Dr. Marlene's
NATURAL HEALTH CONNECTIONS

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CONTENTS

10 Common Reasons You're Tired: Part 1

Do you wish you had more energy? These practical remedies can help to restore your vitality and put more pep in your step.

Scientists call it "fatigue," but my patients are more likely to tell me they feel tired or lack energy. And they often write it off — incorrectly — as an inevitable symptom of aging.

In fact, feeling tired at any age is at least partially the result of an unhealthy lifestyle or environment, past and/or present. And there are usually some practical ways to solve the problem.

There is one extremely challenging situation I've run into: It can be virtually impossible for mothers of babies and toddlers to get a decent night's sleep. I don't have a magic wand for such situations, but most others can be resolved.

Some of my tired patients, who may otherwise seem to be in good health, have seen multiple doctors to no avail. One man who came to see me had repeatedly been told that his exhaustion was "all in his head," because standard medical tests couldn't find anything wrong. Yet, his lack of energy was debilitating.

He was at his wit's end — until I had his level of vitamin B12 tested. An optimal level is above 500 pg/mL (picograms per milliliter). His level was 76. In all my years of practice, I had never seen such a low level and haven't since.

Once this patient's B12 was restored to a healthy level, he regained his energy — and his ability to live life to the fullest.

In other cases, more than one factor may be causing a lack of energy. Or it may take some time to correct a long-term malfunction.

For example, I've had patients who had unknowingly suffered from low thyroid for many years, and it took a number of months to correct the condition. But a few months is not a long time when you compare it to years of exhaustion and other unpleasant symptoms.

These are just some of the ten

IN THE NEXT ISSUE:
10 Common Reasons You're Tired: Part 2

common reasons I've identified for lack of energy. I'll cover the first five in this issue and the rest next month, with a snapshot of each reason and the remedy.

In addition, you can get more detailed information about these topics in earlier newsletters, which I've listed in *Related to This Topic* on page 6. I encourage you to look at those.

The Basic Diet for Stable Energy

As a first step, I want to cover a basic point that applies in all cases: the right diet. This is the practical low-carb diet I recommend as a foundation for good health.

If you're familiar with my approach, consider this a recap. If you're new to this, consider it a snapshot.

What To Test

These blood tests can identify one or more common issues that underlie low energy:

- Thyroid: TSH, T4, T3.
- Iron: Serum iron and ferritin.
- Vitamin B12: Blood level.
- Blood sugar and insulin: Fasting insulin, fasting blood glucose, A1c.
- Chronic inflammation: C-reactive protein (CRP).

Labs that work directly with consumers include:

www.ultalabtests.com
www.lifelinescreening.com
www.directlabs.com

I cover more detailed information about these tests and optimal levels of each marker in Volume 6, Issue 6, of this newsletter: *Blood Tests: Which Ones Do You Really Need?*

Today's diets are far too rich in starches and sugars, which lead to unstable levels of energy. In simple terms, high-starch, high-sugar foods and drinks cause insulin — the hormone that regulates blood sugar — to become elevated. Elevated insulin is inflammatory and can bring about weight gain and other ills, including elevated blood pressure and diabetes.

Over time, blood sugar becomes erratic, rising too high after you eat and then crashing too low. The crashes can make you feel tired, mentally foggy, and "hangry" — hungry and irritable — and trigger cravings for more starchy, sugary fare, such as donuts mid-morning. And the pattern is self-perpetuating.

This cycle can be stopped and energy levels can be stabilized with a low-carb diet of whole, rather than processed, foods and regular meals and snacks. In addition, I recommend multivitamins, to guard against nutritional shortfalls, and possibly other supplements, depending on your individual situation (see the chart on page 6 for an earlier issue that covers this).

Where to Start

If you were a new patient of mine who feels tired all the time, I would recommend the first step I just described above: eat a low-carb diet and take a multivitamin. At the same time, I would order tests to check for the most likely suspects that underlie low energy levels.

Keep in mind that the various energy robbers I'm going to talk about can influence each other, where one helps or harms another. For example, low thyroid increases risk for diabetes and makes blood sugar harder to regulate. On the flipside, if a low thyroid is corrected, it helps to get blood sugar under control.

