

Fred Pescatore, MD

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logical health  
ALTERNATIVES

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# **THE TRUTH EXPANSION PACK: Cures from the cutting room floor**

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**Volume 2**

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## TABLE OF CONTENTS:

|                                                                                                    |    |
|----------------------------------------------------------------------------------------------------|----|
| Groundbreaking research reveals a sinister secret behind Alzheimer's disease.....                  | 3  |
| The common-sense secret to slashing your cancer risk in half.....                                  | 5  |
| Steel yourself against sugar cravings and critical illness with<br>the same simple substance ..... | 8  |
| The real reason you're tired all the time—and what you can do to fight it.....                     | 10 |
| Three life-saving tests people aren't getting—but should .....                                     | 13 |
| The secret source of your nagging hay fever symptoms.....                                          | 14 |
| The real cause of irritable bowel syndrome .....                                                   | 17 |
| How to beat back seasonal depression without drugs .....                                           | 20 |
| The Scandinavian secret solving the “missing piece” to ultimate blood-sugar support.....           | 23 |
| The terrifying diagnosis you've never heard of.....                                                | 26 |
| The deadly psoriasis risk you haven't heard about .....                                            | 29 |
| Brand new research turns everything you thought you knew<br>about cholesterol on its head.....     | 33 |
| Two simple supplements that can help you slam the brakes on Alzheimer's.....                       | 35 |
| Head-to-toe protection from the strongest antioxidant on Earth .....                               | 37 |
| The silent epidemic stealing your youth.....                                                       | 39 |

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Dr. Fred Pescatore's *Logical Health Alternatives* is published monthly by OmniVista Health Media, L.L.C., 100 W Monument St. Baltimore MD 21201 for \$74 per year (\$6.16 an issue).

POSTMASTER: Send address changes to Logical Health Alternatives, 100 W Monument St. Baltimore MD 21201.

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# Groundbreaking research reveals a sinister secret behind Alzheimer's disease

Alzheimer's disease is overtaking the country. While health experts worldwide have been spinning their wheels trying to figure out why.

Finally, a revealing new study may have the answer. Researchers have uncovered scientific evidence that links diabetes and Alzheimer's disease. This may explain why Alzheimer's rates are reaching epidemic proportions—just like diabetes.

Unfortunately, this monumental finding hasn't made headlines anywhere. At least not in the mainstream media. Instead, their focus is on experimental new drugs currently in the works.

I can't stress this enough... There is absolutely NO REASON to wait for the "cocktail of Alzheimer's drugs" that's supposed to come down the pike some 15 years from now. (According to government estimates.)

Thanks to this new research, reversing the process that triggers Alzheimer's disease has never been more possible. And you can start today.

## **Blood sugar and brain health go hand-in-hand**

I write a lot about diabetes. And for good reason. Over time, those blood sugar spikes take a toll on your body. Your circulatory system...your nervous system...and, yes—your brain.

This risk factor has been on my radar screen for years. Yet very little attention has been paid to it by mainstream medicine. In fact, diabetes isn't even listed in the Alzheimer's Association's 2012 Facts and Figures report as a risk factor.

Which is why the groundbreaking study I mentioned above, published in July 2012 in the *Journal of Alzheimer's Disease* should have been major news. It provides the first solid proof of exactly how diabetes affects the brain.<sup>1</sup>

Researchers found increased levels of amyloid beta oligomers in the brains of people with diabetes. People without diabetes had no such increases in the amyloid oligomers.

Why is this so critical? (Bear with me for a

moment—this gets a bit technical.)

You see, a healthy adult brain is a circuit of 100 billion neurons and long branches. These oligomers attach to neurons and cause insulin resistance in the brain. And insulin plays an important role in memory formation.

So these beta amyloid oligomers negatively impact your memory. But that's not the only way they contribute to Alzheimer's.

They're also neurotoxins. They interfere with the synapses responsible for transferring information. And they eventually contribute to neuron and brain cell death.

In other words, these beta amyloid oligomers poison your brain.

Here's the good news...

## **You can stop the downward spiral today**

You can take control of blood sugar spikes. And prevent—even reverse—the damaging effects they have on the brain.

It starts with ditching the Standard American Diet (SAD), full of sugar, starches, and processed, packaged foods. All of these so-called "foods" trigger blood sugar spikes that set you on the road to both diabetes and Alzheimer's disease.

This is the single most important thing you can do. And not just to protect yourself from diabetes and Alzheimer's. But to transform your health overall from the inside out.

There are also some specific foods and nutrients that can help boost your brain health even further. In fact, there are some foods you probably have in your kitchen right now that have impressive research supporting their anti-Alzheimer's benefits.

## **Five brain healers in your kitchen right now**

Eggs may be the perfect anti-Alzheimer's food. They're literally packed with brain-supporting nutrients. Starting with cholesterol. Yes, you read that right. As terrified as everyone is of cholesterol

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(thanks to mainstream medicine), it's actually an essential nutrient for your brain. In fact, high levels of cholesterol have been linked to better memory and mood in healthy middle-aged and elderly people. And higher levels of total cholesterol are associated with a decreased risk of dementia in elderly people.

Eggs are also rich in vitamin A which feeds the hippocampus, the brain region that breeds new brain cells.

And eggs are terrific sources of choline, a nutrient that supports the brain's message relay system (the synapses). Choline also maintains the structure of brain cell membranes.

In a gold-standard randomized study in *Clinical Therapeutics*, dementia patients who took choline had consistent cognitive improvement.<sup>2</sup> And a major review of 10 studies found that choline significantly improved dementia patients' clinical conditions.<sup>3</sup>

All **berries** are packed with antioxidants. And one recent study found low blood levels of several key antioxidants in the brains of 41 Alzheimer's patients.<sup>4</sup> That list includes vitamins A and E, lutein, zeaxanthin, lycopene, alpha- and beta-carotene (which are converted into vitamin A in the body). Low levels were also associated.

