

# Dr. Marlene's NATURAL HEALTH CONNECTIONS

VOLUME 8 | ISSUE 12

A PUBLICATION OF PRIMAL HEALTH



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## The Diet Trap: 15 Mistakes to Avoid Before Starting a New Eating Plan

### A Season of Good Intentions

People tell me all the time that they're ready to take their diet seriously. And I believe them. The desire for better health is both sincere and constant. People genuinely want more energy, steadier moods, and a body that feels easier to live in. The intention is real. The hope is real.

What often isn't realistic are the diets themselves. Many plans begin with strict rules, sudden restrictions, or a short burst of willpower that feels strong at first but fades as physiology pushes back. When blood sugar swings, hormones shift, or stress rises, even highly motivated people can feel like they're slipping. And too often, they blame themselves for what is simply a natural biological response.

Before you choose how you want to eat, I want to help you avoid the most common traps I see—the ones that quietly set people up to fail. By recognizing these patterns ahead of time, you can approach your next steps with more clarity, less frustra-

tion, and far more confidence.

Here is the list of the fifteen mistakes you must avoid before you start a new eating plan.

### Mistake #1 - The Smoothie Misunderstanding

Smoothies are often treated as a fresh way to “start clean,” especially when someone is trying to make a healthier choice. But most smoothies — even the green ones — release sugar faster than your body can comfortably process.

Your digestion is designed to break down whole foods, not to receive their sugars in a fiber-free liquid rush. When sugar enters too quickly, insulin rises sharply. And high insulin doesn't just store fat — it increases hunger a short time later.



**IN THE NEXT ISSUE:**  
**The Winter Energy Blueprint**  
**A Natural Guide to Feeling Your Best**

I once had a patient who started every morning with a berry smoothie. He felt healthy doing it. Yet by 10 a.m., he was starving. When we switched him to a simple protein and fat breakfast, his hunger stabilized and his afternoon cravings vanished.

Nothing about his hunger was a personal failing. It was just his physiology reacting to the sugar surge. With the right balance of protein and fat, his body found its rhythm again.

Dr. Marlene's  
**NATURAL HEALTH CONNECTIONS**

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## Mistake #2 - Willpower Problem

People often assume weight struggles reflect a lack of willpower. They don't.

When blood sugar swings high and low, your brain sends urgent signals to find food. This isn't emotional weakness, it's a protective survival response. Hormones like insulin, leptin, and ghrelin determine appetite, and the food industry has perfected manipulating this with processed foods to make you eat more.

If your biology isn't balanced, no diet will feel easy. And no one can override hormonal chaos with sheer determination.

When appetite stabilizes — through steady eating, balanced meals, and fewer sugars — the urge to "give in" fades naturally. The solution isn't more discipline. It's calmer physiology.

## Mistake #3 - Why Low-Fat Backfires

For many years, people were told to fear fat. That message still lingers, even though modern research and clinical experience tell a different story.

### When you remove fat from food

- You get hungrier
- You absorb nutrients poorly
- You lose hormone support
- And manufacturers add sugar or starch to replace the missing flavor

Not only does this make weight loss harder — it also sets the stage for stronger cravings. Natural fats help you feel satisfied, steady insulin, and support healthy hormones. When people add fats like nuts, eggs, avocados, butter, olive oil, and salmon back into their meals, their appetite often settles quickly. The food industry has perfected processed foods in ways that override these signals and encourage overeating. Fat is not the enemy. Instability is.

## Dementia Risk Reduced by 90 Percent

A study of 29,000 older adults (average age of 72) identified these six factors that dramatically reduced the odds of dementia:



- A healthy diet
- Regular exercise
- Being socially active — seeing friends and family
- Being mentally active — reading, writing, learning new skills, or doing other mentally challenging activities
- Not smoking
- Not drinking alcohol

People who followed four or more of the above habits were 90 percent less likely to develop dementia, compared to those who followed none or one of the above.

Diet had the strongest effect, followed by mentally challenging activities and exercise. The same habits also significantly reduced more mild decline in memory and other mental functions.

Source: Jia, J., et al. Association between healthy lifestyle and memory decline.