This connection does not mean that everyone with elevated blood sugar has low thyroid function, but it's something to be aware of. One study of 8,000 people found that among those with prediabetes — blood sugar that is elevated but not high enough to be classified as diabetic — a low thyroid level doubles the odds of developing full-blown type 2 diabetes.[1]

When I see a new patient suffering from low energy, I routinely test for multiple factors because one or more may play a role. You can get the same tests either through your doctor or directly from testing labs. (See *What To Test* on this page.)

Now, let's look at some common reasons for lack of energy.

Reason #1: Low Thyroid

Thyroid hormones regulate metabolism. Crash diets, stress, toxins, and lack of nutrients can all depress thyroid hormones.

Feeling tired is one of the main symptoms of low thyroid. Other manifestations can include lack of motivation, depression, cold hands and feet, memory problems, weight gain, constipation, and others. However, this doesn't mean that all tiredness stems from low thyroid, which is why I recommend testing thyroid hormone levels.

In routine check-ups, thyroid testing is incomplete, and many people with low thyroid are told that there's nothing wrong or that it's "in their head." The only test that is typically done is TSH (thyroid stimulating hormone). TSH is not the actual thyroid hormone but an indirect marker that doesn't give the whole picture.

You also need to have levels of T4 and T3 checked. T4 (thyroxine) is thyroid hormone in an inactive form, and T3 (triiodothyronine) is the active form. Thyroid could be low because your body is not producing enough of the T4 (inactive) form or because it isn't converting T4 to the T3 (active) form.

As an analogy, you could think of T4 as frozen meat in your freezer. It's there, but you can't eat it. You could think of T3 as meat that's been defrosted and cooked and is ready to eat.

Where does TSH fit in? If you had a smart, high-tech fridge, TSH would be like a little warning light that comes on when you start to run low on frozen meat, telling you to buy more.

A low-carb diet lays a healthy foundation. But the thyroid also needs some specific nutrients.

Thyroid Nutrients and Herbs

Iodine is essential for healthy thyroid hormones, but it's in short supply in our food. Iodine is typically added to table salt. The saltshaker used to be a major source of salt in our diet, but it isn't anymore. Although the amount of iodine in table salt wasn't enough for truly optimal thyroid function, it helped. Now, most of the sodium in American diets comes from processed foods, which don't contain iodine.

In addition, sea salt has become a popular alternative to regular table salt, and it's often considered a healthier type of salt. But iodine is not usually added to sea salt.

I'm not suggesting that you suddenly start adding table salt to your food to get some iodine. It won't give you enough. Rather, I recommend supplementing daily with 3 mg of iodine.

There is one exception to this: Don't take iodine supplements if you have Hashimoto's disease, which is an inflammatory thyroid disease. With Hashimoto's, iodine supplements may provide too much. Instead of taking a supplement, use an iodine-rich food source such as seaweed snacks. Eat a small, single-serve packet of seaweed snacks daily.

Zinc, selenium, and iron, found in many multivitamins, are other nutrients that are needed for healthy thyroid hormones. And two herbs — bacopa and ashwagandha — can help to correct low thyroid. If those don't do the trick, glandular thyroid supplements are an option. I cover these in detail in the earlier newsletter issue on thyroid health, listed in the chart on page 6.

Reason #2: Lack of Iron

Iron is essential for healthy red blood cells, which carry oxygen from the lungs to every other part of your body. Oxygen is essential for life and helps your body turn food into energy, so if your oxygen delivery is impaired, you can't properly produce energy.

Iron can be low because your diet doesn't provide enough, because your digestive system doesn't absorb it well, or because your body is storing iron instead of using it.

The problem could be not eating good food sources of iron. The chart in *Iron Needs and Food Sources* on page 4 can give you an idea of how much you are getting from food. If that doesn't meet your daily requirement, you can take a supplement to fill the gap.

Aside from the foods I included in that chart, breads, pastas, and cereals are fortified with iron, and amounts are listed on food labels. However, I don't recommend relying on these for your iron, as they are high in starch and sugar.

To absorb and use iron, you also need vitamin B12, folate, and other B vitamins. I'll talk more about B12 below; a multi can provide some B12 and other B vitamins.