But blueberries appear to be especially powerful brain-boosters. A study in the journal *Sub-Cellular Biochemistry* found that the complex mix of polyphenols found specifically in blueberries has beneficial effects on cell signaling and brain cell communication.<sup>5</sup>

**Butter** is an excellent source of vitamin A. And vitamin A supports enzymes that create neurotransmitters like dopamine and their receptors. These are key players in the basic biochemistry of memory. But keep in mind we're talking about real butter, not margarine. And certainly not those blends that claim to be "better" than butter—hardly!

**Sunflower seeds** provide magnesium, a mineral that protects your brain from ammonia (a waste product) and improves memory and learning. A study in the *Journal of Alzheimer's Disease* also found

that magnesium helps to decrease levels of the amyloid- beta proteins that lead to Alzheimer's.<sup>6</sup>

They also contain vitamin E. This essential nutrient has all sorts of functions in the body. But it's especially critical for protecting omega-3 fats, which are concentrated in neurons. And a recent study in the *Journal of Alzheimer's Disease* found that dietary intake of vitamin E particularly lowered the risk of dementia.<sup>7</sup> And another study in the journal *Brain Research* showed vitamin E actually protects brain cells from dying.<sup>8</sup>

**Salmon** is one of the best sources of those omega- 3s that feed and protect your brain's neurons. And one recent scientific review published earlier this year in the *Proceedings of the Nutrition Society* found that omega-3 fats from fish significantly protect the brain from dementia.<sup>9</sup>

These foods are the simplest way to start supporting your brain. But there are also a few supplements that can take your efforts even further.

### **My top brain-boosting supplements**

**French Maritime pine bark extract.** You knew I'd say it. But it's not just on this list because it's my favorite supplement. There's very clear—and impressive—research supporting pine bark extract's brain-protecting benefits.

The French Maritime pine bark extract has been shown to protect brain neurons from amyloid-beta peptides. And a study published in 2008 concluded that 150 milligrams of pine bark extract per day can significantly improve memory—with effects starting in as little as one month.<sup>10</sup>

**Pterostilbene.** Now, a brand new study (published in the journal *Neurobiology of Aging*) has found that even low doses of pterostilbene protect the brain from damage caused by cellular stress and inflammation. Both of which are leading causes of Alzheimer's.<sup>11</sup> I recommend at least 50 mg per day.

**Vitamin D3.** There's not much vitamin D isn't good for. A study in the *American Journal of Alzheimer's Disease* showed that vitamin D "clearly has a beneficial role in Alzheimer's Disease." And that it improves cognitive function in patients with dementia.<sup>12</sup> Just make sure you're getting vitamin D3—the active form of this nutrient. I recommend

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2,000 to 5,000 IU per day.

**Curcumin.** Studies have shown that that curcumin (the active ingredient in the spice turmeric) inhibits specific enzymes linked to type 2 diabetes. But preliminary research also shows curcumin reduces the buildup of amyloid-beta peptide proteins involved in Alzheimer's.<sup>13</sup> Take 500 mg per day.

**Omega-3 fatty acids.** In addition to getting these essential fats from food sources like salmon, it's also a good idea to take a fish-oil supplement as well.

A study in the journal *Neuropharmacology* offered compelling evidence that omega-3 fatty acids nurture and protect the brain from infancy to old age. And this study suggests that omega-3s may be one of the key factors involved in protecting the brain from Alzheimer's. They suggest omega-3 may protect the brain from Alzheimer's and other diseases.<sup>14</sup>

For this reason—and many others—I suggest investing in a high-quality DHA/EPA fish oil supplement to take every day. I recommend 3,000 mg per day.

## **Exercise your body and your brain**

I probably sound like a broken record by now, but the simple fact is, exercise staves off a long list of evils. And Alzheimer's disease is no exception.

According to a review in *Neurobiology of Disease*, human and animal studies indicate that exercise is a powerful way to counteract the underlying cell changes that cause brain cell death in the hippocampus, the brain's learning and memory center.<sup>15</sup> Promise me you'll take that little 15-minute walk tonight.

### **And don't forget that your brain needs regular exercise, too.**

A study in the *Archives of Neurology* earlier this year also found less evidence of Alzheimer's in people who were "cognitively active" throughout their lives. Those who engaged in reading, writing, and games in later years had much less "uptake" of beta-amyloid peptides that contribute to brain cell death.<sup>16</sup> Take a few minutes every day to work on a crossword puzzle, read a book, or write a letter to a friend.

It's worth the little bit of effort if it means preserving your brain.

*Citations available upon request.*

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## **The common-sense secret to slashing your cancer risk in half**

Once again, our government has it *all wrong* when it comes to cancer prevention.

And the report from the World Cancer Congress in 2012 proves it beyond a shadow of a doubt. Among other vital points it raises a simple but important distinction to keep in mind when you decide what to eat and what not to eat.

Namely, that not *all* fruits and vegetables protect against cancer (as government nutrition guidelines would have you believe). Rather, *specific* plants—mostly vegetables—protect against specific cancers.

This means that we need to look at the type of

vegetables we eat, not just the quantity. Because only by consuming specific foods in combination can we effectively lower cancer rates. Which also means, of course, that the old 5-per-day rule is hogwash... as is just about everything the USDA tells us.

But that's another story. For now, I'd like to share some common sense information that could end up saving your life.

### **Take on breast, bladder, and prostate cancer... with broccoli**

An unhealthy diet is a key promoter of certain cancers. And it's *always* associated with fruit and

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vegetable deficiency. Fruit and vegetable deficiency, in turn, is associated with the formation of a carcinogenic environment in your body.

The link between vegetable consumption and lower cancer rates is crystal clear. But it's not as if plants produce special, magical chemicals to help us fight cancer... at least, not directly.

Plants produce an arsenal of compounds to protect themselves from their natural enemies—yeast, bacteria, and insects. And research has shown that some of these chemicals also have potent anticancer properties.

But once again, these anticancer properties are associated with specific fruits and vegetables. And specific types of cancer.

Take broccoli and other cruciferous veggies, for example. These plants are packed with disease-fighting antioxidants. They also contain phytochemicals like sulforaphane and diindolylmethane (DIM), which help balance estrogen in the body and kill cancer cells.

