

— Dr. Marc Micozzi —

Defying Disease with FOOD

**The Insider's Ultimate Guide to
Supermarket Solutions for Today's
Deadliest Health Threats**



© Copyright 2026 by NewMarketHealth Publishing, L.L.C., P.O. Box 913. Frederick, MD 21705. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher. The information contained herein is obtained from sources believed to be reliable, but its accuracy cannot be guaranteed.

Additional orders and inquiries can be directed to the Logical Health Alternatives, Member Services Department, P.O. Box 913. Frederick, MD 21705, tel. 888-884-7768.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgement available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. The material in this report has not been approved by the Food & Drug Administration. The products discussed are not intended to diagnose, treat, cure, or prevent any disease.

Defying Disease with FOOD

The Insider's Ultimate Guide to Supermarket Solutions for Today's Deadliest Health Threats

<u>Introduction</u>	4
 <u>Chapter 1</u>	
The “forbidden” food that offers the <u>most protection</u> against Alzheimer’s.....	6
 <u>Chapter 2</u>	
The Russian Pearl secret to defying Alzheimer’s and dementia.....	8
 <u>Chapter 3</u>	
The South American “wolf peach” that helps fight cancer by shutting off its food supply	11
 <u>Chapter 4</u>	
How “routine” cardiology is failing seniors	15
 <u>Chapter 5</u>	
The delicious, artery-protecting side dish every woman over 70 should know about.....	17
 <u>Chapter 6</u>	
The nightly dessert that research shows improves heart health—starting in just 2 hours.....	19
 <u>Chapter 7</u>	
The sweet, ruby-red juice that research shows can help lower blood pressure	21
 <u>Chapter 8</u>	
The popular—and cheap!—“Southern snack” that slashes the risk of dying from a heart attack.....	23
 <u>Chapter 9</u>	
Why diabetes drugs may be a <u>big mistake</u> for people over 65	25
 <u>Chapter 10</u>	
The spice rack secret that one in-vitro study showed is up to <u>400 times stronger</u> than metformin	29

Introduction

Despite all of our modern technology and pharmaceutical advancements, mainstream medicine is still in the Dark Ages when it comes to one critical aspect of health...

In fact, when it comes to this essential topic, animals get better care from veterinarians than people do from doctors!

And that's due, in large part, to the fact that even the most prestigious medical schools in the country aren't teaching med students about it.

I'm talking about ***nutrition***.

And the unfortunate fact is, when it comes to this basic—but essential—topic, what your doctor doesn't know can hurt you.

And judging from the results of an eye-opening study published in 2017, there's an awful LOT they don't know...

In fact, when researchers at Ohio University gave a group of med students a simple, 20-question, multiple choice quiz on nutrition...

More than half of them flunked!¹

But here's the worst part...

These med students said they still felt completely comfortable giving their future patients advice **on the very topic they bombed!**

And unfortunately, this wasn't just an isolated incident at one Ohio university.

In 2019, a team of researchers from Australia and the Netherlands analyzed 24 studies on the nutrition knowledge (or lack thereof) among medical students, as well as students' skills and confidence about counseling patients on diet, nutrition, and health.²

Eleven of the studies were from the U.S., seven from Australasia, four from Europe, and one each from Africa and the Middle East—making this truly a global analysis of nutrition education.

The researchers found that medical schools *around the world* aren't training doctors on nutrition—a topic that's absolutely critical to human health!

Some of the blame went to medical school faculty's lack of interest and expertise in nutrition. And while researchers found a modest positive effect from newer curriculum initiatives, they still concluded that “despite the centrality of nutrition to healthy lifestyles, medical students are not supported to provide high-quality, effective nutrition care.”

But this study didn't surprise me one bit...

Because I lived it first-hand.

I attended the University of Pennsylvania where the professors who wrote the textbooks everyone used were typically the same professors who personally taught us in the lectures and laboratories.

I had the privilege to learn medical physiology with Dr. John R. Brobeck, for an entire afternoon three times per

week in the Penn physiology laboratory during my first semester. Dr. Brobeck was the editor of the venerable *Best's and Taylor's Textbook of Physiology*.

I would like to say it was me who asked Dr. Brobeck one fine fall afternoon, “When are we going to learn about nutrition?” But at that time, the university had recently started admitting women to our med school class. And, of course, it was one of the women who asked that most pertinent question.

Dr. Brobeck kindly looked up from the podium as he explained we had a lot to cover and there really wasn't time to study nutrition.

My other classmates returned to their note taking without a second thought. But that dismissal just didn't sit right with me.

I needed to know more.

And my curiosity led me to a rather unexpected place...

In fact, the most important lesson I learned in my medical training happened across the street—at the veterinary school!

It was there where I had my first shocking realization...

In many cases, animals are getting better care than humans!

Because vets are taught from Day 1 that *what their patients eat matters!*

But not always in the ways you might expect...

For instance, one of the first lessons I learned at the vet school was that dietary cholesterol...

The kind we've all been warned against for decades...

Has absolutely NO effect on plaque buildup in the arteries of primates.^{3,4}

Of course, primates are the most closely related animals to humans. So this is news every doctor—and *especially* every cardiologist—should know about.

Yet, for years, they've been telling us to stay away from eggs, shrimp, butter, and meats.

To put it bluntly, they've been getting it *dead wrong* for decades!

All because med schools aren't teaching doctors the TRUTH about nutrition.

And the sad truth is that even though most doctors are ignorant of nutrition, they're still expected to provide nutrition recommendations and care to their patients.

So this ignorance actually makes them *dangerous* to your health.

From that moment on, I made it my personal and professional mission to “follow the science”—no matter where it led me.

I've traveled around the world doing “boots-on-the-ground” research everywhere from the Yangtze River valley in China...to remote islands of the South Pacific...to Africa's Kalahari Desert...to the hallowed halls of our nation's most revered government health institutions.

And what I've discovered along the way will change everything you've been told about staying healthy...and even **reversing** some of today's deadliest diseases.

So, let's get started.

Chapter 1

The “forbidden” food that offers the most protection against Alzheimer’s

According to groundbreaking research from Iowa State University, eating one delicious “forbidden” food every day provided the most protection against Alzheimer’s.

The researchers analyzed data on almost 2,000 adults (ages 46 to 77 years old).¹

All the participants completed cognitive testing at the study’s outset and two follow-up assessments over the next 10 years.

The participants also answered questions about their food and alcohol consumption at these three intervals.

At the end of 10 years, the researchers were stunned when it was **cheese** that stood out as the clear winner for preserving cognitive function...ahead of fish, fruit, and even vegetables!

Mainstream medicine has spent years defaming cheese and warning people to limit cheese consumption...and to opt for artificial, processed low-fat varieties when they do eat it.

But lo and behold, subjects who reported eating it every day scored higher on the follow up cognitive tests...

And no matter how they sliced it (no pun intended), researchers were forced to admit that this “forbidden food” offered the most protection—by far—against cognitive decline, Alzheimer’s, and dementia.

This is huge news!

And it *should* have made the front page of every newspaper around the world.

Especially since the Alzheimer’s epidemic is raging out of control...

Deaths from this devastating disease have increased by a mind-boggling 146% in less than two decades...and experts predict that over the next 30 years, cases will more than double in Americans age 65 and older—from 5.8 million currently to a whopping 13.8 million.²

And it’s no secret that mainstream medicine has fallen disastrously short when it comes to treating Alzheimer’s.

