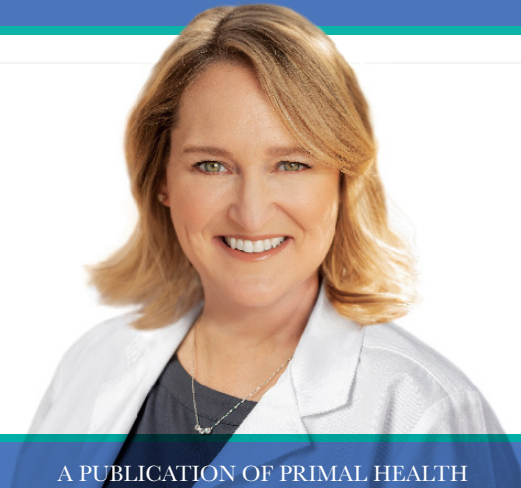


Dr. Marlene's NATURAL HEALTH CONNECTIONS

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The Real Culprit of Chronic Disease — Part One

Blood Sugar Runs the Show

Why It Drives Chronic Disease



Most people assume blood sugar is only relevant if you've been diagnosed with diabetes. And if you've never been told you're "diabetic," you assume you don't need to think about it. But that's not how physiology works.

Blood sugar issues don't suddenly appear the day someone tells you they have diabetes. They develop quietly, over years and while they're developing, they create symptoms that people almost never connect to blood sugar. The fatigue. The cravings. The stubborn weight gain. The brain fog. The mood swings. The afternoon crashes. The feeling that your energy is unpredictable.

I often explain this using a kind of "point system." Imagine you're given a certain number of lifetime points for how much carbohydrate your body can comfortably handle. Some people have more points, some have fewer but almost everyone has a limit. The problem is, no one tells you when you're getting close to it. So you keep eating the same way you always have, assuming everything is fine, until years later you're blindsided by a diagnosis that feels sudden. In reality, your body had been quietly struggling for a long time — you just never got the memo.

I can't count how many times I've heard someone say, "But my blood sugar is normal." And what they mean is that when they were at the doctor's office, they had a fasting glucose that fell into the "normal" range. It's a big range and some doctors are not as committed to keeping tighter control of those numbers. It's like you're driving on the highway but you're actually driving WAY over on the shoulder. Technically you're still driving "on the highway" but clearly something is wrong.

Blood sugar is not a single number. It's a pattern. It's a rhythm. It's the ability of your body to keep fuel steady, predictable, and reliable. And when that rhythm starts to break down — even slightly — it creates a cascade of effects that people never connect to blood sugar.



So if you've ever wondered why you can be "doing everything right" and still feel tired, hungry, moody, inflamed, or mentally scattered... this is where I want you to start paying attention. Because blood sugar isn't just a blood sugar issue. It's the foundation underneath almost everything else.

How the Body Actually Works: The Truth Beneath the Symptoms

Let's make one thing very clear: blood sugar is not about avoiding sugar. It's not about "being good." It's not about eating like a monk and never looking at a cookie again. Blood sugar is about whether your body can deliver fuel to your cells without needing to sound the alarm to do it.

Your brain is especially sensitive to this. It needs a steady fuel supply. When blood sugar rises too high, or drops too quickly, your brain doesn't interpret it as "a small metabolic fluctuation." It interprets it as a threat. And when the brain feels threatened, the nervous system responds.

That response can look like anxiety. Irritability. A sudden crash. A wave of fatigue. A craving that feels urgent. A feeling that you can't focus. A need to snack even when you're not truly hungry. And this is why blood sugar issues are often misread as mood swings.

You're not being dramatic. You're not weak. You're not "emotionally unstable." You're just running on unstable fuel.

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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

Now here's where this gets even more important — because blood sugar doesn't just affect the brain. It affects blood pressure. It affects inflammation. It affects cholesterol patterns. It affects the nerves. It affects hormones. It affects how your body stores fat. It affects how your liver functions. It affects how your immune system behaves.

