

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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10 Common Reasons You're Tired: Part 2

Practical steps you can take to have more energy, do the things you care about, and enjoy a more purposeful and rewarding life.

Last month's newsletter covered the first five common reasons why you might feel tired, and this month I'll describe the other five. One thing I want to emphasize is that "getting old" is not among the reasons.

This is fortunate because it means that you can usually enhance your energy level at any age by taking the right steps.

I do want to say a bit more about age and energy. It's no secret that our bodies change as we live longer, but if we take good care of them, we can continue to enjoy an active and rewarding life. And it's never too late to improve the internal processes that lead to a vibrant energy level.

The entry point is a willingness to take a new look at your diet, environment, and daily routines. Then, to make some changes if things aren't the way you'd like them to be.

Do you wish you had more energy to do things with your kids or grandkids? Do you fondly remember playing a favorite sport or going out, but no longer feel up to

it? Or maybe you're thinking about retirement because your job seems draining, despite the fact that you enjoy your work life and professional relationships?

Before I delve into the next five common reasons why you might lack energy, I'll briefly recap the first five from last month's newsletter. If you didn't read it or feel as though you might benefit by looking it over again, it's available online if you log into your account.

When I see new patients who tell me they lack energy, one of the first things I do is order a blood test to check three important levels: thyroid hormones, active, usable iron, and vitamin B12. Inadequate levels of these were reasons #1–#3 for lack of energy, which I covered last month. Low levels of one or more of these can make you feel

**IN THE NEXT ISSUE:
New Winter Pitfalls:
How to Avoid Them**

tired regardless of how much sleep you get.

If you're wondering whether you can skip the tests, perhaps you can. But if you're struggling with low energy and feel you could really use a boost, or if you're doing well but are always interested in doing even better, I highly recommend the tests. You can get them either through your doctor or by working directly with a lab. Details about exactly what to test and optimal levels are in last month's issue.

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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What If You Don't Get Tests?

Can you just take one or more supplements instead of testing, and see how you feel? In the case of vitamin B12, you could. If you take too much, your body will just excrete it; B12 isn't toxic. However, if you're tired and you take B12 but don't feel any different, it could be that you aren't taking enough, or lack of B12 isn't the problem.

Supplements of vitamin B12 are generally recommended for anyone who doesn't eat any animal foods, as plants don't contain B12. But avoiding animal foods isn't the only reason you could fall short.

If you have digestive problems, you may not be absorbing the B12 from your food or any supplements you may be taking. This can happen at any age, but is more likely later in life.

It's estimated that, by age 65, 4 in 10 adults may have digestive issues that impair absorption of vitamin B12.

Low stomach acid is common among older adults and is one reason why B12 and other nutrients are poorly absorbed. And if you take heartburn medications or metformin, these interfere with B12 absorption.

Alcohol also blocks absorption of B12 (as well as vitamin B1, folic acid, and zinc).

Iron and Thyroid Levels

Iron is a different story. Taking extra iron can cause constipation and, at high doses, it can become toxic.

On the other hand, iron can be lacking in your diet. If you don't eat meat, for example, it's more likely that you're not getting enough iron, unless your menu is carefully planned. But that's only

part of the potential problem.

Your diet could contain enough iron but your body may not be able to use it. Last month's newsletter goes into detail about what could be happening and what to do. But a blood test is the only way to tell what's really going on.

Tests are also the only reliable way to determine if there's a problem with thyroid hormones. Iodine is an essential nutrient for healthy thyroid function. But this doesn't mean you should randomly take high doses.

For basic thyroid nutrition, I recommend eating a single-serve packet of seaweed snacks daily, rather than taking iodine supplements. And there's more that you can do to keep thyroid hormones at healthy levels, which I cover in detail in an earlier newsletter issue, listed in *Related to This Topic* on page 6.

Basic Energy Robbers

Low thyroid, iron, and B12 are markers I always test with my patients who are tired. The fact is, if any of these three things is problematic, low energy will continue to be an issue, no matter what else you do. And blood tests are the only reliable indicator.

I'm not saying that these are issues in every low-energy situation, but they are common enough to warrant testing. And if they aren't problematic, it's important to rule them out.

