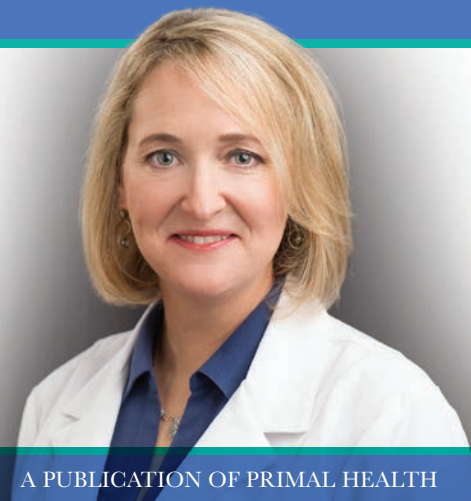


Dr. Marlene's NATURAL HEALTH CONNECTIONS

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Food Sensitivities: Hidden Triggers of Many Health Conditions



How to relieve fatigue, joint pain, constipation, digestive issues, depression, anxiety, weight problems, or other symptoms that can be triggered by everyday foods.

A food sensitivity is a harmful, delayed reaction to one or more foods that normally shouldn't cause a problem. When this happens, the food acts as an irritant and triggers a variety of symptoms, but the connection is difficult to detect and can be hidden for years. Once it's recognized and addressed, the beneficial effects can be life-changing.

One of my patients came to me with terrible hypertension, a weight problem, fatigue, and joint pain that had been diagnosed as rheumatoid arthritis. She had been in pain for years, despite taking a combination of prescription drugs, and she desperately wanted relief.

It turned out that this patient was reacting to gluten and dairy. After she stopped eating these foods, her blood pressure started to drop, her pain started to decrease, and she began to lose weight and feel better.

Bit by bit, she reduced her pain pre-

scriptions, while seeing her arthritis specialist and getting periodic blood tests for markers of rheumatoid arthritis. Eventually, the pain completely disappeared and blood tests showed no more signs of the disease.

At that point, the specialist told her: "You don't need to keep seeing me because you don't have rheumatoid arthritis anymore." This is pretty remarkable, considering that the disease is considered to be incurable.

Another of my patients had a sensitivity to corn. Corn tortillas were one of her staples, and she suffered from inexplicable fatigue, kept gaining weight, and felt awful. Once we made the connection and she stopped eating corn, all her symptoms disappeared.

IN THE NEXT ISSUE:
**How to Stick with
a Healthy Diet This Year**

Sometimes, symptoms seem inevitable. This was the case with one of my patients who was a stay-at-home dad of two young children.

Despite having a happy marriage and being financially secure, he suffered from anxiety and depression. His mother had suffered from the same symptoms, so he thought they were hereditary — and inescapable.

In this case, gluten was the trigger. Indeed, there was a hereditary component — the sensitivity to

gluten — but the symptoms could be relieved without medications. By adopting a diet that excluded gluten, this dad regained his good spirits and helped his mother to do the same. And he learned that if his kids experienced similar problems in the future, he could make sure that gluten wouldn't derail their lives.

This same patient was also surprised by some additional, unexpected improvements. It had seemed as though the kids were tiring him out, so he took low energy for granted, along with digestive problems that had become “normal.” But with the right dietary changes, his energy rebounded and the digestive issues disappeared.

What Are Food Sensitivities?

The whole subject of food sensitivities can be quite confusing, and they are typically overlooked in our healthcare system. In fact, there is no official medical description or diagnosis of these types of reactions, even though they can cause chronic conditions that ruin lives.

A food sensitivity is a delayed reaction to a food that typically occurs within about three days of eating the food. Because the reaction is delayed, it's hard to make a connection between a food and one or more symptoms.

This delayed-onset reaction is quite different from a food allergy, which produces symptoms right after eating, in minutes or within an hour or two. Food-allergy reactions, such as anaphylactic shock or swollen airways, can be life-threatening. Peanuts and shellfish are some common

triggers, and people with food allergies usually know they have them and avoid the trigger foods.

Delayed-onset food sensitivities aren't as obvious, and their effects can be quite mysterious, as you can see from my patients' experiences.

The Top 5 Offending Foods

From what I've said so far, it may seem that it's virtually impossible to identify which food may be triggering delayed reactions. Thankfully, this isn't usually the case.

I've found that there are five foods that are the most likely offenders, in this order: gluten, dairy, egg, soy, and corn. One or a combination of these can cause problems.

And here's another tip that makes it easier to figure out what's happening: My experience shows that when someone has symptoms in at least two of these categories, they are sensitive to gluten:

- Mental symptoms, such as depression, anxiety, brain fog, nerve pain or numbness in the hands and feet, or a diagnosis of neurological problems.
- Digestive issues, such as constipation, diarrhea, abdominal pain or discomfort, abdominal bloating, heartburn, gas, or other digestive symptoms.
- A diagnosed autoimmune disorder, which can include conditions such as rheumatoid arthritis, lupus, inflammatory bowel disease, multiple sclerosis, type 1 diabetes, or psoriasis.