## Mistake #4 - The Calorie Trap

One of the most harmful ideas in modern dieting is the belief that simply “eating less” will cause weight to fall off. Your body doesn’t work this way. When calories drop too quickly, your metabolism interprets it as a threat. It slows down, conserves energy, and shifts into protection mode — much like a house turning down the thermostat during a storm.

This survival response leads to fatigue, increased hunger, irritability, and stalled progress. It also makes your body more efficient at storing fat, not burning it. In other words, the harder you push through restriction, the harder your physiology pushes back.

Instead of eating less, the real key is to eat smarter: foods that stabilize blood sugar, support hormone balance, nourish muscle, and encourage fat-burning rather than fat-storing. When your meals send consistent signals of safety and stability, your metabolism becomes more flexible, your energy steadier, and weight loss far more sustainable.

The body wants to be well. But it cannot do that in starvation mode — it can only do it when it feels supported.

## Mistake #5 - The Fasting Misstep

Intermittent fasting can offer real benefits — but only for the right person, at the right time. Many people jump into long fasting windows hoping for a quick “reset,” yet if

blood sugar is unstable, fasting can have the opposite effect. It can trigger headaches, mood swings, late-night cravings, energy crashes, and spikes in cortisol. None of these are signs of failure; they’re signs that the body isn’t ready for extended periods without food.

Fasting is something you graduate into, not something you begin with. When you first steady your meals, lower sugars, increase protein, and support adrenal health, your metabolism becomes more resilient and fasting feels much more natural. What once felt stressful becomes surprisingly gentle.

You should never feel miserable during the healing process. Your body responds best when it feels supported, not deprived, and fasting is no exception. When physiology is stable, fasting can

be a useful tool — but when the body is overwhelmed, it becomes just another form of stress.

## Mistake #6 - Carb Confusion

People often underestimate how many carbohydrates they consume. Not because they’re careless, but because modern marketing makes sugars and starches easy to overlook. Foods like granola, yogurt, beans, fruit, milk, energy bars, and gluten-free products can contain far more carbohydrates than most people realize — often more than the body can comfortably manage in one sitting.

Once you begin paying attention to total carbohydrates, rather than relying on terms like “net carbs” or “natural sugars,” the picture becomes much clearer. You start to see which foods keep your blood sugar steady and which ones

### About Dr. Marlene

Dr. Marlene Merritt’s passion for natural medicine is fueled by her drive to help others, and her own experience of overcoming a debilitating heart condition, diagnosed at the age of 20. A competitive cross-country cyclist at the time, she suddenly began experiencing severe chest pains. Forced to quit the sport, she suffered from extreme fatigue and constant 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 in Nutrition, and is an Applied Clinical Nutritionist. She is Board Certified in Bariatric Counseling, and certified in the Bredesen MEND Protocol,<sup>™</sup> a groundbreaking method of reversing Alzheimer’s disease. She sees patients at the Merritt Wellness Centers in Austin, Texas, and Santa Fe, New Mexico, trains health practitioners nationwide, and is the author of *Smart Blood Sugar* and *The Blood Pressure Solution*.



quietly push it higher.

Carbohydrates aren't the enemy. They are simply a fuel source — one your body needs in the right amount, at the right time, for your particular metabolism. Too many carbs too quickly can cause insulin to surge and energy to fluctuate. The right amount, however, can keep your mind sharp, your cravings calmer, and your appetite predictable.

Understanding your personal carb threshold brings a sense of calm to eating. And calm naturally leads to consistency — which is where real progress begins.

## Mistake #7 - The Hidden Sugar Saboteurs

Even people who avoid obvious sugars are often surprised by how many “healthy” foods can quietly push their blood sugar higher than expected. Items like fruit juice, oat milk, granola, protein bars, low-fat yogurt, agave, honey, grapes, and many tropical fruits may look wholesome on the surface, but they release sugar into the bloodstream very quickly. When this happens, insulin rises sharply — and where insulin goes, hunger and cravings commonly follow.

These foods aren't inherently “bad,” but the way they behave in the body can make appetite harder to manage. Many of them contain concentrated sugars or starches that digest rapidly, creating a sudden spike and drop in blood sugar. The result is a familiar pattern: a burst of energy, followed by fatigue and the urge to eat again soon after.