Reasons #4 and #5, which I covered last month, were skipping meals and drug side effects. Obviously, these don't require blood tests, but you may need to discuss drugs with your doctor and/or pharmacist.

How to Eat for Restful Sleep



As a foundation, follow my low-carb diet. To keep blood sugar stable and maintain healthy sleep-wake cycles, time your food this way:

- Eat within an hour of waking up.
- Eat three meals per day, and snacks in between, as needed.
- Do not skip meals.
- Never go without eating for more than 3 hours.
- Include some healthy fat in each meal and snack.

Bedtime Snacks

If you eat dinner more than 3 hours before going to bed, have a small snack before you brush your teeth. Eat something that contains some protein and healthy fat — not starchy or sugary foods. And steer clear of sugary or alcoholic drinks.

You don't want anything heavy — just a little protein and good fat to keep blood sugar stable. A spoonful of nut butter, a hard-boiled egg, or a piece of cheese can be good snacks.

If you inexplicably wake up during the night and can't go back to sleep, the same type of snack can get your blood sugar back on track and help you go back to sleep. Resist the temptation to eat ice cream or pie in the middle of the night — it will just perpetuate your sleep problems.

Now, it's time to move on to the other five reasons.

Reason #6: Sleep Problems

Naturally, getting enough sleep is essential for optimal levels of energy. When my new patients complain of being tired, I always ask them about their sleep.

Here's what I find: Even though these patients are already doing what they can to get enough sleep, they are still tired. This is despite routinely allowing enough time in bed to get a good night's sleep — at least 7 hours.

One common issue is waking up during the night for no reason and not being able to get back to sleep quickly. A blood-sugar malfunction that stems from an unhealthy diet is a likely underlying trigger.

The brain uses blood sugar as fuel. Our bodies also store some blood sugar in the liver. When we don't eat for a while and blood sugar drops, there's a back-up system: the adrenal glands release cortisol, our stress hormone, and cortisol triggers release of stored blood sugar from the liver. This keeps the brain fed during the night.

If this back-up system fails, the brain is temporarily starved and wakes you up in a panic. The brain triggers release of adrenaline and this breaks down a little muscle tissue to generate blood sugar. Nobody wants that.

This happens if your eating habits are irregular or you eat a high-carb diet that leads to erratic, rather than stable, levels of blood sugar. The "high-carb diet" I'm referring to is the typical diet for most Americans.

If this has been happening for

a long time, the adrenal glands have been working overtime in producing cortisol repeatedly — too often — to remedy drops in blood sugar. And eventually, those adrenal glands can get exhausted.

At that point, if blood sugar drops too low while you sleep, the back-up system fails because the adrenal glands aren't functioning properly. This disrupts your daily sleep-wake cycle and contributes to difficulties falling asleep. For the remedy, see *How to Eat for Restful Sleep* on this page.

When Sleep Needs Medical Attention

In some instances, sleep apnea, where breathing stops many times during the night, can be the problem. This is a specific medical condition that needs to be treated, usually with a continuous airway pressure machine (CPAP). In some cases, specially trained dentists can make a customized appliance you wear in your mouth while you sleep to help you sleep peacefully. But this doesn't work for everyone.

If you repeatedly wake up gasping or choking, or know that you stop breathing during the night, you should see a health professional to get checked for sleep apnea. Loud snoring may or may not be a symptom.

I've found that many people don't want to be tested for sleep apnea because they don't want to use a CPAP machine. But sleep apnea can be the sole cause of diabetes, hypertension, increased inflammation, strokes, and heart attacks. There have even been cases of a spouse losing hearing in the ear that faces a sleeper with sleep apnea who snores loudly.

For more detailed information about how to get good rest each night, see the earlier newsletter issues about adrenal health and about sleep, listed in *Related to This Topic* on page 6.

Reason #7: Food Intolerances

If you know there is a certain food or food ingredient that you don't tolerate well, you shouldn't eat it. That's what I always advise my patients.

I know this isn't always easy to do, but it's a matter of working out what to eat instead. Sometimes it means graciously bowing out of eating the offending food in social situations. Once you figure this out, it's much easier to stick with your plan.

