

**A DOUBLE
ISSUE REPORT**

Raymond F. Saleeby, Jr
President

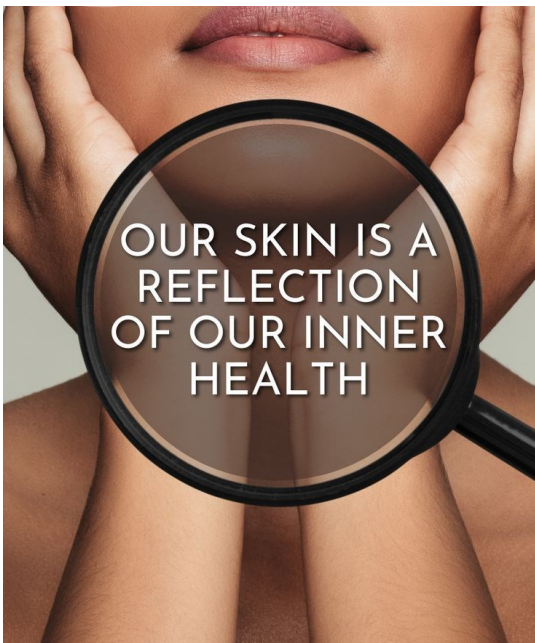
Saleeby & Associates, Inc.

Where Trust And Confidence Are Paramount™

Special Edition: Health Almanac

This special newsletter is intended solely for our clients. It will not be and should not be distributed to the public. I am writing this health newsletter to share information that I have come across in my research of companies, my personal experiences, talking to industry experts... It is intended for informational purposes only and no action on any item discussed should be relied upon without consulting your doctor and doing further research. In addition, I am restricted from discussing publicly traded companies that may or may not be the source of the content. I hope you enjoy this information and live a healthy lifestyle while finding potentially great investment opportunities.

Healthy Skin



Our skin is a very important barometer to our health. Unfortunately, few of us are very knowledgeable about what our skin can tell us.

- “The latest research suggests that our skin is not just a mirror for our lifestyles – reflecting the effects of years of smoking, drinking, sun and stress – and hinting at our inner health. No, in this new upside-down-world, the body's largest organ is an active participant in our physical wellbeing. This is a strange new reality where wrinkles, dry skin and sunspots cause ageing, instead of the other way around.”¹

- “But one of the most striking findings confirmed what people had long suspected: how youthful you look is an impressively accurate expression of your inner health. By 1982, those men who had been assessed as looking particularly old for their age at the beginning of the study, 20 years earlier, were more likely to be dead. This is backed up by more recent research, which found that, of patients who were judged to look at least 10 years older than they should, 99% had health problems.”¹

- “It turns out skin health can be used to predict a number of seemingly unconnected factors, from your bone density to your risk of developing neurodegenerative diseases or dying from cardiovascular disease. However, as the evidence has begun to add up, the story has

taken a surprise twist. Is the skin simply a living tally of the damage we have accumulated, or is it more complicated? Could it, in fact, be keeping healthy people healthy – and dragging unhealthy ones down further?”¹

- “The result is accelerated ageing, and a higher risk of developing the majority of – or possibly even all – related disorders. So far, aged or diseased skin has been linked to the onset of cardiovascular disease, type 2 diabetes and cognitive impairment, as well as Alzheimer's and Parkinson's disease.”¹

Healthy Skin (Continued)

- “But this is just the beginning. As the largest organ in the body, the skin can have a profound impact. The chemicals released by diseased and dysfunctional skin soon enter the bloodstream, where they wash around, damaging other tissues. Amid the ensuing systemic inflammation, chemicals from the skin can reach and harm organs that seem entirely unrelated, including your heart and brain.”¹
- ” Along with an uneven skin tone and wrinkles, both chronologically and photoaged skin is significantly drier. The humidity levels of human skin peak in the 40th year of life, after which they plummet, producing lower and lower quantities of its natural moisturizers – lipids, filaggrin, sebum and glycerol.”¹
- “The first step to protecting skin – and therefore, this new theory suggests, overall health – is to stay out of the sun. The most famous method is the "Slip, Slop, Slap," protocol, first launched in Australia in 1981. Today it has been expanded to include five central tenets: slip on a t-shirt [and ideally, other protective clothing], slop on high-factor sunscreen, slap on a wide-brimmed hat, slide on some sunglasses, and seek shade from the sun.”¹
- “The second reason is that there is strong evidence sunscreen can prevent most of the inflammation that occurs when the skin is exposed to the sun – the first step towards developing age-related diseases.”¹

Nutrition



Sadly, in our country there is not a lot of focus on nutritional health either in medical school, hospitals, journals, government regulations... I have been told the average doctor that goes through five years of medical school spends less than one day on nutrition. Nutrition is so important in preventing illness and restoring our health and many times without the side effects of drugs. One common problem in this country is the allocation of money spent on science and research. If drug companies can't see a profit in doing medical research or if they cannot get a proprietary product or patent, they will not spend the money.

