

# Dr. Marlene's NATURAL HEALTH CONNECTIONS



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## New Blood Sugar Dangers: What to Do

**Protect yourself against today's growing health challenges and reap the benefits of healthy blood sugar, from less diabetes and heart disease to a better mood and sharper memory.**

So many of my patients and readers of this newsletter are concerned about their blood sugar, and it doesn't surprise me. Blood sugar problems, and diabetes, have become more and more common over the past few decades. And to make matters worse, new blood-sugar dangers have recently emerged.

You're probably tired of hearing about the pandemic and how it has often led to weight gain and less physical activity. But we don't hear as much about another growing health issue that may be a long-term side effect of COVID-19: elevated blood sugar and more new cases of diabetes.

I know, the last thing you want to hear is more bad news. Bear with me, because the news isn't all bad. To start, I want to tell you about some recent research that illustrates the new dangers, and then I'll focus on what you can do to avoid the pitfalls.

Fairly early on in the pandemic, doctors observed that COVID patients who were diabetic were

more likely to suffer from severe symptoms and be hospitalized. And they faced greater risk of death.<sup>1</sup>

In addition, people who were not diabetic but had elevated blood sugar when they became infected with COVID were also at higher risk of severe symptoms.<sup>2</sup> One review of research found that prediabetes — blood sugar that is high but not high enough to be diagnosed as diabetes — more than doubled the odds of severe COVID symptoms.<sup>3</sup>

More recently, another risk has become evident. People who have recovered from COVID face as much as 40 percent higher risk of developing diabetes in the future. This is the conclusion of a study that looked at large groups of people in the U.S. Department of Veterans Affairs national healthcare databases.

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**IN THE NEXT ISSUE:**  
**How to Tap Into Your Hidden Energy**

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Researchers tracked more than 181,000 people who had recovered from COVID at least a month earlier and compared their health with that of over 8 million other people, during and before the pandemic. The study lasted 12 months.

This large study found that risk for diabetes increased in the months following recovery from COVID. The more severe the COVID symptoms had been, the higher the diabetes risk. Even among people who had mild

symptoms and had not been hospitalized for COVID, the increase in risk was significant.

One surprising finding was that the post-COVID diabetes could develop up to a year after recovering from the infection. Earlier studies have found similar trends, as well as higher risk for heart disease and stroke. And being obese multiplied the risk, up to three times.<sup>4</sup>

## What Can We Learn?

If you've had COVID, this latest research is yet another reason to get and/or keep your blood sugar in a healthy range. If you've avoided COVID, optimal blood sugar is equally important to stay healthy and, if you do get infected, to recover as quickly and easily as possible.

Blood sugar has always been a very important indicator of health. The recent pandemic has shone a brighter light on the subject.

Elevated blood sugar and type 2 diabetes reduce the body's ability to fight off and recover from any type of infection — not just COVID.<sup>5</sup> The healthier you are, the better you can withstand whatever bugs come your way. And the way you eat plays a major role.

## The Rise of American Blood Sugar

If you ever watch documentaries that show news footage from the 1970s, or earlier, you might notice that people were much leaner than they are today. Was everyone on a special diet? No. And there was another important difference: much less diabetes.

Back in 1958, less than 1 percent of Americans were diabetic. In the 1970s, that number went up to more than 2 percent — more

than double — but still a relatively small percentage of our population.

Now, more than 11 percent have the disease. Think about it for a moment — that's over 11 times more diabetes than 60 years ago! In addition, about half of Americans over age 65 have prediabetes, so they are at high risk of developing the disease. And those numbers don't include rising cases after our recent pandemic.<sup>6</sup> So, what happened in the last few decades?

## Benefits of Healthy Blood Sugar

When blood sugar is elevated, your body produces extra insulin. Although insulin is an essential hormone, it becomes harmful when levels are chronically too high, by increasing inflammation and leading to a host of diseases we associate with aging.

When levels of blood sugar and insulin are in optimal ranges, these are some important benefits that have been documented:

- Stable energy levels
- Better sleep
- Less risk for type 2 diabetes
- Less likelihood of joint pain
- Lower blood pressure
- Less weight gain
- Easier weight loss
- Stronger resistance to infections
- Better memory
- Improved mental focus
- Lower cholesterol
- Lower triglycerides
- Less coronary artery disease
- Fewer heart attacks
- Less risk for Alzheimer's disease
- Less risk for Parkinson's disease
- Fewer migraines among women
- Lower risk for cancer

Dr. Marlene's

## NATURAL HEALTH CONNECTIONS

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Our eating habits changed. We got used to a constant oversupply of starchy and sugary carbs.