This is why blood sugar issues are tied to conditions people think are unrelated: high blood pressure, dementia, neuropathy, chronic pain, arthritis, and even mood disorders. In the body, these are not separate departments. Blood sugar and insulin touch everything.

And here's the part no one wants to hear: most people are eating in a way that triggers this imbalance every day, without realizing it. They're not eating "bad." They're eating normally... but their physiology is working overtime.

So what does blood sugar dysregulation actually look like?

It can look like:

- You eat breakfast, and two hours later you're hungry again.
- Or you skip breakfast, and you feel fine... until suddenly you're not.
- Or you eat lunch, and by 3 PM you feel like you could fall asleep standing up.
- Or you get "hangry."
- Or you crave something sweet after dinner like clockwork.
- Or you feel like your energy depends on coffee and willpower.
- Or you can't lose weight no matter how "clean" your diet is.
- Or your cravings feel louder than your logic.

And the most frustrating part is: you may not even realize what's happening. Because blood sugar dysregulation doesn't always feel like hunger.

Sometimes it feels like:

- “I’m fine... I just don’t want to do anything.”
- Or: “I’m tired, but I can’t relax.”
- Or: “I feel off, but I don’t know what’s wrong.”

That’s not randomness. That’s physiology.



What’s happening is that your body is trying to keep you functional. And if it can’t do that through steady fuel delivery, it will do it through stress hormones.

Cortisol and adrenaline exist for a reason. They are backup systems. They are “emergency fuel” hormones. They help raise blood sugar quickly when your brain needs it. But the body was never designed to run that way ALL DAY..

Running on stress hormones is like using your spare tire as your daily tire. It will technically work. But it’s not going to end well.

So if your body is relying too heavily on cortisol to keep you awake, focused, and functional... you will eventually pay for it. And most people do.

This is why blood sugar is not just about diabetes. It’s about chronic disease.

PUTTING THIS INTO PRACTICE: Where to Start

Here’s the part that actually matters: you don’t need perfection. You don’t need tracking apps. You don’t need to weigh your food or live in a constant state of dietary stress. You just need to understand the pattern and start making your physiology easier to manage.

Start by noticing three things:

- First, notice what happens after meals. Do you feel steady? Or do you feel sleepy, foggy, irritable, restless, or hungry again too quickly?
- Second, notice your cravings. Do you have them or not? Do they feel urgent — like your brain is negotiating with you? Because urgent cravings almost always involve blood sugar and stress hormones.
- Third, notice your energy rhythm. Do you feel relatively normal in the morning and fall apart by afternoon? Do you get a second wind at night? Do you feel tired but wired? These patterns tell us a lot.

Most people treat symptoms like they’re random. They’re not random. They’re patterned responses to how your body is being fueled, stressed, and signaled throughout the day. And once you start seeing those patterns, something important happens — you stop assuming something is wrong with you.

Because you’re not broken. You’re responding exactly the way a human body responds when it’s given inconsistent fuel, constant stress signals, and very little recovery time. That’s not a character flaw — it’s how the system responds under those conditions.

The good news is that systems can be adjusted. When the inputs change, the output changes too. And yes — we’re going to fix that.

Try This Today: Three Simple Stabilizers

If you want to start stabilizing blood sugar this week without changing your entire life, start here. These aren't extreme rules — they're small shifts that give your body a steadier foundation to work from.

Make breakfast more stable than you want it to be.

I say “than you want it to be” because many people want breakfast to be light. Or fast. Or mostly carbs. But if you start the day with fuel that doesn't hold you, the rest of your day becomes a series of small rescues — snacks, caffeine, willpower — instead of steady energy. Adding protein and fat early gives your brain and muscles something reliable to work with. It may not feel exciting, but it's one of the simplest ways to prevent the late-morning crash that sets the tone for everything that follows.

Stop letting lunch be an afterthought.

Lunch is where most people quietly sabotage blood sugar without realizing it. A “healthy” lunch that's mostly carbs — even good carbs — can still spike glucose and insulin, then drop you hard a few hours later. And then by mid-afternoon, you're trying to power through with coffee, snacks, or sheer determination. That's not a strategy — it's damage control. Let lunch do more work. Add protein. Add fat. Think of lunch as protecting your afternoon energy, not just getting you through the meal.

