

Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 5 | ISSUE 8

A PUBLICATION OF PRIMAL HEALTH



CONTENTS

A Big Aging Myth.....	2
Beware of Ageism.....	2
The "Old Dog" Myth	3
Purpose and Health	4
Physical Challenges	4
How AGEs Speed Up Aging.....	6
Theanine: A Magic Tea Ingredient	8
10 Benefits of Exercise in Water	10
Fish Oil Component Reduces Alzheimer's Disease	10
Beer With a Benefit.....	11
Can Cinnamon Cancel the Effects of Carbs in Oatmeal?	12



Essential Steps for Aging Well: **Part 1**



Centuries of human experience and decades of science have identified the key things that help us to age well. To put the knowledge to use, here are the most important practical steps.

Attitudes toward aging have been changing, with trendy phrases such as “60 is the new 40,” or even “70 is the new 40.” You may agree with one or both of those ideas, you may think they are pure fiction, or your perspective may fall somewhere in between. Regardless, we have a lot of knowledge and tools at our disposal to make a long life a healthier one.

There’s no doubt that the human body goes through changes over the years. But those changes don’t mean that chronic diseases, such as type 2 diabetes, are unavoidable. Understanding the underlying triggers of age-related conditions, and practical steps you can take to remedy these, can help you to live a full and rewarding life.

There are a lot of ways that things can go wrong. Blood pressure and blood sugar can rise, increasing risks for diabetes, heart disease, and stroke. Bones can become weak and prone to fracture. Muscles can shrink, leading to frailty. Memory

can fade. And I’m sure you can think of other health issues that are more common among older people.

However, these are not all carved in stone as our unavoidable destiny. Where health is poor, it can usually be improved — sometimes to a seemingly miraculous degree. And where health is good, it can usually be maintained.

Despite the many ways that the so-called “age-related” disorders can manifest, the number of underlying triggers of these is not endless. If you know what the triggers are, understand how they work, and take the right steps, you can improve or maintain better health for many years to come.

Another thing to keep in mind: Most health-related research focuses on different types of disease and

IN THE NEXT ISSUE:
**Essential Steps
for Aging Well: Part 2**

disability, and how to reduce risk or counteract symptoms of specific chronic conditions later in life. While useful, this doesn't address the whole picture. Aging well also includes overall well-being, mentally as well as physically, and living a full and vibrant life.

To do justice to the subject of aging well, this is the first of two newsletters covering this topic. Part 1 is in this issue, and Part 2 will be in next month's newsletter. I'll give you some steps to get

Dr. Marlene's
NATURAL HEALTH CONNECTIONS

Editorial Director Vera Tweed
Art Director Jody Levitan
Copy Editor James Naples

For subscriptions and customer service inquiries:
877-300-7849
support@primalhealthlp.com

Natural Health Connections is a monthly publication of Primal Health LP.

Disclaimer: This newsletter offers health, medical, fitness, and nutritional information for educational purposes only. **You should not rely on this information as a substitute or a replacement for professional medical advice, diagnosis, or treatment.** You should seek the advice of your healthcare provider before undertaking any treatment or if you have any concerns or questions about your health. Do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read in this newsletter. Nothing stated here is intended to be, and must not be taken to be, the practice of medical, nutritional, physiological, or any professional care. Primal Health, LP and its officers, directors, and trainers disclaim any warranties (expressed or implied), of merchantability, or fitness for any particular purpose, and shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is," and without warranties.



Copyright © 2022 by Primal Health, LP.
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the publisher. Photocopying, recording, or using other electronic or mechanical methods to capture any part of this publication, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law, is prohibited. For permission requests, write to the publisher at the address below.

Primal Health, LP
3100 Technology Drive, Suite 200, Plano, Texas 75074

started this month, with more in the next issue.

First, I want to address some myths about aging, as these can deter you from taking action or sabotage your best efforts. I'm also going to cover some beliefs about aging that can influence your health and well-being.

A Big Aging Myth

Many people believe that our ancestors lived much shorter lives than we do today. It can make you think that a long and healthy life isn't natural. But this isn't accurate.

When we hear about life expectancy, it's based on averages. Before modern medicine, there were many more infant and childhood deaths than today, and this can make you think that no one lived a long life — when they really did.

Here's an example of how numbers can mislead: Let's say two babies are born on the same day. One dies right after birth while the other lives to age 90. Their average lifespan would be 45 years (90 divided by 2). This gives the impression that it was unlikely that anyone would live much beyond age 45, when this wasn't the case.