For iron supplements, just take enough to meet your daily

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requirement. If you take too much, it can cause constipation and stomach upset.

That said, consuming enough iron doesn't always solve the problem.

The Iron Pitfall

In the human body, iron exists in two forms: an active form and a stored, inactive form. Remember the freezer analogy I used to describe active and inactive thyroid hormones? In the case of iron, the stored iron would be like frozen meat in the freezer, and the active form would be the defrosted, cooked, ready-to eat meat.

There are two blood tests that show what's happening with an individual's iron levels. One test measures serum iron, which is the active, usable form, and another measures ferritin, which is the stored form.

If the stored form is high and the active form is low, it indicates that some underlying inflammation is preventing your body from using iron.[2] An infection, for example, will cause iron to be stored instead of being used. This happens because iron feeds the harmful bacteria causing the infection, and storing away iron is your body's way of trying to starve the bacteria to death.

This mechanism can work well to help fight a short-term infection. But when infections go untreated for a longer time — an ignored tooth or gum infection, for example — the storing mechanism can lead to too much storage and too little usable iron. And the situation won't resolve until the infection is treated.

The two tests I recommend — serum iron and ferritin — are not part of routine check-ups, although they should be. I hope you can see why I use these tests with my tired patients, and why I recommend them to you. In addition, a CRP (C-reactive protein) test will show if there's any hidden inflammation underlying an iron problem.

Iron Needs and Food Sources

These are the daily iron needs of most adults:

Ages	Men	Women
19–50	8 mg	18 mg 27 mg during pregnancy 9 mg when breastfeeding
51+	8 mg	8 mg

Iron that is naturally present in foods comes in two forms: heme iron in meat and fish and nonheme iron in plant foods. What's the difference? Heme iron is more easily absorbed and used by your body.

Animal Foods	Serving Size	Heme Iron Content
beef or chicken liver, mussels, oysters	3 ounces	3.5 mg
beef, canned sardines	3 ounces	2.1 mg
chicken, turkey, ham, veal	3 ounces	0.6 mg
salmon, tuna, haddock, perch	3 ounces	0.3 mg
Plant Foods	**Serving Size**	**Nonheme Iron Content**
canned kidney beans, lima beans, chickpeas	½ cup	2.1 mg
pumpkin, squash, or sesame seeds	1 ounce	2.1 mg
nuts and peanuts	1 ounce	0.7 mg
split peas	½ cup	0.7 mg
broccoli	1 medium stalk	0.7 mg
spinach, raw	1 cup	0.8 mg
spinach, cooked	½ cup	3.2 mg
Swiss chard, cooked	½ cup	2 mg

Reason #3: Lack of Vitamin B12

Vitamin B12 is essential for healthy nerve cells, red blood cells that deliver oxygen throughout your body, and numerous other processes. Feeling tired or weak are just some of the symptoms of a shortfall. Confusion, depression, problems with digestion and vision, heart palpitations, shortness of breath, loss of appetite, and paresthesia ("pins and needles") may be others.

Because meat is the main food source of vitamin B12 and most Americans are meat eaters, you might think that getting enough B12 shouldn't be a problem. While this is true for many people, lack of B12 is more likely as we get older.[3]

Digestion is typically not as efficient as we age, so older people

Pitfalls of Skipping Meals

Researchers at the University of Texas Health Science Center at Houston reviewed the available research on meal timing and found this:[4]

Skipping breakfast is associated with excess body weight and insulin resistance, the precursor to diabetes.

Irregular meals increase the risk for high blood sugar, high blood pressure, and weight gain.

Eating late at night also increases these risks.

may eat less meat because it's harder to digest. This happens because levels of stomach acid decline, and it becomes more difficult for food to break down in the stomach. (The solution for low stomach acid is to take supplements of HCL with pepsin, with each meal.)

In addition, some drugs deplete B12. These include heartburn drugs, antibiotics, and some drugs for diabetes, such as Glucophage (metformin), Avandia, Diabeta, and Prandin.