Secondly, I believe the Europeans are more advanced in their acceptance, development, research, regulations... than Americans in the nutrition industry. There are big question marks on the American consumer and patient minds on how to treat various conditions or prevent ones from happening, but where do you turn to find a remedy when there is no proprietary brand or doctor that most Americans can relate to or trust. In addition, without consumer or medical knowledge, how do these vitamins, supplements and probiotics interact with other drugs or health products? One must constantly rely upon a doctor, yet in my opinion the doctors or pharmacists are not necessarily informed about how they react. Plus, not all supplements, vitamins, and probiotics are the same because this industry is not heavily regulated. Therefore, it opens the possibilities of fraud, mislabeling, possible harm, etc. Some simple nutritional changes you can make include:

- Cut back on processed meat and foods, especially ones that are high in nitrates. These foods can lead to increased risks of cancer, cardiovascular disease, and stroke.
- Avoid soda and sugary drinks which can lead to obesity, diabetes, and cardiovascular disease.
- Cook and utilize real extra virgin olive oil. So many olive oils and other foods are fake or not what you think you are buying (see more information in our September 4, 2019, newsletter). Olive oil is low in saturated fats and contains polyphenols and other antioxidants and anti-inflammatory ingredients.

Nutrition: Probiotics

In Sweden, I believe there is a strong emphasis of probiotics and the science behind it. You might ask, what are probiotics?

“Probiotics are good bacteria that are found in food or supplements. Probiotics are defined as ‘Live microorganisms that, when administered in adequate amounts, confer a health benefit on the host (WHO/FAO, 2002). For a probiotic to qualify as a true probiotic, any health benefits must be proven by clinical trials. In addition, a probiotic product must contain the same strain(s) and dose used in clinical trials.’”²

“It wasn’t so long ago that all bacteria were thought to be bad since the first bacteria we were able to identify were pathogens that caused illnesses and infections. Today, we know that most bacteria are either completely harmless or even vital to our health.

Good bacteria educate the immune system, preparing it to fight unwelcome invaders like bad bacteria and toxins. A healthy balance requires that good bacteria outnumber the bad ten to one.”³

In the last three to four years, people have been taking a new probiotic called ZBiotics to ward off alcohol hangovers. It is fully FDA compliant for sale in the U.S but it is not FDA approved. FDA approval is reserved for drug products making health claims. How does this probiotic work? According to their website, “When you drink, a toxic byproduct called acetaldehyde builds up in your gut. That byproduct is responsible for the particularly rough feelings you get the day after drinking. Unfortunately, your body isn’t naturally good at breaking down acetaldehyde in your gut.”⁴ ZBiotics helps your body catch up, by temporarily adding good bacteria to your gut that can break down acetaldehyde. These bacteria have been engineered to produce the same type of enzyme found in your liver – replicating its key function where it matters: your gut.”⁴

“Consuming a variety of healthy food is important for gut health. However, there are different and distinct advantages to taking probiotic supplements. A bacterium is considered a probiotic when its health benefits are proven in clinical studies.”⁵ “There is a big difference between probiotic products. The effect of probiotics must be shown in clinical trials, i.e. studies on humans. Different strains of probiotics have different properties, resulting in different effects. Labels on many probiotic products state they contain *Lactobacillus acidophilus* without specifying whether it is *Lactobacillus acidophilus* LZ-5 or *Lactobacillus acidophilus* NCFM – strains that are as different as an apple is from an orange.”⁵



Nutrition: Supplements

There is another company that I have followed for many years that has excellent science. They have two potential health solutions that I feel are worth mentioning. One is choline and the other is vitamin K-2 combined with vitamin D supplements.

CHOLINE

Are you getting enough?