An examination of lifespans in Victorian England shows how this plays out. In 1850, the life expectancy is typically reported as 40 for men and 42 for women. But a more detailed look shows that between 1850 and 1880, once a child had survived to age 5, that individual's life expectancy was about the same as ours today.

Deaths back then were mostly from infections, since antibiotics had yet to be invented, and from work-related accidents and house fires. The chance of dying from

heart disease was one-tenth of what it is today. The good health of these Victorians is attributed to their diets of fresh, nutritious food and the fact that their daily lives included a lot of physical activity in most men's jobs and women's household chores.¹

In this country, among those who signed the Declaration of Independence in 1776, three of the signers lived to age 90 or longer, and 11 lived to age 80 or longer.² And this was about a century before the Victorians I just described.

Beware of Ageism

The way the world around you views your generation can affect the way you see yourself. Older people receive a lot of respect in some cultures, but we tend to be obsessed with youth. And this isn't good for our health, mentally or physically.

"Ageism" is a term used to describe prejudice, discrimination, and negative stereotypes related to aging. It can range from "senior moment" jokes to assumptions that someone is in poor health, unable to perform routine tasks, or learn new skills — just because of their age.

And let's not forget an entire industry of "anti-aging" health and beauty products. While the needs of an individual do evolve during different stages of life, "anti-aging" erroneously implies that maturity is a negative state that needs to be resisted and fought.

Ageism can be obvious or subtle, but either way it can have a negative effect. In fact, one group of researchers who studied everyday ageism described it as "a preventable potential health hazard as people age."³

The researchers who made that

statement were from the University of Oklahoma and the University of Michigan in Ann Arbor. They collected information from more than 2,000 men and women between the ages of 50 and 80. And they found that the more people experienced ageism, the more likely they were to suffer poor health.

The Worst Effects

The effects of negative ideas about aging were the worst when these ideas were “internalized,” meaning when individuals viewed *themselves* in a negative way because of their age. In other words, the more you agree with negative stereotypes, the more those stereotypes are likely to have a detrimental effect on you.

The research also found that the more time people spent watching television, reading magazines, or browsing the internet, the more likely they were to buy into negative stereotypes of aging. People who spent more time actively doing things in their daily lives were less likely to view themselves in a negative way because of their age.

One major stereotype observed by the ageism researchers was the idea that being older means being in poor health. However, more than 80 percent of the people in the study rated their health as good or better.

A Positive View

While it's true that chronic diseases affect more people later in life, this isn't an inescapable fate. Rather, it's the result of cumulative damage from unhealthy lifestyle habits — but much of the damage can be reversed.

It's helpful to be aware — or rather *beware* — of negative

attitudes about aging. And it's important to recognize and value the knowledge you've gained through the years of your own life.

At one time or another, we've all thought, “If only I'd known then what I know now.” Well, now we know more and, hopefully, we can put that wisdom to use in enhancing our own lives and the lives of others.

The “Old Dog” Myth

You can't teach an old dog new tricks — or so the saying goes. I'm not an expert on dogs, but humans can certainly learn new things at any stage of life. And recently, there's been some interesting research on this point.

Traditionally, the activity of learning has been concentrated during the first two or so decades of life, with graduate degrees taking a few more years. And professionals sometimes go back to school outside of normal work hours to gain new skills or an additional degree.

Does this mean that people are unable to learn significant new skills later in life? Our social norms may give you that impression, but this doesn't mean that it's factual.

In one recent study at the University of California, Riverside, researchers tested the learning abilities of people between the ages of 58 and 86. Those in the study simultaneously took three to five classes for three months. They spent about 15 hours per week in classes — a schedule similar to that of undergraduate college students. The classes included Spanish, learning to use an iPad, painting, drawing, music

composition, and photography.

After six weeks — halfway through the learning program — researchers tested participants' mental skills. And they found that the mental function of these older students had improved dramatically — to the level of adults typically 30 years younger. More tests at the end of the three-month study program showed that participants continued to enjoy their new and improved abilities.⁴

Positive Attitudes About Aging

Having a positive outlook on your own stage of life is linked to better mental and physical health. In a poll of more than 2,000 people between the ages of 50 and 80, these were some positive attitudes about aging that were associated with good health:



- I feel more comfortable being myself as I've gotten older.
- I have a strong sense of purpose.
- My feelings about aging have become more positive as I've gotten older.
- As I get older, my life is better than I thought it would be.

Among those polled, 94 percent agreed with at least one of the above attitudes, and slightly over half agreed with all of them.