In fact, there hasn’t been a new drug approved for this tragic disease in almost *20 years*—despite more than 150 clinical trials during that timeframe.^{3,4}

As of 2019, only five Alzheimer’s drugs have been approved by the FDA...and they only offer mild—often temporary—benefits (if any).⁵

Yet doctors continue to push these pills...and ignore the solutions right under their noses...

In fact, the protective benefit of cheese wasn’t the only interesting finding from this study...

The researchers also noted that daily intake of alcohol—particularly red wine—also helped protect against the development of Alzheimer’s disease and dementia over the study period.

In addition, weekly consumption of lamb was shown to improve long-term cognitive function.

I can't think of a simpler—or more delicious—combination for boosting brain health. (And these foods are all key parts of the healthy Mediterranean Diet, by the way.)

Of course, cheese, wine, and lamb aren't the only foods that research has shown can help ward off Alzheimer's. In Chapter 2, I'll tell you about a recent study from Brazil that found a little-known, odd-looking food actually helped a small group of Alzheimer's patients improve their memory by 66 percent in just 90 days...

Chapter 2

The Russian Pearl secret to defying Alzheimer's and dementia

Just last year, researchers in Brazil published a study showing that a small group of 13 Alzheimer's patients improved their memories by 66 percent in just 90 days...by drinking *strawberry smoothies* containing one secret ingredient...¹

It's an odd-looking food called kefir—or, as I've nicknamed it “Russian Pearl.”

It isn't very common here in the U.S...

But in Russia, it's as valuable as its nickname suggests.

For centuries, Russian Pearl was so revered for its healing powers, it was considered part of a family's wealth... and was handed down from generation to generation.

In fact, it was so prized that it was the center of a kidnapping scandal back in the early 1900s!²

For centuries, kefir was a dietary staple of people living in the Caucasus mountains of Russia. Nobel-prize winning immunologist Dr. Ilya Metchnikoff believed it could be the key to the exceptional health and longevity among this population.

The All Russian Physician's Society was intrigued by Metchnikoff's assertion, and decided to make kefir a standard therapy in Russian medical practice.

The only problem?

The recipe for kefir was a closely guarded secret by the Caucasus people...one they refused to sell to the two-brother team hired by the All Russian Physician's Society to lay claim to this secret ingredient.

When their initial offer failed, the brothers decided to take a more covert approach.

They enlisted the help of a woman named Irina Sakharova, who was sent to the Caucasus mountains with a mission to make the tribal prince Bek-Mirza Barchorov fall in love with her...And, in turn, divulge the secrets behind the tribe's legendary kefir.

The prince did indeed fall in love with Irina...but still refused to share the tribe's precious kefir. When Irina tried to leave the royal court, the prince had her kidnapped and attempted to force her hand in marriage.

Irina was rescued, and the prince was ordered by the Russian czar to atone for his crime. The prince offered Irina payment in the form of gold and jewels...but Irina demanded retribution in the form of the tribe's long-sought kefir.

After centuries of secrecy, and years of scandal, the All Russian Physician's Society finally had the kefir they believed could be a panacea for their patients.

And, in fact, to this day, hospitals in Eastern Europe still routinely use Russian Pearl to treat a laundry list of conditions. It's been studied and used as a remedy for everything from allergies to high blood pressure to IBS³...

And now, as I mentioned above, researchers in Brazil have put it to the test against Alzheimer's disease...with some truly remarkable results.⁴

This was a small, uncontrolled study involving just 13 subjects.

But all of them had been diagnosed with Alzheimer's prior to enrolling in the trial.

Researchers had each subject complete a series of tests to measure their initial cognitive function...

Then they had them drink just one smoothie each day that mixed kefir with strawberries.

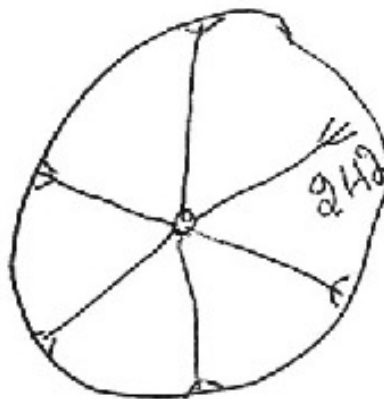
After 90 days, the researchers ran the same battery of tests they'd administered to the patients at the study's outset, and they were stunned to see marked improvements across the board.

- The subjects' overall cognitive function improved by 28%...
- Executive and language functions improved by 30%...
- And memory improved by ***a whopping 66%!***

But one test in particular showed just how remarkable the patients' results really were...

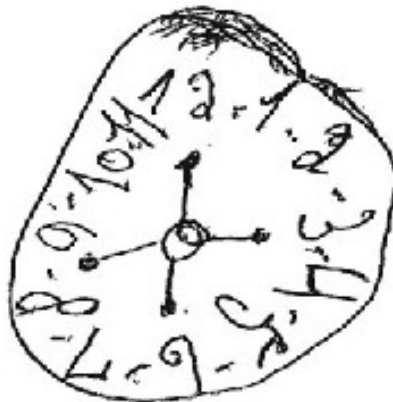
The "clock-drawing test" is a common tool used to help diagnose and evaluate neurological problems. Alzheimer's disease impairs patients' ability to recall all of the components of a clock when asked to draw one.

Here's an example of what patients in this study drew during the initial screenings:



*Figure 1: Copyright© 2020
Alyne Mendonca Marques Ton, et al.*

But just 90 days later, THIS is what they drew:



*Figure 2: Copyright© 2020
Alyne Mendonca Marques Ton, et al.*

That's a huge difference—just from drinking a single Russian Pearl (kefir) smoothie each day!

Given the dismal failure of big pharma's Alzheimer's drugs, you'd think a breakthrough like this would make front page news.

Instead, this groundbreaking study was *completely ignored* by mainstream medicine.

But this is information millions of American seniors desperately need.

And while “Russian Pearl” isn't well-known here in the U.S., it IS available—if you know where to look...

In fact, kefir was one of the few things my daughter could stomach while she was pregnant with our granddaughter in 2020.

These days, kefir usually comes as a ready-to-consume beverage, which you can find in the dairy case in just about any health food store—and in most supermarkets. Just be careful to avoid products that contain a lot of added sugar.

Alternatively, you can make your own kefir.

To make kefir, you will need to start with kefir grains (which are the same pearl-like ingredients used in Russia centuries ago). You can get kefir grains in natural food stores and even from some online retailers.

Add 2 teaspoons of kefir grains into a clean glass jar or container with about 3 cups of fresh, whole milk. Loosely cover the jar or container and place it in a warm, dark place for 24 hours. Once the milk has thickened, stir, and then strain out the grains with a wire mesh strainer. Transfer the milk to the refrigerator to consume throughout the day. (You can even blend it with strawberries into a smoothie like the study subjects drank.)

The grains can be used over and over again—indefinitely. Simply add them to more milk after straining and repeat the 24-hour fermentation process. Over time, the kefir grains will multiply. You can discard the extra, use them to make even more kefir, or share with friends or family.

Chapter 3

The South American “wolf peach” that helps fight cancer by shutting off its food supply

In the mid-1980s, I worked as a Senior Investigator with the National Cancer Institute and the United States Department of Agriculture...

And it was there my colleagues and I realized that *food* may very well be the missing weapon in the War on Cancer.

In fact, we started the diet and cancer research program—and subsequently discovered *dozens* of foods that contained powerful cancer-fighting compounds.

But one of the most intriguing was a large, red South American berry...