What is choline? According to an undisclosed company, “Choline is an essential nutrient for health. First recognized by the Institute of Medicine in 1998, recent studies indicate that more than 90% of people aren’t getting enough choline from diet alone. Our VitaCholine® brand of choline salts were used in a groundbreaking clinical study which showed significant brain benefits for babies born to moms who received supplemental choline during pregnancy. Our product focus is on improving health benefits from pregnancy throughout the full span of life: cognition, liver health, healthy metabolism, and vitality.”⁶

One of the main reasons why choline is an ingredient in baby formula is because choline is transferred from a mother to her baby. It enhances their brain development. There have been other studies that show choline could be beneficial in Alzheimer’s disease if the gene apoe4 is present, which is carried by almost half of Alzheimer’s patients. “A new study from MIT shows that this gene has widespread effects on brain cells’ ability to metabolize lipids and respond to stress.”⁷

“In studies of human brain cells and yeast cells, the researchers found that the APOE4 gene significantly disrupts brain cells’ ability to carry out their normal functions. They also showed that treating these cells with extra choline, a widely available supplement that is considered safe for human use, could reverse many of these effects. The researchers hope that their findings will lead to clinical studies of choline in people who carry the APOE4 gene, who make up about 14 percent of the overall population. Previous trials looking at choline’s effects on cognition showed mixed results, but those trials were not targeted specifically to people with the APOE4 gene.”⁷

Vitamin K-2 combined with vitamin D supplements. Vitamin K-2 benefits include optimal blood clotting, heart, and bone health. K-2 directs calcium to the bone rather than potentially clogging your heart arteries and kidneys. This is a strong combination in keeping the balance for one’s calcium level; thereby, helping one’s bones, heart, and body. “Some early studies are showing that vitamin K2 supplements may reduce fractures and improve bone quality in people with osteoporosis. In Japan and other parts of Asia, one kind of vitamin K2 (MK-4), is used as a treatment for osteoporosis.”⁸



If you have not had a coronary calcium scan you may want to consider getting one. In my opinion, they are not expensive nor evasive and can show blockage in your heart or if you suffer from cardio disease. A baseline lets you see if your prognosis is getting worse in subsequent scans to figure out which remedies may help. I believe the risk/reward to take this test is very beneficial, especially for individuals over 50 years of age. Talk to your doctor or cardiologist. See articles noted in the Did You Know section for more information.

Nutrition: Mental Health



In a newly published study by a probiotics company, a proprietary strain of *L. plantarum* HEAL9 (HEAL9™) has been shown to significantly improve cognitive performance.

“Consumer interest in mental health and wellness is rapidly growing and the understanding of the important connection between the microbiome in the gut and mood, cognition and mental health continues to increase. Probiotic supplements supporting mental health and wellness are forecasted to have a significant market growth of 44% in the coming 10 years, from 140 million USD 2023 to 202 million USD 2033*. The connection is often referred to as the gut-brain axis, a bi-directional communication between the gut microbiota and neural, endocrinal, and immune pathways. Studies in both animals and humans have shown that probiotics can reduce anxiety-like behavior, decrease stress and stress-related gastrointestinal dysfunction, as well as impact circulating levels of pro- and anti-inflammatory cytokines.

The randomized controlled study investigated the effects of the HEAL9™ strain on stress, cognition, sleep and mood in 129 healthy but stressed individuals. The data showed significantly improved learning and working memory after consumption of HEAL9™ for 12 weeks compared to placebo. There were also strong tendencies for improved mood and sleep in the HEAL9™ group. This is the third clinical study in mental health documenting strong results on HEAL9™.”⁹

I spoke to the CEO of this company, and she said they will be launching this product in the U.S. sometime in October or November 2023. I believe there is a connection between the brain and gut. Even though bacteria were only perceived as bad, this has recently been proved wrong. In fact, I have invested in another probiotic company for a couple years that has a potential solution for colic which relates to bacterial infection in their gut. This company produces a “patented lactic acid bacterium *Limosilactobacillus reuteri* (formerly known as *Lactobacillus reuter* (*L. reuteri* DSM 17938) that helps the good microorganisms keep a natural balance in the gut.”¹⁰ “Tested in more than 150 clinical trials”¹⁰ This product is used throughout the world with “74 million sold bottles.”¹⁰



Weight Loss



The current rage in healthcare is focused on a weight loss drug called glucagon-like peptide 1 (GLP-1). There have been many new developments in this industry. Many people think that this industry could be a \$100 billion global market for this class of drugs by 2030. The increased enthusiasm is due to the GLP-1's which might be used for other diseases and ailments.