Why America’s Eating Habits Changed

The change in American diets was not an accident. About 40 years ago, the government and most health experts began recommending that we eat less fat and more carbohydrates. And most people did just that.

Many studies have tracked these changes in our diets and the rise of obesity and diabetes, and they show a clear, unmistakable diet-diabetes link. More carbs and more diabetes go hand-in-hand.

On the bright side, studies also show that a low-carb diet can reverse these terrible trends and start to heal the damage to human health.<sup>7</sup> To make a low-carb diet work for you, it’s important to understand which types of foods to avoid and which types to eat.

Our Most Popular Carbs Are Adulterated

Keep in mind that carbs are a natural category of food for humans. However, most of the carbs in today’s diets don’t resemble the natural forms of foods that our bodies are designed to consume.

For example, fiber and nutrients are removed when grains are refined and fruit is turned into juice. And sugar, often in the form of high-fructose corn syrup, is added to many foods that we don’t think of as sweet, such as soups, sauces, savory snacks, and many breads.

Granted, some foods are high in carbs in their natural state. But when these are turned into processed versions in packages or restaurants, they are adulterated in

ways that make it very easy to eat portions that are larger than what our bodies can handle.

Take potatoes, as an example. It takes time and effort to prepare them from scratch. Baking a potato with the skin takes the least effort: just wash it and bake. But you have to wait while the oven does the job.

Boiling potatoes is faster but you have to peel and cut them up into smaller pieces, and they aren’t especially appealing to most

people today. Mashing takes more effort and creates a mess in the kitchen — as does deep frying.

Compare those experiences to grabbing a bag of potato chips or some fries at a fast-food restaurant.

In addition to being instantly available, the processed versions include unhealthy fat (more about that in a moment) and are flavored to appeal so strongly to your taste buds that it’s hard to stop eating them. This isn’t an accident. It’s

### Carbs to Count and Limit

My low-carb diet doesn’t restrict any category of food. However, it limits the foods and drinks that are most likely to make you overindulge in carbs. My patients have routinely improved their health — many have even reversed type 2 diabetes — by following this approach.

**Count total carbs *only in these foods:***

**Any food made with wheat, oats, rice, or other grains, such as:**

Oatmeal	Pasta
Other cereals	Rice dishes
Bread	Rice cakes
Buns	Muffins
Rolls	Scones
Crackers	Pastries
Pretzels	Cookies
Snack and breakfast bars	Cakes

**Other sweet treats:**

Candy	Popsicles
Candy bars	Sweetened or fruit-flavored yogurt
Chocolate	
Ice cream	

**These high-starch vegetables and legumes:**

Potatoes, including chips	Peas
Sweet potatoes	Corn, including popcorn and corn chips
Beans	

**Fruit:**

Fresh, frozen, dried, or canned fruit

Fruit juices      Fruit smoothies

**Drinks that contain sugar in any form, including high fructose corn syrup, maple syrup, other syrups, honey, agave, and fruit concentrate:**

Sodas	Sweetened tea or coffee
Energy drinks	Beer
Milk (contains lactose, a natural sugar)	Wine
Flavored plant milk	Other alcoholic drinks

Carbs do *not* need to be counted in other foods or in drinks sweetened with stevia, xylitol, or monk fruit, which are natural sugar alternatives. However, I don’t recommend artificial sugar-free sweeteners.

**Limit carbs this way:**

Consume no more than 60 grams daily of total carbs *from the list above*. In addition, limit total carbs from this list in any single meal or snack to 30 grams. *You do not need to count or limit carbs in any other foods.*



the result of millions of dollars spent on research and marketing campaigns to make you eat more of the processed products.

## Main Sources of Harmful Carb Overload

The whole subject of diets can be confusing. In the case of low-carb diets, there are some common misconceptions, such as the idea that you should pile bacon or steak onto your plate. This isn't the case. The key to success is understanding the major sources of unhealthy carbs that we're likely to overeat and avoiding or limiting these.

