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Leaky Gut: Hidden
Cause of Digestive Woes

How to heal a leaky gut, quickly resolve common digestive problems, and correct underlying triggers to achieve lasting gut health.



Leaky gut has been a poorly understood topic for years. Some view it as the source of many ills, while others deny that it's a real disorder. I've had many patients ask me if this is something they should be concerned about, so I want you to have the facts.

Leaky gut is a real condition. However, conventional medicine doesn't classify it as a disease, and that's why its existence is sometimes questioned. Another thing that makes leaky gut confusing is that there isn't a routine test to determine when it does, in fact, exist.¹ (But I will help you find out for yourself.)

What, exactly, is leaky gut? It's a small intestine that has developed microscopic holes. These allow tiny particles of food to leak out of the gut into the blood, where they shouldn't be. The immune system views those food particles as invaders and starts to fight them, creating inflammation that can cause digestive problems as well as seemingly

unconnected issues such as skin conditions, joint discomfort, and others.

To be clear, the skin, joint, and other issues that we don't typically associate with digestion are not directly caused by a leaky gut. Rather, the leakiness can lead or contribute to chronic, systemic inflammation, and that inflammation triggers or perpetuates other conditions. So, there is a link, but it's an indirect effect.

To put this into perspective, chronic inflammation can be a result of a combination of lifestyle factors, such as a poor diet, stress, and/or underlying conditions such as infections. So, if someone comes to see me with a skin or joint problem, I would look at the bigger picture that is influencing their health.

IN THE NEXT ISSUE:
How to Stay Healthy
All Winter Long

There are websites that list many health issues as symptoms of leaky gut, and these can cause confusion. For example, I've seen fatigue listed as a symptom of leaky gut. While it's true that leaky gut can contribute to fatigue, the fatigue may be a symptom of many different things or a combination of factors. Lack of nutrients, low thyroid, and exposure to mold or other toxins are some examples of things that can make you feel tired and lethargic.

Dr. Marlene's

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There's also an obvious but sometimes overlooked cause of fatigue: lack of sleep. In some cases, untreated sleep apnea may be the reason for poor sleep. If leaky gut is also present, it can contribute to the fatigue, but those other issues also need to be addressed or ruled out.

So, when should you suspect leaky gut? There is a direct connection between leaky gut and some specific digestive issues. I'll tell you about these first, and then give you some simple ways to correct the problem.

A Telltale Sign of Leaky Gut

I've seen many patients who, before coming to see me, had been tested for food intolerances and were found to have bad reactions to many foods that we eat on a regular basis. These included foods that are nutritious and not generally known to cause problems, such as common vegetables, meats, fish, and fruit. In other words, they were getting an adverse reaction to whatever they were regularly eating.

Not surprisingly, they would ask me in desperation: "What can I eat?" Obviously, excluding all those foods would be unrealistic. And, fortunately, it would be the wrong thing to do.

In such cases, the problem does not lie with the foods but with the person's digestive system. And leaky gut is typically a big part of the problem.

Now, I realize that most people don't get tested for food intolerances. And quite honestly, such tests are not necessarily needed to tell you that you have a digestive problem. Bloating, gas, belching or burping, or feeling uncomfortably

full after eating even a small meal are common signs that all is not well in your gut.

I've also found that some people feel as though there are more and more foods that seem to cause digestive issues as they get older. "I can't eat like I used to." Who hasn't heard or thought that?

The first thing to know is that uncomfortable or painful digestive symptoms are not "normal" or a sign that you're "getting old." Rather, they are signals that help is needed.

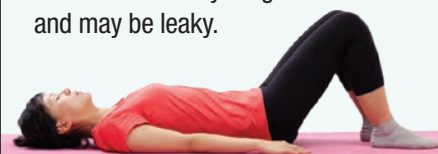
Fortunately, there are simple, practical ways to restore gut health. But to use the tools effectively, it's important to have some understanding of how the gut works and what triggers leaks and other problems.

Gut Basics

The "gut" in leaky gut refers to the small intestine, the longest part of the digestive tract and the main

Test Your Gut

This is a simple test you can do at home to check if your gut is inflamed and may be leaky.



- Lie on your back with your knees bent.
- With your hand, push down on different spots in the area of your intestines, as though you were pressing on a balloon.
- If you feel any pain, tenderness or discomfort anywhere, it's a sign that there's some inflammation.