If you've had a shortfall for a while, you need more B12 than a multivitamin provides. Sublingual supplements — tablets that dissolve under the tongue — don't depend on stomach acid to be absorbed and can be a good option. B12 is also available in oral sprays and pills.

If you take more B12 than your body can use or store, it will just be excreted; there's no danger of toxicity. Anyone who doesn't regularly eat meat should definitely take vitamin B12. But if you're suffering from lack of energy, I recommend testing your B12 level. And if it's low, take higher doses of B12, retest, and adjust your dose as needed to reach and maintain an optimal level (over 500 pg/mL)

Reason #4: Skipping Meals

Skipping meals is a common reason for low blood sugar, which leaves you feeling drained and possibly jittery, irritable, or confused. Although this can happen with any meal, breakfast is one I've seen many people skip, and it's one of the worst things to do.

There's a logic behind breakfast. You break the fast that's been going on all night while you slept. Eating in the morning gets your metabolism going, gives you fuel to start your day, and sets the stage for stable blood sugar — and energy.

Skipping breakfast leads to a mid-morning slump. And that's when donuts or other starchy, sugary foods — or drinks such as coffees sweetened with syrups — become especially attractive or irresistible.

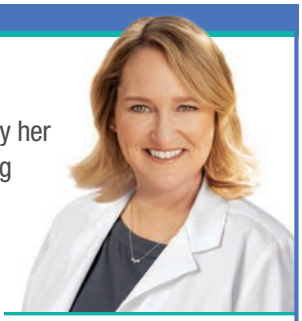
This sets in motion a rollercoaster pattern of blood sugar for the day, spiking after you get something sugary or starchy, then crashing, and the cycle repeating. It's the opposite of the stable energy you need to feel good, think clearly, and have a productive and enjoyable day.

Skipping other meals also leads to energy slumps and cravings. And when you do finally eat, it's tempting to throw caution to the wind and overindulge in high-carb foods.

Food Timing

Keeping your body fueled with the right foods takes a bit of

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.

forethought and planning, but it's a relatively small amount of effort for the rewards of feeling good and having more energy.

Unstable blood sugar is extremely common with today's diets. But eating the right foods, often enough, can change that pattern to a stable one. And once you start on that stable path, it isn't too difficult to continue.

My basic advice is this: Eat a low-carb breakfast, lunch, and dinner, with snacks in between. This means you will eat something every two to three hours. If you need a snack after dinner, eat it no later than an hour or two before you go to bed.

The snacks don't need to be large, but they do need to be low in carbs. A spoonful of nut butter, by itself or on a piece of celery or a slice of apple, may be all you need. Some other choices could be a piece of jerky, a few baby carrots dipped in humus, or a small piece of meat, poultry, or fish. You need only a few bites.

Breakfast is the meal I get asked about the most, because cereal has been marketed as a healthy option for so many decades. A healthy, low-carb breakfast will give you much more stable energy. It could be eggs on some wilted spinach, for example, or leftover fish or meat and vegetables. Before huge marketing campaigns from the cereal industry, leftovers from the previous day's dinner were not uncommon for breakfast.

Reason #5: Drugs Can Make You Tired

Many drugs can have the side effect of fatigue or weakness. If you are taking any prescription or over-the-counter medications, check the drug information for side effects and, if necessary, check with your doctor or pharmacist for a possible alternative.

Two widely used drugs can rob energy by depleting CoQ10, a nutrient that is essential for energy production in every cell. These drugs include statins for lowering cholesterol and beta blockers for lowering blood pressure.[5] Beta blockers include Lopressor (metoprolol tartrate), Toprol XL (metoprolol succinate), Bystolic (nebivolol), Coreg (carvedilol), Tenormin (atenolol), and Inderal (propranolol).

If you take any of these, I recommend taking 100 mg to 200 mg of CoQ10 daily.

A Final Word

I'm covering the most common reasons for fatigue, not *every* reason. Fatigue is a symptom of many illnesses, including chronic fatigue syndrome and fibromyalgia, which involve multiple systems and organs in the human body and require individual treatment.

Next month, I'll cover the other five common reasons you may be tired: food intolerances, sleep problems, toxins, pain, and when to exercise — or not. Meanwhile, I hope this issue helps to put more pep in your step.