Once people begin replacing these fast-acting sugars with foods that digest more slowly — foods that offer protein, healthy fats, fiber, and steady fuel — their hunger often settles, their cravings diminish, and weight loss begins to feel far more predictable. It's not about deprivation; it's about choosing foods that cooperate with your physiology rather than work against it.

This is why I encourage you to look closely at the foods you assume are harmless. Sometimes it's the smallest hidden sugars that quietly disrupt your progress — and letting them go can make an immediate and powerful difference in how you feel.

## Mistake #8 - The Protein Blind Spot

Many people don't realize how much protein they aren't getting. Protein isn't just a macronutrient — it's a regulatory signal. It supports appetite control, blood sugar stability, muscle maintenance, and metabolic health. When protein intake is too low, the body compensates by increasing hunger signals, especially cravings for quick, fast-burning carbohydrates.

Low protein also affects mood, energy, and the ability to stay focused. Your liver relies on protein to manage blood sugar between meals, and your muscles rely on it to stay strong. Without enough protein, your body sends louder and louder messages urging you to “find more fuel,” even if you feel like you've already eaten plenty.

Once people increase protein at

each meal, they often feel calmer, more satisfied, and far less pulled toward snacking. Their blood sugar stabilizes, cravings diminish, and their energy levels even out. This isn't magic; it's biology. Protein steadies appetite in a way that motivation alone never could.

## Mistake #9 - The “Healthy Food” Halo

Certain foods wear a “health halo” that can be surprisingly misleading. Items like veggie chips, gluten-free crackers, flavored yogurts, plant-based burgers, acai bowls, or smoothies from popular juice bars sound wholesome — and clever marketing often reinforces that belief. But many of these products contain refined carbohydrates, added sugars, industrial seed oils, or concentrated starches that digest far faster than whole foods.

These foods are not necessarily harmful in small amounts. The problem is that they don't behave like whole foods inside the body. They break down quickly, spike insulin, and cause appetite rebound soon after eating.

### Cruciferous Vegetables



Cruciferous vegetables are versatile and nutritious. They include:

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Radishes
- Rutabaga

The label may say “natural,” “light,” “organic,” or “plant-based,” but those words don’t guarantee metabolic friendliness.

Understanding this prevents disappointment and helps people make choices that genuinely support metabolic calm. When you view food through the lens of blood sugar, not branding, everything becomes clearer — and a lot more peaceful.

## Mistake #10 - Ignoring Stress Chemistry

Many people overlook how deeply stress influences weight and appetite. When cortisol rises — from lack of sleep, overwhelm, chronic worry, or even rushing through the day — it pushes blood sugar upward and increases cravings for fast energy. This has nothing to do with discipline or mindset. It’s a built-in survival mechanism.

Under stress, the body prioritizes storing fuel rather than burning it. Your metabolism becomes more conservative, your hunger signals grow louder, and your brain becomes more tuned to quick sources of sugar. This is why stressful periods so often lead to nighttime eating, cravings, or feeling “out of control.”

Supporting a calm nervous system is not optional — it’s a metabolic intervention. Gentle breathing, stretching, walking outside, prioritizing sleep, and taking short pauses throughout the day can shift physiology more effectively than most diet rules. A calmer body naturally makes calmer choices. And often, weight steadies without any change in calories.

## Mistake #11 - Doing Too Much, Too Soon

Most diet plans encourage sweeping changes overnight — but the body simply doesn’t adapt well to sudden shifts. When blood sugar and hormones are already imbalanced, abrupt restriction triggers the very physiology that makes consistency impossible. What feels exciting in the first week often becomes unsustainable by the third.

Sudden changes can raise cortisol, increase cravings, disrupt sleep, and create emotional fatigue. The body becomes overwhelmed, not supported, and the person understandably believes they “failed.” But it wasn’t failure — it was physiology being pushed too far, too fast.

Gentle, steady improvements create far better results. Small steps are not a sign of weakness; they are a sign of wisdom. The body responds best to changes it can integrate, not endure. When the pace matches your physiology, progress becomes smoother, calmer, and far more consistent.