“One of the leading new obesity drugs, Wegovy, eased symptoms and raised the quality of life of patients with obesity and a common type of heart failure, a study funded by the drug’s maker found, adding to the evidence that the medications can produce health benefits beyond weight loss.

The study, published on Friday in *The New England Journal of Medicine*, evaluated the drug in people with a condition known as preserved ejection fraction in which the heart pumps normally but has lost the flexibility needed to fill with blood. The condition accounts for roughly half of all heart failure cases.”¹¹

“The company, for example, announced this month that Wegovy also slashed the risk of heart complications by 20 percent among a different pool of patients in a large trial, a result that was seen as crucial for persuading more insurers to cover the new weight loss drugs. Researchers are waiting for the company to release the underlying data to the study to examine the topline results.

‘Obesity is associated with 200 other obesity-related diseases,’ said Dr. Ania Jastreboff, an endocrinologist and obesity medicine specialist at Yale University who consults for makers of obesity drugs. ‘If we treat this one disease, we can potentially impact the health of so many patients in many different ways, and this is yet another important example.’”¹¹

Ozempic and Wegovy are both GLP-1 agonists formulated to treat type 2 diabetes. “Besides controlling blood sugar, GLP-1s affect hunger signals to the brain, tricking the body into feeling full and slowing the rate at which the stomach empties.”¹³

Why is this so important and causing a health care frenzy with shortages? By 2035, a report estimated there would be over four billion obese people and cost approximately \$4 trillion per year. This is according to the *World Obesity Atlas*. “These health hazards encompass an increased risk of all-cause mortality, hypertension, dyslipidemia and elevated triglyceride levels. They face a higher likelihood of developing type 2 diabetes, coronary heart disease, strokes, gallbladder disease and osteoarthritis. Respiratory challenges, including sleep apnea, become more prevalent and there is increased risk of growing various forms of cancer. Furthermore, mental health bears the brunt, as conditions like clinical depression, anxiety, and related disorders become more common. Overweight people also grapple with bodily discomfort and limitations in physical functioning, underscoring the multifaceted nature of the health risks associated with excess weight and its impact on the quality of life.”¹²



Weight Loss (Continued)

The pioneer company for weight loss discovered Semaglutide which was tested on laboratory mice. The results showed that the mice lost weight. This company then turned their attention to an obesity remedy. I believe their science is second to none and it is not stopping here. “Most people who take GLPs shed at least 5% of their body weight and, depending on the therapy, more than half can lose as much as 20%. Newer drugs promise to push those numbers even higher.

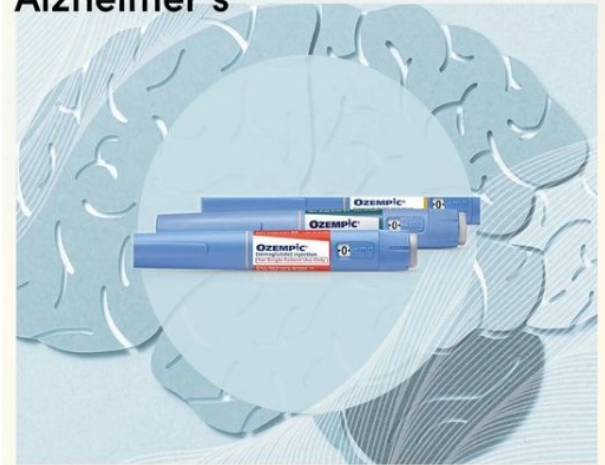


But they don't only curb cravings for food. For some, these new weight-loss drugs also seem to dampen the rewards of addictive substances, whether that's nicotine, opioids or alcohol — America's longstanding favorite vice. Scientists have shown that rats, mice and monkeys drink less when given certain GLP1 therapies and are studying whether the same effect can be seen in humans, and, if so, understand its scope.”¹⁴

“A survey conducted by Morgan Stanley's AlphaWise research unit found that people consumed 62% less alcohol while taking weight loss drugs. Among those consuming less, 22% said they stopped drinking alcohol entirely.”¹⁴ Furthermore, I believe we can really accelerate the usage for weight loss by utilizing a pill form which could further expand their market exponentially. For most people, it is easier to take a pill rather than an injection. In talking to this company, I believe a pill will be ready and available shortly.