Large government surveys of nearly 44,000 American adults show that half the calories in a typical diet come from carbs, mostly processed foods and drinks that are low in nutrients and high in starch and/or sugar (see page 3: *Carbs to Count and Limit*).<sup>8</sup>

Such processed carbs alter the human metabolism. They cause elevated blood sugar and insulin and lead to type 2 diabetes and heart disease, higher levels of chronic inflammation, and higher odds of arthritis, brain degeneration, and faster aging.

## What Is a Low-Carb Diet?

Your health will benefit if you eat in a way that meaningfully reduces carbs to a point where they aren't causing your blood sugar to dramatically spike upward every time you eat. There are various ways to do this, but I've used my approach with patients for nearly 20 years and they've had great success in improving their health.

My focus is to reduce the most harmful carbs: those that produce the biggest upswings in blood sug-

ar and cause the most damage. At the same time, I recommend keeping your blood sugar and energy stable by eating every three hours and always including some healthy fat in each meal and snack. This is a way of eating that is realistic to incorporate into your life.

## How to Start

I recommend that you eat the way you usually do, and for three days keep a journal to record total carbs *only* in the foods and drinks on my *Carbs to Count and Limit* list. You can track these carbs by writing them down and manually doing the arithmetic, or with a website or app, such as [www.myfitnesspal.com](http://www.myfitnesspal.com) or [www.carbmanager.com](http://www.carbmanager.com). You do *not* need to count carbs in foods that are not on my carbs-to-count list.

I've found that most people can't tolerate more than 60 grams daily of total carbs from the foods on my list, and not more than 30 grams in

a single meal or snack. Once you see where your carbs are coming from, you can find some alternatives for your highest-carb sources.

For example, one teaspoon of sugar contains about 4 grams of total carbs, and one teaspoon of honey contains 6 grams of carbs. Depending on how many teaspoons you consume per day, you may want to include those carbs from sugar or honey in your daily 60-gram carb total, or use a natural sugar-free sweetener such as stevia or monk fruit. The choice is yours.

## Sugar Myths and Traps

The subject of sugar can be confusing. Because both starch and sugar are treated the same way by your body, many "sugar-free" products are not as healthy as they may seem.

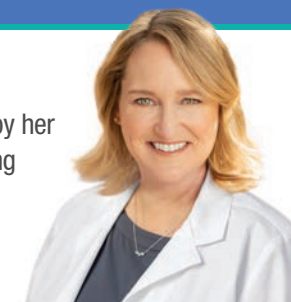
Take sugar-free cookies. They still contain a lot of starch from grain, so "sugar-free" doesn't mean that they are low in carbs.

## 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.



Sweeteners that are “natural” — honey, agave syrup, or fruit, for example — can be misleading. They sound healthier than “sugar,” but the effect on your blood sugar is the same as with regular sugar, so you have to count those carbs just like ordinary table sugar.

Many people think pretzels are a healthy snack because they aren’t a major source of sugar and they’ve been promoted as being healthy because they’re low in fat. But pretzels are mostly made of starch. One ounce (about 20 mini pretzels) contains about 25 grams of total carbs, and it’s easy to eat more than that in one sitting. You could replace pretzels with a piece of celery and a spoonful of nut butter — neither of these is on my carbs-to-count list.

Yogurt is another food that’s considered healthy, and it can be. But added fruit flavoring makes it a high-carb product. I don’t suggest counting carbs in plain yogurt, but as a tip, plain Greek yogurt is naturally much lower in carbs than regular plain yogurt.

## The Need for Healthy Fat

Fat has always been a key source of nutrition for humans. Way back when, before meat was neatly trimmed and packaged in supermarkets, people ate all the parts of animals, including organs, fatty cuts that we shun today, and skin of poultry and fish. This was true whether people hunted for wild animals, raised them on farms, or caught fish in rivers and oceans.

Our pristine muscle meats lack much of the natural fat. A few decades ago, when carbs began to be heavily promoted by the government and doctors, fat was demonized and replaced by

unhealthy, processed carbs — the type that I recommend limiting.

## Fat Myths

Saturated fat, the main type found in animals, was wrongly labeled as a trigger of heart disease. Now, it’s become evident that replacing saturated fat with carbs leads to *more* heart disease.<sup>9</sup>

In fact, saturated fat is one essential type of fat that we need for normal function of many processes in our bodies. Saturated fat is a necessary building block for every cell membrane in our bodies. And it’s essential for normal function of our immune system, brain, lungs, and other organs.<sup>10</sup>

We also need fats from fish and plant foods, such as nuts, avocado, coconut oil, and extra virgin olive oil. We need a variety because each type plays a different role, much like different instruments in an orchestra.