## Mistake #12 - Believing Hunger Is a Moral Failure

One of the quietest misconceptions in dieting is the belief that hunger means you “messed up.” But hunger is not a character flaw. It is simply a signal — a reflection of how your previous meal affected blood sugar, hormones, digestion, and energy needs.

Balanced meals lead to calm, predictable hunger.

As we age, hunger hormones can become less steady, especially when blood sugar swings. A sharp drop after a high-carb meal can trigger sudden hunger. This isn’t emotional—it’s physiology. Knowing this removes guilt and helps you adjust your meals.

When you view hunger as information rather than judgment, you can respond with clarity. Maybe you needed more protein. Maybe lunch was too sugary. Maybe stress shifted your cortisol. Each hunger signal is a message — and once you understand what it’s saying, your eating patterns become far more peaceful.

## Symptoms of Vitamin B12 Deficiency

- Memory loss
- Depression
- Changes in behavior
- Weakness
- Feeling tired
- Vision Issues
- Pale Skin
- Heart palpitation
- Shortness of breath
- Loss of appetite
- Gas or constipation
- Lightheadedness

Liver is the richest food source of B12. Other good sources include red meat, seafood, and fish; eggs and dairy foods are other sources, although they are not as rich in the vitamin.



## Mistake #13 - Overtrusting Food Labels

Food labels can be confusing on purpose. Terms like “light,” “low-fat,” “low-calorie,” “keto-friendly,” “whole grain,” or “heart healthy” sound reassuring, but they often disguise ingredients that spike insulin or disrupt appetite. Many products marketed as “better choices” rely on added sugars, refined starches, or heavily processed seed oils—such as sunflower or canola oil—to improve flavor or texture once natural fats are removed.

These marketing terms are powerful because they create the impression of health without requiring the company to change anything about how the food behaves inside the body. A food labeled “low-fat” may still be loaded with sugar. A product labeled “keto-friendly” may contain processed fibers or artificial sweeteners that trigger cravings. Even “whole grain” items may be made mostly of refined flour with just enough whole grain added to meet labeling requirements.

What matters most is not the claim printed on the front of the package, but the ingredients listed on the back. Once you begin looking at what the food is actually made of—whether it contains real, recognizable ingredients or mostly additives, whether sugars appear under unfamiliar names, and whether the fats used are natural or highly processed—the picture becomes much clearer. You can quickly see whether a food will support steady energy

Learning to read ingredients rather than trusting marketing words is one of the most empowering steps you can take for your metabolic health. Once you understand what you’re truly eating, your choices naturally shift — not through restriction, but through clarity.

## Mistake #14 - Forgetting Fiber

Fiber plays a far more important role in metabolism than most people realize. It slows digestion, steadies blood sugar, supports gut health, and increases satiety — all of which make appetite easier to manage. But many people unintentionally choose low-fiber versions of foods without recognizing the difference. White rice is chosen instead of brown, fruit juice is picked over whole fruit, and granola bars are substituted for nuts or seeds. These small shifts remove the very component that helps keep blood sugar and hunger stable.

When fiber is missing, sugars and starches enter the bloodstream more quickly, causing insulin to rise and fall in sharp waves. This can create the familiar cycle of energy crashes, cravings for fast carbohydrates, and difficulty feeling full after meals. In contrast, meals rich in fiber digest more slowly, allowing the body to absorb nutrients gradually and maintain steadier energy.

A small increase in fiber can make an immediate difference, especially with adequate protein and healthy fats. Eating nuts is an easy way to add natural fiber.

Adding vegetables to meals instead of refined snacks can steady blood sugar, reduce cravings, and support a calmer metabolism. Small shifts like these help your body stay balanced and maintain steadier energy.

## Mistake #15 - Snacking Out of Habit, Not Hunger

Snacking isn’t inherently bad — but many people reach for food out of habit rather than true hunger. A handful here, a bite there, or a quick snack between tasks may seem harmless, yet these small grazing moments keep insulin elevated and prevent the body from shifting into fat-burning mode between meals. When insulin stays continually stimulated, the body receives a message that fuel should be stored rather than released.

