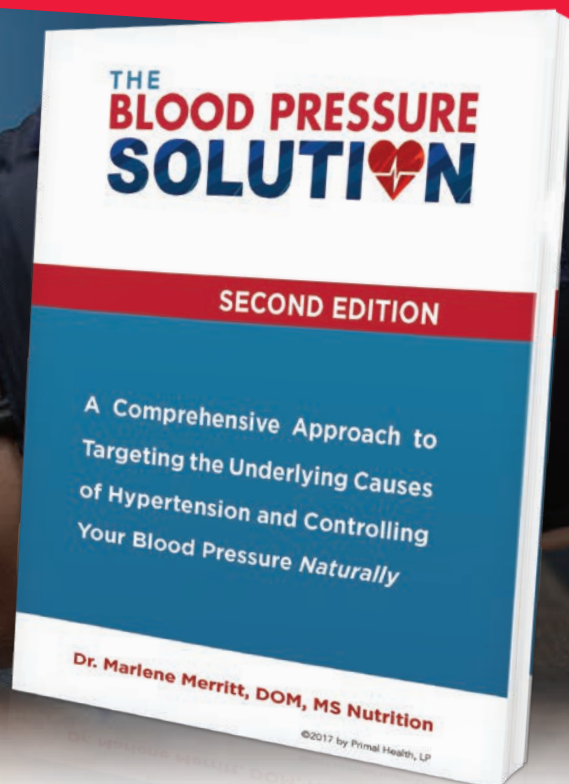
While you aren't eating meat, beware of carb overload, as it typically leads to weight gain, which is a driver of gout. In the long term, a diet that helps you achieve and maintain a healthy weight and healthy levels of insulin, blood sugar, and blood pressure will help you steer clear of gout.

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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

Why Healthy Teeth and Gums Are a Must



I routinely ask new patients about the health of their teeth, among other things. This surprises them because, obviously, I'm not a dentist. They may have come to see me because of rising blood pressure or blood sugar, fatigue, brain fog, various types of pain, or other symptoms that defy medical diagnosis.

So, why do I ask them about their teeth? An infection in the mouth is one of the hidden reasons for a variety of unpleasant, sometimes debilitating, and potentially deadly health situations.

The Heart Connection

There have been numerous studies linking inflamed gums to heart disease. At a recent medical conference, a Swedish researcher reported on 1,587 people who were tracked for over 6 years. The average age of participants, at the start of the study, was 62.

Compared to people with healthy gums, those who initially had the most severe gum disease were 49 percent more likely to have

experienced a heart attack, stroke, severe heart failure, or to have died by the end of the 6-year study period. The risk was greatest among those who already had heart disease, or had suffered a heart attack, before the study began.¹

To help prevent heart disease, this researcher suggested that regular dental check-ups and education on how to properly maintain healthy teeth and gums should be part of heart-disease-prevention protocols.

Teeth and Inflammation

It's been known for years that gum disease leads or contributes to chronic inflammation in your whole body. Without proper dental care, bacteria get under the gums, and pockets are created around the bases of teeth. Over time, more and more bacteria accumulate in the pockets, which are difficult to clean. The pockets get deeper, the roots of

teeth become damaged, and teeth become loose. Some of the bacteria can even break down jaw bone.

This is the most common cause of tooth loss. However, before that stage is reached, the bacteria under the gums generate inflammation that spreads to the rest of the body and becomes chronic. It contributes to heart disease, type 2 diabetes, arthritis, fatigue, brain fog, the inability to lose weight, and other ailments.

On a positive note, studies with nearly 1,500 people found that non-surgical dental treatment for gum disease reduced markers of chronic inflammation and, in some studies, reduced dangerous cholesterol and raised "good" HDL cholesterol.²

With my new patients who have a dental problem, it usually isn't the only thing that underlies their symptoms, but it must always be treated. Otherwise, it will prevent them from regaining their health.