However, if any of my tired patients aren't aware of any food intolerances, this isn't necessarily something I look for. Rather, I delve into the earlier common reasons I described in last month's issue and earlier in this article. If those don't correct the problem, then I start by checking the most common troubling foods: gluten and dairy.

Gluten intolerance can contribute to chronic fatigue. It can also be a trigger or contributor to digestive problems, joint pain, obesity, autoimmune diseases, and neurological conditions — health issues that can sap energy. It's more likely if brain fog is a symptom or there is a history of celiac disease or gluten intolerance in the family.

The inability to tolerate gluten is increasing for several reasons.¹ Today's wheat is different from wheat that was cultivated in decades past, and extra gluten is

added during the baking process.

Added gluten makes it easier to work with dough during mass production of baked goods. And gluten is added to many foods outside the bakery aisle, from soups and sauces to vegetarian meat substitutes and lunch meats.

Dairy is another item that many people can't tolerate. The easiest way to tell if you're sensitive to gluten, dairy, or any other food is to avoid it for a few weeks and see how you feel.

I've had patients who didn't realize how much better they can feel after eliminating an offending food — until they reintroduced it and symptoms returned.

Reason #8: Toxins

Toxins in your body are like sludge in a car engine, whether your energy is sagging a bit or a lot. We're exposed to toxins all the time, in food, water, and air. If this sounds hopeless, don't worry; there's a redeeming factor.

Our bodies are designed to eliminate toxins, and they do it all the time. However, when we're exposed to too many toxins, our internal detoxification processes get overwhelmed, and our engines slow down.

When I say "engines," I'm talking about something very specific: mitochondria.² These are microscopic energy-generating components of every cell in our bodies. If you reduce your overall toxic load — which is quite realistic — those tiny engines will work more efficiently, and this will help to revitalize your energy level.

Two top ways to reduce the toxins in your system are to drink filtered water, rather than tap water,

and eat whole, fresh food rather than processed fare. Substituting fresh food for packaged food (anything in a bag, box, or can) and fast food is a big step you can take to revitalize your tiny internal engines.

In fast food, I'm including take-out and delivered food that is most

Most Important Foods to Eat Organic

The fruits and vegetables below are the most important ones to buy organic because they contain the highest pesticide levels, ranked in order — number one is highest in pesticide, and so on. The list, compiled by the nonprofit Environmental Working Group, is based on USDA tests of thousands of produce samples around the country.

1. Strawberries



2. Spinach



3. Kale, collard and mustard greens

4. Peaches



5. Pears

6. Nectarines



7. Apples

8. Grapes



9. Bell and hot peppers



10. Cherries



11. Blueberries



12. Green beans



For more information about these and to find nontoxic household and personal care products, visit the Environmental Working Group at www.ewg.org.

often processed and contains a list of additives that you would never have in your kitchen: most pizza and fried chicken, for example.

Depending on where you live, you may have restaurants, supermarkets, or food delivery services that offer freshly prepared food without additives. But most ready-to-eat dishes don't fit the bill.

Must You Eat Organic Food?

Studies have found that levels of pesticides in the human body increase risks for diabetes, heart disease, and cancer. Eating organic food can quickly lower pesticide levels in your body, decreasing the health risks and enhancing the performance of your tiny energy-producing engines.^{3,4}

In one study, researchers in Australia compared the effect of eating 80-percent organic and 80-percent conventional diets. Each diet was eaten for one week, and participants' internal levels of pesticides were tested.

During the week of a mostly organic diet, their pesticides levels fell by a whopping 89 percent. That's a pretty dramatic change in just a week.

Most of us can't eat a perfect diet all the time. However, I recommend that once or twice a year, you make an effort to eat all or mostly fresh food for a few weeks, consisting as much as possible of organic produce. This will give your internal systems a chance to eliminate toxins — like a periodic tune-up on your car.

Other ways to decrease your ingestion of toxins include using nontoxic household cleaners and skin and hair products. And if you

use candles or air fresheners with chemical fragrance, trade these for products that use natural essential oils — or just open your windows.