Much of this type of snacking happens automatically. People reach for food because they are tired, stressed, distracted, or simply following a routine they’ve never questioned. The brain learns these patterns quickly, and before long, eating becomes tied to cues that have nothing to do with biological need.

Learning to distinguish true hunger from habit, boredom, or emotional cues is surprisingly empowering. True hunger builds gradually and feels physical; habitual eating shows up suddenly and usually centers on specific foods. When people begin pausing long enough to notice the difference, their eating patterns become clearer and more aligned with their body’s needs.

This awareness alone can reduce unnecessary snacking, steady blood sugar, and support a calmer, more predictable metabolism — without any feeling of restriction.

## A Final Word

Dieting often fails because people believe the obstacle is their willpower. But as we've explored, the real issue is physiological — and it begins with the way our modern environment trains us to eat. We live in a society that surrounds us with carb-heavy foods, hidden sugars, misleading “healthy” labels, and marketing designed to make us believe we're making good choices when we're not. None of this reflects a lack of commitment on your part. It reflects a food culture that works directly against your biology.

Carbohydrates — especially the refined, fast-burning kind so

common today — impact nearly every system in the body. They raise insulin, destabilize hunger, affect mood, disrupt energy, and make weight loss feel impossible. When you begin lowering carbohydrates, even slightly, your physiology calms. Hunger becomes predictable. Cravings quiet. Energy steadies. Sleep improves. Mental clarity sharpens. This isn't theoretical. It's the natural result of giving your body the kind of fuel it was designed to handle.

The fifteen mistakes we discussed are not personal shortcomings — they are the predictable outcome of living in a world that encourages grazing, promotes low-fat but high-sugar foods, celebrates convenience over nutrition, and overwhelms the body with more carbohydrates than it can manage. Once you understand this, everything changes. You

stop blaming yourself, and you start listening to what your body has been telling you all along.

You do not need extreme diets or harsh rules. You simply need to step out of the patterns that modern marketing has created and move toward choices that stabilize blood sugar, lower unnecessary carbs, and support your metabolism at a deeper level. Small, steady improvements — a little more protein, a little more fiber, fewer liquid sugars, and more attention to how foods make you feel — can shift your health in profound ways.

Your body is not working against you. It has been trying to protect you in an environment that does not support real health.

When you reduce the carbohydrates that overwhelm your system and begin nourishing your physiology instead of fighting it, you open the door to better energy, calmer appetite, clearer thinking, and a truly sustainable path to wellness.

Your body wants to thrive. Give it the chance — and it will.



**Related to This Topic**

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

Related Topic	Volume	Issue	Title
Carb Counting & Diabetes	3	6	The Diabetic's Guide to Eating Carbs
Low-Carb Diet	7	1	My Low-Carb Diet — Fine-Tuned
Healthy Fats	4	11	Healthy Fats: Deadly Myths
Food Sensitivities & Weight	4	12	How Gluten Can Cause More Than 30 Health Conditions
Stress, Cortisol & Cravings	6	9	10 Reasons You're Tired — Part 1
Insulin & Metabolism	8	9	Insulin: The Secret Door to Good Health

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



# Water: The Overlooked Mood Booster

Hydration affects far more aspects of mood and mental clarity than most people realize. Even mild dehydration — the kind that develops slowly and often goes unnoticed — can subtly influence emotional steadiness, concentration, and memory. When the body lacks adequate fluid, the blood becomes slightly more concentrated and circulation slows, which reduces efficient blood flow to the brain. This can lead to irritability, headaches, fatigue, and the familiar sense of “foggy thinking” many people mistakenly attribute to stress or a poor night’s sleep.

The brain is especially sensitive to small shifts in hydration because every electrical and chemical message it sends depends on a balanced fluid environment. When water intake drops, neural communication becomes less efficient. Cognitive tasks require more effort, reaction time slows, and it becomes harder to stay focused for extended periods. Many people are surprised to learn that what they interpret as anxiety, age-related forgetfulness, or mental overwhelm may simply be the result of low-level dehydration.

Daily routines and seasonal habits often make dehydration more common than expected. Indoor heating dries the air and increases fluid loss through normal breathing. Long hours spent indoors can dull natural thirst cues. Travel — from airports to long car rides — disrupts drinking patterns and encourages people to delay water intake. Even everyday choices, like reaching for extra coffee or tea in cooler weather, can cause the body to lose more fluid without obvious symptoms.