If you know you should see a dentist, do it. And then, to keep your mouth in good shape, I suggest checking out an earlier issue of this newsletter: Volume 3, Issue 10, *The 5 Simple Steps to Healthy Teeth and Gums*.

Sleep Reduces High-Carb Snacking



Many people struggle with high-carb snacks and sodas — the ones that are widely advertised and hard to resist but deliver an overload of sugary and/or starchy fare. But sleep can help.

Surveys of nearly 20,000 American adults found that people who sleep less than 7 hours per night instinctively eat more unhealthy snack calories during the day and drink more sugary sodas. Weight gain, diabetes, high

blood pressure, and heart disease are also linked with insufficient sleep.³

In addition to allowing enough time for sleep, it helps if you get outdoors during the day, even if it's just while you have your morning coffee. Going for a walk is even better, and other exercise can help, too. All these seemingly little things can help you to routinely get a restful night's sleep.

¹ Ferrannini, G. "Periodontitis and cardiovascular outcome – a prospective follow-up of the PAROKRANK cohort." Abstract presented at the European Society of Cardiology Congress 2021. ² Zardawi, F., et al. "Association Between Periodontal Disease and Atherosclerotic Cardiovascular Diseases: Revisited." *Front Cardiovasc Med.* 2020; 7: 625579. ³ Potosky, E., et al. "Differences in Snacking Intakes by Meeting Sleep Recommendations." *J Acad Nutr Diet.* 2021 Sept;121(9):A52.

Beware: Artificial Sweetener Increases Hunger

I never recommend artificial sweeteners, and a recent study just adds more evidence that they are not a good substitute for sugar. This particular study focused on one common artificial sweetener: sucralose, which is found in many diet drinks and sugar-free foods.

At the University of Southern California in Los Angeles, researchers compared the effects of drinks sweetened with sucralose or sugar, in a group of 74 adults. Here's what they found:

As expected, the drink with real sugar raised blood sugar and

insulin more than the artificially sweetened drink. However, the sweeteners each had some different effects on hormones that affect hunger and appetite.

To get objective data, researchers used brain scans and blood tests to see how each sweetener influenced the brain and hormones. And after each drink, study participants ate as much as they wanted at a buffet.

There were no significant differences in responses among men who were not obese. But in women, and in all participants who were obese:¹

- The artificial sweetener altered hunger hormones in a way that made people hungrier.
- After the drink that was artificially sweetened with sucralose, participants ate more.

It's ironic that an artificial sweetener — marketed to reduce calories — can make obese people eat more. If you like sweet drinks, I recommend using liquid stevia, a natural, sugar-free sweetener that comes in a variety of flavors. Stevia doesn't raise blood sugar or insulin, and it doesn't increase hunger.

A Sense of Purpose Improves Memory

Do you ever wonder why some people have a better memory than others, regardless of their age? A sense of purpose plays a role, according to a study at Florida State University College of Medicine in Tallahassee.

Researchers asked nearly 800 people about their sense of purpose and gave them mental tests in early 2020, before the coronavirus pandemic. Ages of study participants ranged from 19 to 85.

In July 2020, the participants were asked to recall and describe personal memories from the time during the pandemic. Researchers found that those with a stronger sense of purpose were able to remember events more vividly and coherently, to describe more details, and to feel more positive about their memories. This held true for people of all ages.²

Earlier research has found that a sense of purpose improves both mental and physical health and lowers risk of death. Our purposes may change as we go through life, from getting an education and building a career to creating a family or other interests. At any stage, it's always possible to develop new skills and interests — and purposes that enhance our lives and, perhaps, the lives of others.

New Recommendations for Type 2 Diabetes Treatment

A group of researchers from leading diabetes centers around the world has proposed a new approach to type 2 diabetes: Instead of medications to lower blood sugar, focus on weight loss. The recommendations, presented at a recent medical conference, note that losing 15 percent of body weight can slow or reverse the disease.