I have a 21-day program for detoxifying that you can do once or twice a year. It's described in an earlier issue about toxins, listed in *Related to This Topic* on page 6.

Reason #9: The Wrong Exercise

Research shows that exercise can be as effective as sleeping pills for insomnia.⁵ However, when it comes to energy, the wrong kind of exercise can make you more tired.

Although lack of physical activity is a big problem in this country, it's also possible to overdo it. If you feel exhausted for a day or two after a workout, that's a sign that you're pushing it too much.

Exercise is beneficial when it challenges your body, so that your muscles and all the other internal

parts become stronger and work more efficiently. But too much is counterproductive. Exercise should leave you feeling revitalized or invigorated.

Exercise can also help to relieve stress, if it's a type of movement that has a relaxing effect, such as stretching, yoga, or tai chi. And relaxing movements should be part of any exercise program, along with some resistance exercise to build strength and aerobic activity that raises your heart rate.

In addition, don't overlook other movement during the course of the day. If you have a job that involves physical activity, you have built-in movement. But if you're like most people who tend to sit much of the day, it's essential to get up and move around — often.

If you garden, clean or declutter around the house, redecorate a room, make dinner from scratch, prepare to entertain friends, or go

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.



swimming or bowling, it all counts and makes a difference.

Physical movement can boost energy, improve mood and sleep, and reduce health risks. But it needs to be the right movement for you. If you're inactive, start by taking a walk — at a pace and intensity that's right for you.

As your energy levels improve, be sure to engage in more challenging exercise. I've found that many people are hesitant to push themselves enough to reap the full rewards of exercise. For example, you need to get out of breath when doing any type of aerobic exercise to produce improvement in heart function.

In resistance training, muscles become stronger when they are challenged, whether you use weights or your own body weight, as when doing push-ups.

So, you can err in two ways: By pushing too hard or not pushing hard enough. Among my older patients, not working out intensely enough is more often a problem.

Reason #10: Pain

Chronic or recurring pain can both disturb your sleep and make you feel tired during the day. Pain in various areas of the body, including the legs, back, stomach, and neck, is more common among people with diabetes and prediabetes — blood sugar that is elevated but not enough to be diagnosed as diabetes.⁶

Even without these conditions, elevated levels of insulin can be a trigger for arthritis in its early stages. Insulin becomes elevated after years of eating a high-carb diet: the modern diet we consider normal. I've had many

patients who started following my low-carb way of eating and their arthritis disappeared. Sometimes, they didn't realize that there was a connection until they splurged on a piece of cake at a party, and their hand, knee, elbow, or shoulder started hurting the next day.

"Now I realize that sugar can turn the pain on again," they told me. This can happen because insulin is highly inflammatory and it increases water retention, which can contribute to joint pain. (The same mechanism is also a common reason for high blood pressure.)

I've also had patients with advanced arthritis, where joint surgery was the only effective treatment, and they were putting it off. I know that surgery is scary, but it's sometimes the only remedy for the pain.

A Final Word

If these don't help or you have a collection of mysterious symptoms, the situation needs to be looked at by a health professional who takes an integrative approach and can determine what's really going on.

That said, I hope the reasons I've described help you to live a more active and vibrant life.

Related to This Topic

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

Related Topic	Volume	Issue	Title
Feeling Tired	6	9	10 Common Reasons You're Tired: Part 1
A Low-Carb Diet	6	1	Your 2023 Guide to Better Health: Part 1
A Low-Carb Diet	6	2	Your 2023 Guide to Better Health: Part 2
Multivitamins	2	8	Do You Really Need a Multivitamin?
Individual Supplement Needs	6	7	How to Choose Supplements for Your Personal Needs (includes drug-nutrient depletions)
Testing Details	6	6	Blood Tests: Which Ones Do You Really Need?
Adrenal Health	5	7	How to Tap into Hidden Energy
Sleep	5	4	Restful Sleep: How to Get Enough
Gluten	2	3	How Gluten Can Cause More Than 30 Health Conditions
Toxins	1	7	The 21-Day Energy Restoration Plan
Joint Pain	2	5	The 90-Day Program to Relieve Arthritis

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



70-Year-Old Man Feasts on Pasta, Cheese, Bread, and Wine...