If you don't feel that you are aging well, I encourage you to read this and next month's articles on this topic and try taking some of the steps I suggest. And if you're doing well, use the information to keep doing so.

Source: University of Michigan. “Everyday Ageism and Health.” National Poll on Healthy Aging. July 2020.

An Age-Related Advantage

Our attitudes about achieving goals can change over the course of life. In Norway, researchers examined differences in perspectives among more than 1,500 people whose ages ranged from 13 to 77 and found this: Younger people generally have more passion to learn and achieve, and more faith that they will get better and succeed, although these qualities can also rise later in life. But older people have an important advantage: more grit.⁵

Grit, in this context, means being consistent in working toward a goal, despite ups and downs. It means having a stable goal and persevering to achieve it.

Keep in mind that these are averages from observation of a large group of people, but each person is unique. Some 80-year-olds are more passionate about their goals than their grandchildren, or even great-grandchildren.

Purpose and Health

Purpose in life has a significant impact on health and overall quality of life. One study surveyed more than 15,000 adults who were covered by an AARP Medicare Supplement. Researchers used a questionnaire to assess whether an individual had a low, medium, or high degree of purpose in life, and compared the answers with health histories.

Those with a medium or high sense of purpose in life had fewer chronic conditions, less disability, and were less likely to suffer premature death. They also took advantage of more preventive services and spent less on healthcare costs.⁶

Another study tracked sense of purpose and health-related

behavior of more than 13,000 older American adults. During a period of eight years, the participants answered detailed questionnaires up to five times.

Researchers found that those with a stronger sense of purpose in their lives were more likely to be physically active, to sleep well, and to maintain a healthy weight.⁷

Sometimes, purpose relates to a job or career. In the last few decades, unretirement — returning to work after retiring — has become more common for reasons other than financial ones. For some people, working beyond a usual retirement age in their field correlates with improved health.⁸

Action Steps You Can Take

What can you do with this information? Take a look at your own interests and things you are or once were passionate about. Was there something you always wanted to

do but never had the time? Perhaps you can pursue it now.

For example, if you once dreamed of winning a Grand Slam in tennis, that may not be a realistic goal, but you may be able to improve your tennis game and enjoy the sport. Maybe you'd like to develop new professional skills, learn a second language or craft, become a mentor to younger people in your field, or volunteer your time for a cause you care about.

Pursuing activities that you are passionate about or that interest you will enhance your life, no matter how young or old you are. So, don't be afraid to push yourself. It may mean spending less time on the couch, but that's a good thing for your health and your morale.

Physical Challenges

I mentioned earlier that chronic health conditions that we consider

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.



to be age-related are not an inescapable fate. But if you're experiencing high blood pressure, high blood sugar, diabetes, brain fog, or other health issues, it may be difficult to get excited about pursuing interests that you're enthusiastic about. And if you're in good physical shape, you want to stay that way. So, what are the most important things to do?

I've identified four pillars of healthy aging: managing sugar and carb intake, correcting nutritional deficiencies, keeping your mitochondria healthy, and managing stress. I'll address the first one below, and the other three in next month's newsletter. But I want to clarify the point about mitochondria, as it's a topic that few people are familiar with.

Mitochondria are components of almost every cell in the human body. You can think of them as microscopic power plants within each cell. Mitochondria generate

energy that is used by your heart, brain, other organs, muscles — your whole body — to stay alive and function.

Lack of nutrients, lack of exercise, exposure to toxins, and some medications can harm mitochondria. But the damage can be repaired, producing significant improvements in health and well-being. I'll be covering mitochondria in more detail in next month's newsletter. Meanwhile, managing sugar and carb intake is the first pillar of healthy aging.

Managing Sugar and Other Carbs

If you've been reading this newsletter or any of my books, you know that I recommend a low-carb diet. This helps to keep blood sugar in a healthy range, helps to lower elevated blood pressure, can reverse diabetes or reduce the need for diabetes medications,

improves brain function, and protects the heart. Earlier issues of this newsletter that describe remedies for such problems are listed in *Related to This Topic* below. In addition, sugar and other carbs are a hidden but underlying trigger of accelerated aging.

Blood sugar becomes elevated as a result of eating too many sugars and starches. Internally, the human body treats starch and sugar in the same way — for example, both excess sugar in soda and excess starch in pasta or pizza crust raise blood sugar. And high blood sugar triggers a process known as glycation.

Glycation speeds up aging in the human body and is an important contributor to the health issues I mentioned above.