Relying on thirst alone is not a reliable way to maintain hydration, because thirst is a delayed signal. By the time you feel it, the body has already begun conserving fluid to protect balance. Drinking large amounts of water all at once is not always effective either, since the body may excrete the excess quickly. Instead, small, consistent sips throughout the day provide a steadier supply of fluid, allowing the brain and body to function more smoothly and efficiently.

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## Ease Winter Stress with This Essential Mineral

Magnesium plays an essential role in helping the body stay calm, centered, and resilient during times of stress. It supports relaxation, muscle comfort, stable mood, and deeper, more restorative sleep — all of which become especially important during the winter months, when tension tends to build and daylight is shorter. Many people fall short on magnesium without realizing it, since modern diets and daily stress steadily deplete this mineral. Magnesium glycinate is a gentle, well-absorbed form that’s easy on the stomach and particularly helpful for easing winter tightness, supporting steady nerves, and promoting more restful evenings.

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## Hidden Winter Allergy Triggers

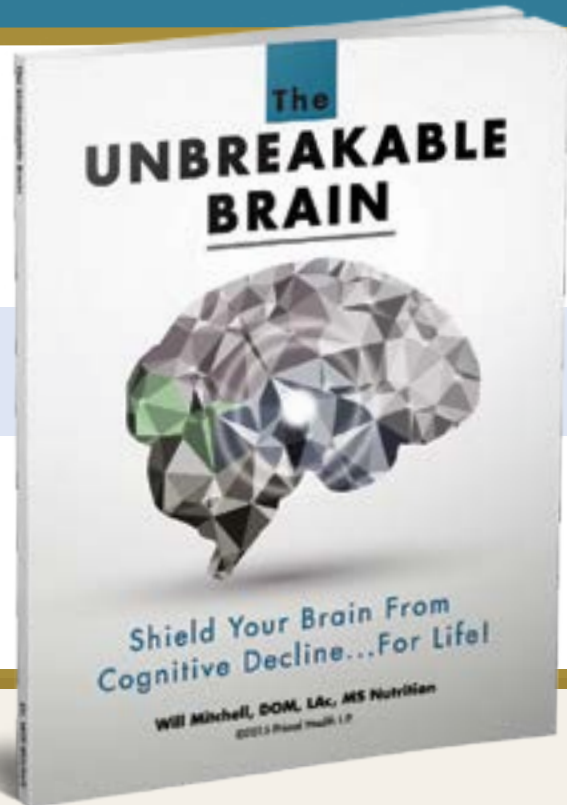
Many people are surprised to discover that allergy symptoms can actually worsen in the winter. Because we spend more time indoors, air becomes trapped in tightly sealed rooms, allowing dust, pet dander, mold particles, and heating-related irritants to circulate more heavily. Forced-air systems can stir up months of buildup, contributing to congestion, sneezing, headaches, and even sinus pressure. If you notice these symptoms this time of year, simple actions can make a meaningful difference. Wiping vents, cleaning or replacing air filters, vacuuming more frequently, and using a bedroom air purifier can help reduce hidden triggers and support clearer, easier breathing all winter long.

# Say “Good Bye” to those Senior Moments

## PREVENT, STOP, AND REVERSE MEMORY LOSS & DEMENTIA FOR LIFE!

“Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”

— Cathy D. Carson City, NV



**Do you turn to jelly when you try to remember someone's name... someone you've known for a long time? Maybe it's suddenly asking yourself, 'WHERE AM I?' when you're at a store... or you have to take a few extra moments to add 100 to 75.**

Perhaps you're suddenly feeling bored when you're the most excited person on the planet. Are you repeating yourself like a broken record? Maybe you don't seem like your normal super-focused self.

Yes—these are senior moments...and they are the first signs of dementia. The Alzheimer's Association recently admitted it, “Memory loss that disrupts daily life may be a symptom of dementia.”

How long will these “senior moments” continue? If you think memory loss will “go away” like a bad case of the flu... think again. They won't... unless you start taking some simple steps.