On a separate note, this same company is doing a study utilizing Semaglutide on people who have early Alzheimer's. This is currently in phase three of the trial and results will hopefully be revealed in 2025-2026. This trial is very important as two other companies have had some success with their Alzheimer's drugs and studies. However, I believe these other two drugs have limited benefits and bad side effects; thereby cautioning people not to use them. Let's hope for continued success in finding therapies and drugs, etc. for cognitive impairment, dementia and Alzheimer's especially since we are experiencing an aging population. One common side effect of Ozempic (known generically as Semaglutide) is Ozempic face. Dr. Paul Jarrod Frank, a New York City based dermatologist, told the TODAY show that “Ozempic face refers to the facial changes that patients who've lost a significant amount of weight sometimes experience: primarily a loss of facial fat that can leave the face sagging and looking older. It's especially common in middle-aged and older patients, Frank said.”¹⁵

Ozempic's Next Off-Label Usage Could Be in Treating Alzheimer's



Cancer Blood Test



Many people become concerned about cancer when they are over 50 years old, especially if cancer runs in their family. To ease one's mind, I believe you should consider getting a GRAIL test which can predict 50+ cancers. Many of the cancers tested are common. It is especially helpful for cancers that are usually not detected until it is too late, like pancreatic cancer. This test runs about \$1,000 and most insurance companies do not cover it. The earlier you detect it and the younger you are, the better chance you can fight against it.

According to the Insider Monkey, there are 15 deadliest cancers in the U.S. as shown in this article: https://finance.yahoo.com/news/15-deadliest-cancers-u-200849582.html?fr=yhssrp_catchall

Doctors

I believe if you want to know who the best doctors are, you need to ask the nurses. I think they are more objective than doctors. Plus, I think it is good to explore your options and get a second opinion in most cases, especially cancer diagnosis. According to The Wall Street Journal, "The results were surprising. Expert pathologists agreed with the diagnoses of local doctors only 80% of the time. That means 1 in 5 patients may have been told that they had cancer when they didn't, that they had a different cancer from the one growing in their bone marrow, or that they were cancer-free when they weren't."¹⁶

Make sure your surgeon is going to be the primary surgeon during your procedure. "Surgeons are double and triple booking procedures that residents must perform"¹⁷ "While surgeons are allowed, even encouraged, to delegate some work with proper supervision, all of the lawsuits accuse doctors of handing patients over to residents then walking away. Under Medicare rules, the lead surgeon must be present for all critical parts of an operation, and be immediately available or have a qualified backup in the room if things go wrong."¹⁷ This could be more prevalent during the month of July, because many resident students start working in teaching hospitals.

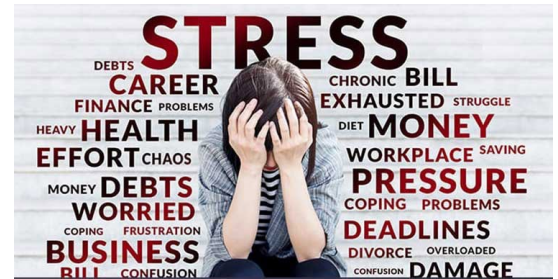


Stress

I believe the biggest risk of dying is not necessarily from cancer or heart disease but from stress that triggers these issues. I have seen it happen far too often with family and friends. Anything one can do to reduce stress will lead to a healthier and happier life.

“With age, our bodies react more intensely to stress; its effects on our health can become more toxic; and, once triggered, our bodies take longer to return to baseline.”¹⁸

“When the hypothalamus in the brain senses stress, it signals the pituitary and adrenal glands to pump out cortisol — the “stress hormone” — into the bloodstream to help the body respond to threatening situations. Cortisol does a number of things, including increasing inflammatory compounds and clotting factors in the bloodstream, in preparation for possible injury.



Among older adults, the cortisol surge is both stronger and takes longer to return to normal. Studies show that cortisol affects older adults significantly more than younger adults, causing more inflammation. It also impacts our physical capacity, weakening muscle signaling; older adults under stress may find it harder to do something like climb stairs. When the stress becomes chronic, the brain — dense with cortisol receptors — is repeatedly washed with cortisol surges, which become toxic, increasing your risk for developing dementia.

Cortisol also can dysregulate your immune system. In one study, a month of chronic stress exposure was associated with a more than 150 percent greater risk of catching a cold. In another study of financially strained older adults, each day since their last Social Security payment (a significant source of income for nearly two-thirds of older adults) was associated with a significant increase in inflammation, a known predictor of disability and mortality.”¹⁸

One possible solution to relieve stress is to exercise. “This may be why physical activity has been repeatedly shown to be among the most effective ways of dealing with stress: It’s active, it’s proactive, and it gives you a sense of mastery and control.