One recent three-year study followed 4,886 breast cancer patients for three years post-diagnosis. As it turns out, women who ate the most cruciferous veggies enjoyed a 35 percent lower risk of cancer recurrence.

Even more impressively, they benefited from a 62 *percent* lower risk of dying from breast cancer. Or dying from *any* cause at all, for that matter.

But that's not all. Prospective studies performed with tens of thousands of participants have linked the consumption of cruciferous vegetables to reductions of approximately 50 percent in both bladder and prostate cancer. And to a 30 percent drop in lung cancer.

Needless to say, this is one class of vegetables you want to be filling up on.

### **A half cup a day keeps the cancer cells at bay**

Obviously, there's no RDA for sulforaphane or DIM. And research points to a wide range of serving sizes when it comes to reaping the best benefits cruciferous vegetables have to offer.

Some studies suggest that as little as a half a cup of kale, broccoli, Brussels sprouts, or cauliflower a

day could have a significant impact on your cancer risk. And you can preserve nutrients and maximize the disease-fighting power of these veggies by *not* overcooking them.

Chopping cruciferous vegetables and allowing them to sit for a few minutes before preparation is also important. This allows cancer-fighting phytochemicals to convert to more potent and bioavailable active forms. Which means you'll be gobbling up more cancer protection with every bite.

Of course, some research prescribes as many as *five* servings of broccoli every day for reliable cancer protection. That's not realistic for most people—especially if you're not a big fan of cruciferous vegetables in the first place.

In this case, you might consider filling up on cruciferous sprouts instead, which contain more concentrated levels of key cancer-fighting compounds. (These are most often available in supplement form.) Look for a product standardized to contain high levels of active components like glucosinolates, which are precursors to DIM and sulforaphane.

DIM and sulforaphane supplements are also readily available and generally inexpensive. I recommend 60 mg, three times a day of DIM. Sulforaphane is usually a .33% concentration in a 250 mg pill.

### **Leafy greens cut off cancer at its most lethal**

But cruciferous veggies are hardly the only plants to offer ironclad cancer protection. Tomato consumption has also been associated with a 25 percent reduction in prostate cancer. And this is at least partly because of the phytochemical lycopene.

This carotenoid is a powerful antioxidant that gives tomatoes their characteristic red color. Men concerned about prostate health should get 40 mg of lycopene twice per day. Luckily, this is easy to do with a mix of food and supplements.

It's well worth noting that lycopene levels are higher in cooked tomatoes, as opposed to raw. So that's a green light for an extra serving of tomato sauce—minus any added sugar, of course. (And whatever you do, pass on the pasta. Spoon your sauce over meatballs or chicken cutlets instead.)

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And don't forget to serve a big salad on the side. Studies show that the consumption of leafy green vegetables—which contain generous amounts of dietary folate—can reduce the risk for pancreatic cancer by approximately 75 percent.

Considering how aggressive pancreatic cancer is, this is a spectacular benefit. Recent research shows that diabetics are 80 percent more likely to be diagnosed with this fearsome disease. So the need for practical methods of prevention is dire, to say the least.

You can get ample folate with a few hearty servings of spinach, lentils, and avocado. But to err on the safe side, I always recommend a daily B-100 supplement (which you can usually find at any drugstore or supermarket) to all my patients.

### **Stop cancer growth with a splash of red and green**

Edible cancer protection doesn't end past the produce department. Let's not forget about that superstar of disease-fighting phytochemicals, resveratrol.

Research shows that resveratrol from grapes and red wine is able to kill cancer cells isolated from a variety of tumors. As you might expect, this activity correlates with stunted tumor growth in animals.

Even so, I'd advise skipping the wine. The sugar you'll find in each glass only detracts from resveratrol's otherwise unrivaled health benefits. You're better off supplementing instead. I generally recommend taking 500 mg of trans-resveratrol (its most potent form) per day.

Green tea, however, is a different story. This drink is naturally sugar free, but rich in a phytochemical called epigallocatechin gallate (EGCG). Chances are more than good that you've heard of EGCG and its incredible health benefits before.

But in this case, the hype is well earned. Research shows that EGCG targets tumor invasion and metastasis, preventing the spread of cancer. It also inhibits angiogenesis—the process by which tumors grow new blood vessels to feed themselves.

Not least of all, EGCG is a strong antioxidant, which can help to mop up free radicals and ease inflammation. Which brings me to my final point...

### **Fighting fire with fire**

Inflammation, inflammation, inflammation. That's the buzzword of early 21st century medicine.

But guess what? If we didn't live in such a toxic environment we wouldn't be half as inflamed as we are. It's one big vicious cycle. And it can be a really hard one to remove yourself from.

Still, you have to keep fighting against these inflammatory factors like your life depends upon it. Because really, it *does*.

It's a well known fact that any prolonged inflammatory stimulus can pave the way to cancer. A good example is inflammatory bowel disease, which remains a major risk factor for colorectal cancer. Similarly, *Helicobacter pylori* infection can lead to chronic gastritis, which is a risk factor for gastric cancer.

Simply put, where there's chronic inflammation, cancer can (and most likely will) follow. It's only a matter of time.

So it's a good thing that nature offers a cornucopia of anti-inflammatory cancer killers. Of these, the most powerful is probably curcumin.

I've written about this substance before. It's a staple on my list of must-have "desert island" supplements. And I saved it for last because it really is that amazing. Not just against cancer... but against arthritis, Alzheimer's, ulcers, and more.

Turmeric is the most potent source of curcumin. And to get the amounts that you need to fend off cancer most effectively, a high-quality supplement is the way to go. I recommend 500 mg per day.

That said, don't hesitate to incorporate curry into your culinary repertoire too. A hot plate of vindaloo is a great way to warm up a cold winter night... and when it comes to cancer prevention, every little bite counts.

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# Steel yourself against sugar cravings and critical illness with the same simple substance

Don't kid yourself—sugar is an addiction.

Those cravings aren't *all* in your mind. And when you start a diet, your body is still very much caught in the spider web that sweet stuff inevitably spins.