Keep reading to get an understanding of what leads to gut inflammation and leaks, and how to correct the problem.

barrier between pathogens from the outside world and organs and other internal parts of the human body.

The small intestine does a lot of work to extract nutrients from food so that these can be absorbed and used to give you energy and support ongoing maintenance and repair of your body. Also in the small intestine, waste is separated out and moved along into the large intestine — the colon — for a smooth exit.

The small intestine is a tube that is, on average, about 22 feet long. But its surface area is much bigger than you might think.

The walls of the small intestine are made up of villi, microscopic fingerlike projections, much like the threads that project from a towel. The projections — the villi — add a tremendous amount of surface area to the inside of the small intestine.

In fact, if you were to stretch out the surface area of a small intestine, it's been said that it would be the size of a tennis court. Some researchers have debated how best to calculate this surface area, suggesting that it may only be the size of half a badminton court.² But one thing is certain: It's a huge area.

What this means is that there is an enormous amount of surface that can absorb nutrients, which is a good thing. To get a sense of how this works, think of a towel and its texture. It can absorb a lot more water than a smooth cloth.

On the other hand, the huge surface area of the small intestine is also where holes can develop. And when holes do appear, that's leaky gut. The technical term for it is "intestinal permeability."

Why Leaks Are Harmful

The holes in the small intestine that I'm talking about are microscopic, but they have a significant effect. They allow tiny fragments of food particles to escape from the small intestine into the blood, and this can cause a harmful reaction by the immune system.

When the immune system detects something that shouldn't be there — food fragments in this case — it views them as invaders. So, the immune system creates antibodies to fight the invaders, and that's what creates harmful inflammation.

The inflammation contributes to discomfort, tenderness, and even pain in the intestinal area. The mechanism is the same as when you cut your finger — even a paper cut — and the skin around the cut turns pink and becomes irritated as your immune system works on healing the injury.

Why Holes Develop

There are a number of things that can harm the lining of the small intestine and lead to holes. I'll give you a quick overview before describing each one of these in more detail.

Mental and physical stress plays a big role. This includes stress from intense exercise, lack of sleep, life situations, or a diet that leads to unstable blood sugar. For some people, specific foods, such as gluten or dairy, can trigger inflammation and leakiness. And lack of variety in your daily diet can also cause problems.

In addition, some medications are known to damage the lining of the gut. These include heartburn and pain relievers, as well as antibiotics.

Given all these possible triggers

of gut damage, it may seem a bit overwhelming. So, let's take a closer look at each one of these, and then I'll explain how you can take practical steps to correct any digestive issues you may be experiencing. The solution may be much simpler than you'd think.

Stress and Your Gut

Regardless of its trigger, stress causes a rise in cortisol, the fight-or-flight hormone. Frequent or constant elevated cortisol damages the lining of the small intestine, which leads to holes. And elevated cortisol also stops normal, ongoing repair processes.³

I've found that a lot of people are under more stress in life than

Should You Take Probiotics?



This is a question I'm often asked, and there isn't a one-size-fits-all answer. There are many different formulations of probiotics — beneficial gut bacteria — and individual responses vary. If you've been taking probiotics and they help, continue to take them, but stick with products that contain no more than 10 billion colony-forming units (CFUs) per serving.

Otherwise, my advice is to get beneficial gut bacteria by eating fermented foods, such as traditionally fermented (cultured) pickles, sauerkraut, or kimchi, and possibly unflavored yogurt, if it agrees with you.

In addition, it's important to regularly eat a variety of vegetables. Different types of fiber and other nutrients in these are needed to maintain a healthy balance of gut bacteria.

they realize. In work situations, there is sometimes a culture that I call “fake urgency.” Every task is treated as though it has a life-or-death deadline, and there is no such thing as a normal day where everyone just does their job.

Outside of work, you may know people who continually seem to run into situations that demand immediate and complete attention on your part. They react to a paper cut as though it were a major injury and expect you to give their predicament top priority, with no regard for what is happening in your life.

It’s important to recognize these types of situations. And either determine a way to not get stressed out by them or re-evaluate your work environment or relationships.

Intense exercise can also be a source of stress. This is especially true if you’re training for a marathon or other endurance event or pursue other types of extreme workouts.⁴

I’m not saying that all intense exercise is bad. However, your gut needs extra support when your body is under stress. The repair steps I’ll give you in a moment can also work to prevent problems.