It’s also highly effective in offsetting the health risks that stress causes. For example, one study found that financially stressed older adults had, respectively, 15 and 20 percent higher levels of different inflammatory markers. But in a roundup of 11 separate studies involving more than 1,200 people, researchers concluded that exercise could reduce many of these same inflammation markers.”¹⁸

Monitor Your Health

- **“Apolipoprotein B Test:** Some research suggests that blood tests for this substance may be a better measure of cardiovascular disease risk than standard tests. But there’s no medical consensus on that yet.

Who should consider it: People who are at intermediate risk for cardiovascular illness (those with a 7.5 to 20 percent chance of having a heart attack or stroke over the next 10 years). They might ask about having this in addition to cholesterol tests, says Scott Hummel, MD, a cardiologist at the University of Michigan’s Frankel Cardiovascular Center. This test is unlikely to be covered by your health insurance, but it should cost less than \$100 out of pocket.

- **Coronary Calcium Screening:** This imaging test measures calcified plaque in arteries. (Too much plaque can restrict blood flow to the heart and cause a stroke or heart attack.)

Who should consider it: People between ages 40 and 70 at increased risk for heart disease, with at least one risk factor (obesity; past tobacco use; a history of high cholesterol, high blood pressure, or diabetes; or a family history of heart disease). Some people who are younger than 40 but have high cholesterol in their family may want this screening. These tests are becoming more common all the time, but they aren’t covered by all insurers.

- **DEXA Scan:** These scans use an X-ray technique to check the density of your bones. They can also assess lean muscle mass, body fat levels, and visceral fat (fat around the organs, which can increase disease risks).

Who should consider it: Starting at age 65, women should have a DEXA scan to check their bone health. Men should have this at age 70. (It’s sometimes given to younger people at high risk for osteoporosis or if doctors want a baseline measurement.) These scans are covered by Medicare every two years for people who qualify. But if you have a DEXA scan because you’re curious about your body composition, it’s likely to cost \$150 to \$300.

- **VO₂ Max Test:** Typically done on a treadmill or stationary bike, the VO₂ max test measures your body’s maximum ability to deliver oxygen to muscles. Tracking this over time can demonstrate just how much cardiovascular fitness you are gaining or losing.

Who should consider it: People who want to closely monitor their cardiovascular fitness and don’t mind paying out of pocket. (It’s in the ballpark of \$100.) But keeping an eye on whether you’re able to do the same aerobic activities you used to do (going up stairs without getting winded, for example) can also provide a reasonably good sense of your cardiovascular strength, Hummel says.”²¹

- **Alzheimer Blood Test:** A simple blood test can be used to detect amyloid plaques, which are the proteins that clump together in the brains of Alzheimer’s patients. See article noted in the Did You Know section for more information.
- **Fitness Test:** To test your cardiorespiratory fitness, you can test your VO₂ max which is the maximum amount of oxygen consumed during intense exercise. See article noted in the Did You Know section for more information.

Conclusion

In conclusion, it is so important to do a combination of things to optimize your health: eat well, exercise, get adequate sleep and take care of your mental psyche, meaning socializing. Emily J. Rogalski, PhD, a clinical and cognitive neuroscientist and professor of psychiatry and behavioral sciences at Northwestern University Feinberg School of Medicine in Chicago says, “robust social connections, which are almost always found in areas renowned for having many super-agers, such as Sardinia (in Italy) and Okinawa (in Japan).”²² On the business side, I believe our country’s science is second to no other country. However, during the Covid crisis our supply chains for medical products, ingredients and drugs were stretched and showed our vulnerability with our trading partners in China, India, and other countries. In addition, one does not know how long with healthcare’s cost going higher the U.S. will continue to subsidize the rest of the world by having higher drug cost than any other country. Long-term I am very optimistic that there will be a tremendous acceleration of technology (especially AI) and medical breakthroughs that will lead to further cures and remissions of cancer, aging and alternative therapies... We are now in the golden age of medicine. Stay healthy and prosperous and God bless.



Optimistically Yours,

A handwritten signature in black ink, appearing to read "Raymond F. Saleeby".

Raymond F. Saleeby
President

Footnotes

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Did You Know

Should I Take a Heart Drug? A Coronary Calcium Scan May Help You Decide.