Related to This Topic

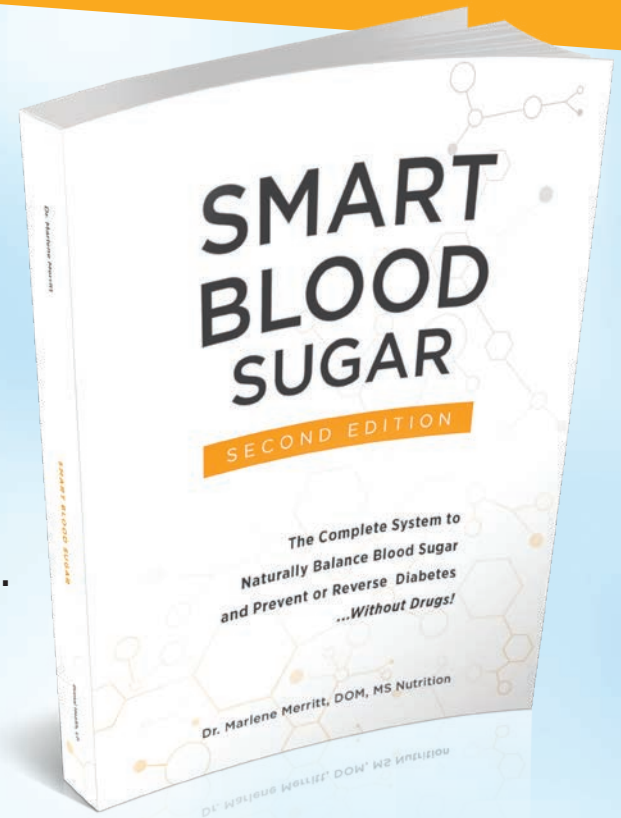
These are some earlier issues of this newsletter that address related topics:

Related Topic	Volume	Issue	Title
A Healthy Diet	6	1	Your 2023 Guide to Better Health: Part 1
A Healthy Diet	6	2	Your 2023 Guide to Better Health: Part 2
Multivitamins	2	8	Do You Really Need a Multivitamin?
Testing Details	6	6	Blood Tests: Which Ones Do You Really Need?
Low Thyroid	2	7	The 30-Day Thyroid Restoration Protocol
Infections	6	8	Bacterial Infections: How to Treat and Prevent Them
Blood Pressure Drugs	6	5	Blood Pressure Control: What Matters Most
Statin Drugs	1	4	When Statin Drugs Can Harm You More than Cholesterol
Individual Supplement Needs	6	7	How to Choose Supplements for Your Personal Needs (includes drug-nutrient depletions)

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

1 Chaker, L., et al. "Thyroid function and risk of type 2 diabetes: a population-based prospective cohort study." BMC Med. 2016 Sep 30;14(1):150.
2 Kumar, A., et al. "Iron deficiency anaemia: pathophysiology, assessment, practical management." BMJ Open Gastroenterol. 2022 Jan;9(1):e000759.
3 Azzini, E., et al. "A Brief Review on Vitamin B12 Deficiency Looking at Some Case Study Reports in Adults." Int J Mol Sci. 2021 Sep 7;22(18):9694.
4 Alkhulaifi, F., et al. "Meal Timing, Meal Frequency and Metabolic Syndrome." Nutrients. 2022 Apr 21;14(9):1719.
5 DiNicolantonio. J.J., et al. "Coenzyme Q10 for the treatment of heart failure: a review of the literature." Open Heart. 2015 Oct 19;2(1):e000326.

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

Low-Carb Diets and Kidney Health

I've often been asked if a low-carb diet harms the kidneys. Some of my new patients have initially been reluctant to adopt my low-carb diet because their doctor told them not to eat a high-protein diet. So, I want to give you some important facts on this topic.

Can you eat too much protein? Yes, it's possible. If the kidneys are damaged, too much protein can be harmful. This is especially true for anyone who has been diagnosed with chronic kidney disease and certainly for anyone who is on dialysis.

Protein Needs

So, how much protein should we eat? A certain amount is essential for maintaining the structure of our muscles, bones, organs, and every cell in our bodies.