Diet Stress

A diet that causes unstable blood sugar is another form of stress. If you eat a high-carb diet, blood sugar soars and then crashes, and extra cortisol is released as your body tries to stabilize levels of blood sugar. This has the same harmful effect on the gut lining as stressful life situations.

Another trigger of inflammation and leakiness in the gut is eating a food that your body can’t tolerate. This is a different situation than seeming to be sensitive to many

foods. It’s a reaction to a specific food, and if you stop eating it long enough, your system will calm down and the symptoms will disappear.

Gluten and dairy are the most common foods in this category; others are soy, eggs, and corn. However, it’s also possible to have difficulty digesting another food.

Alcohol, in excess, is known to damage the liver. But it also damages the lining of the small intestine.⁵

Sugar is another trigger of damage to the gut lining.⁶ In addition, research shows that a diet that is low in fiber and high in sugar, a common combination in processed foods, is especially harmful to the gut lining.

A low-fiber, high-sugar diet reduces the diversity of bacteria in the gut. And less diversity increases the odds of leakiness in the small intestine.⁷

Be Mindful of Your Personal Reactions to Foods

Each of us is a unique individual. I’ve often had patients whose digestion worked well except when they ate a particular food, but they kept eating it. For example, I’ve met women who continued to suffer digestive distress by eating salads — because salads are “good for you” — instead of eating cooked vegetables and feeling good after a meal.

I’m not a fan of salads because my system doesn’t respond well to raw vegetables. But I love cooked vegetables — no problem. My husband can’t eat raw onions, but he enjoys cooked onions.

If there’s a food that doesn’t agree with you, it usually isn’t a mystery. You know what it is. Yet, I find that many people will ignore what their own body is telling them.

The fix for this is simple: If you know your body has difficulty

About Dr. Marlene

Dr. Marlene Merritt’s passion for natural medicine is fueled by her drive to help others and by her own experience of overcoming a debilitating heart condition, diagnosed at the age of 20. A competitive cyclist at the time, she suddenly began experiencing severe chest pains. Forced to quit the sport, she suffered from fatigue and chest 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 degree and is board-certified in Nutrition, and is board-certified in Functional Medicine. She is certified in the Bredesen MEND Protocol™, a groundbreaking method of addressing Alzheimer’s disease, and is a Proficiency Diplomate in the Shoemaker CIRS protocol for treatment of mold-related illness. She is the author of *Smart Blood Sugar* and *The Blood Pressure Solution*, and co-author of *The Perfect Sleep Solution*. After 31 years in private clinical practice, she now focuses on writing and educating health professionals and consumers to reach more people and positively impact their health.



digesting a specific food or ingredient, don't eat it.

Lack of Variety in Your Diet

Another, lesser-known trigger of leaky-gut problems is eating the same foods day after day. One of my new patients arrived with results of tests for food intolerance, which showed that she had a bad reaction to tuna and lettuce. She was mystified.

When I asked her how often she ate tuna and lettuce, it turned out she had already eaten these twice that day. And she ate tuna and lettuce every day. That was the problem: constantly eating the same foods, day in and day out. Our bodies are not designed to do this.

Human genes don't change quickly — the last 100 years or so is a relatively short time. And before industrialized food production and worldwide transportation of almost every conceivable food, what we ate was seasonal. There were no bananas or oranges year-round, and no bananas or oranges at all in many parts of the world.

Historically, the human diet was based on what was hunted, foraged, or grown during different seasons of the year in the local area. That meant a lot of variety. And our bodies are designed to live that way — eating a variety of foods.

When we constantly eat the same foods, the immune system can view the repetitive food as an invader and starts to produce antibodies against it. And then, we react badly to that food, even if it's natural and nutritious.

The solution is to vary your diet. Eat different vegetables, different types of meat, and different types of fish on different days. If you've

been repeatedly eating the same foods and have digestive issues, wait three days before repeating a food, because it takes three days for your immune system to calm down.

Harmful Drugs

Certain categories of medications are known to damage the gut lining and increase its leakiness. Studies show that these types of drugs include:

Non-steroidal anti-inflammatory drugs (NSAIDs): Ibuprofen and prescription drugs of this type are taken to relieve pain and inflammation. Leakiness can increase as quickly as during the first 24 hours after the drug is taken, as well as with long-term use.⁸ The drugs also trigger inflammation in the small intestine.⁹

Proton pump inhibitors (PPIs): Taken for heartburn, these reduce production of stomach acid. Animal research shows that they disrupt the balance of bacteria in the gut and increase leakiness.¹⁰

Antibiotics: Although they are a necessary treatment for many bacterial infections, antibiotics are known to kill beneficial, as well as harmful, gut bacteria. And animal research also shows that they increase gut leakiness.¹¹

In many cases, it's possible to heal your body and eliminate or reduce the need for medications. And where drugs are necessary, the steps to heal a leaky gut will help protect your digestive system.