Don't wait until you crash to support yourself.

This is the biggest shift for most people: don't wait until you feel desperate to eat. Don't wait until you're shaky, irritable, foggy, or exhausted. That's not hunger — that's stress physiology kicking in to keep you functional. Supporting blood sugar earlier keeps your body out of emergency mode. Your body communicates quietly at first. If you ignore it long enough, it gets louder. That's not failure — it's how the system works.

What's Next?

Part Two of The Real Culprit of Chronic Disease

In Part Two, we're going to talk about the mechanism that makes blood sugar so powerful: insulin.

Because insulin doesn't just regulate blood sugar — it regulates fat storage, inflammation, cravings, and long-term disease risk.

And once you understand insulin, you'll understand why so many “healthy” diets still fail... and why your body may have been fighting you for a long time.

About Dr. Marlene

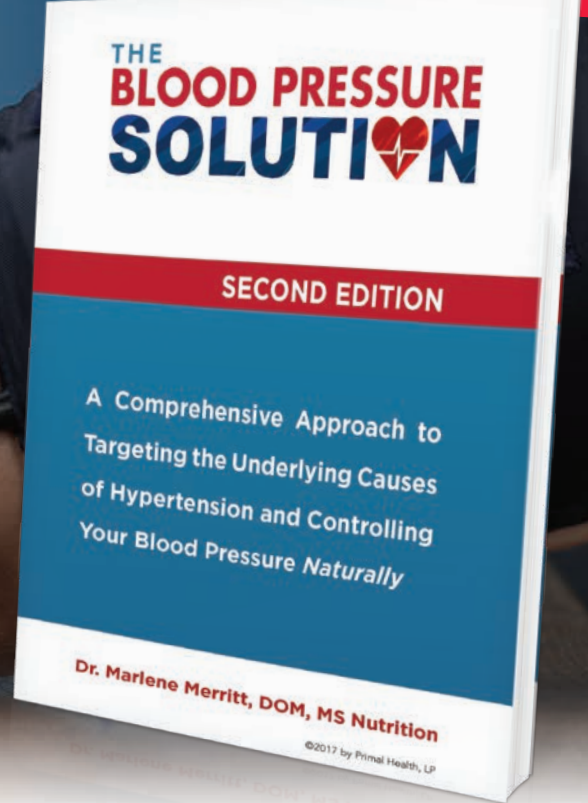
Dr. Marlene Merritt's passion for natural medicine is fueled by her drive to help others, and her own experience of overcoming a debilitating heart condition, diagnosed at the age of 20. A competitive cross-country cyclist at the time, she suddenly began experiencing severe chest pains. Forced to quit 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,TM 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*.



Get Dr. Marlene's Best-Selling Book... **Blood Pressure Solution!**



Dr. Marlene has been sounding the alarm about dangerous blood pressure drugs for the last 15 years — and offering a safe, natural alternative.

She has worked with hundreds of patients who were suffering high blood pressure—many were taking two, three, even four medications and going through awful side effects...

Just like Kathleen Kelly, whose ankles swelled up from the prescription blood pressure drugs she was taking. She also suffered an awful cough from using Lisinopril. By the time she read Dr. Marlene's best-selling book, **Blood Pressure Solution**, Kathleen's doctor had her on three blood pressure medicines combined—and her blood pressure was still high!

"My patients are always surprised to see how easy it is to use my natural Blood Pressure Solution," said Dr. Marlene. "The diet is not restrictive. Many of the foods you thought were taboo are perfectly ok—like steak is ok, butter is ok, natural sea salt is ok, even several carb foods are good. Part of the solution is to get good fats into your diet."

After reading **Blood Pressure Solution**, Kathleen made simple lifestyle changes found in the book and began to see immediate results...