I know this song and dance all too well. I've devoted my life's work to helping people end it. And I'm happy to share my secrets whenever I can.

Secrets like l-glutamine.

It's my go-to rescue remedy for sugar addicts. (And a whole lot of other conditions, too—but more on that later.)

First, let's talk about what glutamine is and the many roles it plays in your body.

A “crash” course in craving control

Glutamine is an amino acid—the most abundant in your body, actually. It provides energy to your muscles and your brain. And it regulates a number of biological functions, including the synthesis of protein, vitamin B3, and the antioxidant glutathione.

It's also a world-class craving killer, for a few different reasons.

For starters, it's able to inhibit insulin release during times of hypoglycemia, which prevents hard blood-sugar crashes. (The same crashes that often trigger your intense cravings for sugar.)

It also stimulates your body to release stored glucose (called glycogen) in order to get low blood sugar back on track. And finally, glutamine is able to stand in for sugar itself when your body really needs the energy.

All three of these properties add up to the perfect foil for midnight cookie binges. In a nutshell, glutamine ensures that your blood sugar never gets low enough that your body hits the panic button.

That's why I recommend glutamine to *all* my dieting patients—500 mg, three times a day, and

whenever one of those irresistible sugar cravings hits.

I find that it takes the edge off just enough to help you say no when the dessert course rolls around.

And in the earlier stages of your weight loss journey, this can be a real lifesaver.

Of course, once your body adjusts to its new life without sugar and your cravings disappear, you probably won't need to supplement with glutamine anymore.

But depending on your health situation, you may want to keep your glutamine handy. Because as I mentioned earlier, this amino acid has a long list of functions that go way beyond blood-sugar control.

The bigger story behind my favorite sugar-buster

Again, glutamine is abundant both in your body and from food sources—which means that most people have more than adequate stores to stay healthy.

But there are some factors that could make you an exception.

A battered digestive tract is one of them. Glutamine is a critical nutrient to the cells lining your gut, and acts as a primary source of fuel for them.

Research shows that glutamine is essential for reinforcing your GI tract, both repairing and guarding against gut damage. This is especially important for anyone with IBS, ulcerative colitis, celiac disease or any other irritating digestive condition that can erode the GI tract.

By combating conditions that lead to bowel permeability (more commonly known as “leaky gut”), glutamine can help to maximize nutrient absorption and minimize inflammation.

But the lining of your GI tract also hosts over half of your entire immune system. So keeping

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it in good shape is obviously much more than a matter of good digestion. That's one reason why this amino acid has emerged as an essential form of support for the critically ill. But it's not the only one.

Glutamine's role in maintaining muscle makes it popular with bodybuilders. But the same benefit also guards against muscle and organ wasting in patients battling severe trauma or infection.

Glutamine is an essential ingredient in your body's recovery process—whether it's from a wound, surgery, or disease. And research indicates that ample or depleted stores don't just dictate the speed with which your body rebounds. They could also mean the difference between life and death.<sup>1</sup>

Which brings me to an especially controversial application of this versatile amino acid...

A split consensus in the fight against cancer

As usual, one of the main controversies behind glutamine lies with its potential benefit—or danger—to cancer patients.

The evidence really does seem to go both ways. So I'll give a brief account of both sides of the story and let you decide for yourself.

Let's start with the bad news—which is that glutamine's greatest strength might also be its weakness.

Part of glutamine's benefit is that it is the perfect "food" for rapidly dividing cells. In fact, cells can't reproduce without it, which is one reason why your body needs it to heal.

These same properties, however, also make glutamine the perfect fuel for cancer cells. (In fact, many cancer patients present as glutamine depleted, possibly for this very reason.) Because of this, some experts fear that this glutamine supplementation could actually accelerate tumor growth in cancer patients.

But then, there's the other side of the coin. Chemotherapy specifically targets rapidly dividing cells. This means that glutamine's main drawback might actually be a blessing in disguise—potentially making treatment more effective.

And of course, all of the benefits of glutamine

supplementation that I've described above are particularly essential for a cancer patient. Gut integrity, strong immunity, faster trauma recovery, and less muscle wasting—these are acute needs for anyone fighting disease. Especially with the aid of ravaging cancer drugs.

So it's not surprising that clinical research also supports the use of l-glutamine in this population—showing that it can reduce chemotherapy's notorious gastrointestinal side effects, bolster immunity, and improve surgical outcomes.<sup>2</sup>

Ultimately, your decision to supplement with glutamine as part of a larger integrative cancer protocol boils down to your own comfort level. There are no clear answers at this time. But given the research out there, it's definitely worth discussing with your doctor.

Glutamine for human growth?

No surprise here: Glutamine may also help your body to release more human growth hormone (HGH).

As part of a 1995 study, researchers gave nine healthy subjects 2 grams of glutamine dissolved in a beverage to drink over a 20 minute period, 45 minutes after a light breakfast.

Compared with baselines collected a week earlier, eight out of nine subjects experienced plasma glutamine increases at 30 and 60 minutes. At 90 minutes, glutamine levels returned to control values—but plasma HGH levels had increased.<sup>3</sup>

These results appeared in the *American Journal of Clinical Nutrition*. Yes, it's a small study. But it's got pretty big implications for anyone trying to stay younger and healthier the natural way. (For an in-depth look at the age-defying benefits of HGH, see my article on HGH in this issue.)

Glutamine won't pack the same punch as growth hormone injections. But pairing it with other secretagogues (specifically, the amino acid L-arginine) may enhance its effects...making it worth a try for anyone who's not quite ready or able to take advantage of HGH therapy.

*Citations available upon request.*

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# The real reason you're tired all the time— and what you can do to fight it

When you think about it, adrenal burnout is as American as apple pie.

Intense or prolonged stress. Lack of sleep. Frequent travel. Noise and light pollution. A diet high in sugar and simple carbohydrates.

All of the above have two things in common: They're all fixtures of Western life. And they're all key contributing factors to adrenal fatigue.

Which means, of course, that all of us are at risk for this condition.