Its Latin name translates as “wolf peach”... But it’s most commonly known as the **tomato**.

And since our early research on it, studies have gone on to show that regular consumption of tomato...

- Offered the most protection against lung cancer in non-smokers in one multi-center study—above ALL the foods the researchers tested.¹
- In another study, researchers found it lowered lung cancer risk by as much as 52 percent—even in men who were heavy smokers!²
- A study out of Beijing, China found that high consumption of tomato cut risk of oral cancer *in half*.³
- A 1995 study published in the *Journal of the National Cancer Institute* found that tomato lowered the risk of deadly, aggressive prostate cancer in men by an impressive 53 percent.⁴
- Researchers in both Italy and China found that subjects who ate the most tomato had a whopping 60 percent lower risk of colon and rectal cancer.⁵

And this is just a small sampling of the research on this remarkable fruit...

In fact, more than 50 studies have shown that eating tomato lowers cancer risk.⁶ And not just the ones listed above...

Studies have also shown it can help protect against pancreatic, breast, stomach, esophageal, and cervical cancers as well.

Researchers attribute these benefits—at least in part—to one particular compound: lycopene. (I helped discover its roles in human nutrition and metabolism, and in food nutrient composition during my time as Senior Investigator with the NCI.)

In technical terms, lycopene is what’s referred to as a **hydrocarbon carotenoid** (or, as I refer to it for short—**Hydro-CC**).

And, it turns out, when it comes to the Hydro-CC lycopene, this single, natural compound helps fight cancer in more than half a dozen ways.

Studies show lycopene is a powerful antioxidant. And, at first, scientists thought that was the only way it helped defend against cancer.⁷

But the more they examined it, the more cancer-thwarting powers they discovered...

Research has revealed that lycopene helps:

- Keep healthy cells from morphing into cancerous ones⁸
- Spur the production of two natural “detox” molecules that help eliminate cancer-causing chemicals from the body⁹
- Prevent cancerous cells from multiplying¹⁰
- Block cancer cells from invading and metastasizing,¹¹ and
- Make cancer cells self-destruct by switching on their “death receptors”¹²

But one of the most intriguing discoveries researchers have made about lycopene is its ability to help shut down cancer’s dirtiest trick.

When researchers study cancer cells in the lab, the cells can only form into tumors that measure a few millimeters in size. But in the human body, tumors can obviously get MUCH bigger.

Which means cancer depends on the human body itself to grow and spread.

In other words, *cancer hijacks your body* via a process called angiogenesis.

But in vitro and animal studies show that lycopene can actually inhibit this insidious process.¹³

This is one of the most promising avenues of cancer research to emerge in recent years.

In fact, the cancer industry has at least 14 different drugs that do this exact same thing.¹⁴ Of course, they all come with horrific side effects...

Things like blood clots, heart failure, hemorrhage, gastrointestinal perforation, and brain lesions—just to name a few.

But these drugs brought in \$290 million for Big Pharma last year alone...

And by 2025, they expect that figure to skyrocket to more than \$3 BILLION.¹⁵

Which could explain why you’ve probably never heard that, when it comes to combating angiogenesis, there are dozens of foods—just like tomato—that can do *the very same thing*...at a fraction of the cost...with absolutely no side effects.¹⁶

And Linda Sullivan* considers herself to be living proof.¹⁶

Back in 2005, Linda was focused on her two, school-aged daughters—and all of the homework assignments, after-school activities, and playdates that filled their calendars...

Like most busy, young mothers, getting sick was the last thing on her mind.

So Linda was shocked when, just after her 41st birthday, her doctor sat her down and gave her the news every woman dreads...

It was breast cancer... And it was bad.

Linda did everything they suggested—surgery, chemo, radiation...But doctors still gave her a survival time of

just 21 months.

Then, less than a year after her initial diagnosis, there was more bad news...

This time, doctors had found an aggressive tumor in her neck.

And to add insult to injury, the medications were quite literally killing her.

As Linda put it...

“My kidneys were failing. My liver was failing. My lungs were damaged. My heart was damaged. I told my oncologist ‘I’m done with that protocol—because one way or another, I’m going to die. And I don’t want to go that way.’”

She stopped her chemo regimen and instead took up meditation and an energy-healing technique called Reiki. (As an aside, I think the actual science on Reiki is weak, and recommended other mind-body approaches.)

Then, at the advice of a friend, she started to look into specific foods—like tomato—that can fight cancer by inhibiting angiogenesis, which, in essence shuts off its food supply.

Linda packed her weekly grocery lists with these “cancer-starving” foods...

And, much to her doctors’ surprise, it worked!

According to Linda, “[They] just kept saying, ‘*Huh. That is interesting.*’”

Now, more than 15 years after her initial diagnosis, Linda is completely cancer-free.

Of course, cancer is a complicated disease that always requires guidance from a skilled medical practitioner.

And there’s no single “magic bullet” against it—or guarantees that what works in a test tube will work in patients (or even what works in one patient will work in another).

But I believe you deserve to know about **all** of the options that can help you fight this deadly enemy.

Especially ones you can get in any supermarket.

Here’s a list of just a few of the common, widely available foods that research has shown can help fight cancer by inhibiting angiogenesis and shutting off its food supply¹⁷:

- Apples
- Artichoke
- Blueberries
- Blackberries
- Black currants
- Broccoli
- Brussel sprouts
- Cabbage
- Cacao/chocolate
- Cauliflower
- Cheese (especially Dutch Gouda, Swiss Emmental, and Norwegian Jarlsberg)
- Cinnamon
- Cranberries
- Curcumin/turmeric
- Garlic
- Grapes

- Green tea
- Kale
- Peanuts
- Papaya
- Pecans
- Persimmons
- Pomegranate
- Raspberries
- Red onion
- Red wine
- Strawberries
- Tomato
- Walnuts
- Watermelon

One final word of caution: It's important to opt for organic produce—as well as organic, full-fat dairy—whenever possible. That way you can be sure you're getting the full cancer-fighting benefits of these supermarket staples...*without* worrying about exposure to toxic pesticides.

Chapter 4

How “routine” cardiology is failing seniors

If your friends or loved ones are over the age of 75, and have heart concerns *of any kind*...high blood pressure...atherosclerosis...high cholesterol...even cardiovascular disease...there’s a dire warning I’ve been shouting from the rooftops for years that I feel *everyone* needs to hear...

“Routine” cardiology is failing seniors.

This bombshell report came from the journal *Circulation* in 2016.¹ And they certainly wouldn’t publish a statement like this lightly...

After all, *Circulation* has been one of the most respected medical journals for years.

Which makes this shocking indictment that much more important.

The report exposed that older adults, especially ones with multiple health concerns, have been “markedly underrepresented”—and even ***deliberately excluded***—from the vast majority of clinical cardiology trials.

Meaning billions of dollars’ worth of studies—and the heart recommendations that result from them—*may not actually be relevant to the people who need them the most*.

Now, this isn’t to say you should take matters into your own hands when it comes to managing chronic heart conditions. (Playing armchair M.D. is a dangerous game I don’t recommend to anyone!)

But this is just one example of how the go-to treatments doled out by cardiologists aren’t necessarily based on the best science.

In fact, a massive, \$100 million study published in 2019 found that, for many patients, bypass surgery and stents aren’t always the life-saving procedures they’re made out to be.²

Of course, these are two of the most common—and invasive—heart procedures.