This is how glycation works internally: When blood sugar is elevated, the sugar in the blood attaches to proteins that are major building blocks of human organs, arteries, and other tissues. When the sugar attaches to these proteins, it triggers a harmful “browning” effect that causes damage. That harmful effect is called “glycation” (pronounced “glai-KAY-shn”).

Glycation occurs on a molecular level and is the same type of chemical process we see when a crust forms on a grilled piece of meat. In the case of meat, high heat causes crust formation. In the human body, glycation is not caused by heat but by elevated blood sugar acting on proteins.

The damaged proteins are called “advanced glycation end products,” or AGEs for short. The abbreviated name of these damaged molecules is appropriate because AGEs make your body age faster.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Blood Sugar	5	6	New Blood Sugar Dangers: What to Do
Diabetes	2	4	Type 2 Diabetes: The Roadmap to Recovery
Diabetes	5	2	How to Use Supplements to Prevent and Reverse Diabetes
Blood Pressure	2	9	4 Steps to Healthy Blood Pressure
Blood Pressure	4	6	Top Blood Pressure Supplements and How to Use Them
Brain Health	1	5	Is Your Brain on Fire?
Joint Health	2	5	The 90-Day Program to Relieve Arthritis
Multivitamins	2	8	Do You Really Need a Multivitamin?
Diabetes and Dementia	1	1	The Link Between Diabetes and Alzheimer's Disease

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



How AGEs Speed Up Aging

Proteins make up the chief building blocks of all cells. When proteins combine with sugar and become AGEs, there can be many consequences, including diabetes, unhealthy arteries, heart disease, Alzheimer's disease, wrinkled and sagging skin, and kidney disease.⁹

AGEs also damage bones, joints, and muscles, contributing to osteoporosis, arthritis, and sarcopenia — muscle loss that makes a person frail.¹⁰ Where diabetes has developed, the disease triggers formation of more AGEs, and the AGEs increase the likelihood of complications — a vicious cycle.¹¹

A high-carb diet, also known as the typical American diet, leads to elevated blood sugar and internal production of AGEs. And some

cooking methods produce high levels of AGEs in meats.

AGEs in Food

In addition to being produced internally, harmful AGEs are also found in foods cooked with dry, high heat. Grilled meat is a top contributor. The AGEs from food contribute to high levels of AGEs that damage cells, speed up the aging process, and lead to chronic diseases.¹²

The human body is naturally able to eliminate AGEs, but it has its limits. Years of an overload of AGEs — produced internally due to a high-carb diet and consumed in foods — overwhelm that natural elimination ability, and health problems develop. See *Cooking Meat for Healthy Aging* below for ways to reduce the AGEs in food.¹³

Vegetables and other plant foods are not major sources of AGEs.

A Final Word

To start using the information I've covered, I suggest ignoring negative stereotypes about aging, taking stock of your own interests, and pursuing activities that matter to you — if you aren't already doing so. Eat a low-carb diet with plenty of fresh vegetables and healthy fats, and get some regular exercise, such as a daily walk or other physical movement.

As a preview of Part 2 of this article next month, here's a snapshot of basic nutrients I recommend: a multivitamin with up to 100 percent of the Daily Value (%DV) of each nutrient; 1 to 3 grams daily of fish oil; and some extra magnesium. And there's more — in the next issue.

Cooking Meat for Healthy Aging

Meat cooked with dry, high heat is the biggest contributor of harmful AGEs in our food. Grilling, roasting, or broiling red meat and poultry produces the most AGEs. Although AGEs in fish and seafood are lower than those in meat, levels are also increased by cooking with dry, high heat.

These are some ways to cook meat to prevent the formation of harmful AGEs, and they can all be delicious.

- **Cook slow and low.** Slow-cook meat and poultry in a broth, at a lower temperature. Many simple recipes for slow cookers are easy to prepare with broth, wine, and herbs or spices, and they produce rich, delicious flavors. You can set a timer on a slow cooker so that the dish is ready to serve for dinner or at another time of your choice.
- **Poach fish.** Poaching cooks with steam, rather than dry heat.



- **Make a fish and seafood stew.** Such stews are among the traditional dishes in long-living Mediterranean cultures. Broth, sometimes along with wine, forms the base, along with herbs and spices.
- **If you grill, use marinades with acidic ingredients.** The acidity in marinades made with citrus juices, such as lime or lemon, wine, or vinegar, will reduce the formation of AGEs. Before grilling, cover the meat with the marinade and let it sit in the fridge for a few hours or overnight.