Our cells are continually turning over, and protein provides building blocks to keep making new ones. As we get older, eating enough protein is essential to prevent sarcopenia, age-related muscle loss that's also called "wasting." It makes people weak and frail.

Based on human experience and science to date, there are recommended protein amounts, which I've listed in the *Adult Protein Needs* chart on this page. These are healthy amounts of protein.

When you look at the chart, you'll notice that older adults need more than younger ones. As the human body ages, it becomes less efficient at absorbing and utilizing protein, so consuming a bit more helps to compensate and preserve muscle mass and strength.

Low-Carb Diets

Not all low-carb diets are created equal. Some are very high in protein, because protein is used to replace carbs, including healthy carbs such as vegetables. In fact, replacing carbs with protein is the biggest mistake people make with low-carb diets. I've never recommended such diets and I never will.

In my low-carb diet, I recommend eating only the recommended amounts of protein in the chart, which have not been shown to damage kidneys. And to replace excess carbs, eat plenty of fresh vegetables and healthy fats.

The keto diet, which is not high

in protein but is much lower in carbs and higher in healthy fat than my basic diet, can be followed by many people with kidney disease and can help to improve poor kidney function. But in such cases, the diet should be undertaken with the guidance of a health professional trained in nutrition. I've done this with some of my patients because I have specialized keto training. That said, if you have kidney disease, follow your doctors' advice.

Adult Protein Needs

These amounts of protein are designed to provide enough for most adults.

Ages	Protein per pound of body weight
18–64	0.36 grams
65+	0.45–0.54 grams

How To Calculate Your Needs

The total daily protein should be divided among your meals and snacks.

Ages 18-64:

Multiply your weight by 0.36.
For example:
Weight: 150 lbs. X 0.36 = 54 grams of protein per day

Ages 65+

This is a range, so do two calculations using the "protein per pound of body weight" numbers above. For example:

Weight: 150 lbs. X 0.45 = 67.5 grams
Weight: 150 lbs. X 0.54 = 81 grams

The daily protein requirement would be between 67.5 and 81 grams.

Good Protein Sources

- A 3-ounce serving of beef, chicken, or salmon, or a cup of Greek yogurt contains 20–24 grams of protein.
- 1 cup of milk contains 8 grams; most plant milks contain less.
- ½ cup of lentils or chickpeas contains 7–8 grams.
- 1 egg contains 6 grams.
- 1 cup of cooked spinach or collard greens contains 5 grams.

1 Ko, G-J., et al. "The Effects of High-Protein Diets on Kidney Health and Longevity." J Am Soc Nephrol. 2020 Aug;31(8):1667-1679. 2 The National Resource Center on Nutrition & Aging. "Nutrition Needs for Older Adults: Protein." https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Protein_FINAL-2.18.20_508.pdf

HOW TO STOP NERVE DISCOMFORT

and Get Normal Feeling in Your Hands and Feet Again

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Artistic Activities Ease Anxiety and Depression

Singing, dancing, playing a musical instrument, drawing, painting, writing, and acting can all reduce depression and anxiety, according to a recent review of research at the University of Exeter in the United Kingdom.[1]

Tai chi was also evaluated and it, too, reduced anxiety and depression. But the evidence was not as strong for tai chi as it was for participation in some type of artistic activity.

This new research examined earlier studies involving a total of 669 people in nine countries. All the participants had been diagnosed with depression or anxiety.

Other research has found a variety of benefits of different types of artistic activity among healthy people. It improves mood, slows brain aging, improves breathing in people with breathing difficulties after COVID infection (in the case of singing), reduces risk for stroke, and enhances sleep.

The Take-Home Message

Exercising your creative abilities, especially in a group setting, is good for your mental health. And there are many options.

Among the people who were studied, activities included:

- Different styles of dancing, including Argentine tango, dancing to other Latin rhythms, and line dancing.
- Singing.
- Playing a musical instrument.
- Writing songs.
- Drawing.
- Painting.
- Creating art with clay.
- Improvisational acting in a theater group.
- Writing poetry or stories.
- Expressing emotions and perspectives in a journal.