The combinations of the above symptoms are unique to each individual. But to give you a sense of how they can manifest, these are some examples that indicate a

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likely gluten sensitivity: brain fog and constipation or feeling anxious and having heartburn.

Telltale symptoms of sensitivity to the other foods are not so clear-cut (see *Food Sensitivity Symptoms*). And regardless of which foods are causing reactions, symptoms do vary from one person to another.

Symptoms Are Long-Term

Here’s another important thing to know: The symptoms from food sensitivities are ongoing. They have often existed for years or decades and may seem “normal” — until they’re gone.

“I didn’t realize how tired I was.” “I thought it was normal to feel gassy after a meal.” Such experiences are very common.

Constipation is another issue that is overlooked far too often. There’s a widely held but false belief that it’s “normal” to have a bowel movement every few days, or twice a week. The fact is, if someone doesn’t have a bowel movement at least once a day, their body is not efficiently eliminating waste and there’s an accumulation of toxins.

That said, keep this in mind: If you get constipated, have a digestive upset, or have brain fog once in a rare while, and then it goes away in the next day or two, this isn’t a symptom of a food sensitivity. But if those or other problems have been plaguing you for a long time, a food sensitivity is a likely trigger.

How to Identify Food Sensitivities

An elimination diet is the time-tested way of identifying and relieving food sensitivities. This is the underlying principle: You

eliminate a food that may be triggering symptoms, usually for 4 to 6 weeks, to allow your body to stop reacting. Once your body’s reaction has calmed down, you reintroduce the food and see if you can now tolerate it.

Sometimes, once your body’s reaction to a food has subsided,

you may be able to tolerate the food, perhaps occasionally or in small amounts. In other situations, you may need to keep avoiding the food to maintain improved health.

How to Do an Elimination Diet

There are two basic ways to do an elimination diet: Stop eating *all* the possible foods that may be causing a reaction, or eliminate only one or a few foods at a time — only gluten, only dairy, or gluten and dairy are some examples.

Many elimination diets that are promoted online take the approach of eliminating many possible offending foods at once, but there are some pitfalls with this approach. I’ve found that it can be too difficult to follow for most people and can discourage them from even trying. And it usually isn’t necessary.

In addition, I see recommendations to follow an elimination diet for about a month and sometimes less. This may not be long enough to allow your system to calm down from the reaction to a food.

One of my patients had the tell-tale symptoms of a gluten intolerance and started eliminating gluten — not anything else. A month later, she called me to complain that there was no improvement and she was frustrated with the whole process. I encouraged her to stick with her gluten-free diet.

A few days later, she was pleasantly shocked. Every morning, she had been getting out of bed very slowly because her painful joints made the movement so uncomfortable. But that morning, she was on her feet in a second and hardly noticed any pain. She couldn’t believe she had gotten out of bed so

Food Sensitivity Symptoms

Food sensitivities can trigger a variety of symptoms, including:

- Fatigue
- Chronic congestion
- Trouble focusing
- Brain fog
- Depression
- Anxiety
- Neurological conditions
- Attention deficit disorder
- Diarrhea
- Constipation
- Stomach pain
- Heartburn
- Gas
- Abdominal bloating
- Abdominal pain or discomfort
- Chronic congestion
- Joint pain
- Nerve pain
- Numb hands or feet
- Other aches and pains
- Susceptibility to infections
- Skin rashes
- Headaches
- Itching
- Fluid retention
- Weight gain
- Weight loss
- Loss of appetite
- Asthma
- Allergies to pollen
- Eczema
- Psoriasis



Although food sensitivities aren’t always the only cause of such symptoms, they can cause, significantly contribute to, or worsen one or more of these.

easily. What's more, she felt really awake and alert — even before having any coffee.

Why More People Are Becoming Gluten-Sensitive

The existence of gluten sensitivity is sometimes questioned. In contrast, celiac disease is a recognized medical diagnosis, with specific blood tests and sometimes intestinal biopsies. Celiac disease is a distinct, lifelong, inherited reaction to gluten that damages the insides of the intestines and prevents proper nutrient absorption. It's been called a "wasting disease."

Although uncommon, celiac disease can be life-threatening, and those suffering from it typically must abstain from gluten for life.

Gluten sensitivity is much more common. Technically called "non-celiac gluten sensitivity," it doesn't cause the same type of intestinal damage as celiac disease but it is quite real.¹

One study tested the effects of gluten in a group of people who believed they were sensitive to gluten but had tested negative for celiac disease. In other words, the researchers had ruled out celiac disease.