...and wakes up with a normal blood sugar reading of 84!

After getting “the lecture” from his doctor, 70-year old Bob Bianchi finally decided to eat better to help control his blood sugar. And while he wasn’t happy about it, he’d been doing pretty well...

Then recently, Bob’s son wanted him to celebrate his birthday together at a favorite Italian restaurant. How could Bob turn him down? “I’m just gonna take a night off and go for broke,” Bob decided.

And boy did Bob *feast*. He ordered the linguini with shrimp, layered in gooey mozzarella cheese and buried under heaps of sauce. Add in some bread and red wine, and it was heavenly!

So when Bob went to test his blood sugar the next morning, he was ready for bad news. But when the numbers popped up on the screen, he couldn’t believe it... His fasting blood sugar **was a mere 84** — smack dab in the middle of the normal range!

How the heck could this happen? Well, Bob had been eating sensibly most of the time, following his doctor’s orders. And he’d also been protecting his blood sugar by taking **GlucoBurn** from Primal Labs, a leader in nutritional supplements.

In fact, after just two days of taking Primal Labs’ **GlucoBurn**, Bob was shocked to see his morning fasting numbers at 63!

GlucoBurn is an easy-to-swallow gel cap containing four powerful nutrients to help with blood sugar control:

- 1 **White Mulberry Leaf Extract (the “Sugar Blocker”):** Prevents carbohydrates from getting broken down into sugar, so they never make it to your bloodstream.
- 2 **Banaba Leaf Extract:** Acts like an insulin copycat because it mimics the way insulin works at the cellular level. This allows your body to burn more sugar.

3 **ALA (Alpha Lipoic Acid):** Deep inside the energy factories in your cells, ALA helps break down sugars and amino acids into raw fuel — giving you more energy.

4 **Gymnema Sylvestre (the “Sugar Destroyer”):** This powerful nutrient slows down the digestion of carbs and sugar, making it harder for glucose to reach your bloodstream.

Here’s How GlucoBurn Works:

Just take one capsule with each meal. You’ll receive an optimal dose of the pure form of all four nutrients. Their effectiveness is supported by over 25 scientific research studies, including 11 randomized controlled trials, the gold standard of scientific research.

These clinical findings show that the four ingredients in **GlucoBurn**:

- ✓ Support **healthy blood sugar metabolism**
- ✓ **Reduce blood sugar spikes** after meals
- ✓ Support **healthy fasting blood sugar** levels
- ✓ Support **healthy HbA1c** levels
- ✓ **Stimulate insulin** release
- ✓ **Mimic** naturally occurring insulin

YES! You can do all these things with **GlucoBurn**. With blood sugar in the normal range, you’ll also enjoy better concentration, more energy, and a brighter mood. Put **GlucoBurn** to the test, and you’ll be convinced.



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Heartburn Drugs Update

Today's strongest heartburn drugs — proton pump inhibitors (PPIs) — block absorption of essential nutrients, including calcium, magnesium, copper, zinc, iron, and vitamin B12. They also disrupt the balance of gut bacteria, which leads to less efficient digestion and immune function. Now, new research has identified another risk.

A recent study found that people who take prescription PPIs longer-term are more likely to develop dementia. The study, led by the University of Minnesota in Minneapolis, found this association by tracking more than 5,700 adults, age 45 and older, for an average of 5.5 years.¹

Dementia risk was higher among those who had taken prescription PPIs for a cumulative total of more than 4.4 years. This could be taking the drugs for 4.4 or more consecutive years or taking them for shorter periods at different times, such as two years at one stage of life and another three years at a later point.

Researchers did not track use or effects of over-the-counter PPIs.

How to Relieve Heartburn Safely

Too little stomach acid, rather than too much, is most often the real trigger of heartburn. Without enough stomach acid — a common problem as we get older — food cannot be properly broken down and lingers in the stomach. Stomach acid is also essential for preventing stomach juices from regurgitating upward.

When you swallow food, it goes down your esophagus, or gullet. A valve at the bottom of it — the lower esophageal sphincter — works like the front door of the stomach. It opens to let food in, then it closes. Stomach acid tells that door to shut.