Make sure to eat plenty of green and brightly colored vegetables for nutrients and fiber, which helps to eliminate harmful substances from your body.

1 Clayton, P., et al. "How the mid-Victorians worked, ate and died." *Int J Environ Res Public Health*. 2009 Mar;6(3):1235-53.

2 Signers of the Declaration of Independence. National Archives.

3 Allen, J.O., et al. "Experiences of Everyday Ageism and the Health of Older US Adults." *JAMA Netw Open*. 2022 Jun 1;5(6):e2217240.

4 Leanos, S., et al. "The Impact of Learning Multiple Real-World Skills on Cognitive Abilities and Functional Independence in Healthy Older Adults." *J Gerontol B Psychol Sci Soc Sci*. 2020 Jun 2;75(6):1155-1169.

5 Sigmundsson, H., et al. "Motivational Factors Are Varying across Age Groups and Gender." *Int J Environ Res Public Health*. 2022 Apr 25;19(9):5207.

6 Musich, S., et al. "Purpose in Life and Positive Health Outcomes Among Older Adults." *Popul Health Manag*. 2018 Apr;21(2):139-147.

7 Kim, E.S., et al. "Sense of purpose in life and five health behaviors in older adults." *Prev Med*. 2020 Oct;139:106172.

8 Han, S.H. "Health Consequences of Retirement Due to Non-Health Reasons or Poor Health." *Soc Sci Med*. 2021 Mar;273:113767.

9 Yamagishi, S.-I., et al. "Pathologic role of dietary advanced glycation end products in cardiometabolic disorders, and therapeutic intervention." *Nutrition*. 2016 Feb;32(2):157-65.

10 Chen, J.-H., et al. "Role of advanced glycation end products in mobility and considerations in possible dietary and nutritional intervention strategies." *Nutr Metab (Lond)*. 2018 Oct 10;15:72.

11 Singh, V.P., et al. "Advanced Glycation End Products and Diabetic Complications." *Korean J Physiol Pharmacol*. 2014 Feb;18(1):1-14.

12 Guilbaud, A., et al. "How Can Diet Affect the Accumulation of Advanced Glycation End-Products in the Human Body?" *Foods*. 2016 Dec 6;5(4):84.

13 Zanteson, L. "Advanced Glycation End Products." *Today's Dietitian*. 2014 Mar;16(3):10.

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

Harvard College
and Cleveland Clinic
confirm it.



#1 Provides missing Omega for a healthier heart

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

#2 Cleveland Clinic finds Omega 7 vital to heart health

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

#3 Harvard study shows lower incidence of blood sugar issues

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

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

DuOmega 3&7 contains Incromega™ Omega 3 in double the strength of ordinary fish oils. Its high concentration of EPA Omega targets inflammatory conditions, providing superior support for brain, eyes, nerves and joints. Its high concentration of DHA Omega relaxes and opens blood vessels for improved blood pressure.

#5 Fish oil benefits with no fishy taste or burps

Most fish oils are contaminated with toxic chemicals like PCBs. They're susceptible to spoilage. And many are oxidized because of sloppy manufacturing and exposure to heat, light and oxygen. Finally, few fish oils actually meet label claims. **DuOmega 3&7** eliminates these problems with Incromega™—the finest and purest Omega 3 available today. You get the benefits of Omega 3 with no fishy odor, taste or burps.

Here's what users say*

*"I've been taking **DuOmega 3&7** for a couple of years. My cholesterol and triglycerides are perfect now." — Edward B.*

*"**DuOmega 3&7** has helped me keep my blood sugar in the normal range." — D. Campbell*

*"I've been taking **DuOmega 3&7** for a number of months now, and my triglycerides are back to normal." — M.C.*

*"I love **DuOmega 3&7**. Last time I had blood work they called to ask what I was doing for my cholesterol. They were amazed!" — Wayne G*

**Individual results may vary.*

Order Your Bottle Today!
www.GetDuOmega.com/NHC

For faster service, call 1-888-309-0629

Monday-Friday 7 a.m. to 6 p.m. CST

Theanine: A Magic Tea Ingredient

Historically, sitting down for a cup of tea has been a way to relax, take a break from dealing with challenging or stressful situations, and get rejuvenated. Theanine — also called L-theanine — is a natural stress-relieving ingredient in tea that brings about this comforting effect.

In studies of the benefits of tea during the last few decades, theanine has emerged as an important therapeutic nutrient. And supplements of theanine, in higher concentrations than what would realistically be consumed in tea, have been shown to offer an interesting combination of benefits, depending on how they are used.