“My blood pressure came down right away... I just feel great. I'm ecstatic. I go around telling everybody I found the fountain of youth. I have much more energy now. My concentration and focus are better. I can walk around my block without getting winded anymore. I am 100% off my medication.”

Did you see that? Kathleen reports she is 100% off her medications. And so can you!

Yes! You too can be off these anti-hypertensive drugs... maintain blood pressure in the normal range... and feel good again!

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

Dr. Marlene originally developed her unique solution for her patients at the Merritt Wellness Center in Austin, Texas. And after seeing just how successful it was for people in her own community—she decided to put her entire natural solution, with step-by-step guidance, into an easy-to-use book called, **Blood Pressure Solution**.

This is a comprehensive approach to targeting the underlying causes of hypertension and controlling your blood pressure naturally.

Dr. Marlene's book has been sweeping the country with over 330,000 copies sold in the U.S., and even 32,000 copies shipped overseas.

So, are you ready to bring your blood pressure back to the normal range? Gain more energy? Drop a few unwanted pounds? And feel better than you have in years, just as Kathleen did?

Great! Get your copy of Dr. Marlene's best-selling book, **Blood Pressure Solution** today! Go to the website listed below, and you'll see a complete review of the book, watch videos from people just like Kathleen and order your copy of **Blood Pressure Solution**!

Get Your Copy Today! Go To:
www.PrimalLabs.com/BPS

Q&A

Q: Can low vitamin D really affect mood? — Sharon P.

A: Absolutely — and this is one of the most underestimated contributors to mood issues I see. Vitamin D isn't just a "bone vitamin." It plays a direct role in immune regulation, inflammation control, neurotransmitter balance, and overall brain function. When vitamin D levels are low, the brain becomes more vulnerable to low mood, emotional flatness, anxiety, and depressive symptoms. In winter, this is especially common. Shorter days and lower sun angles mean that even people who spend time outdoors often aren't making enough vitamin D, so levels quietly drop without anyone noticing. As that happens, people may feel more tired, less resilient, and emotionally heavier — and they often assume it's stress, aging, or just "winter blues." Low vitamin D also increases inflammation, which further affects brain chemistry and mood regulation. That combination can make people feel more reactive, less motivated, or more emotionally fragile than usual. This is why I recommend checking vitamin D levels with bloodwork rather than guessing. It's one of the most common deficiencies I see, and correcting it often improves mood, energy, and overall resilience far more than people expect.

Q: Why do I feel dizzy in the shower? — Megan L.

A: This is actually pretty common, and it usually has more to do with circulation than anything dangerous. Hot showers cause blood vessels to dilate, which lowers blood pressure temporarily. If you're already a little dehydrated, haven't eaten recently, or tend toward lower blood pressure, that drop can be enough to make you feel dizzy or lightheaded.

Heat also pulls blood toward the skin, which means less blood is immediately available to the brain — especially if you stand up quickly or move your head suddenly. That's why the dizziness often feels brief but unsettling. Blood sugar can play a role too; if you shower on an empty stomach, your system has fewer resources to compensate for the pressure shift. Most of the time, this is a signal rather than a problem. Supporting hydration, eating regular meals, and avoiding very hot showers can make a big difference. But if dizziness in the shower happens often, lasts longer, or feels like you might faint, it's important to talk with your provider — especially if you're on blood pressure medication or have a history of circulation issues.



Q: Is it normal to feel cold all the time? — Ava K.

A: Feeling cold all the time is very common — and it's rarely just "how you are." While thyroid function is one of the first things people think about (and it does matter), it's far from the only factor involved. Being cold can also reflect blood sugar instability, low calorie intake, low iron or ferritin, inadequate muscle mass, or circulation that isn't working as efficiently as it should.

Food plays a bigger role than people realize. If you eat too little overall, too low-fat, or too low-carb for your physiology, your body often responds by conserving energy — and heat production drops. Muscle tissue is also a major heat generator, so people who have lost muscle over time or who don't move much may feel colder even in warm environments. Stress hormones can contribute as well, because when the body is under stress, circulation is prioritized toward vital organs rather than the extremities.

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.