In the study, participants followed a gluten-free diet and then ate foods with gluten for one week. By the end of that week, all were struck with one or more gluten-related symptoms, such as abdominal bloating and pain, depression, a foggy mind, and canker sores.²

Don't Believe Skeptics

Skeptics sometimes question why gluten sensitivity is becoming

more and more prevalent. After all, they reason, our grandparents routinely ate bread and they didn't have a problem with it. The fact is, the quantity and quality of the gluten in our diets has changed.

During the past few decades, wheat has been bred to grow faster and to be more resilient to the stresses of industrial harvesting. But the process has also produced some unwanted side effects: Research shows that the gluten in today's wheat is significantly more inflammatory than it used to be and it resists breakdown by our natural digestive enzymes. So, we simply don't digest today's grains as easily as the older varieties eaten by our ancestors.³

To add insult to injury, we eat more gluten than we used to, because it's added to many foods in which it doesn't naturally occur. And extra gluten is added to commercial baked foods to improve appearance and texture. As a result,

the average American diet contains enough gluten to produce chronic, low-level intestinal inflammation. And that leads to other symptoms of food sensitivities.

Types of Foods to Eliminate

When you have a food sensitivity, your immune system is reacting to the proteins in a food. This is important to know because it reduces the number of foods that need to be avoided on an elimination diet.

Fats and syrups made from the top irritating foods that I've identified do not contain protein, so they don't have to be excluded from an elimination diet. Examples include oils made from corn or soy and sweeteners made from corn.

One word of caution: These fats and sweeteners are mostly found in processed restaurant foods and packaged foods, and they are not the healthiest choices. I always recommend eating fresh, whole

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,TM 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*.



foods. That said, understanding what you *must* avoid makes it easier to successfully follow an elimination diet.

How to Eliminate Gluten

Gluten is difficult to avoid because it is in so many foods. Gluten makes up most of the protein in grains; pasta, cereal, and baked goods are obvious sources. However, many foods contain added gluten where you wouldn't expect it. See *Gluten Sources*.

Although gluten is the most common offending food, it isn't problematic for everyone. If you have symptoms in two of the three categories I described on page 2, in *The Top 5 Offending Foods*, it makes sense to exclude gluten. If your symptoms don't fit that combination and you have no other reason to suspect gluten sensitivity, you can exclude one or more of the other top offending foods.

Bottom line, if you truly eliminate gluten for 4 to 6 weeks (no cheating) and notice no difference in how you feel and function, gluten is not your problem. But if you experience noticeable improvements by eliminating gluten, it's time to avoid or limit it.

Dairy Sensitivity

Milk contains two types of protein: whey and casein. Casein makes up 80 percent of the protein and is the typical trigger of adverse reactions. Casein is found in milk, kefir (fermented milk), cheese, ice cream, and yogurt. Butter is different.

Butter is just fat. It may contain traces of protein, which may be too little to cause a reaction.

Clarified butter, or ghee, is a better choice because the process

of clarifying removes all traces of protein. If you're sensitive to dairy, ghee doesn't cause a problem.

In addition to obvious dairy products, other foods and beverages can contain added casein, milk protein, skim milk powder, or milk powder. The only way to tell is to read the list of ingredients.

If you like milk but are sensitive to it, there's one other factor that may play a role. Casein from cows in this country usually contains two protein subtypes: A1 and A2. However, some breeds of cows produce casein that contains only A2, and studies show that this type

may be tolerated by people who are sensitive to our regular type of milk.^{4,5} A2 milk is less common but is becoming more widely available in supermarkets.

Lactose Intolerance: A Different Dairy Problem

I've been talking about food sensitivities that are reactions to proteins. In the case of milk, there can also be another type of problem: lactose intolerance. Lactose is



Gluten Sources

Gluten can be naturally present in foods and beverages made with grains, it can be an additive in other foods and beverages, and it can occur from cross-contamination when foods are processed.

Grains

Wheat, barley, rye, and triticale naturally contain gluten. Oats do not, but if they aren't labeled "gluten-free" they may contain gluten from cross-contamination during processing.