Will it kill you? No. But it's not exactly a walk in the park, either. In fact, if you have extreme adrenal fatigue, you're not likely to be walking *anywhere*.

That's because even mild adrenal exhaustion leaves you tired all the time. And in its most serious forms, burnout can leave you bedridden for all but a few short hours of your day.

So whether you think you need to or not, pay attention. I'm about to give the scoop on what adrenal fatigue is, how you can identify it... and most importantly, how you can stop it from destroying your life.

## The modern face of chronic fatigue

Adrenal fatigue is a hard disorder to put your finger on—but I like to think of it as the 21st century version of Chronic Fatigue Syndrome.

That's because many of the symptoms you may experience are similar to what we *used* to call chronic fatigue. It's just that now, we know the cause.

In the simplest terms, adrenal fatigue is a group of signs and symptoms that occurs when your adrenal glands aren't working properly. Exhaustion sets in when stress overwhelms these glands.

As you probably recall, your adrenal system is responsible for all of your body's stress responses, both physical and mental. It does this by producing hormones—like adrenaline and cortisol.

These hormones regulate the way your body

stores and produces energy. They modulate your immune system, your heart rate, your muscle tone, and other biological components of the stress response.

And they will spring into action whenever duty calls—whether it's a death in the family, the stress of major surgery, or your daily commute in rush hour traffic.

Whatever the circumstances, a healthy body's levels of these hormones will return to normal once a perceived threat subsides. But in the case of adrenal fatigue, your adrenal glands never get that memo.

They remain constantly activated, in chronic “fight-or-flight” mode. Your cortisol levels soar, and your body becomes less and less sensitive to it.

Weight starts to accumulate around your mid-section, even though your habits haven't changed. And that's just the tip of the iceberg.

Chronically elevated cortisol levels can trigger profound changes to your body—how it copes with stress, processes food, fights off illness, and handles toxins.

In a nutshell, your body stops being able to perform any of these basic functions properly. And guess what the end result is?

Chronic inflammation. And I don't think I need to remind you how harmful it is to your body. Inflammation is the driving force behind every debilitating disease in the book.

It's also the most dangerous underlying problem with adrenal fatigue. And the longer this condition goes untreated, the more it will impact your overall health.

## The two tell-tale signs you should never ignore

As the name suggests, the main symptom of adrenal exhaustion is fatigue.

You might have a general feeling of malaise and tiredness, of “not quite feeling yourself.” You might also have trouble remembering things, poor mood

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or other unexplained vague symptoms.

But beyond that, there may not be any obvious signs of physical illness—which only complicates diagnosis.

With such prevalent causes, it's fair to assume that adrenal fatigue currently affects *millions* of people worldwide. Yet, conventional medicine still doesn't really recognize it.

Most doctors continue to lean on the old-school “chronic fatigue” diagnosis—which is tantamount to saying that there's really nothing wrong with you.

This is probably the most frustrating thing a patient can hear. In many cases, it's simply the product of ignorance. When you're as familiar with this condition as I am, it becomes fairly easy to recognize.

For me, there are usually two tell-tale signs of adrenal fatigue. The first is that most people suffering from burnout depend on coffee or other forms of caffeine or stimulants to get going in the morning and to make it through the day. The second is that the patient routinely wakes up around 3 or 4 in the morning.

But you should also take note if you're experiencing one or more of the following symptoms on a regular basis:

- Unexplained tiredness
- Trouble waking up in the morning, despite a reasonable bedtime
- Generally feeling rundown
- Tough recovery from stress or sickness
- Cravings for salty and sweet foods
- Peak energy and alertness after 6 p.m.

These are all signs that your adrenal glands could be suffering.

### **Recovery starts with a simple blood test**

There are several tests you can get to help determine whether you have adrenal fatigue. These are simple blood tests you can ask your doctor for—and they can be done in any lab.

The two main blood tests I look at are fasting

DHEA-sulfate (DHEA-s) levels and fasting cortisol levels. These are both direct indicators of how well your adrenal gland is functioning.

If your cortisol level is too low (less than 10) or is too high (greater than 20), that could suggest there's a problem.

If it's too high, this means your adrenals are still functional enough to produce cortisol. This points to a more moderate level of adrenal fatigue.

If cortisol levels are too low, however, then your adrenals are starting to cease functioning at all. Obviously, that's the bigger of the two problems—though both results warrant further investigation.

DHEA-s, on the other hand, is another hormone that originates in your adrenal glands. Your levels decrease naturally over time, so test results should be interpreted according to age range.

Gender differences also matter, since men will have higher DHEA-s levels than women at any age range.

As is often the case, the ranges that most labs use to assess results are inadequate at best. Generally speaking, I think that minimum levels of DHEA-s should fall around 400 for men and 300 for women.

That number will vary if you are very young or very old. But it's a good ballpark number to shoot for otherwise.

### **Eat like a caveman—sleep like a log**

Once you've identified a problem, it's time to take a good hard look at your habits.

There are ways to promote adrenal health through the use of nutritional supplementation. But before I mention those, I must mention diet. Diet is the *most* critical component when it comes to restoring adrenal function.

Cut out all sugars and grains and shoot for nothing but vegetables and protein. You've got to eat like a caveman in this situation.

The second most important thing to do is to get enough sleep. If you don't rest, your adrenal glands just won't be able to recover.

I realize this is sometimes easier said than done.

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But proper diet can go a long way in improving sleep quality.

If you're still struggling in spite of these changes, there are a lot of natural sleep aids that can help—melatonin, 5-HTP, and valerian root, to name a few. Feel free to experiment in order to find the combination that's right for you.

### **Eight natural weapons in the fight against fatigue**

I recommend a short list of critical supplements to all of my patients battling with adrenal exhaustion.

**DHEA.** This is a band-aid to help support your adrenal gland and to give it some much needed rest. There are people who should never take this—like those with hormonally related cancers, pregnant and lactating women, and men with an elevated PSA. Of course, you should check with your personal physician. But for most, DHEA is harmless to take.

I recommend anywhere from 5 to 50 mg per day, depending on the case.