If you take theanine in a supplement during the day, it can reduce stress and anxiety without making you feel drowsy. In fact, it can enhance mental focus and attention. And if you take it before bedtime, it can help you get more restful sleep.

How Theanine Works

Stress can make us feel wired, tired, scatterbrained, or anxious. Studies of electrical activity in the brain have found that theanine increases alpha waves. This has a calming effect while also contributing to alertness and better mental focus. Higher alpha-wave activity is linked to greater ability to tune out distractions when working on a task.¹

Improving mental performance:

One study tested theanine supplements in a group of people between the ages of 50 and 69. Tests of mental function showed that a single 100-mg dose improved attention and mental reaction time.

After taking the supplement for 12 weeks, there were also improvements in memory and in overall mental performance.² The supplement used in this study was a patented form of theanine called Suntheanine, which is an ingredient in some theanine products. It should be listed by name in the Supplement Facts, if not on the front of a product.

Reducing stress and anxiety:

Research shows that theanine begins to produce a calming effect within 30 minutes after a supplement is taken and for up to 5 hours afterward. Stress-relieving doses in studies have typically been 200 mg, once or twice daily.³

Improving sleep: Theanine is not a sedative and it isn't addictive. It enhances the quality of sleep by improving our natural ability to relax. Studies show that taking 200 mg of theanine before bedtime is an effective dose.⁴

What About Tea?

Tea is a healthy drink, but the beneficial doses of theanine in studies were higher than amounts you can realistically get from tea.

Theanine is found in green and black teas, both of which come from the tea plant *Camellia sinensis*. Herbal teas don't contain theanine.

The amount of theanine in a cup of tea is influenced by the soil and environment in which the tea plant grew, and by brewing time — longer brewing time increase theanine content. Adding a lot of milk to tea reduces theanine.

These are some estimates of theanine content.

Theanine in an 8-ounce cup of brewed tea:

- Black tea: 24 mg to 30 mg
- Green tea: 8 mg to 30 mg



Matcha tea is a type of green tea that may be richer in theanine. While tea is normally brewed and tea leaves are removed before drinking, matcha is made by dissolving a fine powder made from green tea leaves in hot water — the tea powder is not discarded.

In addition, tea plants used to make matcha powder are grown in shaded areas, where they naturally produce more theanine. Other tea plants are likely grown in the sun, where they grow faster but produce less theanine.

I'm a fan of both brewed green tea and matcha. If you like sweet tea, use a natural sweetener such as stevia or monk fruit instead of sugar.

If you're sensitive to caffeine, you can try decaf tea, but even decaf contains traces of caffeine that some people can't tolerate. Theanine supplements don't contain caffeine.

1 Nobre, A.C., et al. "L-theanine, a natural constituent in tea, and its effect on mental state." *Asia Pac J Clin Nutr.* 2008;17 Suppl 1:167-8.

2 Baba, Y., et al. Effects of L-Theanine on Cognitive Function in Middle-Aged and Older Subjects: A Randomized Placebo-Controlled Study. *J Med Food.* April 2021; 24(4): 333-341.

3 Wang, L., et al. "How does the tea L-theanine buffer stress and anxiety." *Food Science and Human Wellness.* 2022 May;11(3):467-475.

4 Rao, T.P., et al. "In Search of a Safe Natural Sleep Aid." *J Am Coll Nutr.* 2015;34(5):436-47.

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**

10 Benefits of Exercise in Water

Have you ever noticed that around a pool, kids are continually on the move, swimming and jumping around, while older people tend to congregate near the edge and talk? This may be relaxing, but it doesn't fully take advantage of a great opportunity to get some exercise.



Swimming is one option that offers plenty of benefits, including lowering blood pressure and stress; improving memory, lung function, and agility; and reducing joint pain and risks for diabetes, heart disease, stroke, and even early death. But swimming isn't the only thing you can do in the water.

How Water Affects Exercise

When exercises are done in a pool, the cushioning and resistance from water provides some advantages. Studies of water exercise have found these benefits:¹

1. Better balance
2. Increased strength
3. Improved endurance
4. Better walking ability
5. Better heart function
6. Lower blood pressure
7. Lower blood sugar
8. Less pain and disability due to osteoarthritis of the knee or hip
9. Less pain in other joints and the back
10. Less muscle soreness after exercise

How to Benefit

If you have the opportunity to spend some time in a pool, try swimming or consider exercise classes for your age group in a

local pool at a community center or health club. Or you can try this:

- In water that is waist deep, walk across the width of the pool. Swing your arms as you normally do when you walk. To keep your balance and help keep your back straight, tighten your abdominal muscles. Take each step heel-to-toe as you would on land; don't walk on tiptoes. Wearing water shoes can give you better traction, but they aren't essential to start.
- To add resistance to your arms while walking in water, or to do arm exercises, try wearing hand webs, also called "webbed hands," or "swimming gloves." They look like gloves with webbing between the fingers.