Wheat comes in different varieties and forms, including:

• Spelt	• Bulgur
• Durum	• Wheat bran
• Semolina	• Couscous
• Farro	• Farina
• Kamut	• Wheat germ
• Einkorn	• Emmer
• Wheat berries	• Graham flour

Typical Gluten Sources

Among foods that are not obviously grain-based, the only way to tell if they contain gluten is to read the list of ingredients. These are the usual gluten sources:

• Breads of all types, including pita, flatbread, bagels, croutons, and breadcrumbs	• Breaded foods
• Pasta and most other types of noodles	• Seitan, a wheat-based meat substitute
• Breakfast cereals	• Malt flavoring, syrup, extract, or vinegar
• Cakes, cookies, pastries, pies, and pretzels	• Beer
• Batter	• Ale
	• Lager
	• Malt beverages
	• Wine coolers
	• Drink mixes

Possible Gluten Sources

• Brewer's yeast	• Plant-based meat alternatives
• Wheat starch	• Nutrition bars
• Sauces and gravies	• Salad dressings and marinades
• Soups	• Stuffing
• Processed meats	
• Veggie burgers	

Soy Sauce

It typically contains gluten, but the amount is so small that it may not cause a problem. A good gluten-free alternative is tamari sauce, which has a similar flavor.

a natural sugar in milk. Our bodies produce an enzyme — *lactase* — to break it down, but people who are lactose-intolerant don't produce enough of the enzyme.

Worldwide, it's estimated that 65 percent of people are lactose-intolerant. Northern Europeans and people whose ancestors came from that part of the world are exceptions, because they have high tolerance for lactose and dairy foods.⁶

Symptoms of lactose intolerance, such as stomach cramps, bloating, gas, nausea, or diarrhea, strike within 30 minutes to about 2 hours of consuming dairy products. These reactions are quite different from delayed-onset food sensitivities, which can take three days to appear and can cause brain fog, fatigue, anxiety, depression, joint pain, and other symptoms that don't have an obvious connection to a specific food or foods.

Taking lactase enzyme supplements with dairy foods can help to break down lactose. If you buy lactose-free milk, it isn't really lactose-free. Rather, lactase enzymes have been added to it to enhance digestion.

The lactose content of different dairy foods varies. For example, compared to milk, yogurt and hard cheeses, such as parmesan, contain less lactose, and some of my lactose-intolerant patients find that they can eat small amounts of these without a problem.

Egg Sensitivity

Despite the fact that eggs can be a good source of protein, they can trigger symptoms in people who are sensitive to them. If you're eliminating eggs, make sure to check ingredients for eggs and egg-based

ingredients, such as egg whites, egg yolks, egg powder, egg protein, dried eggs, or egg solids. Some common foods to check include mayonnaise, puddings, custards, any type of batter, waffles, some pastas, Caesar dressing, sauces, cake fillings, and baked goods.

Soy Sensitivity

Soy foods are generally hard to digest, unless they're fermented — tempeh, natto, or miso, for example. But for some people, both fermented and unfermented soy foods can trigger delayed-onset symptoms.

If you suspect a sensitivity to soy, foods to eliminate include soy protein, edamame (cooked soybeans), soy milk, soy nuts (roasted soybeans), tofu, tempeh, natto, miso, and soy sauce. Some — but not all — popular veggie burgers contain soy.

Soybean oil is in thousands of processed foods and is often used for deep frying, but it isn't a trigger for delayed-onset food sensitivities because it's just fat — not protein. (I never recommend soybean oil because it's highly refined and inflammatory.)

Corn Sensitivity

Popular foods that contain corn include corn tortillas, popcorn, breakfast cereals made from corn, corn chips, tortilla chips, corn fritters, corn bread, corn flour, cornmeal, grits, hominy, and maize. Cornstarch contains a very small amount of protein and could be problematic.

On the other hand, widely used corn oil, corn syrup, and sweeteners made from corn do not contain protein so they are not triggers of food sensitivities. Although I never recommend these ingredients

because they are highly processed, they do not have to be excluded from an elimination diet.

How Long Is an Elimination Diet?

I typically recommend eliminating a food for 4 to 6 weeks. If you experience no improvement of any kind at the end of that time, you are not sensitive to the food you were eliminating.

That 4-to-6-week period may not be long enough to fully relieve symptoms, but it is long enough to produce some improvement and to indicate that you're on the right track.

In the case of neurological symptoms, it takes much longer to get relief. Sometimes, it takes a year or even more. But there are continual, gradual improvements during this time.

Once you know that a specific food is problematic and you're getting better by not eating it, it just makes sense to continue the diet that works. I've never had a patient complain when this is happening.

My patients typically do an elimination diet to resolve specific symptoms, and in addition to relief from those, they inevitably experience bonus benefits, such as more energy, better sleep, clearer thinking, and others.

Once symptoms have subsided, your ability to tolerate the food you were excluding may have improved. At that point, it's time to test yourself.

What Happens Next?

After eliminating a food and allowing their system to stop reacting, some people can now tolerate eating a certain amount

of that food without a problem. Others can't.

The way to find out is to eat that food and see what happens. For example, if you were excluding gluten, eat a bowl of pasta. If there's going to be a reaction, it will likely happen within 24 hours.

"Ugh, I feel terrible," is what some of my patients find. Believe me, you will know if you have a negative reaction. And if you do, you know that it's wise to skip bowls of pasta.