Yet when researchers compared the outcomes of patients with ischemic heart disease who had undergone bypass or stent surgery to those who opted for “regular,” non-invasive medical care, they found that, in most cases, patients who underwent these procedures fared no better than people who didn’t!

In fact, patients who had a bypass or a stent actually had **more heart attacks and strokes** in the two years following their surgery than the patients in the non-invasive group.

When I shared this news with my friends, they were genuinely shocked. Many of them had undergone these procedures themselves.

But now, they feel betrayed by their cardiologists—and by the system.

Unfortunately, the betrayal doesn’t end there...

In fact, when it comes to what they say you should be eating to protect your heart, the “experts” have been getting it all wrong, all along.

Just take a look at some of their most infamous, go-to recommendations...

- In the 1970s, millions of people switched to margarine when their doctors told them butter was basically a heart attack on a plate. But 20 years later, Harvard researchers found that the exact OPPOSITE was true. In fact, diets high in margarine and similar types of foods can **double the risk of heart attack**.³
- The American Heart Association has recommended eating only skim milk, low-fat cheese, and other processed low-fat dairy products for decades. But another study by Harvard researchers on 220,000 subjects found that indulging in the *far more satisfying*, full-fat versions of these foods **didn't increase heart risk one iota!**⁴ In fact, other research has shown full-fat dairy may help prevent cardiovascular disease—along with diabetes, obesity, stroke, and even some cancers!⁵
- Salt has been another one of the AHA's main scapegoats for years. And I'd be willing to bet there's not a single cardiologist in the U.S. who hasn't told his patients to swear off the salt in order to get their blood pressure under control. But analysis of a massive study including over 100,000 participants showed that following this guideline **increased the risk of cardiovascular events like heart attack and stroke**—not to mention all-cause mortality—by a terrifying *25 percent!*⁶

These recommendations may be great for making sure cardiologists have plenty of repeat customers, but the fact is, their mistakes are putting your heart—and your life—at risk

And what's even more tragic is that they're completely missing the simple, natural solutions right under their noses—like the ones I'll tell you about in Chapters 5-8.

Chapter 5

The delicious, artery-protecting side dish every woman over 70 should know about

Cruciferous vegetables have a long history—both botanically and medically. A century ago, the British Empire Cancer Campaign documented these vegetables' ability to reduce the risk of cancer. And research beginning in the 1980s has consistently backed up that initial finding.

But that's not all that broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, and kale—along with their close relatives radish, rutabaga, and turnips—can do for you. Cruciferous vegetables are now being studied for their benefits in blood vessel health, too.

In fact, new research has found that higher consumption of broccoli, Brussels sprouts, and cabbage is associated with a substantially reduced risk of blood vessel disease in older women.

This finding is important because blood vessel disease can reduce blood flow throughout the body—making it the leading cause of heart attacks and strokes. And, of course, heart disease is the No. 1 killer worldwide.

So let's take a closer look at this compelling new study, and at the health benefits of cruciferous vegetables in general...

The ancient roots of Brassica plants

Cruciferous vegetables come from the wild mustard plant, which was found on the vast Eurasian continent in ancient times. The plant is mentioned in the Bible, and also has a long tradition in China.

Over the years, cultivation of wild mustard has created a family of plants that were named Brassica by the first century AD Roman author and natural philosopher, Pliny the Elder.

The flowers, seeds, stalks, roots, and tender leaves of many of the Brassica species can be eaten raw or cooked. And not only are cruciferous vegetables tasty, but they're also packed with nutrients—making them some of the healthiest produce you can find.

Which leads me to the new research I mentioned above...

In July 2020, the *British Journal of Nutrition* published a groundbreaking study confirming that women who eat cruciferous vegetables like broccoli, Brussels sprouts, and cabbage on a regular basis have a substantially lower risk of blood vessel disease than women who don't.¹

Previous studies had already suggested that cruciferous vegetables could lower the risk of heart attack and stroke. But this new research highlighted just how powerful that protection really is...

The researchers looked at the diet and blood vessel health of 684 women, average age of 75, in western Australia.

It turns out, just a quarter cup of cruciferous vegetables each day slashed the risk of deadly artery hardening nearly *in HALF*.

If you're not a fan of broccoli, try mashed cauliflower, which is an excellent substitute for mashed potatoes. Or sauté some Brussels sprouts in olive oil and sprinkle them with parmesan cheese, and you've got a quick but

elegant side dish for meat or fish. (My daughter makes this for our family each Thanksgiving.) You can even add some collard greens, shredded cabbage, or sliced radish to your lunchtime salad.

It really is that simple to make cruciferous vegetables a part of your daily diet—and your healthy lifestyle.

Chapter 6

The nightly dessert that research shows improves heart health—starting in just 2 hours!

Congestive heart failure is one of the most serious and dangerous conditions you can develop. It occurs after years of struggling with high blood pressure and/or cardiovascular disease. Eventually, the heart stops pumping effectively and blood backs up throughout the lungs and body (causing congestion). As a result, more than half of the people diagnosed with it die within five years.

The good news is, research suggests that enjoying a nightly piece of chocolate can help improve blood flow within *two hours* among people diagnosed with congestive heart failure!¹

I'll tell you all about that exciting study in a moment. But first, let's talk a bit more about chocolate...

The origins of chocolate

Chocolate actually originated from the small beans that grow on tropical cacao trees in Central and South America. The Ancient Aztecs used to roast the cacao beans, pound them into a powder, and then add water to make a beverage called, “xocolatl.” They often added seasonings to it, like honey or cayenne pepper, to mask the beans' naturally bitter taste.

When the Spanish explorer Hernán Cortés arrived in Mexico in the early 1500s, he discovered the tasty Aztec drink and brought it back home. Then, in the mid-1700s, the Dutch began to extract the fat from cacao beans—creating cocoa butter. Over time, this simple process opened up the door for all kinds of sweet confections that combined cocoa butter, powdered chocolate, and sugar.

Of course, I always encourage you to enjoy dark chocolate—which contains *far less* sugar than milk chocolate. Plus, it contains far more healthy flavanols—the phytochemicals in cacao beans that support healthy circulation.

And that important point brings me back to the research I mentioned above...

Eating chocolate improves circulation within just two hours!

For this double-blind, randomized, placebo-controlled study, researchers followed 20 patients diagnosed with congestive heart failure and randomly sorted them into two groups. They gave the first group commercially available, flavanol-rich chocolate bars. The other group received regular (milk) chocolate bars.

The participants enjoyed the chocolate bars every day for four weeks.

It turns out, the participants who ate the regular chocolate bars experienced no improvements at all in their congestive heart failure symptoms.

However, those who ate the flavanol-rich chocolate bars experienced “significantly improved” blood vessel function. Plus, they experienced this improvement within just two hours of enjoying the nightly treat!

They also showed other improvements at the end of four weeks, such as a marked decrease in “platelet adhesion.” Which means their blood was less likely to form into dangerous clots that cause heart attacks and strokes.

The researchers concluded that “flavanol-rich chocolate acutely improves vascular function in patients” with congestive heart failure.

Well, would you look at that? A healthy, *natural* way to help protect your heart!

And now, just think of all the cholesterol-lowering statin drugs prescribed to patients “at risk” for developing heart disease. They’re supposed to prevent deadly outcomes like congestive heart failure or heart attack...

But as the study authors pointed out, “statins are ineffective in chronic heart failure...[and] alternative therapies are a critical need.” Clearly, chocolate is a safe, natural, readily available, enjoyable, *and* effective “alternative therapy.” Plus, it goes to work *within hours* to improve circulation and prevent heart failure!