The key is to eat natural fats, including those in meat, fish, butter, and the others I mentioned. As well as being essential and nutritious, they are satisfying. A few bites of avocado on celery, for example, is much more satisfying than the celery alone, and the combination will help to keep your blood sugar and energy stable.

These beneficial natural fats are quite different from harmful refined oils that are found in most processed foods.

## Harmful Oils to Avoid

When food manufacturers make processed food, the products need to have a long shelf life and be profitable. The cheaper the ingredients and the longer the shelf life, the better — for the

manufacturer. Unfortunately, this doesn’t mean that long-lasting, profitable products are good for your health, and this is especially true in the case of fats in processed foods. It’s also true of fats in most restaurant foods.

The most widely used fats in processed food are refined oils from seeds, such as corn, soybeans, and rapeseeds — now called canola oil, to sound more appetizing. And yes, corn and soybeans are really seeds, even though they’re also called “vegetable oil.”

These oils are typically extracted, refined, and deodorized using chemicals, high heat, and/or a combination of industrial processes. And these processes turn the fats into harmful substances.

Refined oils have been heavily marketed as healthy fats, but they are not. Studies show that they promote plaque in arteries — the most common form of heart disease. And they are inflammatory, which contributes to elevated blood sugar and diabetes.<sup>11</sup>

## The Worst Fats

These refined oils are liquid fats. They’re widely used in food processing and bottled salad dressings, and you can buy them as corn oil or vegetable oil — I don’t recommend them. But there are even worse versions.

Some refined oils are artificially altered even more to transform them into solid fats, listed as hydrogenated oils in ingredient lists. They’re called “hydrogenated” because they are made by adding hydrogen molecules to liquid oil. And they are the most dangerous.

Hydrogenated oil contains saturated fat.<sup>12</sup> It isn’t identical to the

natural saturated fat, but it tricks your body into using it as though it were — in every cell. It's like a substandard building material that dishonest contractors use to build or renovate a house, and the roof ends up leaking, the floor sags, or the pipes break.

In your body, hydrogenated oils disrupt the normal functions of blood sugar and insulin, contribute to diabetes, and increase risk for heart disease.<sup>13</sup> They are even worse than the liquid forms of refined oils.

My advice: If an ingredient list includes the word “hydrogenated,” don’t buy the product. Ideally, also avoid the seed or “vegetable” oils in their liquid form, such as soybean, corn, or cottonseed oils. In restaurants, this means not eating deep-fried foods because these oils are typically used in deep fryers.

Nutritional Deficiencies

There’s a two-way street between nutrients and blood sugar. High blood sugar can lead to nutritional deficiencies, and nutritional

deficiencies can make you more susceptible to high blood sugar. So, it’s prudent to get some nutritional insurance from a multivitamin and a few other supplements.

I recommend multivitamins with around 100 percent of the Daily Value (%DV in the Supplement Facts) of most nutrients. In addition, take 1,000 mg of a fish oil supplement daily, extra magnesium (200 mg daily or more), and extra vitamin D.

It’s best to have vitamin D levels checked, but as an alternative, most people need 5,000 IU (125 mcg) daily of vitamin D. For optimal results, vitamin D should be taken with vitamin K2, which is included in some vitamin D products.

Simple Steps

To put all this information to use, these are the most important things to do:

- Count only the carbs in the *Carbs to Count and Limit* list on page 3. From these foods and drinks, consume no more than 60 grams of

total carbs daily, and no more than 30 grams in any one meal or snack.

- Eat plenty of other vegetables. Choose lots of green ones and a rainbow of other colors.
- Eat a meal or snack every 3 hours.
- Always include some healthy fat in each meal and snack.
- Eat your usual amount of protein — don’t pile extra meat onto your plate. But feel free to pile on vegetables that are not on the carbs-to-count list.

There are no risks or downsides to eating this way, but there are plenty of upsides. Healthier blood sugar is one major benefit, and there are others: from a better mood and sharper memory to more stable energy and better sleep.