Does this mean you can never eat any gluten? Maybe, but maybe not. I'm sorry to be vague but the fact is, people's systems can react to different degrees. A small amount of pasta or some other food with gluten may not produce a noticeable reaction if you eat it once in a rare while. But even a small amount, eaten daily, may set you back.

The only way to tell is to watch what you eat and see how you feel. Do this until you have a good sense of your own tolerance level, and then follow the diet that works for you.

If your elimination diet excluded more than one food, reintroduce only one food at a time, and establish your own tolerance level for that food. And only then, do the same with one other food. If you reintroduce more than one food at a time and get a reaction, you won't know which food is causing it.

Food Sensitivity Tests

So far, testing for food sensitivities has not been standardized and can be more confusing than helpful. However, I've found a reliable test for gluten sensitivity: the Gluten Sensitivity Stool Test. It's available from EnteroLab (www.enterolab.com) and costs \$99. It takes up to 3 weeks to get results. The test is an option; it is not a necessity.

Before seeing me, some of my patients have had tests that measured reactions to many foods and were left with the impression that they were sensitive to such a long list of foods that an elimination diet was impossible. The results were

misinterpreted. In other cases, high scores on many foods (indicating adverse reactions) mean that the individual has a leaky gut. This requires a different approach, which I describe on page 9.

A Final Word

Although most doctors are not trained to recognize or treat them, food sensitivities can harm your wellbeing and long-term health. Fortunately, they can be treated with the right changes in diet.

If you suspect that a food sensitivity may be affecting you, eliminate one or more of the top 5 foods I've described. In trying to decide which ones to eliminate, take an inventory of what you typically eat — your staples.

Fresh meat, poultry, fish, and vegetables don't usually trigger sensitivities. What else are you routinely eating? Compare that to the top 5 trigger foods and telltale symptoms of gluten sensitivity. And work out how to eliminate one or more likely offenders.


Each of us is unique, in the way we eat and in the way our bodies react to our food. I hope this helps you find what works best for you.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Gluten and Health	2	3	How Gluten Can Cause More Than 30 Health Conditions
Dairy	2	4	Milk Pitfalls to Avoid (page 9)
Soy	3	2	Meatless Burgers: Are They Good for You? (page 10)
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
Inflammation	4	4	How to Calm Harmful Inflammation

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



1 Uhde, M., et al. "Subclass Profile of IgG Antibody Response to Gluten Differentiates Nonceliac Gluten Sensitivity From Celiac Disease." *Gastroenterology*. 2020 Nov;159(5):1965-1967.e2.

2 Di Sabatino, A., et al. "Small Amounts of Gluten in Subjects With Suspected Nonceliac Gluten Sensitivity: A Randomized, Double-Blind, Placebo-Controlled, Cross-Over Trial." *Clin Gastroenterol Hepatol*. 2015 Sep;13(9):1604-12.e3.

3 Zevallos, V.F., et al. "Nutritional Wheat Amylase-Trypsin Inhibitors Promote Intestinal Inflammation via Activation of Myeloid Cells." *Gastroenterology*. 2017 Apr;152(5):1100-1113.e12.

4 Ho, S., et al. "Comparative effects of A1 versus A2 beta-casein on gastrointestinal measures: a blinded randomised cross-over pilot study." *Eur J Clin Nutr*. 2014 Sep;68(9):994-1000.

5 Jianqin, S., et al. "Effects of milk containing only A2 beta casein versus milk containing both A1 and A2 beta casein proteins on gastrointestinal physiology, symptoms of discomfort, and cognitive behavior of people with self-reported intolerance to traditional cows' milk." *Nutr J*. 2016 Apr 2;15:35.

6 Vuorisalo, T., et al. "High lactose tolerance in North Europeans: a result of migration, not in situ milk consumption." *Perspect Biol Med*. 2012;55(2):163-74.

Get Back Out There...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Leaky Gut: What It Is and How to Fix It

The intestinal tract is designed to process the food you eat, extracting nutrients and eliminating waste. It's sealed off from the surrounding tissues by a relatively thin but efficient barrier.

Leaky gut occurs when microscopic holes develop in the intestinal barrier, and bacteria, toxins, and other particles leak out of the intestine into surrounding tissues and the bloodstream, setting off adverse reactions by the immune system. Symptoms can include bloating, gas, cramps, and sensitivities to many foods that may not otherwise act as irritants.