Where to Start

Stress is a part of life. However, there are some simple ways to protect your gut from stress-related damage. To start, if you know there is a food that disagrees with you, don't eat it. Otherwise, you are continually aggravating your digestive system.

Enhance Your Digestion

Other digestive symptoms — gas, bloating, indigestion,



Related to This Topic

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

Related Topic	Volume	Issue	Title
Heartburn	1	6	The 6-Minute Heartburn Remedy
Heartburn Drugs	4	7	How to Get Off Heartburn Drugs (page 8)
Food Sensitivities	4	12	Food Sensitivities: Hidden Triggers of Many Health Conditions
Gluten	2	3	How Gluten Can Cause More Than 30 Health Conditions
A Low-Carb Diet	5	6	New Blood Sugar Dangers: What to Do
Healthy Meat	3	2	The Diabetic's Guide to Eating Meat
Sleeping Well	2	2	The 10-Minute Sleep Solution
Joint Pain	2	5	The 90-Day Program to Relieve Arthritis

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

heartburn, or belching or burping — can make your life miserable and contribute to leaky gut. And if you've had such symptoms for some time, they may seem "normal," but they aren't.

Most of the time, there is an easy way to get relief. Lack of stomach acid is the most common underlying problem.

With low stomach acid, food is not broken down properly in the stomach, which contributes to various types of digestive upset

Essential Steps to Digestive Relief

If you suspect you have leaky gut or are experiencing digestive symptoms such as heartburn, indigestion, gas, bloating, belching, burping, or other unpleasant symptoms, these are the most important steps to take.

1. If you know there are certain foods that disagree with you, stop eating them.
2. Enhance your stomach acid by taking a betaine HCL supplement at the beginning of each meal. (Test first for any possible adverse reaction — see *Enhance Your Digestion* above.)
3. Add 2 tablespoons of collagen powder or gelatin to your daily diet. Ideally, mix one of these in an 8-ounce cup of bone broth. If you don't drink bone broth, mix the collagen or gelatin in a soup or drink of your choice, such as coffee.

To achieve and maintain your best possible digestion and overall health, eat a low-carb diet of whole foods, manage stress, and do some regular physical activity that helps you reduce stress and enhances your overall well-being.

and leaks in the small intestine. If this seems odd, I encourage you to learn more about low stomach acid in an earlier issue of this newsletter about heartburn, listed in *Related to This Topic* on page 5.

There's a supplement you can take to restore stomach acid, but first, do this test to make sure you have no adverse reaction to increased acidity: Mix 2 teaspoons of apple cider vinegar in an 8-ounce glass of water and drink it before a meal.

Do this once and if you don't get any adverse reaction, start taking a betaine HCL supplement, which is a stronger enhancer of stomach acid. Take one serving of betaine HCL just before or with the first few bites of each meal — any time you take more than 5 bites of food.

If you know you have a stomach ulcer, don't take apple cider vinegar or betaine HCL. If you get a bad reaction to apple cider vinegar, don't take it again and don't take betaine HCL, as the reaction indicates some other health issue that should be investigated by a health professional.

If you take betaine HCL and continue to experience burping or belching after eating, it's a sign that your gallbladder is not producing enough bile to easily break down fats. For relief, take one serving of a supplement of bile salts with each meal.

Soothe Your Gut

This is something I recommend for anyone, and it's essential to heal a leaky gut: Add 2 tablespoons of collagen powder or unflavored gelatin to your daily diet. Collagen is the most helpful nutrient to heal the holes in a gut and protect it against

leaks in the future. Gelatin is a concentrated source of collagen.

You can dissolve either one in any liquid, such as soup or coffee. Gelatin dissolves only in hot liquid. Collagen is more versatile, as it dissolves in both hot and cold liquids.

I also recommend drinking a daily cup of bone broth, made the traditional way, as it is very soothing. You can also dissolve your collagen or gelatin in bone broth. Although the broth naturally contains collagen, adding some will give you an extra soothing boost.