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### Related to This Topic

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

Related Topic	Volume	Issue	Title
Healthy Fat	4	11	Healthy Fats: Deadly Myths and Life-Saving Facts
Healthy Meat	3	2	The Diabetic's Guide to Eating Meat
Multivitamins	2	8	Do You Really Need a Multivitamin?
Diabetes	2	4	Type 2 Diabetes: The Road to Recovery
Supplements	4	3	Supplements for Prediabetics and Diabetics
Keto Diet	4	1	The Keto Diet for Weight Loss, Diabetes, Improved Memory, and More

Access these online by logging in to [www.NaturalHealthConnections.com](http://www.NaturalHealthConnections.com).



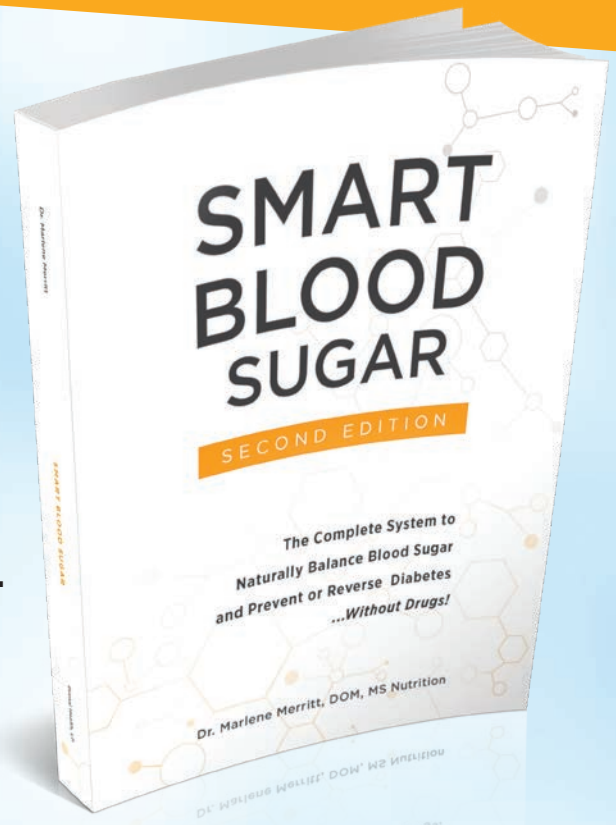


# Dr. Marlene Discovers “Insulin Switch” That Stops Blood Sugar Spikes



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

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



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

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

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

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

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



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

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

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

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

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

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

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

**Order Your Copy Today!**  
[www.SmartBloodSugar.com/Book](http://www.SmartBloodSugar.com/Book)



# Sunscreens: Which Ones Are Safe?

Do you remember when lifeguards used to have a white, pasty substance on their noses? Or perhaps you've seen this in old movies. That stuff was zinc oxide or titanium dioxide, minerals that act as natural sunscreens by blocking the sun from penetrating the skin.

More recently, these mineral sunscreens have been formulated to block sun without leaving a white residue, so you don't have to look like a ghost. And they are just as effective.

In fact, such mineral sunscreens are the only types of sunscreens that have been proven to be safe. And there are plenty of products made with these ingredients.

Meanwhile, there are many other sunscreens that use chemicals to block sun damage, and the safety of these has not been proven, according to the FDA. Some of these chemicals have been shown to damage coral reefs, may irritate sensitive skin, and may disrupt the thyroid or other hormones, although the evidence isn't conclusive.<sup>1</sup>

I recommend using mineral sunscreens with zinc oxide or titanium dioxide. At the same time, it's important to spend time in the sun.

## Sun Benefits

We hear so much about protecting ourselves against sun damage that it's tempting to just avoid the rays altogether. But this isn't the right thing to do.

You may know that sun exposure enables your body to make vitamin D, but this isn't the only benefit. Studies show

that spending some time in the sun increases the release of nitric oxide, which helps to dilate blood vessels, lower blood pressure, and improve heart health.

Being in the sun also makes your body release endorphins, "feel-good" chemicals that lift your mood and reduce anxiety. And sun exposure allows your body's natural circadian rhythms to stay coordinated — which helps you to get more restful sleep during the night and to wake up ready to start the day.<sup>2</sup>

## How Much Sun Is Beneficial?

A beneficial amount of sun exposure is less than the time it takes for your skin to turn pink. How

long that takes depends on where you are, the time of year, the time of day, the sensitivity of your skin, and how much of your body is exposed. You have to use your own judgment.