Not to mention, the men and women who ate the flavanol-rich chocolate bars did *not* experience spikes in blood sugar levels during the course of the study. However, the patients who ate regular chocolate *did* have decreased insulin sensitivity.

So, go ahead and indulge in some chocolate. Just make sure to opt for dark chocolate that contains *at least* 75 or 80 percent cacao. You’ll get more heart-healthy flavanols...and far less sugar.

Chapter 7

The sweet, ruby-red juice that research shows can help lower blood pressure

Beets are becoming more popular these days, and are often featured on restaurant menus in various creative preparations. And that's great—because beets support overall heart health—and blood pressure, specifically.

In fact, a placebo-controlled, randomized clinical trial published in *Nutrition Journal* found that drinking beetroot juice lowered systolic blood pressure (the top number) in 13 men by as much as 5 points within just six hours!¹

And even among women, there was still an overall trend toward lower blood pressure within six hours after drinking beet juice.

In another study, this time published in the *Journal of the American College of Cardiology (JACC): Heart Failure*, researchers looked specifically at older adults with heart failure. It turns out, the patients who drank beet juice daily reduced their blood pressure and boosted their exercise endurance by 24 percent—after just seven days!²

Beets are loaded with the cellular powerhouse betaine, aptly named since it was first isolated from beets.

And when it comes healthy aging—and heart health—it's hard to beat betaine.

Betaine, also known as TMG or trimethylglycine, is a type of amino acid made from choline—an essential nutrient that's often grouped with the B vitamins.

It has remarkable ability to help protect cells against oxidation. And oxidation is a culprit in all kinds of chronic diseases, including cancer, heart disease, dementia, Alzheimer's, and Parkinson's.

But perhaps most unique are betaine's effects on homocysteine.

The biology of betaine and homocysteine

Of course, the most well-known risks associated with elevated levels of homocysteine are heart attacks and strokes. But the dangers of excess homocysteine go far beyond your cardiovascular system.

You see, too much homocysteine can disrupt the body's methylation process.

This is key because methylation helps control many important functions throughout your body. You need methylation for energy production, immune response, repairing cells damaged by free radicals, fighting inflammation, genetic expression and repair of DNA, detoxification, and even lowering your stress levels.

In short, virtually everything that helps you feel young and healthy relies on methylation.

Unfortunately, your body's methylation capability can erode as you grow older. And, at the same time, your homocysteine levels can begin to creep up.

Although no absolutely “safe” level of serum homocysteine has been determined, research suggests that levels should be less than 12 mcmol/L—especially if you have other cardiovascular disease risk factors.^{3,4}

Ideally, studies show that homocysteine levels should be kept under 8.5 $\mu\text{mol/L}$. But here's the kicker: You probably have no idea if your homocysteine levels are too high because you generally won't have any symptoms.

That's why it's important to have blood tests for homocysteine. (If your doctor has never tested yours, ask him or her to do so at your next appointment.)

If your homocysteine levels are too high, getting the proper nutrients from your diet and supplements is the most effective way to reduce them.

And that's key for healthy aging—including protection against heart attack and stroke.

So make sure to incorporate plenty of beets (and/or beetroot juice) into your diet. You can eat them in salads, or cooked with any main course. They're particularly healthy—and tasty—when cooked with garlic. If you're not a fan of beets (or garlic), you can supplement with 2-4 grams of betaine a day.

Chapter 8

The popular—and cheap!—“Southern snack” that slashes the risk of dying from a heart attack

If you want an easy way to lower your cardiovascular risk, just eat a handful of nuts each day. And it doesn't just have to be expensive walnuts, almonds or cashews, as I'll explain in a moment.

I often report about the health benefits of eating nuts. Nuts contain many different kinds of nutrients, including bioavailable minerals and healthy fats. After all, they have to provide everything a young plant needs to start growing.

Like the acorn from an oak tree, nuts contain soft “fruit” that surrounds the hard “shell” and protects the “nut” inside. From the nut, will come the shoot that can eventually grow into another tree or plant. The nut is actually a botanical equivalent of the yolk of an egg, another perfect food from Nature.

Many previous studies have found that expensive and exotic tree nuts—such as almonds, Brazil nuts, pistachios, and walnuts—benefit the brain and body. But it turns out, even ordinary, inexpensive peanuts (which are technically legumes) have many health benefits.

Peanuts are native to South America, but have been a staple crop in the Southern states of the U.S. since the 1800s. They've been enjoyed as a snack throughout the country for well over a century. But, despite their popularity, peanuts didn't have the same reputation as a “health food” the way walnuts and almonds have come to be considered.

But researchers from Vanderbilt University recently showed how lowly peanuts are just as beneficial as more expensive tree nuts.¹

For this study, researchers followed 71,764 people in the southeastern U.S. They mostly came from low-income households. And about two-thirds of them were African-American. They also followed 134,265 low-income men and women in Shanghai, China.

The researchers found that men and women in the U.S. and China who ate the most peanuts lowered their risk of dying from a heart attack—or any other heart-related cause—by a whopping 38 percent.

Not surprisingly, peanut butter did not reduce the risk of death. Of course, typical packaged peanut butters contain added ingredients like sugar and hydrogenated fats and oils, which probably wiped out any health benefit.

As I mentioned above, prior studies focused on tree nuts, which are far more expensive. So—many skeptics wrote off their benefits because only men and women with higher socioeconomic status can afford to eat them.

Furthermore, they claimed men and women who can afford tree nuts can *also* afford better access to healthcare. (Of course, this theory assumes more healthcare helps someone live longer, which isn't always true—especially when it's the *wrong* care, like cardiologists often perform, as discussed in Chapter 4.)

Socioeconomic factors *can* have profound effects on certain health outcomes. But only if researchers understand and interpret their data correctly.

For example, years ago, my colleagues, Drs. Walt Willett, Graham Colditz, and others at Harvard found that men and women in New England who ate strawberries year-round had the lowest risk of certain cancers. Some experts hailed the finding. They incorrectly assumed these men and women avoided cancer because they ate more strawberries, which are high in beta-carotene, the popular theory of the day.

This theory was wrong on two counts.

First, if you have ever been through a winter in New England, you know you can only eat fresh strawberries year-round if you can afford to pay \$6 or more for a pound of them.

So, in this case, the improved cancer risks had nothing to do with the strawberries themselves. It related directly to consumers' higher socioeconomic status. You see, when it comes to certain forms of cancer men and women with higher incomes fare better.

The real kicker was that strawberries don't even contain beta-carotene, if anyone other than me, had bothered to check.

Nonetheless, the political bosses at the National Cancer Institute used this kind of flawed "evidence" to rush beta-carotene into expensive and dangerous clinical trials.

When it comes to nuts, this peanut study should hopefully help silence any skeptic who says socioeconomic status gives nut-eaters their added boost.

Peanuts are very inexpensive foods. So, go ahead and eat a handful of them a day. It won't cost you very much, and your cardiovascular health will benefit tremendously.

Chapter 9

Why diabetes drugs may be a big mistake for people over 65

For years, mainstream medicine has relied on the “how low can you go” approach to blood sugar control. So it’s not at all uncommon for patients to end up taking two or even three different diabetes medications.