There can be medical conditions that lead to a malfunction of that valve, but low stomach acid is the most common one. And it can generally be corrected with a supplement, whether you're taking a heartburn drug or not.

Take one serving of a supplement of betaine HCL with pepsin, with

each meal, to increase stomach acidity while you're eating. If you take heartburn drugs, you can take the supplement with each meal and gradually reduce the drug dosages. If you take PPIs and get a severe rebound of acidity, try switching to an H2 blocker and then gradually reducing its dose. And use antacids as needed.

It can take months to restore your own stomach-acid production, so be patient. And some people need to continue taking betaine HCL. If you find you feel worse after taking the HCL, stop taking it and see a health practitioner, as there could be another health issue that needs to be treated.

Types of Heartburn Drugs

Heartburn drugs are available in lower doses over the counter and in stronger doses by prescription. These are the different categories of these drugs:

PPIs

Proton pump inhibitors (PPIs) are for frequent heartburn. They may take one to four days to take effect rather than bringing instant relief. They block production of stomach acid and are the strongest heartburn drugs — and they impair absorption of some vital nutrients. PPIs include these, available both by prescription and over the counter:

- Prilosec (omeprazole)
- Nexium (esomeprazole)
- Prevacid (lansoprazole)
- Zegerid (omeprazole with sodium bicarbonate)

H2 Blockers

H2 blockers also block production of stomach acid but in a different way than

PPIs. They generally take effect in one to three hours and relieve heartburn for several hours. They are not as strong as PPIs, and their side effects are not as severe. They include these, available both by prescription and over the counter:

- Pepcid AC, Pepcid Oral, Zantac 360 (famotidine)
- Tagamet, Tagamet HB (cimetidine)
- Axid, Nizatidine (nizatidine)

Antacids

Antacids quickly relieve heartburn by temporarily neutralizing stomach acid, rather than blocking its production. These are the active ingredients in some popular brands:

- TUMS: calcium carbonate
- Roloids: calcium carbonate and magnesium hydroxide
- Mylanta: aluminum hydroxide, magnesium hydroxide, simethicone (for gas)

¹ Northius, C., et al. "Cumulative Use of Proton Pump Inhibitors and Risk of Dementia: The Atherosclerosis Risk in Communities Study." *Neurology*. 2023 Aug 9;10.1212/WNL.000000000207747.

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.*

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Health Benefits of Watching Sports

Participating in sports can be an enjoyable way to get some exercise, and we know that's good for you. But what about watching sports? Well, you might be surprised to hear that this, too, can offer some health benefits.

In fact, studies have found that fans who attend live sporting events, watch games on TV, or even talk about sports can reap health benefits. But before I say more, I do want to put this in context.

Pitfalls to Avoid

With football season in full swing, the marketing of game-day snacks is well underway and will continue through the Super Bowl. It's easy to mindlessly munch away at such snacks, and they typically score high in carbs.

So, before I talk about the upside of watching football games or other sports you're interested in, keep that in mind. And plan some low-carb snacks. Raw vegetables with a dip aren't the only option. Others include kale chips, parmesan crisps, pork rinds, and other "keto snacks." And there are low-carb sodas sweetened with stevia or monk fruit, and low- or zero-carb ("lite") beers, with or without alcohol.

That said, let's look at the upside of watching your favorite sports.

Sports Fans' Benefits

In Spain, a study of more than 1,600 sports fans found that they were happier as a result of attending live games, watching games on

TV, listening to sports programs, and talking about sports. In fact, these researchers found that sports seemed to increase happiness more for fans than for players.¹

In the United Kingdom, a recent study found that attending sports events reduced anxiety, increased happiness and satisfaction with life, and reduced loneliness. And it improved the feeling that life is worthwhile about as much as gaining employment.²



Another study looked at sports fans in this country who went to live games. It found that they experienced more satisfaction with life by rooting for their team, and they received emotional support from other fans. And a study of older

If You Aren't a Sports Fan...