Another perk of exercise in water is that it keeps you cool. If you're in an outdoor pool, make sure to wear sunscreen. And enjoy your time in the water.

Fish Oil Component Reduces Alzheimer's Disease

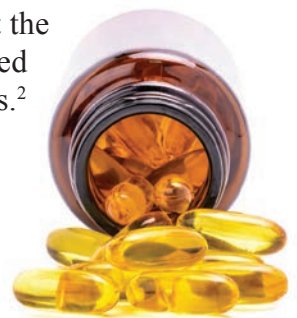
Fish oil contains two major fats that are known to be beneficial: EPA (short for eicosapentaenoic acid) and DHA (short for docosahexaenoic acid). Although both are necessary for good health, a recent study found that DHA is especially beneficial for preventing or delaying Alzheimer's disease.

Researchers tracked nearly 1,500 American adults for 7 years and tested their levels of DHA. At the start of the study, the participants were at least 65 years old and all were healthy. At the end of the study period, tests showed that those with the highest levels of DHA were 49 percent less likely to develop Alzheimer's disease, a gain equal to 4.7 additional years of life without Alzheimer's. This held true

among people with and without the APOE4 gene, which is associated with higher risk for Alzheimer's.²

I generally recommend taking 1 gram to 3 grams of fish oil daily. But you can get a customized dosage if you get your levels tested.

The DHA test used in the study is done with a finger-prick blood sample and is called an Omega-3 Index in red blood cells. It shows levels of DHA during the previous few months. The test can be done through a health practitioner or ordered directly from <https://omegaquant.com>.



1 Archer-Eichenberger, S. "The Latest in Water Fitness: Research Update." IDEA Health & Fitness Association. <https://www.ideafit.com/personal-training/the-latest-in-water-fitness-research-update/>
 2 Sala-Vila, A., et al. "Red Blood Cell DHA Is Inversely Associated with Risk of Incident Alzheimer's Disease and All-Cause Dementia: Framingham Offspring Study." *Nutrients*. 2022 Jun 9;14(12):2408.

Give Ugly Produce a Chance



Appearances can be deceiving, and this holds true in the world of produce. We're accustomed to fruits and vegetables that look perfect in supermarkets, but in nature, not all produce looks equally pretty. And by some estimates, nearly half of "ugly" produce that could be eaten is left unharvested or discarded because farmers can't get a fair price for it.

A study at The Ohio State University in Columbus examined people's attitudes toward carrots that were not cosmetically perfect. It found that people perceived these carrots to be worth less and were reluctant to buy them or expected a significant discount.¹

There was a false notion that if carrots varied in size or were not perfectly shaped, they were nutritionally inferior — which they weren't — and should be sold for a lower price. However, people were willing to pay more for a combination of perfect and imperfect carrots, along with their carrot tops. This combination was perceived to be more natural and authentic.

There was one exception to these buying habits: People who wanted to reduce food waste were willing

to buy imperfect produce for as much or more than perfect versions. And they recognized that the imperfect versions were just as nutritious as the attractive ones.

What You Can Do

You're more likely to find imperfect produce at a farmer's market rather than in a supermarket. You can contribute to reducing food waste and likely get more nutritional value per dollar if you recognize that cosmetically imperfect produce is not nutritionally inferior.

In fact, ugly produce at a farmer's market may be nutritionally superior because unlike supermarket fare, it's freshly picked and hasn't spent a long time sitting in warehouses and traveling in trucks. I recommend checking out farmer's markets in your area. You can find some local ones at www.localharvest.org.

In addition, these online grocers help to reduce food waste: Misfits Market (www.misfitsmarket.com), Imperfect Produce (www.imperfectfoods.com), and Hungry Harvest (<https://hungryharvest.net>).

Beer With a Benefit

A "beer belly" certainly isn't good for your health. Belly fat is inflammatory and raises risk for diabetes, heart disease, and other ills. But drinking one beer a day — if it's a lager — may contribute to a more diverse collection of bacteria in the gut, which helps to prevent chronic diseases. And non-alcoholic lagers may work better than alcoholic versions.