That is why world-renowned brain expert Dr. Will Mitchell has recently released his best-selling book, **The Unbreakable Brain**. This simple, but powerful 121-page book gives you a 28-day plan for brain health you can start right away. The plan gives you 7 powerful strategies you can easily adopt, and in the next 4 weeks, you'll be able to...

- Protect your brain
- Keep your mind razor-sharp for as long as you live
- And keep your independence by not spending your final days in a facility.

Here's what Cathy D. from Carson City, NV wrote to Dr. Mitchell after reading **The Unbreakable Brain**, “Within two weeks my memory came back, and the confusion I had experienced went away. It was a miracle.”

Yes—in just 2 week's Cathy's memory was back! Its results like this that have made **The Unbreakable Brain** a national best-seller. It's even popular in the medical community. Beverly C. from West



*Renowned Health Expert, Dr. Will Mitchell*

Des Moines, IA wrote to say, “I took your book to my doctor's office, and he knew of it and said it was one of the best. My doctor is on board with this plan.”

Dr. Will Mitchell put everything you need to prevent and even fight dementia in this easy-to-read book. In addition to his 28-day plan to a sharper brain, you'll also find...

- 1 simple trick to finding the true cause of your memory loss—and how to fix it...
- 14 prescription drugs that kill your memory...
- 5 things your brain needs every day to super-boost memory...
- Complete list of inexpensive nutritional supplements that revive the brain...
- At-home test that reveals if you'll get full-blown dementia...

Over 180,000 copies **The Unbreakable Brain** have already been sold to folks like Dorothy from Shelton, WA. who said, “I am delighted with my results, and I would highly recommend this book to anyone struggling with memory problems as they age.”

**Get your copy of The Unbreakable Brain today and protect your brain in just 28-days!**

## Get The Unbreakable Brain for Just \$27!

[www.SimpleBrainFix.com/NHC2](http://www.SimpleBrainFix.com/NHC2)

# The Winter Vitamin Pair You Shouldn't Skip

Vitamin D does far more than support bone health. It plays a central role in immune balance, mood stability, muscle strength, and overall metabolic function. Yet many people don't realize that Vitamin D works best when paired with another essential nutrient: Vitamin K2. These two vitamins operate as a team, guiding calcium to the places where the body needs it most — and preventing it from settling where it doesn't belong.

Vitamin D helps you absorb calcium from your food or supplements, but absorption is only the first step. Once calcium enters the bloodstream, it needs direction. That's where Vitamin K2 comes in. K2 activates specific proteins that escort calcium into the bones and teeth, helping maintain their strength and density. Without adequate K2, some of that calcium may remain in circulation or settle into soft tissues, such as arteries and joints. This is why researchers emphasize that calcium metabolism depends on the balance of Vitamin D and Vitamin K2 working together.

This partnership becomes especially important during the darker winter months. With fewer hours of sunlight and more time spent indoors, Vitamin D levels naturally dip for many people. Lower Vitamin D can influence energy, immunity, and even mood. But simply increasing Vitamin D alone may not provide the full benefit unless Vitamin K2 is present to guide calcium appropriately. A combined approach supports healthy bone renewal, clearer immune signaling, and better overall metabolic harmony.

Modern diets often fall short in K2, since it's found mainly in foods like grass-fed dairy, egg yolks, fowl livers, and traditionally fermented products such as natto. Many people inadvertently miss these foods, which makes supplementation more valuable during the winter season. When taken together, Vitamin D and K2 form a complementary system that keeps calcium moving where it should go — supporting strong bones, flexible arteries, healthy immune responses, and a more balanced sense of well-being.

Pairing Vitamin D with K2 is a simple but powerful step to support your health during the colder, darker months. This combination gives your body what it needs to stay steady, energized, and resilient all winter long.

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## What Whole Grains Really Do to Your Blood

Whole grains often come with a health halo, largely because they're less processed than their refined counterparts. And while they do contain more nutrients and fiber, they still raise blood sugar significantly — sometimes just as much as their refined versions. Foods like oatmeal, brown rice, quinoa, whole-grain breads, and whole-wheat pasta can cause a rise in glucose over time, followed by the familiar mid-morning or mid-afternoon crash that leaves you tired, hungry, and searching for carbs again.