When leaky gut exists, its root cause needs to be identified and remedied. And steps need to be taken to heal the intestinal barrier. Causes of leaky gut include:¹

- Stress. Elevated cortisol, the stress hormone, can damage the intestinal barrier. Harmful stress can be caused by life situations, extreme endurance exercise, such as long-distance biking or running a marathon, or pregnancy.
- Medications that damage the digestive system, including steroids and non-steroidal anti-inflammatory drugs such as aspirin, ibuprofen, and naproxen (Aleve is a brand-name example).
- Infections in the gut such as gastritis and stomach ulcers.
- Inflammatory bowel disease, Crohn's disease, celiac disease, or autoimmune conditions.
- Antibiotics, surgery, or hospital stays that disrupt the balance of beneficial gut bacteria.



- An untreated sensitivity to a food, such as gluten.²

Research has found that disrupted gut bacteria and leaky gut are more likely among older people. One study of 51 older people found that eating more foods high in polyphenols — a group of nutrients in all plant foods — improved the balance of gut bacteria and reduced leaky gut.³

How to Tell if Your Gut Is Leaky

In addition to digestive symptoms such as bloating, gas, or cramps, these are telltale signs of a leaky gut: You identify a food sensitivity and eliminate the offending food, and then develop a new sensitivity to another food. Or you seem to be reacting badly to many foods — so many that it's unrealistic to limit or eliminate them from your diet.

How to Heal a Leaky Gut

To heal a leaky gut, it's essential to identify its cause. If it's life stress, learn to manage it. If medications or an infection are a cause or contributor, these need to be addressed with a knowledgeable health professional. If you have identified a food sensitivity, eliminate the irritating food or foods.

At the same time, these foods and supplements will help to heal microscopic holes:

- Bone Broth: Daily, drink bone broth made the traditional way.
- L-Glutamine Supplements: Take per product directions. Glutamine is an amino acid that feeds the lining of the intestines and helps to repair and maintain the intestinal barrier.⁴

- Digestive Enzymes: Take a product with a variety of enzymes, including amylase, maltase, lactase, lipase, protease, and sucrase. These help to break down food in the stomach and small intestine, easing the process of repairing and maintaining the gut barrier. Follow product directions.
- Supplements of betaine HCl with pepsin: These help to break down proteins in your stomach.

To help repair and maintain a healthy intestinal barrier, eat foods rich in polyphenols, such as brightly colored vegetables and fruits (especially berries), green and black teas, and culinary herbs such as oregano, sage, rosemary, and thyme.

1 Camilleri, M. "The Leaky Gut: Mechanisms, Measurement and Clinical Implications in Humans." *Gut*. 2019 Aug; 68(8): 1516–1526.

2 Barbaro, M.R., et al. "Recent advances in understanding non-celiac gluten sensitivity." *F1000Res*. 2018 Oct 11;7:F1000 Faculty Rev-1631.

3 Peron, G., et al. "Crosstalk among intestinal barrier, gut microbiota and serum metabolome after a polyphenol-rich diet in older subjects with 'leaky gut': The MaPLE trial." *Clin Nutr*. 2021 Oct;40(10):5288–5297.

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

Say “Good Bye” to those Senior Moments

PREVENT, STOP, AND REVERSE MEMORY LOSS & DEMENTIA FOR LIFE!

“Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”

— Cathy D. Carson City, NV

Do you turn to jelly when you try to remember someone's name... someone you've known for a long time? Maybe it's suddenly asking yourself, 'WHERE AM I?' when you're at a store... or you have to take a few extra moments to add 100 to 75.

Perhaps you're suddenly feeling bored when you're the most excited person on the planet. Are you repeating yourself like a broken record? Maybe you don't seem like your normal super-focused self.

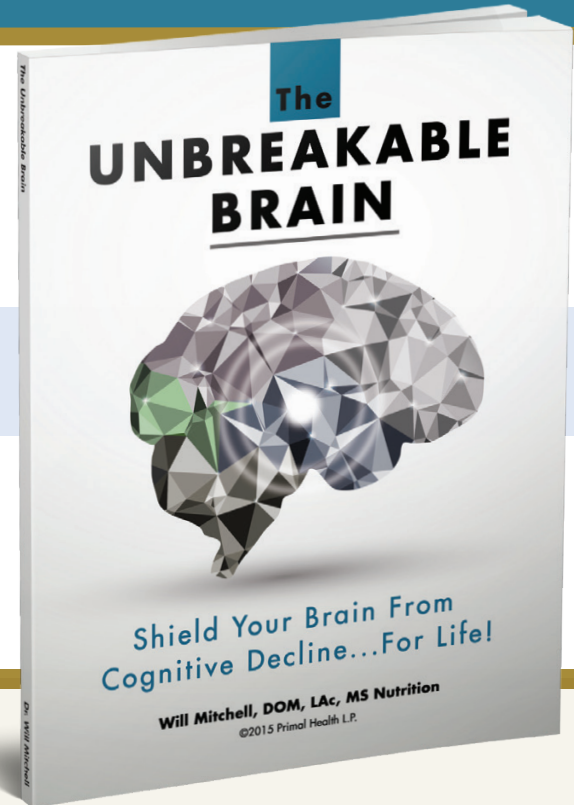
Yes—these are senior moments...and they are the first signs of dementia. The Alzheimer's Association recently admitted it, “Memory loss that disrupts daily life may be a symptom of dementia.”