I'm not suggesting that you start drinking beer for health reasons. But for anyone who already drinks beer, I thought this information would be of interest.

A recent Portuguese study tested the gut bacteria of men and found that those who drank one lager per

day, with or without alcohol, had more diverse gut bacteria. An earlier study with men and women found that in some people, only non-alcoholic lager improved the diversity of gut bacteria.²

Why Lager?

Beer is a fermented drink that falls into two main categories: lagers and ales. Although both types are fermented, they are produced with different types of yeast, at different temperatures, for different periods of time.

Ales are fermented with heat for about 3 to 5 weeks, whereas lagers



are fermented at cold temperatures and take up to 6 to 8 weeks. And only lagers have been shown to enhance the gut.

Beer Cautions

Most non-alcoholic beer contains trace amounts of alcohol that is produced during the fermentation process, so it isn't completely free of alcohol. However, there are some beers that really do contain zero alcohol. The label will say so.

Another important thing to consider: Beer is not a carb-free drink. Regular beer contains 10 to 15 grams of carbs per pint, although some beers contain less. And consuming too many carbs is what produces a beer belly — which is never good for your health.

¹ Qi, D., et al. "Winning ugly: Profit maximizing marketing strategies for ugly foods." *Journal of Retailing and Consumer Services*. 2022. Jan;64:102834. ² Marques, C., et al. "Impact of Beer and Nonalcoholic Beer Consumption on the Gut Microbiota: A Randomized, Double-Blind, Controlled Trial." *J. Agric. Food Chem.* 2022. Published online June 15.

Q&A

Q: I put cinnamon on my oatmeal in the morning. I've heard that cinnamon is good for blood sugar. Will it cancel out the effect of the carbs in my oatmeal? — Audrey S.

A: Cinnamon is a healthy spice that can help to keep blood sugar in a healthy range. But your question about canceling out the effect of carbs in your oatmeal doesn't have a simple answer.



In a healthy person, blood sugar goes up after a meal and then returns to normal within a couple of hours or so. If you eat too many carbs, blood sugar goes up too high and then crashes, making you feel tired or weak. And eventually, this can lead to chronically elevated blood sugar and possibly diabetes.

A healthy diet won't cause dramatic spikes in blood sugar. Rather, the rises after eating will be more gradual and levels will return to normal, rather than crashing. And your energy will be stable.

Cinnamon can help to keep your blood sugar stable. It works in two ways:

- In the digestive tract, it slows down the breakdown of carbohydrates. This tames the rise in blood sugar after you eat.
- It also has a beneficial effect on insulin sensitivity. By making your body more sensitive to

insulin, it helps to get sugar out of the blood and lets it be used to generate energy.

That said, how much your blood sugar rises, and whether it crashes later, depends on a few things: How well your metabolism works, how much oatmeal you're eating, and whether you're adding any type of sugar. But you're right: cinnamon is a healthy spice.

One other thing: There are two main types of cinnamon — Ceylon and cassia. I recommend using Ceylon cinnamon, because the other type contains coumarin, a substance that can damage the liver if eaten in large amounts. And Ceylon has a milder flavor with a natural hint of sweetness.

Q: My wife takes thyroid medication (Synthroid), and it wreaks havoc on her stomach every day. Is there a natural supplement that will do the job? — Mark S.

A: There are natural versions of thyroid replacement drugs, such as Armour Thyroid, Euthroid, and Dessicated Thyroid, available only by prescription. They work a bit differently than Synthroid and need to be taken under the supervision of a physician, with customized dosages.



I don't know if any of these would eliminate your wife's stomach problems. However, if her doctor is aware of the issue and said that there was nothing that could be done about it, it may be time to get a second opinion.

I don't know if you've considered whether the stomach problem could be a separate issue from

the medication. Were there any digestive problems before the Synthroid prescription? Digestive issues can be a side effect of Synthroid but I haven't seen this to be a common problem.

Sometimes, low thyroid does need to be treated with thyroid drugs. But in other cases, it may be the result of one or more triggers such as inadequate nutrition, stress, and/or exposure to toxins.

Natural healing looks at underlying causes of health conditions and ways to address those causes. This is a different approach than simply treating symptoms with a medication. An earlier issue of this newsletter covers common underlying triggers of low thyroid; I would suggest taking a look at it: Volume 2, Issue 7, *The 30-Day Thyroid Restoration Protocol*.

Since your wife is taking Synthroid, I recommend that she work with her doctor or another health professional to determine the best course of action.

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.