Does sunscreen stop natural vitamin D production? In theory, yes, but in practice, it may not — if a sunscreen has a sun protection factor (SPF) around 15. However, sunscreens with a higher SPF may provide a significant block.<sup>3</sup>

Another important point: Very few people have optimal levels of vitamin D without taking supplements, even in summer. So definitely take your vitamin D supplements year-round.

## Sunscreen Ingredients to Use and Avoid

Sunscreen is supposed to reduce damage by shielding you against harm from the sun, but some products may be harmful. So, it's important to know which ones are safe:

### Use Sunscreens With These Mineral Ingredients

Based on the latest data the FDA has reviewed, these two sunscreen ingredients are the only ones proven to be safe:

- zinc oxide
- titanium dioxide

### Avoid Sunscreens With These Chemical Ingredients

According to the FDA, research shows that there are safety issues with these ingredients:

- aminobenzoic acid (PABA)
- trolamine salicylate

And for these ingredients, there is insufficient data to determine whether they are safe:

- cinoxate
- dioxybenzone
- ensulizole
- homosalate
- meradimate
- octinoxate
- octisalate
- octocrylene
- padimate O
- sulisobenzene
- oxybenzone
- avobenzone

### A Simple Way to Shop for Sunscreens

Try to remember zinc oxide and titanium dioxide, or that the safe sunscreen ingredients end in "oxide." These are minerals — unlike the chemicals whose safety has not been proven. The safe ingredients ending in "oxide" rhyme with "poolside."

For more information on safe sunscreens, visit the nonprofit Environmental Working Group at [www.ewg.org](http://www.ewg.org) and look for the guide to sunscreens.

1 Suh, S., et al. "The banned sunscreen ingredients and their impact on human health: a systematic review." *Int J Dermatol*. 2020 Sep;59(9):1033-1042. 2 Baggerly, C.A., et al. "Sunlight and Vitamin D: Necessary for Public Health." *J Am Coll Nutr*. 2015;34(4):359-65. 3 Neale, R.E., et al. "The effect of sunscreen on vitamin D: a review." *Br J Dermatol*. 2019 Nov;181(5):907-915.



# 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.

Here's how **ActivAdapt** works...

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

It's caffeine-free and only contains 20 calories. You'll notice a substantial change in your physical and mental energy almost immediately after you drink it... with no jitters, no increased heart rate, no blood sugar spikes, and absolutely no crash.

**ActivAdapt** is ideal if you want to regain your energy and feel more vibrant and alive than you have in years...

- More physical energy, strength, and stamina
- 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.

**Get Your Bottle of  
ActivAdapt Today and  
Start Living the Life You  
Were Meant to Live!**



**Get ActivAdapt Today!**  
[www.GetActivAdapt.com/NHC2](http://www.GetActivAdapt.com/NHC2)

# Singing Training Improves Breathing

Long COVID and COPD (chronic obstructive pulmonary disease) are top reasons for chronic breathing problems today. Perhaps surprisingly, singing training can help.

In the United Kingdom, the English National Opera worked with a healthcare organization to create ENO Breathe, an online program for people who developed lasting breathlessness after a COVID infection. There have been many success stories, and a scientific study of 150 people with long COVID has documented benefits.

The program consisted of weekly online group training sessions, each lasting one hour, for six weeks, with voice exercises and singing at home on other days. The study found physical improvement in breathing,

decreased anxiety, and significantly better quality of life.<sup>1</sup>

In Ireland, an earlier study found that singing in a choir, and doing traditional physical and vocal exercises for singers at choir practices, reduced symptoms of COPD and enhanced enjoyment of life. Daily practice, in between weekly choir training, enhanced results.<sup>2</sup>

## What You Can Do

In classical voice training, physical and vocal warm-up exercises improve breath control and strengthen the muscles involved in deep breathing. And singing acts as a workout for those muscles — significantly more than regular breathing or talking.

To the best of my knowledge,



there are currently no singing programs in the U.S. healthcare system. However, you can benefit by finding a singing group that is led by a trained singer who can show you the traditional breathing and vocal exercises, or find these online. And bit by bit, you can improve your breathing and lung function — and enjoy singing.

# Poor Vision or Mental Decline?

When older people are given tests of mental function, they can be mistakenly diagnosed with cognitive impairment when the real problem is poor vision. To prove

this point, researchers in Australia gave healthy people a set of goggles that blurred vision, to simulate age-related macular degeneration. And tests showed that

impaired vision can make a person appear mentally slow when they really are not. Cataracts can cause similar issues.<sup>3</sup>

If you or someone you care about has imperfect



vision, get it checked and addressed.