Any hobby you enjoy and pursue can add points to the positive column of your health scorecard. Studies with more than 93,000 people aged 65 and older, in this country and in 15 others, found that hobbies make people happier and more satisfied with their life, and contribute to mental and physical wellbeing. Volunteering, arts and crafts, gardening, belonging to a club, and playing games with others are some examples.³

Americans found that going to live games increased their sense of belonging and overall wellbeing.

The Bottom Line

If you're a sports fan, enjoy games in person or watch them on TV with friends. If you're watching alone at home, you can use commercial breaks to call a friend in the same situation and talk about the game on the phone.

Produce Prescriptions Work

If doctors prescribed fruits and vegetables, people would eat more of them and their health would improve. That's what recent research demonstrated.

The study included more than 2,000 American adults who were at risk for health problems and lived in low-income neighborhoods. During the six-month study, they received a "prescription" to eat more fruits and vegetables and were given financial incentives to purchase fresh produce.⁴

On average, they ate almost one extra cup per day. That may not sound like much, but it made a difference. Participants' levels of blood sugar and blood pressure dropped, and they lost a little weight. Small steps can make a significant difference.

1 Lera-López, F., et al. "Is Passive Sport Engagement Positively Associated with Happiness?" *Appl Psychol Health Well Being*. 2021 Feb;13(1):195-218. 2 Keyes, H., et al. "Attending live sporting events predicts subjective wellbeing and reduces loneliness." *Front. Public Health*, 04 January 2023. 3 Mak, H.W., et al. "Hobby engagement and mental wellbeing among people aged 65 years and older in 16 countries." *Nat Med*. 2023 Sep 11. doi: 10.1038/s41591-023-02506-1. 4 Hager, K., et al. "Impact of Produce Prescriptions on Diet, Food Security, and Cardiometabolic Health Outcomes: A Multisite Evaluation of 9 Produce Prescription Programs in the United States." *Circ Cardiovasc Qual Outcomes*. 2023 Aug 29:e009520.

Treating This Common Infection Extends Men's Lives

Urinary tract infections (UTIs) are common but, sadly, they are often ignored. I've always emphasized that bacterial infections must be treated, and some recent research results add to the reasons to take action.

A study of 3,046 men over the age of 50 found that treating UTIs reduced risk of death.¹ Researchers noted that such infections are typically treated only if symptoms become bothersome but, they added, perhaps they should be treated earlier.

No kidding! The idea of having a bacterial infection and doing nothing about it makes no sense. Sure, it's possible for things to resolve on their own, *sometimes*.

But I've found that many men and women live with lingering bacterial infections, such as UTIs or dental or sinus infections, for years.

The Danger of Bacterial Infections

Bacterial infections stimulate chronic inflammation, which underlies all of today's common diseases such as diabetes, heart disease, and dementia. And inflammation from an infection overworks the immune system, making it harder to resist seasonal bugs. A C-reactive protein (CRP) test measures inflammation. A reading over 3 may mean a hidden infection; over 10, it can trigger a heart attack or stroke.

I describe remedies and ways to prevent infections in an earlier newsletter issue: Volume, 6, Issue 8, *Bacterial Infections: How to Treat and Prevent Them*.



2 Ways Ginseng Slows Aging

Ginseng is among the many herbs that have been used since ancient times to treat ailments and enhance health and vitality. Traditionally, it has also been viewed as an herb that slows down the aging process, but exactly how has not been well understood.

Now, a new analysis of the available evidence has identified two ways in which ginseng slows down aging. It helps to prevent damage being done to DNA by enhancing the action of our internal antioxidant system — meaning it counteracts a natural process similar to rusting. At the same time, the herb improves our internal ability to repair DNA damage.²

In traditional healing, ginseng is classified as an adaptogen, meaning it helps to restore internal balance. If you're wired, it has a calming effect, and if you're tired, it has a rejuvenating effect. And it reduces stress and inflammation.

Restoring balance creates wellness and makes you feel better. But this concept does not exist in Western medicine, which mostly addresses symptoms and illness.

In Traditional Chinese Medicine, ginseng is the only herb used by itself, rather than being taken in herbal

formulas. I recommend it in daily supplement regimens, along with a multivitamin, and I take it myself.