**Rhodiola rosea.** This is actually a supplement I use a great deal with patients. It's a great herbal adaptogen that helps support the adrenal gland. Research shows that *Rhodiola* can increase your body's resistance to a variety of chemicals and other biological and physical stressors. (That includes exercise—which is why I recommend that all “gym rats” take this supplement.)

Preliminary research shows that *Rhodiola* can support your heart—and it supports your central nervous system, too. Researchers have attributed these properties to its ability to influence monoamine activity (the first antidepressants had the same ability), while boosting beta-endorphins. I recommend 30 mg of *Rhodiola*, three times per day.

**Schizandra chinensis.** This is another adaptogen used widely in my practice. It helps to stabilize the adrenal gland and acts in much the same way as *Rhodiola*. I recommend 60 mg, three times per day.

**Ashwagandha extract.** This herb is also an adaptogen, offering your body a buffer against stress and bringing you back into balance. Studies in mice show it can support your immune system.

It may help to improve learning and memory. And it can reduce anxiety and poor mood *without* causing drowsiness.

As an added benefit, it may also help to support healthy blood sugar. I recommend 150 mg of ashwagandha, three times per day

**Eleutherococcus sinensis root extract.** This is also known as Siberian Ginseng and it's an adaptogen. I recommend 150 mg, three times per day.

**Panax ginseng.** This is another classic adaptogen. I recommend 50 mg three times per day.

**Phosphatidylserene.** This is a component of your cell membranes—and particularly your neurons—so it works a little differently than the other adaptogens.

It doesn't alleviate stress. It helps to keep your cells healthy and functioning their best. I recommend 50 mg, three times per day

**Licorice.** This is a good detoxifying agent. You can use 10 mg, three times per day.

Most of these extracts are readily available in health food stores and from online retailers. I have also created an adrenal support formulation of my own, called Adrenal Logic. It includes a blend of adaptogenic herbs and phosphatidylserene along with the addition of beneficial B vitamins. It does not include DHEA, since not everyone should take it. Adrenal Logic is available through my website.

### **Good results come to those who wait**

Obviously, there are other treatment modalities you can use to recharge your batteries—including meditation, or even just a good old vacation.

But whatever you do, don't let adrenal fatigue get the best of you. *Fight back.*

You have the tools now to get this condition under control and to take back your life once and for all. You just have to be patient.

Your adrenal glands didn't wear out overnight—and they won't bounce back that quickly either.

It may take six months to a full year of treatment before you start to really see a difference. So stick with it—because there is light at the end of this tunnel.

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# Three life-saving tests people aren't getting—but should

I've talked a lot about cancer screening in the past. Mostly with respect to the very real problem of over-diagnosis, and the risks that it poses to the public health.

But I recently came across some surprising new research that addresses the other side of the cancer screening coin. And it's important enough that I want to share it with you.

A new survey shows that, in the last decade, the general U.S. population did not meet goals for cancer screening, except in the case of colorectal cancer.<sup>1</sup> And even that number came in at a paltry

54 percent of all eligible Americans.

That means almost half of the population eligible for colon cancer screening *didn't* get it. And the turnout for other forms of cancer screening was presumably far worse.

This study analyzed data from hundreds of thousands of adults—so it would appear that the researchers reached across racial and socio-economic demographics.

Which, of course, makes the results that much more disappointing.

It seems that most people failed to see their doctor for recommended breast, cervical, and prostate cancer screening. (On the other hand, cancer survivors met screening goals for all cancer types except cervical cancer. Perhaps you need to be “scared straight,” so to speak.<sup>2</sup>)

I guess I don't know who's to blame for this problem. Is it because of a lack of public education about the importance of screening? Or is it the physician who doesn't have time to counsel patients on the importance of such testing?

Or could it simply boil down to the general fear that many patients tend to have of getting that testing in the first place?

In reality, it's probably a combination of all of these factors. But the fact remains that screening for certain types of cancers can save lives.

As someone who's a fierce proponent of proactive health care, I can't imagine not getting preventative screening. So let's talk about this.

## A few simple tips for safe and effective screening

Cervical cancer screening is a relatively benign and non-invasive procedure—a routine pap smear—and it's something that I absolutely believe in. There is simply no excuse not to have this test performed.

Screening for colorectal cancer can now be done through a blood screening. It's not as effective as a colonoscopy. But it can at least give you an indication if you are at an increased risk for the disease or not.

The ColoVantage blood test is available through Quest Diagnostics. This test is able to detect colon cancer based on genetic markers (in this case, the SEPT9 gene), about 70 percent of the time. And in most cases (about 89 percent of the time) the result is accurate.

Another test, called Colon Sentry, which I wrote about before, is unfortunately no longer available.

Blood tests are a good way to assess your individual risk. But they can't provide a definite diagnosis.

That's why I still recommend routine colonoscopies. They're safe, and while the prep may make some people squeamish, they can save lives. (I personally get one every three years, since I have a very strong family history of this type of cancer.)

There is considerably more controversy surrounding PSA screenings.

My opinion? I still think it's an effective marker. But because it has been so abused by the medical community—leaving men brutalized by their doctors based on unreliable results—it's a form of screening that's on the decline.

This is a sad case of “several bad apples...” Because if you do the right thing with the information it provides—like make smart lifestyle

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changes instead of drastic treatment decisions—the PSA test can be a very valuable tool.

As for breast screening, you probably know by now that I'm *not* a fan of mammography. We radiate women's breasts with the risk of increasing their chances of developing breast cancer just by looking for it. That's why I always recommend MRI or ultrasounds before mammograms.

These forms of screening are effective and low-risk. But they're not cheap by any means, so you should check with your insurance to verify coverage first.

### **The best form of prevention is free**

This, of course, brings me to another issue. None of these provisions may mean much in the long run. Because the world of cancer screening is about to change dramatically with reductions in covered services.

So it's a good thing that screening isn't the only form of prevention at your fingertips.

You can eat properly, exercise regularly, and put nutritional supplementation to work for you. All of these strategies combined comprise the *true*

cornerstone of cancer prevention.