<https://www.nytimes.com/2021/11/22/well/live/heart-calcium-scan.html>

One More Heart Test to Consider: A Calcium Scan

<https://www.nytimes.com/2018/04/02/well/live/the-value-and-limitations-of-a-cardiac-calcium-scan.html>

New Blood Tests Offer Possible Early Detection of Cancer and Alzheimer's

<https://www.wsj.com/articles/new-blood-new-test-detect-cancer-alzheimers-71f771fe>

I Took a \$200 Test to Measure My Fitness. The Results Surprised Me.

<https://www.barrons.com/articles/apple-watch-vo2-max-test-accuracy-results-68a6fda4>

Ferguson: A must-own stock for long-term investors

<https://seekingalpha.com/article/4624813-ferguson-must-own-stock-for-long-term-investors>

The 10 greatest US investors and the virtues that made them

<https://blogs.cfainstitute.org/investor/2023/05/03/the-10-greatest-us-investors-and-the-virtues-that-made-them/>

Warren Buffett's 12 things poor people waste money on

https://finance.yahoo.com/news/warren-buffett-12-things-poor-143028989.html?fr=yhssrp_catchall

31% of Americans say they are living paycheck to paycheck even as inflation cools

<https://www.cnbc.com/2023/07/31/61percent-of-americans-live-paycheck-to-paycheck-even-as-inflation-cools.html>

Percentage share of outstanding mortgages by interest rate chart <https://ritholtz.com/2023/08/10-wednesday-am-reads-345/>

The monthly cost of buying vs. renting a house in America

<https://www.visualcapitalist.com/buying-vs-renting-house-in-america/>

33 of the biggest failed products from the world's biggest companies

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Researchers study weight loss drugs in dementia and addiction

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The secrets of women who wake up looking beautiful (hint: it's not a good night's sleep)

<https://www.wsj.com/articles/beauty-secrets-treatments-for-women-wake-up-looking-beautiful-555fdfac>

I took a \$200 test to measure my fitness. The results surprised me.

<https://www.barrons.com/articles/apple-watch-vo2-max-test-accuracy-results-68a6fda4>

Did You Know (Continued)

Ozempic cuts alcohol cravings. Liquor companies aren't ready.

<https://www.bloomberg.com/opinion/articles/2023-09-01/ozempic-cuts-alcohol-cravings-liquor-beer-and-wine-companies-aren-t-ready?sref=Ro2vIlyD>

Female surgeons get better results than male counterparts

<https://www.wsj.com/health/wellness/female-surgeons-get-better-results-than-male-counterparts-7ba9b9c2?siteid=yhoof2&ypr=yahoo>

Thieved target 'Liquid Gold' as olive oil prices soar

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Olive Oil shock keeps cost of making pizza Margherita high

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Warren Buffett says winning this 'Lottery' is most important thing in life, and you have no control over it – 'I am in the luckiest 1% of the world right now'

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Cars have more tech than ever – and drivers are increasingly frustrated with their door handles, screens, and other features

<https://www.businessinsider.com/tesla-new-vehicle-quality-decline-from-technology-study-says-2023-6>

From 'swimming naked' to the 'manic-depressive' market to the billionaires whose inner jerk came out, here are Warren Buffett's best quotes from the past 93 years

https://finance.yahoo.com/news/swimming-naked-manic-depressive-market-165645738.html?fr=yhssrp_catchall

Warren Buffett's 93rd birthday is today. Here's why the investing icon dreads his big day each year, and compares life to a snowball rolling down a hill.

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UPS delivery-driver job searches soar 50% after union secures wage hike that could see workers get a \$170,000 yearly package

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Did You Know (Continued)

Everyone wants to work at UPS after teamsters deal

<https://www.bloomberg.com/news/articles/2023-08-08/ups-jobs-searches-jump-50-after-30-billion-teamsters-win?sref=Ro2vIlyD>

Learning a language may stave off dementia, but are apps the way to go?

<https://www.wsj.com/articles/can-you-keep-your-brain-fit-with-duolingo-babbel-and-other-language-apps-606de053>

The world's most famous sports bettor still has a beef with Phil Mickelson

<https://www.wsj.com/sports/golf/phil-mickelson-gambling-billy-walters-book-sports-betting-a7715585>

More than one-third of desks globally sit empty all week long

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Gucci's new slingback heels embody the season's sharpest trend

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