But according to one diabetes expert from Beth Israel Deaconess Medical Center in Boston, there are **3 fatal flaws** with applying this standard to people over the age of 65.¹

- 1) **There’s a disturbing lack of data on older people with Type II diabetes.** In an analysis of nearly 2,500 studies on diabetes, only 0.6 percent of them included people older than 65.² Worse—31 percent of them purposely excluded people older than 65, and **55 percent** of them deliberately excluded people older than 70!
- 2) **Strict blood sugar targets don’t help patients live longer.** In fact, in one 2010 study, there was a classic “U-shaped” association between HbA1c levels and mortality risk.³ Which means there’s *no benefit* in aggressive treatments to drive levels lower and lower.
- 3) **Low blood sugar levels can be downright “catastrophic” for older people.**⁴ According to a 2011 study, diabetes drugs were among the top causes of almost 100,000 emergency hospitalizations for adverse drug events in people over 65 over the course of two years.⁵ And another study found that these kinds of emergency hospitalizations were associated with a nearly *four-times higher risk of death* during a five-year period.⁶

I’ve seen this scenario play out first-hand. One of our long-time family friends (I’ll call her Deborah) suffered a stroke last year. And while she was in the hospital recovering, the attending physician noted that her blood sugar levels were high.

She immediately prescribed her metformin AND a second, new, injectable insulin drug—at \$1,700 per month, with no regard to cost or consequences. I happened to be in the room and stopped that nonsense cold. So, the hospital doctor agreed to prescribe metformin *and* a second, less expensive oral diabetes drug.

But within just three days, the two combined oral drugs had already led to dangerously low blood sugar.

Fortunately, Deborah was able to get to see her regular internal medicine doctor, who promptly scaled back her treatment regimen before things got any worse.

When all is said and done, it’s easy to criticize overzealous doctors like the ones who treated my friend in the hospital. But truthfully—they just don’t have time to keep up with science...especially these days.

But the evidence against overly strict blood sugar control has reached a tipping point. Some prominent agencies even favor less-stringent targets for people older than 65 years, including the American Diabetes Association (ADA), the American Geriatrics Society, the U.S. Departments of Defense, and the Veterans Affairs Administration.

Now, many recommend aiming to reduce Hemoglobin A1C (HbA1c), the long-term measure of blood sugar, to **less than 7.5 percent in healthy older adults** and to **less than 8.5 percent in the frail elderly**.

In fact, these recommendations were changed nearly a decade ago.

But a new study conducted by researchers with the prestigious Mayo Clinic recently found that there's still far too much overtreatment in older patients with Type II diabetes.

For this new study, researchers analyzed data for nearly 200,000 adults with Type II diabetes.⁷ They looked at the participants' HbA1c levels and use of insulin or sulfonylurea drugs (both of which can lead to low blood sugar).

They also looked at whether participants had 16 different conditions that the ADA, the American Geriatrics Society, and the U.S. Department of Veterans Affairs say should prompt consideration of less-aggressive treatment.

For example, these institutions all agree that **people with Type II diabetes who also have any of these conditions should ALWAYS be extremely cautious of aggressive blood sugar treatments:**

- **Arthritis**
- **Cancer**
- **Chronic kidney disease (stage 3 and 4)**
- **COPD**
- **Dementia**
- **Depression**
- **End stage renal disease**
- **Falls**
- **Heart failure**
- **Heart attack**
- **High blood pressure**
- **Liver disease/cirrhosis**
- **Peripheral neuropathy**
- **Proliferative retinopathy**
- **Stroke/cerebrovascular disease**
- **Urinary incontinence**

The reason why people with these conditions shouldn't push their blood sugar too low is pretty straightforward...

Starving damaged organs and tissues by excessively reducing blood glucose (energy) into these organs and tissues harms these patients (and their damaged organs) even further.

Well, it turns out, 45 percent of the study participants had one of these conditions and therefore met the criteria for reduced treatment. In addition, another 30 percent of patients had diabetes and another chronic disease (not on the list above), such as arthritis, depression, COPD, liver disease, or urinary disorders.

Lastly, 13 percent of patients had life-threatening diseases, such as cancer, advanced dementia, or kidney failure. And pushing mainstream diabetes drug treatments onto these patients is particularly pointless and dangerous.

Yet when the researchers moved on to compare this data to the participants' HbA1C levels, they found something startling...

The youngest patients (ages 18 to 44 years), with the most to gain from stricter blood sugar control had the highest HbA1C levels. Their average level was 7.7 percent.

On the other hand, the oldest patients (75 or older), with the most to lose from stricter blood sugar control, had the lowest HbA1C levels. Their average level was 6.9 percent.

These results are *exactly backwards* of what they should have been—putting *all* the participants at risk! The younger patients, who *should* achieve lower blood sugar, aren't meeting that target. And the older patients, for whom low blood sugar is a real danger, are getting their levels pushed too low!

In the end, the science shows that slightly elevated blood sugar (like slightly elevated blood pressure) may be naturally protective in older adults. So, if you have Type II diabetes, I urge you to find a doctor who's on top of the latest science and who will adjust and personalize your treatment based on your age.

And in the meantime, if you have blood sugar issues but haven't yet been diagnosed with diabetes, I have even more good news...

A breakthrough study published in late 2019 showed that two-thirds of people diagnosed with pre-diabetes **never** went on to develop full-blown Type II diabetes. The secret to how they thwarted the disease was buried in the study's fine print...and it goes against everything the mainstream tells us about how to manage blood sugar.

Researchers with the Karolinska Institute in Sweden followed more than 2,500 participants, 60 years or older, for 12 years.⁸

At the study's outset, none of the participants had been diagnosed with Type II diabetes. However, just over 900 of them had been diagnosed with pre-diabetes.

Then, over the next 12 years, out of this group of people diagnosed with pre-diabetes:

- 119 people went on to develop full-blown Type II diabetes
- 215 people died
- 204 people returned to normal blood sugar
- 308 people maintained their pre-diabetes status

So, only one-third of the people with pre-diabetes at the study's outset passed away, or developed Type II diabetes, over the 12-year period. And, importantly, those who went on to develop full-blown diabetes were more likely to be obese.

But—here's the kicker...

Nearly two-thirds of the people with pre-diabetes at the study's outset either achieved normal blood sugar levels...or their condition didn't progress beyond pre-diabetes. Those who reversed their condition and achieved normal blood sugar during the course of the study were more likely to have lower systolic blood pressure, an absence of heart disease, and weight loss success.

So, despite the medical over-diagnosis and over-reach, most of the adults in this study did *not* go on to develop full-blown diabetes.

About 352 *million* adults worldwide are considered to have pre-diabetes, with slightly elevated blood sugar levels. And by year 2045, that number is estimated to grow to 587 million—or about 8 percent of adults. But this new study suggests that the majority of these people (two-thirds, to be precise) won't ever become part of the diabetes epidemic.

But here's the most exciting part...

The two-thirds of participants in this study who never went on to develop full-blown diabetes did so without taking drugs.

Let me repeat: They never took drugs to control their blood sugar! Instead, they appeared to rely on lifestyle modifications such as physical activity, weight loss, and light-to-moderate alcohol consumption to rein in or stabilize their blood sugar.

That finding wasn't even *mentioned* in the news reports. And it's no wonder—as it was buried on the last page of the study. (I had to scour the entire study to find it. And I knew what I was looking for!)

But it's the most important finding of all!

Especially when you consider the fact that in the U.S., the moment a patient shows even slightly elevated blood sugar levels (but not high enough to be diagnosed with diabetes), doctors rush to put them on diabetes drugs.

But as this study shows, that rush to treat high blood sugar may be a big mistake.

Here's what all this means for you...