Each of these activities was done in a group, rather than at home, alone. And the list above isn't designed to limit choices — these are just examples of ways people expressed themselves.

Doing something creative that you enjoy is likely to lift spirits, ease anxiety, or both. If there's something creative you used to like doing or have always wanted to try, there's no need to hold back. And if you're already happy, you can just have some fun.

Hearing Aids Slow Cognitive Decline

A study led by the Johns Hopkins Bloomberg School of Public Health in Baltimore has found that for people with hearing loss, getting a hearing aid can slow cognitive decline. This is especially true for people who are at risk for developing dementia.[2]

People who know they have hearing loss wait, on average, between 5 and 7 years to get a hearing aid. And the delay speeds mental decline.

When hearing is normal, the brain receives signals from the ear and interprets these as sounds. As hearing loss develops, the brain is deprived of some of those signals. Consequently, areas of the brain that would normally be working with sounds remain idle.

As with our muscles, there's a use-it-or-lose-it premise at work in the brain. When parts of the brain are not used, those parts will deteriorate, just like muscles atrophy when people don't exercise, and much more so if they are bedridden.

Today, hearing aids are more affordable because they are available over the counter, and hearing exams may be covered by insurance. So, if you are experiencing hearing loss, make getting a hearing exam and a hearing aid a priority.

1 Barnish, M.S., et al. "Group-based active artistic interventions for adults with primary anxiety and depression: a systematic review." BMJ Open. 2023 Jun 28;13(6):e069310. 2 Lin, F.R., et al. "Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multicentre, randomised controlled trial." Lancet. 2023 Jul 17;S0140-6736(23)01406-X. doi: 10.1016/S0140-6736(23)01406-X. Online ahead of print.

Best Exercise to Lower Blood Pressure

It's well known that all types of exercise help to lower blood pressure. Now, a new study has found that wall sits are the most effective single exercise.

British researchers reviewed 270 trials of exercise effects on blood pessure, with a total of 15,827 participants.[1] In each study, exercise programs were done for at least two weeks. In evaluating results, the researchers compared reductions in both systolic and diastolic blood pressure after exercise. Systolic blood pressure (the top number) measures arterial pressure when the heart beats. Diastolic blood pressure (the bottom number) measures arterial pressure between beats.

Isometric exercises, meaning you contract and hold certain muscles in a specific position for a period of time, were found to be the most effective. The benefit comes from sustaining the muscle contraction.

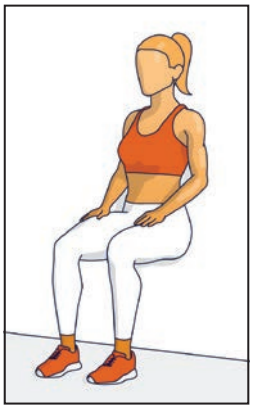
This is different from the traditional "dynamic" type of resistance training, in which you lift and lower a weight or pull and push against resistance, rather than keeping muscles contracted without moving.

Drops in Blood Pressure Compared

This is how much blood pressure dropped after different types of exercise programs lasting at least two weeks:

- Isometric exercise training: 8.24/4 mmHg
- Combined aerobic and resistance training: 6.04/2.54 mmHg
- Aerobic exercise such as running: 4.49/2.53 mmHg
- Traditional dynamic resistance training: 4.55/3.04 mmHg
- High-intensity interval training: 4.08/2.50 mmHg

How To Do Wall Sits



- Stand with your back against a wall, with your feet shoulder-width apart. Move your feet about two feet in front of you, while leaning against the wall.
- Slowly slide your back down the wall, bending your knees until your thighs are parallel to the floor.
- Keep your feet flat on the floor and adjust their position so that your knees are straight above your ankles, not above your toes.
- Keeping your back flat against the wall, hold that position for 10 to 60 seconds.
- Stand up and take a break for about 30 seconds, then repeat the exercise two more times.

Do this two-to-three times per week. As you progress, hold your wall sit for a longer time. This isn't the only exercise you should do, but it's a good addition to a resistance training program and aerobic exercise, such as brisk walking or interval training.