A Final Word

A combination of factors can lead to leaky gut and unpleasant digestive discomforts, with physical and mental stress being a major trigger. But if you follow the steps I recommend, you will be on the path to better digestion and overall health — and you can really enjoy food.

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TAKE COLLAGEN PEPTIDES FOR Smooth and Comfortable Aging



When you're young, you have collagen galore. You can run, jump and bend with ease. But as you age you steadily lose it. And then you begin to have problems.

Starting at age 25, you lose 1% to 2% of your collagen each year. And at the same time your body's natural collagen production steadily declines.

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.

Think of it as the glue that holds everything together. If you don't have enough, the whole system starts to break down.

Fortunately, there's an easy way to get the replacement collagen you need every day.

Introducing Primal Labs *Collagen Peptides*.

This high-collagen nutritional supplement is unflavored and mixes easily in water, tea, juice, soup and, of course, smoothies.

Each serving of **Collagen Peptides**...

- Provides 12.2 grams of high quality collagen from 3 sustainable sources, all non-GMO!
- Hydrolyzed for easy absorption and fast digestion
- Keto-friendly with no sugar and zero carbs
- Mixes clump-free in hot or cold beverages

Primal Labs **Collagen Peptides** is ideal for replacing the collagen you've lost. **And right now, you can try our superior product at 20% off with a 100% money back guarantee.**

Please try Primal Labs **Collagen Peptides** risk-free for 60 days and see for yourself just how great the benefits are!

You don't have to be unhappy with what you see in the mirror. Or hindered by aches and pains. We've got your solution to graceful aging, right here...



**Get 20% Off Today
Through This Special Link:
www.PrimalSpecials.com/Collagen**

Vitamin C: What You Need to Know

Vitamin C is essential for your body to make collagen, which is necessary for the healthy structure of blood vessels, skin, muscles, and organs; for a healthy heart; and for normal immune function. But some supplements, such as powders that make fizzy drinks, contain more than you can absorb and are missing supporting nutrients.

In nature, vitamins don't exist in isolation. In fact, there are at least 25,000 phytonutrients — a fancy name for "plant nutrients."

So far, scientists don't fully understand all these plant nutrients but we do know this: Where there's vitamin C in a food, there are also nutrients known as flavonoids (also called "bioflavonoids"). And history shows that the combination of vitamin C and flavonoids can do more than the vitamin alone.

Saving Sailors' Lives

Long before vitamin C was manufactured as a supplement, citrus fruit was discovered to have life-saving qualities for sailors on long voyages. Before this, sailors died in droves. In 1499, Vasco de Gama lost 116 of 170 of his crew, and in 1520, Magellan lost 208 of 230 crew. They mainly died of scurvy, a deficiency disease that became deadly when sailors ate no fresh produce for months.

Things changed when ships began to carry citrus fruit for sailors to eat. In the late 1700s, Captain James Cook sailed to and from Hawaii without losing any of his crew — and he was awarded a medal for the accomplishment.

The Scientific Discovery

Much later, in 1937, ascorbic acid — the chemical name for vitamin C — was identified and isolated by a Hungarian scientist, Albert Szent-Györgyi, and he was awarded the Nobel Prize for the discovery. But he also recognized the value of vitamin C in food.

In his Nobel acceptance speech, Szent-Györgyi told a story about a friend with a life-threatening bleeding disorder. Eating Hungarian sweet peppers — from which the scientists had isolated vitamin C — relieved his friend's condition. But taking isolated vitamin C did not help.

Szent-Györgyi made many more discoveries about how the human body functions and uses nutrients. Among these, he identified flavonoids as important nutrients.¹

Flavonoids are a family of nutrients in plants that work with vitamin C. For example, rutin is a flavonoid that helps to protect against bacterial and viral infections, allergies, diabetes, high blood pressure, high cholesterol, and cancer.²

How Much Vitamin C Should You Get?

The official daily requirement for vitamin C is 90 milligrams for men and 75 milligrams for women. It's realistic to get this amount by regularly eating vegetables, which also provide beneficial flavonoids.

In addition, supplements can provide some nutritional insurance, but I don't recommend taking more than 250 mg at once, because

larger doses decrease absorption. Illness, injury, and other stresses can deplete vitamin C and temporarily increase your needs. If you get diarrhea after taking a vitamin C supplement, it's a sign that you've taken more than your body can absorb, so take less.

Veggie Sources of Vitamin C

Citrus and other fruits are popular sources of vitamin C, but it's also in vegetables, along with flavonoids.