And we're not using them *nearly* enough. Cancer is still a leading cause of death in this country—most likely related to our outrageous obesity rates and sugar consumption.

As I've mentioned before, our bodies produce cancer cells every day. A healthy immune system, however, nips this process in the bud before it has a chance to get out of hand.

Unfortunately, obesity and sugar work hand in hand to suppress your immunity, promote inflammation, and fuel cancer. But you can lower your risk *significantly* by getting fit and replacing soda and cookies with fresh veggies and lean protein.

It really is that simple.

So be proactive. Stay tuned to research updates. Follow my New Hamptons Health Miracle. And make sure you take your supplements.

Because the old adage about "an ounce of prevention" is as true now as ever.

*Citations available upon request.*

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## **The secret source of your nagging hay fever symptoms**

### ***And how to stop it at the source***

So much of the conversation about allergies focuses on environmental triggers—pollens, animal dander, dust, you name it.

And yes, clearing your environment of all of these things is obviously important if you suffer from severe allergies.

But it's also only half of a much bigger picture.

A true cure for hay fever requires turning the focus inward. I call it "cleansing your internal environment." Because, if your internal environment is tidy, then the external factors that fuel your allergies—pollens, dander, or *anything* for that matter—just won't trigger the same reactions.

Think of it as allergy-proofing your body—

against runny noses, itchy eyes, scratchy throat, headaches, and every tell-tale symptom in between. *Without* prescription drugs. And *without* locking yourself inside until winter.

Yes, it can be done. You just have to make a few key changes.

### **Why yeast is a problem for everyone— and how you can get rid of it**

The first and foremost priority is cleaning up your diet. This includes eliminating any foods that contain yeast and can contribute to *Candida* overgrowth.

The fact is that yeast is more than a "female" problem. Common factors—including antibiotic

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use and a heavily-processed, high-sugar diet—can contribute to bacterial imbalances. And this paves the way to *Candida* colonization in your gut.

Yeast overgrowth compromises your digestive tract's integrity, weakening the walls of your gut and causing "leaks." This allows food particles, yeast, and other toxins to permeate your gut's lining and trigger systemic reactions.

It also undermines your immune system and can train your body to be hypervigilant toward all kinds of substances it may not have even responded to before.

In short, *Candida* can actually create allergies where there were none. And it can make existing allergies worse.

Dealing with yeast overgrowth requires eliminating yeast-promoting foods from your diet.

This includes sugar or any food that converts into sugar in your body, like white bread, pasta, etc. (But let's face it—you shouldn't be eating any of these things anyway.)

Cheese and fermented foods also fall into this category, as well as any other foods that contain yeast. (I recommend looking online to find a complete list.)

Still, some general rules of thumb always apply.

Here's a quick list you can use as a guide:

- Sugar
- Fruit or fruit juice
- Simple carbohydrates and starches
- Fermented foods
- Vinegar
- Cheese
- Smoked meats or fish
- Mushrooms

If anything on your plate falls into one of these categories, get rid of it. It could be making your allergies worse.

### **Restoring real order requires a little detective work**

In addition to eliminating yeast-promoting foods, you also have to identify any underlying food sensitivities you might have.

The easiest way to do this is to track down a company that can do it for you. There are many of them on the market—and a lot don't even require a visit to a doctor's office. The one I use in my practice is the ALCAT test. I've used it for years with great results.

If your doctor doesn't offer a test like this or if you simply can't afford one, then the next best thing is a food elimination strategy. It's cheap and it's reliable.

But fair warning—it's not easy.

You'll need to avoid certain groups of foods, several at a time, for three weeks each. Then, you can add one food back from each category every five days.

The general categories of foods include anything containing dairy, wheat, corn, chocolate and caffeine, and salicylates. But while this may look straightforward at first, it can actually be pretty tricky.

Each category of food contains many, many different food items. These common allergens are especially abundant in processed foods. And often times, they're hiding in plain sight under different names on the ingredients list.

In fact, you'll even find these allergens in some non-food items, (Like corn in band-aids, for example.)

You'll want to keep a food diary along with a log of how you feel and any symptoms that might crop up as you re-introduce each allergen. When all is said and done, this process may take up to six months to complete.

At that point, you'll be ready to move onto the second phase of my allergy cure—nutritional supplementation.

### **Five critical fungus-fighters to pave your way to relief**

My allergy supplement protocol has two different arms—one designed to take on yeast and the candida. And then specific nutrients to deal with the allergy symptoms themselves.

Let's start with the anti-*Candida* supplements first.

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**Probiotics.** The only way to get proper balance restored to your gut is to take a high-quality probiotic—that contains multiple strains along with a prebiotic. If you're trying to snuff out yeast overgrowth, I would recommend up to five capsules twice per day for two days, and then two capsules twice per day for three months.

**Grapefruit seed extract.** This is one of the flavonoids in grapefruit that helps break down the *Candida* cell wall. I recommend 200 mg three times per day.

**Caprylic acid.** This is a naturally occurring medium chain fatty acid used to fight fungal overgrowth. I recommend 100 mg three times per day.

**Garlic.** The allicin or sulfur based component of garlic is a well-known anti-fungal. I recommend 240 mg three times per day.

**Olive leaf extract.** The active ingredient here is oleuropein, which interferes with the production of amino acids essential to fungi formation. I recommend 500 mg three times per day.

The goal here is to get a handle on *Candida* overgrowth without relying on prescription drugs. But at the end of the day, that isn't always practical. And when you're fighting a fungal infection, nutritional supplements may not be enough.

In that case, you should work with your doctor to develop a more aggressive strategy. This could include taking a course of anti-fungal medication like nystatin, ketoconazole, or fluconazole.

### **Wipe out allergy symptoms with six key compounds**

When it comes to supplements for combating allergy symptoms, you've got quite a few to choose from. Here are the ones I find myself recommending the most:

**French Maritime Pine Bark Extract.** You've heard me mention this one before. And among other impressive benefits, clinical research shows that pine bark extract can help reduce—and even eliminate—the symptoms of allergies and asthma. I recommend 100 mg twice per day

**Vitamin C.** Since we're one of the only

mammals that can't generate our own vitamin C, we have to take it orally. An ideal dose for allergy relief is about 1,000 mg, three times per day.