The basic idea here has some merit: Obesity plays a major role in type 2 diabetes. However, the review of research that led to the new recommendations was partially funded by drug companies, so a major part of the solution would likely be new weight-loss drugs.³

The real solution requires dietary and lifestyle changes that naturally lead to both weight loss and normal levels of blood sugar and insulin. Weight, insulin, and blood sugar are all related, and a healthy, low-carb diet corrects all of these.

This group of researchers also noted that a weight-loss approach would require education of physicians. This is true, but it would need real education on how to help patients understand and adopt a diet that will naturally restore and maintain good health.

1 Yunker, A.G., et al. "Obesity and Sex-Related Associations With Differential Effects of Sucralose vs Sucrose on Appetite and Reward Processing: A Randomized Crossover Trial." *JAMA Netw Open*. 2021 Sep 1;4(9):e2126313. 2 Sutin, A.R., et al. "Sense of purpose in life, cognitive function, and the phenomenology of autobiographical memory." *Memory*. 2021 Aug 30;1-10. 3 Lingvay, I., et al. "Obesity management as a primary treatment goal for type 2 diabetes: time to reframe the conversation." *Lancet*. 2021 Sep 30;S0140-6736(21)01919-X.

Q&A

Q: I see that you emphasize the vaccine but do not mention natural immunity from having had COVID. I have listened to many doctors and read studies that say natural immunity is more effective than artificial vaccinations. I had COVID a year ago and have just been tested for the antibodies. They are there. I have not had even the whisper of a symptom since I had the illness. Your thoughts? — *Jim T.*

A: I am very glad to hear that you recovered without any lingering symptoms, as not everyone is as fortunate. You're absolutely correct about my perspective on COVID vaccines — I do recommend them.

In the past, it was usually true that natural immunity after an infection was the most powerful protection against getting sick again. The exception was tetanus, for which there is no natural immunity to the toxin. I have seen many doctors who are generally skeptical of vaccines still highly recommend the tetanus shot.

With COVID-19, we don't have conclusive evidence that prior infection is as good as or better than vaccination, and the fact that the virus has mutated makes the issue more complicated. An immune system that is prepared to resist a second infection of the original virus may not be as resistant to the Delta variant or other variants that emerge in the future.

It's good that you have

antibodies. Levels of antibodies, months after an infection, do vary from one person to another. And it isn't possible to predict exactly what level of natural antibodies are necessary to protect against reinfection, especially with Delta or other variants.

We are still in the midst of a pandemic, and new data is continually evolving. It's true that both infection and vaccines provide protection, but because the virus that causes COVID-19 is so dangerous, I believe that we should use all the available tools to protect ourselves. The infection has caused organ damage in people of all ages, in mild as well as severe cases, in addition to deaths.

Based on all the data available so far, getting vaccinated after recovering from an infection produces the greatest amount of protection — what scientists call "hybrid immunity." This is why I continue to recommend vaccines, even for people who have recovered from COVID-19.

In addition, let's not forget that hand washing and masks are other protective tools. They help to protect you and others against COVID-19 and other bugs, such as those that cause colds and flu.

Q: Each morning, I eat a clove of garlic (or half a clove if it's a large one) to strengthen my immune system. To help tolerate the pungent taste, I usually chew it with a couple of sections of a tangerine. Is it worth my while to continue doing this? — *Preston O.*

A: A clove of fresh, crushed garlic each day is one of the most

powerful, protective foods for your heart and other aspects of health. Garlic reduces platelet stickiness, which helps to prevent harmful clots. It has powerful antioxidant properties and helps to maintain healthy levels of blood sugar and blood pressure and to reduce chronic inflammation. Garlic can also slightly increase "good" HDL cholesterol and help to reduce harmful cholesterol.

Garlic has antibacterial and antiviral properties, and it does enhance immune function. However, if immunity is your top priority, astragalus and echinacea have more powerful effects. You can take either one in a tincture mixed in water or juice, or in capsules.

That said, your morning habit is a healthy one. Chewing or crushing garlic releases allicin, its main therapeutic component. This is a better way to benefit than from garlic supplements, in which the allicin may or may not be active.



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.