Vegetable	Vitamin C milligrams (mg) per serving
Sweet red pepper, ½ cup	95
Sweet green pepper, raw, ½ cup	60
Broccoli, cooked, ½ cup	51
Brussels sprouts, cooked, ½ cup	48
Broccoli, raw, ½ cup	39
Cabbage, cooked, ½ cup	28
Cauliflower, raw, ½ cup	26
Tomato, raw, 1 medium	17
Spinach, cooked, ½ cup	9
Green peas, frozen, cooked, ½ cup	8

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HOW TO STOP NERVE DISCOMFORT and Get Normal Feeling in Your Hands and Feet Again



Are you annoyed by occasional nerve discomfort? That's putting it mildly. It's probably driving you crazy – making simple tasks difficult and preventing you from enjoying life.

Well, here's good news, even if you've tried everything and are ready to give up...

The only way to silence nerve discomfort is to actually nourish and repair your nerve network. How? By giving your nerves the exact nutrients they need to thrive.

If you're a gardener, you're no doubt familiar with a product called *Miracle-Gro*®. It provides the precise nutrients that plants need to thrive. And to gardeners who see their plants come alive and stay healthy, it does seem like a miracle.

It's the same for your nerves. If you're suffering occasional nerve discomfort, you need specific nutrients that can bring your network back to good health. Restore that normal feeling. And make life enjoyable again.

How? That's easy. Use Primal Labs' **Advanced Nerve Support**.

Advanced Nerve Support contains a special form of vitamin B1 called Benfotiamine. Studies show **Benfotiamine helped patients feel greater "touch" sensory perception, and a lower level of nerve discomfort.**

Advanced Nerve Support also contains vitamins B6 and B12. **Vitamin B6** ensures the messengers along your nerve network – your neurotransmitters – can communicate properly. Here's how...

Vitamin B6 helps soothe tender nerves by helping them maintain healthy coverings. You see, your nerves are covered by a special material called the myelin sheath. It's like the insulation on electrical wires. If this insulation gets frayed or broken, the signals to the brain will be garbled.

That's when normal sensation is compromised and the feeling can be off, or even the opposite of what it should be. The result is discomfort.

Vitamin B12 aids in the normal repair of the myelin sheath. And it also nourishes the precious nerve fibers inside the sheath. Studies show B12 increases nerve regeneration, while reducing ectopic nerve firings – those acute, random sensations that seem to have no source.

When you combine B-12 with Benfotiamine and vitamin B6, *it's like Miracle-Gro® for your nerves*, helping to bring about rejuvenation and soothing relief. **Advanced Nerve Support** also contains **Acetyl-L-carnitine and Alpha Lipoic Acid** – two more nutrients that nerves need for healthy function.

Studies show that Acetyl-L-Carnitine "promotes a healthy nervous system and normal nerve response." And Alpha Lipoic Acid, taken daily, may significantly reduce nerve discomfort in as little as 3 weeks.

As you can see, **Advanced Nerve Support** has everything you need to soothe your nerves and restore normal feeling.

Advanced Nerve Support contains no egg, milk, peanuts, tree nuts, shellfish, fish, soy, wheat, gluten, sugar or preservatives.

Ready for relief? Good, because right now you can get 15% off any size order of **Advanced Nerve Support**. Simply visit the URL below to lock in your special savings.

Don't wait. Order now.
Your nerves will be glad you did!

**Visit PrimalSpecials.com/Nerve
to Save 15% on your order**



Too Much News Can Harm You

News used to be delivered in daily newspapers and broadcasts a few times per day. Now, it's a constant stream, 24 hours a day, every day, from a mind-boggling number of news outlets as well as social media channels. Given that most news is bad news, getting too much of it can harm your health, physically as well as mentally.

A recent online survey of 1,100 American adults, by researchers at Texas Tech University in Lubbock, found that some people become so drawn to continual news updates that it interferes with the rest of their lives. And they are much more likely to feel mentally unwell or become physically ill than people who spend less time tracking news.¹

Earlier research compared the effects of news stories with a negative, neutral, or positive slant. Not

surprisingly, stories with a negative slant made people feel more anxious, sad, and stressed. In addition, negative stories made people feel more stressed and anxious about situations in their personal lives, which were not related to topics in the news.² In other words, negative news coverage made their own lives seem darker.

What to Do

Keep things in perspective. Today's news outlets work really hard to attract audiences. There is more competition for eyeballs than ever before, so sensational stories get top priority. This means devoting more time to the most tragic events and images.