# Exercise Can Help to Relieve Major Depression

Many people find it difficult to get or stay motivated to exercise. For anyone suffering from depression, just the idea of exercise may seem absolutely impossible, and cheerful people saying “just do it,” can make you feel even worse. It's important to recognize this.

That said, studies have found that regular exercise can help to ward off depressed moods. And recent research has found that just one 30-minute bout of exercise can help to lift episodes of major depression.

Led by researchers at Iowa State University in Ames, the study

compared the effects of exercise on a stationary bike with sitting quietly, each for a half-hour. Mood surveys showed that after one bout of cycling at a moderate pace, depressive symptoms improved for at least 75 minutes, but did not improve after sitting quietly.<sup>4</sup>

<sup>1</sup> Philip, K.E.J., et al. “An online breathing and wellbeing programme (ENO Breathe) for people with persistent symptoms following COVID-19: a parallel-group, single-blind, randomised controlled trial.” *Lancet Respir Med.* 2022 Apr 27;S2213-2600(22)00125-4. <sup>2</sup> Cahalan, R., et al. “SingStrong: Singing for better lung health in COPD — A pilot study.” *Physiother Theory Pract.* 2021 Mar 31;1-9. <sup>3</sup> Macnamara, A., et al. “The effect of age-related macular degeneration on cognitive test performance.” *Sci Rep.* 2022 Mar 8;12(1):4033. <sup>4</sup> Meyer, J.D., et al. “Magnitude, timing and duration of mood state and cognitive effects of acute moderate exercise in major depressive disorder.” *Psychology of Sport and Exercise.* 2022 July;61:102172.

# Beating Antibiotic Resistance



A new study has found that eating sufficient fiber can help to overcome antibiotic resistance. I'll go into the research details in a moment, but first I want to put this in context because it's important to see the bigger picture.

Antibiotic resistance is a growing problem, and it can be life-threatening. There are more than 3 million antibiotic-resistant infections in this country each year, and at least 48,000 people die as a result.

Antibiotics treat bacterial infections and have enabled many deadly diseases to be virtually eradicated or effectively remedied, such as pneumonia, typhoid fever, tuberculosis, typhus, syphilis, and plague. In fact, the discovery of antibiotics nearly 100 years ago was a major reason for average U.S. life expectancy to increase from 47 years to nearly 79 years.<sup>1</sup>

Today, some common bacterial infections include food-borne illness, whooping cough, strep throat, pneumonia, skin infections, urinary tract infections, sinus infections, and dental infections. Antibiotics can quickly resolve these — unless your system has become antibiotic-resistant.

## Causes of Antibiotic Resistance

Overuse of antibiotic prescriptions is a major reason why infectious bacteria are more likely to evade destruction by the drugs. About one in three antibiotic prescriptions are unnecessary, according to the Centers for Disease Control and Prevention.

Antibiotics kill only bacteria — they don't kill viruses. Yet they may be incorrectly prescribed for colds or flu, which are viral, because patients insist that their doctor give them a prescription. Don't do this.

In addition, non-organic meat and dairy products can contain residues of antibiotics given to the animals. Eating organic or grass-fed meat and poultry, dairy products, and eggs — or foods with a "no antibiotics" label — helps to reduce this exposure.

## The New Fiber Study

Scientists at the U.S. Department of Agriculture discovered that people who eat more fiber have fewer antibiotic-resistant bacteria in their digestive system. This indicates that they are more likely to benefit from an antibiotic prescription when they really need one.<sup>2</sup>

More specifically, the study found that eating a variety of fiber-rich foods was most beneficial. This means eating plenty of vegetables, including carrots, artichokes, broccoli, and winter squash; some fruit — especially berries; some beans and peas; some seeds such as chia seeds; and some nuts.

The study also found that eating a variety of fiber-rich foods reduced inflammation in the digestive tract. And that's another valuable benefit.

## 2 Cures for Sleep Apnea

Sleep apnea robs you of sleep and raises risks for diabetes, heart disease, and dementia. When sleep apnea occurs, the breathing passages are blocked and the brain wakes up, for seconds or minutes. And then, the breathing passages become unblocked and breathing continues, but the cycle disrupts sleep.