Feeding Beneficial Gut Bacteria

In recent years, we've been hearing a lot about probiotics: beneficial gut bacteria. Fermented foods, such as naturally cultured sauerkraut and pickles, other pickled vegetables such as Korean kimchi, and yogurt are sources of these bacteria. Probiotic supplements are another option.

Probiotic microorganisms produce substances that enable good digestion and support a healthy immune system. But there's more to gut health than just getting some good bugs down there. To maintain a healthy balance of these, you need to give them the right foods, which are called *pre*biotics.

I know, the terminology — prebiotics and probiotics — can be confusing. It might help to remember that "pre" means "before." And gut bugs have to eat *before* they can happily keep doing their job in your digestive tract.

Although the fiber in all types of plant foods contains prebiotics that feed good gut bugs, a recent study identified onions, leeks, garlic, dandelion greens, and Jerusalem artichokes (sunchokes) as the top sources.[2] I encourage you to routinely include these in your diet, along with a variety of other vegetables.

1 Edwards, J.J., et al. "Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials." Br J Sports Med. 2023 Jul 25;bjsports-2022-106503. 2 Boyd, C., et al. "(P06-010-23) Determination of the Prebiotic Content of Foods in the 2015-2016 Food and Nutrient Database for Dietary Studies (FNDDS)." Presented July 22, 2023. Boston: Nutrition 2023 American Society for Nutrition Meeting.

Q&A

Q: I know that fresh vegetables are considered best, and canned vegetables are often loaded with unhealthy byproducts and preservatives. What is your opinion about frozen vegetables?

— Nick M.

A: I'm glad you asked, because frozen and canned vegetables should not be overlooked.

Fresh vegetables are best when they're truly fresh. If you go to a farmer's market and buy vegetables that were just harvested, they are the best. And if you live in an area where plenty of vegetables are grown locally year-round, you're in luck.

However, I realize that the idyllic situation I just described is not the reality for most people.

In the produce sections of supermarkets, and even natural food stores, the vegetables and fruits have travelled some distance and spent time in storage before being put on display. Whether they were cultivated thousands or hundreds of miles away, what matters is how much time has elapsed since they were harvested and how they were stored. Time, heat, light, and oxygen all deplete nutrients — some more than others.

Vitamin C is especially vulnerable. Research by the University of California Davis found that the degree of vitamin C loss varies. In one study, after being stored in a refrigerated area for a week, green peas lost 15 percent of their vitamin C and green beans lost 77 percent. B vitamins also degrade rapidly during storage.

So, how does this compare with nutrients in frozen vegetables? It's hard to tell. Vegetables are blanched and frozen soon after being picked, so they aren't in storage for as long, but blanching and freezing can degrade nutrients, too.

Studies that have compared fresh and frozen vegetables found nutritional content to be similar, although frozen broccoli and peas maintained somewhat higher levels of the B and C vitamins in one test.

Canned vegetables may also have shorter storage times after harvest. However, they are exposed to high heat, which can degrade vitamin C content by 10 to 90 percent. On a positive note, you can find canned vegetables without preservatives or other additives in cans that are BPA-free.

Nutritional tests of fresh, frozen, and canned vegetables have not looked at every nutrient, but fat-soluble vitamins such as vitamins A and E and beta-carotene do not degrade nearly as much as vitamin C and the Bs, which are water-soluble. And minerals don't degrade after harvest.

The freshest produce you could have would come from your own garden. Otherwise, fresh, frozen, and canned vegetables are all good. And the best ones are those that you are going to eat on a regular basis.

Q: I am overweight. My doctor told me that my hypertension is hereditary and losing weight would not help. Should I try?

— Amelia J.

A: Yes, you should try. It's always possible to improve a situation.

There is plenty of scientific evidence that even if a condition runs in your family, what you do in your own life has the biggest influence.

High insulin is the most common trigger of weight gain and may also contribute to high blood pressure. High insulin is caused by a high-starch, high-sugar diet — the typical American diet. And high blood sugar follows high insulin.

To start getting these things under control, I suggest eating a healthy, low-carb diet such as the one I describe in earlier issues of this newsletter. On page 6, in *Related to This Topic*, the first two issues explain how to do it.

This is not an extreme diet but it can start to bring about improvement quite quickly.

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.