For example, there's no doubt that major floods and fires are tragic. But videos of the most horrendous moments of these events will be shown again and again, even



when those moments have passed and things on the scene have started to calm down. This makes it seem as though the worst parts of those events are ongoing, even if they are not.

If you find yourself getting “hooked” on news stories, take a breather. Go for a walk, spend some time with friends, try a new recipe for dinner, complete a task that's been on your to-do list for a while, plan a vacation or day trip out of town, or read a book by your favorite author. And take a moment to appreciate the good things in your life.

Magnesium Helps After a Heart Attack



Magnesium, a mineral vital to more than 300 different processes in the human body, is known to reduce risk for heart disease, diabetes, muscle cramps, and other ills. And

a new study has found that it is especially important for anyone who has suffered a heart attack in the past.

A Dutch study looked at more than 4,300 people who had suffered a heart attack during the past ten years. It found that those who consumed more than 320 mg of magnesium daily had a significantly lower risk of death from heart disease or any other cause.³

In addition to eating magnesium-rich foods, I recommend adding a powdered magnesium supplement to your water bottle and sipping it throughout the day. This

way, you will absorb the magnesium better than if you take it in one large dose. If you experience loose stools, it means you've taken more magnesium than you need, and the best dose for you is a little less than that.

Top Food Sources of Magnesium

Roasted pumpkin seeds, 1 ounce	156 mg
Chia seeds, 1 ounce	111 mg
Dry roasted almonds	80 mg
Cooked spinach, ½ cup	78 mg
Dry roasted cashews, 1 ounce	74 mg
Roasted peanuts, ¼ cup	63 mg
Black beans, ½ cup	60 mg

1 McLaughlin, B., et al. “Caught in a Dangerous World: Problematic News Consumption and Its Relationship to Mental and Physical Ill-Being.” *Health Commun.* 2022 Aug 23;1-11.
 2 Johnston, W.M., et al. “The psychological impact of negative TV news bulletins: the catastrophizing of personal worries.” *Br J Psychol.* 1997 Feb;88 (Pt 1):85-91. 3 Evers, I., et al. “Dietary magnesium and risk of cardiovascular and all-cause mortality after myocardial infarction: A prospective analysis in the Alpha Omega Cohort.” *Front Cardiovasc Med.* 2022 Aug 12;9:936772.

TV, Computers, and Dementia Risk



It's no secret that being physically active helps to keep you healthy, mentally as well as physically. Less risk for dementia is among the benefits.



But what you do when sitting also makes a difference, and this isn't as well known.

A recent study tracked the habits of more than 146,000 British adults, aged 60 or older, for 11 years. Researchers considered how physically active people were, how

much time they spent watching TV, how much they used a computer, and other variables that could influence dementia risk. And they found this:¹

- Watching TV was associated with more risk for dementia.
- Using a computer was associated with less risk for dementia.
- Regardless of how much physical activity people engaged in, these associations held true.

Watching TV doesn't demand much mental exertion; it's passive. Using a computer, on the other hand, demands that you be mentally active. It requires more focus, concentration, and mental effort than watching TV.

Physical activity is beneficial because it challenges your muscles and makes them work a bit harder. Doing things on a computer challenges your mental "muscles."

In the recent study, researchers selected computer use as a common example of mental activity, to compare the effects with passively watching TV. This doesn't mean that computer use is the only way to stay mentally active. You could play games with others, paint, draw, write, do puzzles, or find another hobby that interests you and requires that you put your mental skills to use.

This doesn't mean that you shouldn't also be physically active — you should.

A Little Walking Goes a Long Way

You may have heard that you should walk for at least 30 minutes per day on most days of the week or do more vigorous exercise for 75 minutes per week. It's a standard recommendation for all ages. But statistically, the older people get, the less likely they

are to meet the recommendation (although this isn't inevitable). So, what if an older person exercises less? Can it make a difference?