For people who struggle with energy swings or cravings, this can create an unhelpful cycle without them realizing why. Even the "healthiest" whole grains can still break down into glucose when they're processed, especially when eaten alone or in larger portions. This doesn't make whole grains bad — it just means they behave differently in the body than most people expect.

If you deal with afternoon fatigue, brain fog, or a dip in motivation, try lowering your grain intake for two weeks. Many grains are processed into foods that digest quickly, appear as hidden ingredients, or create inflammation that raises blood sugar through stress. People are often surprised by how much clearer they feel, how steadily their energy holds, and how much easier cravings are to manage. Sometimes small changes in carbohydrate type — and amount — make a profound difference in how your body functions each day.

# 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](https://PrimalSpecials.com/Nerve) to Save 15% on your order**

# Q&A

**Q: How do I know if my memory lapses are normal aging or something more serious?**

— *Steven M.*

A. Occasional forgetfulness — like misplacing your keys, losing your train of thought, or momentarily searching for a word — is a normal part of how the brain functions.

What concerns me more is when memory changes begin to affect daily life. Examples include difficulty following conversations, repeating the same questions, struggling to manage familiar tasks, or feeling unusually overwhelmed by simple decision-making. These patterns often reflect underlying issues such as chronic inflammation, poor sleep, blood sugar instability, nutrient deficiencies, or exposure to environmental toxins.

If you're unsure whether your memory lapses are typical or something that deserves more attention, start with three foundational steps. First, prioritize consistent, restorative sleep. Second, lower added sugars and refined carbohydrates to steady blood sugar. And third, increase Omega-3 fats to support the brain's structure and communication. These simple changes often sharpen clarity more noticeably than people expect and give you a clearer sense of what your brain truly needs.

**Q: I get leg cramps at night. Is this a circulation issue, or something else?**— *Brenda H.*

A. Nighttime leg cramps are very common, and while people often worry they indicate a circulation problem, they are usually related to electrolytes — especially magnesium and potassium. These minerals help your muscles relax after contracting. When their levels dip too low, even slightly, the muscles can tighten suddenly, often waking you with a sharp cramp. Dehydration, high stress, poor sleep, and certain medications can lower electrolytes as well, making cramps more likely.

Magnesium is one of the most common deficiencies I see. It supports muscle relaxation, nerve communication, and sleep quality, and many people fall short without realizing it. Potassium also plays a key role in steady muscle function and is found in foods like spinach, avocado, mushrooms, and squash. Not eating enough of these foods — or losing potassium through sweating, diuretics, or stress — can contribute to cramping.

If your cramps occur mostly at night, start by increasing water intake earlier in the day and adding magnesium glycinate in the evening, which is gentle and well absorbed. Including potassium-rich vegetables with dinner can also help calm muscles overnight. Most people notice significant improvement within one to two weeks, often with better sleep as well.

**Q: Is it harmful to eat late at night?**— *Gene H.*

A. Late-night eating isn't automatically harmful, but it affects people differently depending on

their metabolism and what they eat. Your body naturally begins winding down in the evening, and digestion slows as part of your natural circadian rhythm. Eating a heavy meal too close to bedtime can keep blood sugar elevated through the night, making it harder to fall asleep and stay asleep. It can also lead to higher morning blood sugar, which affects energy and appetite the next day.

If you're genuinely hungry at night, a light, protein-focused snack — such as a handful of nuts, a small piece of cheese, or a few bites of leftover protein — is usually fine and often stabilizes sleep. What matters most is avoiding sugary foods or large carbohydrate-heavy snacks, which can disrupt sleep cycles and contribute to overnight blood sugar swings.



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

Send your health-related questions to [drmarlene@naturalhealthconnections.com](mailto:drmarlene@naturalhealthconnections.com). Please include your first name and the initial of your last name. Although she cannot answer each question directly, Dr. Marlene will select a few in each newsletter and will address other questions and concerns in articles in future issues. Answers are intended for educational purposes only and should not be viewed as medical advice. If you need help with your subscription or have questions about Primal Health supplements, email [support@primal-healthlp.com](mailto:support@primal-healthlp.com) or call 877-300-7849.