How long will these “senior moments” continue? If you think memory loss will “go away” like a bad case of the flu... think again. They won't... unless you start taking some simple steps.

That is why world-renowned brain expert Dr. Will Mitchell has recently released his best-selling book, **The Unbreakable Brain**. This simple, but powerful 121-page book gives you a 28-day plan for brain health you can start right away. The plan gives you 7 powerful strategies you can easily adopt, and in the next 4 weeks, you'll be able to...

- Protect your brain
- Keep your mind razor-sharp for as long as you live
- And keep your independence by not spending your final days in a facility.

Here's what Cathy D. from Carson City, NV wrote to Dr. Mitchell after reading **The Unbreakable Brain**, “Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”



Yes—in just 2 week's Cathy's memory was back! Its results like this that have made **The Unbreakable Brain** a national best-seller. It's even popular in the medical community. Beverly C. from West

Des Moines, IA wrote to say, “I took your book to my doctor's office, and he knew of it and said it was one of the best. My doctor is on board with this plan.”



Renowned Health
Expert, Dr. Will Mitchell

Dr. Will Mitchell put everything you need to prevent and even fight dementia in this easy-to-read book. In addition to his 28-day plan to a sharper brain, you'll also find...

- 1 simple trick to finding the true cause of your memory loss—and how to fix it...
- 14 prescription drugs that kill your memory...
- 5 things your brain needs every day to super-boost memory...
- Complete list of inexpensive nutritional supplements that revive the brain...
- At-home test that reveals if you'll get full-blown dementia...

Over 180,000 copies **The Unbreakable Brain** have already been sold to folks like Dorothy from Shelton, WA. who said, “I am delighted with my results, and I would highly recommend this book to anyone struggling with memory problems as they age.”

Get your copy of The Unbreakable Brain today and protect your brain in just 28-days!

Get The Unbreakable Brain for Just \$27!
www.SimpleBrainFix.com/NHC2

Simple Lung Exercises to Breathe Easier

Do you get out of breath more easily than when you were younger? Most people do, but it isn't inevitable. In fact, helping your lungs to work more efficiently may be one of the easiest things you can do to enjoy a healthier, longer, and more vibrant life.

A recent study of more than 350,000 adults in the United Kingdom found that people with good lung capacity are less likely to develop heart disease or respiratory diseases, or to die from any cause.¹ What, exactly, is lung capacity?

Lungs are organs made of spongy sacs that expand when you breathe in and contract when you breathe out. As we get older, lung tissue becomes less flexible and can't expand as much, so the lungs can't hold as much air. In other words, lung capacity shrinks, and we get out of breath more quickly. But you can reverse the shrinkage.

How to Improve Your Lungs

There are obvious things that can damage the lungs and should be avoided: smoking and exposure to other airborne pollutants. And breathing exercises can make your lungs work more efficiently.

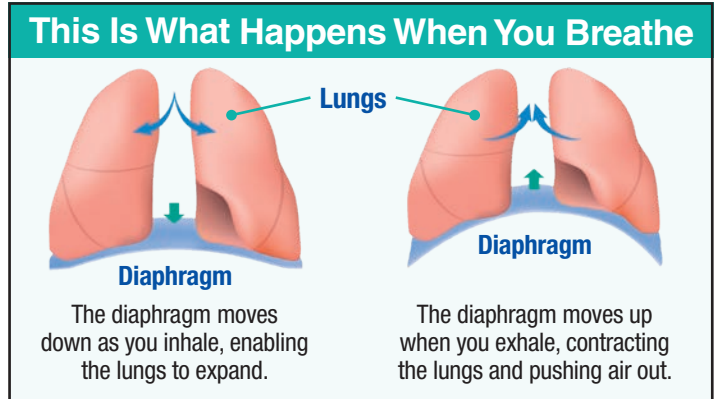
When doing breathing exercises, it's helpful to understand the internal mechanics. There is no muscle tissue in the lungs, but there's a muscle just below them — the diaphragm. The diaphragm expands and contracts as you inhale and exhale, enabling air to be pulled into the lungs and forced out with each breath.

This is an involuntary process that goes on all the time to keep you alive. However, you can make things

work better with the two exercises below. They increase the amount of air you take in with each breath and improve the capacity of your lungs.