A CPAP (continuous positive airway pressure) machine prevents airways from collapsing by providing extra pressure, and it is a very effective treatment. I highly recommend using one if you have sleep apnea. For tips and ways to make a CPAP more comfort-

able, [www.cpap.com/blog/comfortable-cpap-sleep/](http://www.cpap.com/blog/comfortable-cpap-sleep/) is a handy online resource.

If you're overweight, losing some weight will help.

One recent study tested an 8-week diet and exercise program on 40 overweight men who used a CPAP machine. They all experienced improvement and 27 of them no longer needed the machine within 6 months of completing the program. Weight loss in the study varied from 12 to 19 pounds. And among all the participants, there were also improvements in other health markers, such as blood pressure.<sup>3</sup>



1 Adedeji, W.A. "The Treasure Called Antibiotics." *Ann Ib Postgrad Med.* 2016 Dec;14(2):56-57. 2 Oliver, A., et al. "Association of Diet and Antimicrobial Resistance in Healthy U.S. Adults." *mBio.* 2022 May 10;e0010122. 3 Carneiro-Barrera, A., et al. "Effect of an Interdisciplinary Weight Loss and Lifestyle Intervention on Obstructive Sleep Apnea Severity." *JAMA Netw Open.* 2022 Apr 1;5(4):e228212.



# Q&A

## **Q: Is turmeric beneficial for your health?** — *Peggy B.*

**A:** Yes, turmeric is good for you. Many studies have tested turmeric supplements and have found a variety of benefits.

Turmeric reduces chronic inflammation, enhances circulation, and helps to prevent diabetes and heart disease. It also protects the brain against plaques that lead to mental decline and dementia, and it can improve memory and attention span.

Relief from joint pain is another benefit. Studies have found this in people with osteoarthritis and rheumatoid arthritis.

Other studies have found that turmeric may improve digestion, reduce seasonal allergies, and help to reduce risk for cancer. Altogether, the supplement can improve overall health.

Impressive as the benefits are, there is one problem: Turmeric in its natural state is not well absorbed by the human body. To overcome this, many turmeric supplements have been specially formulated to be more absorbable, and it's important to choose a form that your body can easily absorb. To do this, it's helpful to understand the options.

Turmeric supplements are made from the root of the turmeric plant. As is the case with all plants, turmeric contains a combination of natural substances, and some of these can be especially beneficial.

In the turmeric root, the active ingredient that produces benefits is curcumin.

Curcumin is extracted and concentrated in many supplements. Some of the processes used to extract curcumin are more effective than others. These have been patented and tested in studies that have shown the curcumin is well absorbed and effective.

The patented forms have specific names that you will usually find in the Supplement Facts of a label and sometimes on the front of a label. These are some popular patented forms:

- CurcuWin
- Meriva
- CurQfen
- NovaSol
- LongVida
- Theracurmin

I recommend taking one of these patented forms. Take 1 serving daily for general health. If you are trying to treat pain, you may benefit from 2 servings daily. Take the supplement with food, preferably with some fatty food.

Keep in mind that the full therapeutic effects of turmeric develop over a period of time, which can range from a few weeks to a few months. And the greatest benefits come from taking the supplements while eating a low-carb diet of whole, rather than processed foods — this applies to all supplements.

## **Q: My stomach gets upset after I take a multivitamin, vitamin D, and vitamin K2. What can I do about this?** — *Andreas G.*

**A:** One common reason I see for stomach upset with supplements is taking them on an empty stomach, or with the wrong type of food.

The best way to take them is with some food that includes healthy fat, such as some nut butter or avocado, or with a breakfast that includes whole eggs.

If this doesn't solve the problem, try taking one supplement at a time, with a meal or snack that includes fat, and each of the others with different meals or snacks. It's possible that your stomach doesn't react well to the combination of supplements but will not have a problem when you take each one separately.

If the one-at-a-time approach works well, you can try combining two supplements and seeing how that goes. Or, if one supplement upsets your stomach, even when taken with food, you can try a different brand.

Multivitamin ingredients vary a lot. And even in a single supplement, such as vitamin D or vitamin K2, the exact list of ingredients varies somewhat from one product to another.

## **Do you have a question for Dr. Marlene?**

Send your health-related questions to [drmarlene@naturalhealthconnections.com](mailto: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](mailto:support@primalhealthlp.com) or call 877-300-7849.