Even if you've been diagnosed with pre-diabetes, don't consider it a life sentence.

If your doctor rushes to put you on Type II diabetes drugs, make sure to ask lots of questions. Ask your doctor to review this study in the *Journal of Internal Medicine* (you can find the full citation at the end of this report). Perhaps watchful waiting or active surveillance is the right choice for you. Of course, that doesn't mean you shouldn't make some healthy changes.

Like the subjects in the study I told you about above, the most effective strategy for avoiding Type II diabetes involves just a few simple lifestyle modifications:

- 1.) Cut out processed foods with added sugars and carbs—the real culprits of Type II diabetes.
- 2.) Focus on following a balanced, Mediterranean-type diet with organic, full-fat dairy (including cheeses), eggs, fruits, meat, nut, seafood, and vegetables. (And don't be afraid to include a nice glass of wine with dinner. Plenty of science shows moderate alcohol intake confers a number of health benefits, including improved blood sugar.)
- 3.) Get a bit of exercise. But no need to overdo it. In fact, “excess-exercise” (as I call it) actually causes far more health problems than it solves. Current science shows that engaging in just 140 to 150 minutes of light-to-moderate exercise total *per week* is optimal for improving your health and longevity. Housework and yardwork count toward your weekly exercise total, as do leisurely walks in Nature.

Of course, there are also some very promising natural solutions that can help keep your blood sugar levels in the healthy range. In fact, in Chapter 10, I'll tell you about a common spice that research shows is actually stronger than one of the most common diabetes medications...

Chapter 10

The spice rack secret that one in-vitro study showed is up to 400 times stronger than metformin

Needless to say, blood sugar is big business.

According to one projection, the global diabetes drug market is expected to surpass \$76 billion in just a few years' time.¹

So it's certainly not in the pharmaceutical industry's best interests for the public to know about the simple, science-backed approaches you can take—starting today—to keep your blood sugar in check.

But given the hazards of diabetes drugs, it IS in your best interest.

So let's take a look at what you need to know to fight this deadly disease naturally. Starting with...

The stealth killer lurking behind diabetes... and it's not sugar!

Think about it... you rarely here of someone dying of diabetes. You're much more likely to hear someone died of, "*complications from diabetes.*" And these complications often *aren't* caused by excess sugar in the blood stream.

In fact, as a pathologist, I examined *countless* bodies of diabetics whose blood sugar was perfectly under control, but their disease had still progressed and their organs had failed. They'd die of things like heart disease, liver disease and kidney disease.

And one of the main drivers behind all of these conditions... *inflammation*. Along with high blood sugar, recent studies have found that diabetics also have high levels of inflammation. As type 2 diabetes starts to progress, the inflammation causes the body to become less sensitive to insulin. This insulin resistance also leads to higher inflammation. Eventually, a vicious cycle takes hold of high blood sugar increasing inflammation and vice versa.

So in order to beat diabetes, you need to treat both blood sugar *and* inflammation. And right now, most drugs out there are only focusing on blood sugar, while completely ignoring diabetes' stealth killer, inflammation. But studies have been cropping up showing a natural breakthrough can *finally do both!*

In fact, this one natural treatment completely changed my mind about diabetes.

I've always championed a natural approach to medicine rather than the mainstream philosophy of throwing more and more drugs at every problem. But there was one exception for me... and that was diabetes.

For decades I simply never found a natural diabetes treatment strong enough to meet my standards. And so, my go-to recommendation was always metformin... until now.

I've finally found a natural solution that *blows metformin out of the water*. One which you've likely heard about...

Curcumin.

Curcumin works in a similar fashion as metformin, by boosting a protein in the body known as AMPK, which is why I also refer to it as **PK-Plus**.

AMPK helps transport excess sugar out of the bloodstream where it wreaks havoc on blood sugar levels...

And *into* the blood cells, where it can be used as fuel.

But when researchers at Auburn University in Alabama pitted metformin against PK-Plus in cell cultures taken from rats and humans, they found that PK-Plus does it better.²

400 times better, to be precise.

But it's not just showing impressive results in test tubes...

In another study, researchers looked at 240 patients with metabolic syndrome...

In other words, patients that were *right on the brink* of a full-blown diabetes diagnosis...

They gave half the patients PK-Plus. The other half got a placebo.

And after 9 months 100% of the patients in the PK-Plus group *completely avoided diabetes*!³

And, as if all of this wasn't impressive enough...

A scientific review of over 200 in-vitro, animal, and human studies found that PK-Plus can also help prevent some of diabetes' most deadly and debilitating complications...

Like kidney disease, vascular disease, retinopathy, and more.⁴

And yet, unlike so many of big pharma's diabetes drugs, this powerful, natural blood sugar solution is cheap, safe, *and* readily available online or in grocery stores!

You can find turmeric/curcumin as a dietary supplement. I recommend 200 to 250 mg daily of turmeric (*Curcuma longa*) powdered root.

Of course, I always recommend using the whole food as it's found in Nature as well. This approach may be the best way to get all the full benefits of any spice, herb, or plant.

You can find fresh turmeric roots in most health food stores or grow your own indoors. They just need a large pot and sunny spot to thrive, as they're tropical and can grow to be three feet tall.

You can also sprinkle powdered turmeric as a spice liberally on your favorite fish, meats, and vegetables. I've found it's a great addition to chicken salad, tuna salad, and fresh pork chops or pork loin.

CITATIONS

Introduction

- ¹ "Assessment of Nutrition Knowledge and Attitudes in Preclinical Osteopathic Medical Students," J Am Osteopath Assoc 2017; 117(10): 622-633
- ² "Nutrition in medical education: a systematic review," Lancet Planet Health 2019; 3(9): e379-e389
- ³ "Patterns of Disease, Controlled Populations, and Experimental Design," Circulation 1962; 26: 1,352-1,357
- ⁴ "Effect of dietary fat and cholesterol on circulating lipids and aortic ultrastructure of squirrel monkeys," Exp Mol Pathol 1971; 15(3): 281-303

Chapter 1

The "forbidden" food that offers the most protection against Alzheimer's

- ¹ "Genetic Factors of Alzheimer's Disease Modulate How Diet is Associated with Long-Term Cognitive Trajectories: A UK Biobank Study," J Alz Disease 2020; 78(3): 1,245-1,257
- ² "2020 Alzheimer's disease facts and figures," Alzheimers Dement 2020; 16(3): 391-460
- ³ "A new Alzheimer's drug: From advisory panel to FDA—what's at stake here?" Harvard (www.health.harvard.edu), 11/12/20
- ⁴ "A Long Line of Alzheimer's Failures: Roche Drops Two Drug Trials," BioSpace (www.biospace.com), 1/30/19
- ⁵ "FDA-approved treatments for Alzheimer's," Alzheimer's Association (www.alz.org), accessed 5/11/21

Chapter 2

The Russian Pearl secret to defying Alzheimer's and dementia

- ¹ "Oxidative Stress and Dementia in Alzheimer's Patients: Effects of Synbiotic Supplementation," Oxid Med Cell Longev 2020; 2020: 2638703
- ² "The Fascinating History of Milk Kefir," Raw Milk Institute (www.rawmilk institute.org), 9/16/20
- ³ "Renewed Interest in Kefir, the Ancient Elixir of Longevity," Fungi 2008; 1: 14-18
- ⁴ "Oxidative Stress and Dementia in Alzheimer's Patients: Effects of Synbiotic Supplementation," Oxid Med Cell Longev 2020; 2020: 2638703