1. Learn to breathe with your belly. Lie down or sit comfortably and put your hands on your belly, with fingertips just touching. Keep your shoulders and chest relaxed as you breathe in, letting your belly expand. Your fingertips should move apart when you breathe in and touch when you breathe out. Practice doing this for a few minutes.
2. Take a deep breath by breathing in through your nose and breathe out through your mouth, pursing your lips as though you were going to kiss. Take twice as long to breathe out as you did when breathing in. Practice doing this for a few minutes.

Make a habit of doing these exercises once or more each day. Any type of regular exercise that makes you breathe harder will further help your lungs, as well as your heart and overall health.



Lifestyle Changes Beat Blood-Pressure Drugs

Hypertension is considered “resistant” when a combination of three drugs fails to get blood pressure into a healthy range. The situation increases risks for organ damage, heart attack, and stroke by 50 percent. But lifestyle changes can solve the problem.

A study of 140 American adults with an average age of 63 found this: A combination of dietary changes, including eating more vegetables and less processed foods, and regular aerobic exercise

lowered blood pressure when drugs alone did not.²

In this study, which lasted four months, participants continued to take all their medications. In all the years of my practice, I've found that the need for blood-pressure medications can generally be reduced or eliminated with a low-carb diet of mainly whole, rather than processed, foods. Other issues that may also need to be addressed include stress, dental or other infections, sleep apnea, or other health conditions.

1 Higbee, D.H., et al. “Prevalence, risk factors, and clinical implications of preserved ratio impaired spirometry: a UK Biobank cohort analysis.” *Lancet Respir Med*. 2021 Nov 2;S2213-2600(21)00369-6.

2 Blumenthal, J.A., et al. “Effects of Lifestyle Modification on Patients With Resistant Hypertension: Results of the TRIUMPH Randomized Clinical Trial.” *Circulation*. 2021 Oct 12;144(15):1212-1226.

Q&A

Q: I had a stroke in November 2019 that left me with a very weak right arm and leg. I have gained weight and, because I can only walk with a walker, I can't lose weight very easily. How can I do exercises to help with weight?

— Ramona T.

A: I'm glad you asked because I understand how this can be discouraging, but there's hope. There are exercises you can do to increase the strength of your weak side. It takes some perseverance and patience, but it's possible to achieve an improvement.

I once broke my wrist and couldn't write with my right hand (I'm right-handed), yet I had to handwrite information in patient files. So, I learned to write with my left hand. It was difficult and frustrating — worse than elementary school — and the quality of my handwriting wasn't the best. But it was legible and it meant that I could keep seeing patients, which was a relief.

If you exercise your weak arm and leg, your body will start to build new connections between those muscles, nerves, and the brain. An exercise needs to be something you can realistically do and doesn't need to be strenuous.

As an example, relax your right arm by your side as you're sitting and do a curl: make a fist (as best you can) with your right hand, bend your arm at the elbow and bring your fist up to your shoulder (or as close as you can). Do this

ten times or as many times as you can. If that's easy, do it with a light weight, which can be as light as a pencil — whatever works for you.

Making the weak parts of your body do a little extra work will fire up the connections to the brain, strengthen muscles, and help to restore function. Ideally, you would work with a physical therapist who is knowledgeable about stroke rehabilitation. I encourage you to ask your doctor for a referral, the sooner the better.

Meanwhile, changing your diet is the key to weight loss. Dr. Atkins, the cardiologist whose low-carb diet books became popular in the 1970s, treated bedridden, obese patients with a keto diet, and they lost a lot of weight and improved the health of their hearts.

The keto diet is most effective. I cover it in Volume 4, Issue 1, of this newsletter: *The Keto Diet for Weight Loss, Diabetes, Improved Memory, and More*. For a more moderate low-carb diet, see Volume 1, Issue 8: *The Guide to Healthy Eating*.

With the right exercises and diet, you will feel and function better. It takes some patience and perseverance, but it's well worth the effort.

Q: Can I take supplements if I'm taking oral drugs and injecting insulin for type 2 diabetes?

— Arthur V.

A: Eating a low-carb diet, getting regular exercise, getting enough sleep nightly, and monitoring your blood-glucose levels are the most important things to do if you have type 2 diabetes. Supplements can enhance the benefits, but they are not designed to be substitutes.

That said, supplements can be helpful but — and I really want to emphasize this — it's vital to monitor your blood glucose. Supplements can lower blood glucose, sometimes quite suddenly. And then, insulin and/or oral medications need to be adjusted with the help of your doctor. In my experience, doctors are generally glad to reduce drug dosages when a patient's health improves.

I routinely help my patients to reduce or eliminate their need for diabetes medications and insulin shots with diet, lifestyle, and supplements. But it needs to be done methodically, with consistent glucose monitoring along the way.

Many people are reluctant to repeatedly prick their finger to test blood glucose. Continuous monitoring systems don't require finger pricks, making it much easier to see how different foods, activities, sleep, and supplements affect you throughout the day.

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.