How to Choose Ginseng Supplements

It's important to choose a good quality product. You might well ask: How do you tell?

1. Ginseng supplements may be called Panax ginseng or Korean ginseng. But be aware: There is a completely different herb — eleuthero — that is sometimes called Siberian ginseng but does not work in the same way.
2. Look for a root extract of Panax or Korean ginseng, not an extract from other parts of the plant.
3. In the Supplement Facts, look for the percentage or milligrams of ginsenosides: the active ingredient in ginseng. If a product label doesn't list the quantity of ginsenosides, look for a different product.

I recommend taking enough ginseng to give you 10 to 15 mg of ginsenosides daily. If you're looking for more energy and alertness, take it during the day. If you want to sleep better, take it before bedtime.



1 Welk, B., et al. "The Reduction of Male Lower Urinary Tract Symptoms Is Associated With a Decreased Risk of Death." J. Urol. 2023 Oct;210(4):670-677. doi: 10.1097/JU.0000000000003602. Epub 2023 Sep 8. 2 Su, J., et al. "Research Progress on the Anti-Aging Potential of the Active Components of Ginseng." Nutrients. 2023 Jul 25;15(15):3286.

Q&A

Q: I've been juicing beets and drinking a glass of beet juice every morning to lower my blood pressure, but it isn't going down. Isn't beet juice good for blood pressure? — George H.

A: I'm glad you asked. There's a popular but incorrect idea that one remedy will always produce a certain health benefit. The idea that beet juice will always lower blood pressure is one of these mistaken notions, and I'll explain why.

Nitrates are the key ingredient in beet juice that can lower blood pressure. Nitrates can do this because they help to dilate blood vessels. If your blood pressure is high and you're low in nitrates, drinking beet juice can help to lower your blood pressure by correcting the shortfall.

On the other hand, if you're not lacking nitrates, consuming beet juice will not help to lower blood pressure. There is some other reason that your blood pressure is elevated.

Beets are a rich source of nitrates, but so are other vegetables, including celery and dark green, leafy vegetables such as spinach, kale, and romaine lettuce. Nitrates are also added to processed meats, which are not a healthy source of these nutrients because they contain other, unhealthy additives.

In short, there are many other food sources of nitrates, so it's quite

likely that your diet is not falling short. Something else is driving up your blood pressure.

Stress and untreated dental infections are common triggers of high blood pressure. Urinary tract or sinus infections are some others that are often ignored.

A high-carb diet can also underlie or contribute to hypertension. If you aren't low in nitrates and your overall diet is high in carbs, beet juice could be contributing to the problem because it's relatively high in carbs: 25 grams per cup. What's important is your individual situation.

For more details about these and other triggers — and remedies — I encourage you to take a look at an earlier issue of this newsletter: Volume 6, Issue 5, *Blood Pressure Control: What Matters Most*. The upshot is that when blood pressure is high, it won't drop until the actual triggers are identified and addressed.

Q: My doctor has prescribed metformin because my blood sugar is high. Must I take the medication or can I do your diet instead? — Susan G.

A: It depends on your willingness to adopt a different way of eating and your blood-sugar readings. My diet will improve things, but the level of blood sugar is important.

As an example, if your fasting blood sugar is 124 mg/dL, this is a high prediabetic level, right below the threshold for a diabetes diagnosis. A concentrated effort to lower carbs and increase exercise should work in a few weeks or months, provided that there are no other complicating factors that are

raising your blood sugar.

Taking steroid or statin drugs, sleep apnea, or extreme stress can all trigger or contribute to high blood sugar. When such situations exist, they need to be addressed. Although my diet will be beneficial, it can't correct any of those other triggers.

Here's another situation: If A1C — average blood sugar during the past three months — is over 6.5%, the threshold for diabetes, there is a risk of diabetic complications. If the level is well over 6.5% — 6.9%, for example — the risk is much higher.

In this case, it makes sense to take a medication to lower blood sugar and — at the same time — make the effort to follow my diet and do some regular exercise.

Monitor your blood sugar at home and keep a record of your readings. The easiest way to do this is with a continuous glucose monitor. And work with your doctor to lower your drug dose as lifestyle changes produce results.

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.