Chapter 3

The South American “wolf peach” that helps fight cancer by shutting off its food supply

- ¹ “A multicenter case–control study of diet and lung cancer among non-smokers,” *Cancer Causes & Control* 2000; 11: 49-58
- ² “Inverse Association between Dietary Intake of Selected Carotenoids and Vitamin C and Risk of Lung Cancer,” *Front Oncol* 2017; 7: 23
- ³ “Tomatoes, Tomato-Based Products, Lycopene, and Cancer: Review of the Epidemiologic Literature,” *JNCI* 1999; 91(4): 317-331
- ⁴ *ibid.*
- ⁵ *ibid.*
- ⁶ *ibid.*
- ⁷ “Role of lycopene in the prevention of cancer,” *Int J Nutr Pharmacol Neurol Disease* 2012; 2(3): 167-170
- ⁸ “Lycopene in cancer therapy,” *J Pharm Bioallied Sci* 2016; 8(2): 170-171
- ⁹ *ibid.*
- ¹⁰ “Tomato Lycopene and Lung Cancer Prevention: From Experimental to Human Studies,” *Cancers* 2011; 3: 2,333-2,357
- ¹¹ *ibid.*
- ¹² “Multiple Molecular and Cellular Mechanisms of Action of Lycopene in Cancer Inhibition,” *Evid Based Complement Alternat Med* 2013; 2013: 705121
- ¹³ “Lycopene inhibits angiogenesis both in vitro and in vivo by inhibiting MMP-2/uPA system through VEGFR2-mediated PI3K-Akt and ERK/p38 signaling pathways,” *Mol Nutr Food Res* 2012; 56(6): 889-899
- ¹⁴ “Angiogenesis inhibitors,” National Cancer Institute (www.cancer.gov), 4/2/18
- ¹⁵ “Vascular Endothelial Growth Factor (VEGF) Inhibitor Global Market Report 2021: COVID-19 Growth And Change To 2030,” The Business Research Company (www.thebusinessresearchcompany.com), 3/2021
- ¹⁶ “Role of Active Components of Medicinal Food in the Regulation of Angiogenesis,” *Front Pharmacol* 2021; 11: 594050
- ¹⁷ “Using food as medicine: Woman’s battle against cancer being studied by researchers,” *Fox42* (www.fox42kpt.com), 5/21/18
- ¹⁸ “Woman Claims to Beat Cancer with Anti-angiogenic Diet and Reiki, and Harvard Scientists Want to Know More,” *Newsweek* (www.newsweek.com), 5/30/18
- ¹⁹ “Tumor Angiogenesis as a Target for Dietary Cancer Prevention,” *J Oncol* 2012; 2012: 879623

Chapter 4

How “routine” cardiology is failing seniors

- ¹ “Knowledge Gaps in Cardiovascular Care of the Older Adult Population,” *Circulation* 2016; 133(21): 2,103-2,122
- ² “International Study of Comparative Health Effectiveness With Medical and Invasive Approaches – ISCHEMIA,” American College of Cardiology (www.acc.org), 12/22/20
- ³ “Levels of Evidence Supporting American College of Cardiology/American Heart Association and European Society of Cardiology Guidelines, 2008-2018,” *JAMA* 2019; 321(11): 1,069-1,080 3 “Fat in Margarine is Tied to Heart Problems,” *The New York Times* (www.nytimes.com), 5/16/94
- ⁴ “Dairy fat and risk of cardiovascular disease in 3 cohorts of US adults,” *AJCN* 2016; 104(5): 1,209-1,217
- ⁵ “The dairy fat paradox: Whole dairy products may be healthier than we thought,” *Med J Islam Repub Iran* 2017; 31: 110
- ⁶ “Associations of urinary sodium excretion with cardiovascular events in individuals with and without hypertension: a pooled analysis of data from four studies,” *The Lancet* 2016; 388(10043): P465-475

Chapter 5

The delicious, artery-protecting side dish every woman over 70 should know about

- ¹ “Cruciferous vegetable intake is inversely associated with extensive abdominal aortic calcification in elderly women: a cross-sectional study,” *Br J Nutr* 2021; 125(3): 337-345

Chapter 6

The nightly dessert that research shows improves heart health—starting in just 2 hours!

- ¹ “Cardiovascular effects of flavanol-rich chocolate in patients with heart failure,” *Eur Heart J* 2012; 33(17): 2,172-2,180

Chapter 7

The sweet, ruby-red juice that research shows can help lower blood pressure

- ¹ "Effect of beetroot juice on lowering blood pressure in free-living, disease-free adults: a randomized, placebo-controlled trial," *Nutr J* 2012; 11: 106
- ² "One Week of Daily Dosing with Beetroot Juice Improves Submaximal Endurance and Blood Pressure in Older Patients with Heart Failure and Preserved Ejection Fraction." *JACC Heart Fail.* 2016; 4(6): 428–437
- ³ "Plasma total homocysteine, B vitamins, and risk of coronary atherosclerosis." *Arterioscler Thromb Vasc Biol.* 1997 May;17(5):989-95.
- ⁴ "The kidney and homocysteine metabolism." *J Am Soc Nephrol.* 2001 Oct;12(10):2181-9.

Chapter 8

The popular—and cheap!—"Southern snack" that slashes the risk of dying from a heart attack

- ¹ "Prospective Evaluation of the Association of Nut/Peanut Consumption With Total and Cause-Specific Mortality," *JAMA Intern Med* 2015; 175(5): 755-766

Chapter 9

Why diabetes drugs may be a big mistake for people over 65

- ¹ "Is Strict Glycemic Control Meaningless for the Elderly?" *MedScape Medical News* (www.medscape.com), 12/6/19
- ² "Are current clinical trials in diabetes addressing important issues in diabetes care?" *Diabetologia* 2013; 56: 1,226-1,235
- ³ "Survival as a function of HbA1c in people with type 2 diabetes: a retrospective cohort study," *The Lancet* 2010; 375(9,713): P481-489
- ⁴ "Is Strict Glycemic Control Meaningless for the Elderly?" *MedScape Medical News* (www.medscape.com), 12/6/19
- ⁵ "Emergency hospitalization for adverse drug events in older Americans," *N Engl J Med* 2011; 365(21): 2,002-2,012
- ⁶ "Increased mortality of patients with diabetes reporting severe hypoglycemia," *Diabetes Care* 2012; 35(9): 1,897-1,901
- ⁷ "Paradox of glycemic management: multimorbidity, glycemic control, and high-risk medication use among adults with diabetes." *British Medical Journal Open Diabetes Res Care* 2020; 8(1): e001007
- ⁸ "Natural history of prediabetes in older adults from a population-based longitudinal study," *J Intern Med* 2019; 286(3): 326-340

Chapter 10

The spice rack secret that one in-vitro study showed is up to 400 times stronger than metformin

- ¹ "\$76 Billion Diabetes Drug Market, Oral, Injection, Regions, and Companies, 2018 Report—ResearchAndMarkets.com," *BusinessWire*, 11/26/18
- ² "Curcumin activates AMPK and suppresses gluconeogenic gene expression in hepatoma cells," *Biochem Biophys Res Commun* 2009; 388(2): 377-382
- ³ "Curcumin Extract for Prevention of Type 2 Diabetes," *Diabetes Care* 2012; 35(11): 2,121-2,127
- ⁴ "Curcumin and Diabetes: A Systematic Review," *Evid Based Complement Alternat Med* 2013; 2013: 636053