It sure can, according to a recent study of more than 7,000 people who were at least 85 years old. The re-

How Curcumin Helps Diabetics

For some years, studies have shown that curcumin improves the health of diabetics and reduces risks of diabetic complications. It also helps to improve insulin sensitivity and levels of blood sugar in people at risk for diabetes. Controlling inflammation and oxidation — a process much like internal rusting — has been viewed as a key mechanism behind these benefits.³



Now, a more recent study has discovered another beneficial effect. Researchers examined 417 genes related to diabetes and found that curcumin has a positive effect on a number of important genes that contribute to the development of the disease.⁴

The problem is, not all curcumin supplements are easily absorbed by the human body. If you take a curcumin supplement, look for a patented form that has been specially formulated to be well absorbed. As an example, Longvida is a form that is easily absorbed. It should be listed by name in the Supplement Facts on product labels.

search found this: Compared to inactive people, those who walked for at least one hour per week — the equivalent of about 10 minutes per day — were 40 percent less likely to die soon from heart disease or any other cause.²



1 Raichlen, D.A., et al. "Leisure-time sedentary behaviors are differentially associated with all-cause dementia regardless of engagement in physical activity." *Proc Natl Acad Sci U S A*. 2022 Aug 30;119(35):e2206931119. 2 Jin, M.N. "Association of usual walking with mortality in oldest old adults aged 85 years and older: a nationwide senior cohort study." Presented at the European Society of Cardiology Conference 2022, August 28. 3 Marton, L.T., et al. "The Effects of Curcumin on Diabetes Mellitus: A Systematic Review." *Front Endocrinol (Lausanne)*. 2021 May 3;12:669448. 4 Mahmoudi, A., et al. "Therapeutic Role of Curcumin in Diabetes: An Analysis Based on Bioinformatic Findings." *Nutrients*. 2022 Aug 8;14(15):3244.

Q&A

Q: You've mentioned matcha as a type of green tea. How do you make it and does it have the same benefits as regular green tea?

—Leo F.

A: Matcha does have the same benefits as regular green tea, if not more. It comes from the *Camellia sinensis* plant, as do regular green tea and black tea.



Black and regular green teas are brewed by immersing tea leaves in hot water, and then removing them before drinking. Matcha is a fine powder made from tea leaves. The powder is mixed with hot water until it dissolves. In other words, the tea leaves are not removed before you drink the tea.

Tea plants used to make matcha are traditionally covered with bamboo mats while they grow, to protect them from direct sunlight. As a result, the plants produce more nutrients, including more antioxidants and caffeine, and the tea is less bitter and more flavorful than regular green tea.

To make matcha, boil water and then let it cool slightly for a few minutes. In a small bowl, use a small whisk to mix a half-teaspoon of matcha in 2 to 4 ounces of hot water. Move the whisk quickly back and forth in a zig-zag motion to make a frothy drink. A bamboo whisk (pictured above) is traditional. You can also

use a small, handheld electric frother or shake your matcha mixture in a covered jar or flask.

Q: Are artificial sweeteners in diet soda unhealthy? —Sandy T.

A: I recommend using natural sugar alternatives, such as stevia, xylitol, or monk fruit. Many sodas now use these types of sweeteners rather than artificial ones as a healthier way to add sweetness without sugar.

Studies of artificial sweeteners have found some downsides, including possible increased risk for heart disease and stroke. In addition, artificial sweeteners may make you feel hungry and eat more. And they can contribute to unhealthy levels of blood sugar.

Unlike sugar, artificial sweeteners do not raise blood sugar right after you consume them, which sounds good. However, artificial sweeteners upset the balance of microorganisms in the digestive system, which can lead to unhealthy levels of blood sugar.

Natural sugar alternatives do not increase hunger or have negative effects on your health. In fact, they may provide added benefits.

Stevia is derived from the South American stevia plant and it's stood the test of time. Indigenous people have used it for thousands of years to help regulate blood sugar. More recently, research has supported this and other benefits.

Unlike artificial sweeteners, stevia does not have digestive side effects. Research shows that it also has some beneficial anti-inflammatory properties. In addition to preventing rises in

blood sugar after you consume it, stevia may help to lower blood sugar and blood pressure.

Stevia can have an aftertaste that some people don't like. And some stevia products combine it with other sugar-free sweeteners, such as erythritol, an ingredient that may cause digestive upset and aggressive dental plaque.

My favorite is pure liquid stevia in different flavors, such as caramel, hazelnut, chocolate, vanilla, and others. I find that the liquid form doesn't have the same aftertaste as a powdered form and is a tasty way to flavor sparkling water or sweeten coffee.

Xylitol can cause gas or bloating for some people. If this happens, try very small amounts at first, to allow your body to adapt.

Some toothpastes contain xylitol because it improves dental health. It prevents cavities by killing aggressive plaque-producing bacteria. In the digestive system, xylitol feeds beneficial bacteria, which enhances overall health.

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.