**Vitamin A.** This is one of the best anti-inflammatory nutrients on the market, mostly because of the help that it offers your immune system. It works particularly well in the mucous membranes of the gastrointestinal tract. I recommend 10,000 IU three times per day.

**Pantethine.** This is a member of the B complex of vitamins. It's necessary for the production of Coenzyme A, which in turn helps to produce adrenal steroids—part of your body's natural allergy defense. Just note that pantethine produces twice as much coenzyme A in the body than pantothenic acid—so don't confuse the two. I recommend 300 mg per day.

**Quercetin.** This is nature's anti-histamine and it comes from the rinds of citrus fruits. I recommend 1,000 mg, three times per day.

**Fish oil.** The omega-3 fatty acids in fish oil suppress inflammation. An ideal dose for allergy relief is 3,000 mg of EPA/DHA per day.

And there you have it. My two-pronged supplement protocol for lasting allergy relief.

### **Remember, lasting results don't come overnight**

This is the driving principle behind my entire practice, really—whether you're up against pollen or type-2 diabetes. If you take the time to repair your body, you will reap the rewards.

By correcting your diet and taking a few nutrients, you can cure—yes, I said *cure*—your allergies. So I encourage you to at least give it a shot.

Even if you don't get rid of your symptoms completely, you will absolutely see drastic improvements. And you'll be a whole lot healthier to boot.

But now for the fine print: This strategy takes several months to actually be a cure. (Though most people will see dramatic changes in just a few weeks.) Again, I recognize that this strategy isn't necessarily easy as popping a pill. But nothing in life that has lasting results ever is.

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# The real cause of irritable bowel syndrome

## ...and how you can cure it for good

Irritable bowel syndrome doesn't really exist.

Don't get me wrong. The symptoms associated with irritable bowels are very real. And they can have a profound impact on your quality of life.

But what most mainstream physicians call IBS is usually the symptom (or symptoms) of a deeper problem. And you know how I feel about treating symptoms without dealing with their root cause.

Simply put, it makes no sense. Yet all too often, that's just what doctors do.

This is tragic, really. Because the majority of patients who've walked into my office with an IBS diagnosis have gone on to enjoy complete recoveries. And all it took was targeted dietary changes and a few key nutritional supplements.

I'll get to those in a minute. First, let's take a closer look at what's *really* going on in your gut.

### A syndrome without a cause... or is it?

Before going any further, I'd like to note the critical difference between IBS (irritable bowel syndrome) and IBD (inflammatory bowel disease).

Simply put, IBD involves actual structural damage to the GI tract. This includes conditions like Crohn's disease and ulcerative colitis, which are accompanied by marked inflammation of the colon and which often have autoimmune roots. The IBS solutions I provide in this article will also help patients with IBD. But bear in mind that these are very different conditions. And proper diagnosis is important.

IBS, on the other hand, is a non-specific term that refers to a cluster of symptoms—namely, recurrent bouts of gas, bloating, diarrhea, or constipation. Sometimes all of the above.

To make matters worse, clinical tests have never been able to pinpoint a single cause. So as far as most mainstream physicians are concerned, in cases of IBS, your bowels are just "irritable."

But just because a colonoscopy doesn't show any digestive tract abnormalities, that doesn't mean

there isn't anything going on in there. Because obviously, there *is*.

There are plenty of potential IBS triggers that a physical exam won't necessarily find.

Things like gluten intolerance. Or leaky gut, in which the lining of your digestive tract becomes irritated and permeable. (This inhibits proper nutrient absorption and introduces inflammatory elements into your bloodstream.)

Yeast overgrowth from a poorly populated digestive tract is another alarmingly common problem. And it's a major contributor to IBS. That's one of the reasons I talk about the importance of beneficial bacteria so much.

Ultimately, there are any number of potential culprits behind IBS symptoms. But pretty much all of them have the same solution.

### Good digestion starts with your diet

It probably won't surprise you when I say that the first key to beating IBS is changing the way you eat.

But contrary to popular belief, that *doesn't* include filling up on those fancy probiotic yogurts. In fact, that's probably the *last* thing you want to put in your body. For one thing, it's usually packed with sugar—which cancels out any benefit of good bacteria.

Then there's the fact that dairy itself can be a major gut-irritant. So in this case, I recommend avoiding it. Many people with IBS have a difficult time digesting lactose. (That's the natural sugar in milk).

But milk proteins can also be a problem. Casein in particular—which, along with gluten and yeast, is one of the most common food sensitivities. So this is one instance where I recommend eliminating cheese, too. (Although some people find that they can tolerate it in small amounts. The only way to know for sure is to reintroduce it and watch for symptoms.)

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It also means that bread is off the table too. Eliminating gluten is especially important. This wheat protein is easily the No. 1 cause of digestive problems of *any* kind—indigestion, GERD, bloating, gas, constipation, diarrhea, and of course, IBS.

But many of my patients have found their sensitivity to grains isn't limited to wheat. All grains— including gluten-free grains like corn and oats— contain potentially aggravating proteins that can pave the way to gut permeability. That's why eliminating all grains, and not just gluten, is often a necessity for optimal health.

Besides, whole grains are also chock-full of insoluble fiber. And too much insoluble fiber can trigger a case of the “runs” and leave you feeling bloated if you have a problem gut.

Unfortunately, this means that you may have to limit other healthy fiber-rich foods like leafy greens— at least until you're able to identify your own personal IBS triggers. But thoroughly cooking your vegetables can minimize these digestion difficulties, too.

You should also eliminate any excess sugar in your diet. Consuming excess sugar will trigger and exacerbate IBS symptoms. Again, it goes back to imbalanced gut bacteria (technically known as dysbiosis). Without enough good bacteria, certain dietary sugars—even otherwise harmless ones—are harder to digest. Extreme dysbiosis allows sugars to ferment excessively in your gut. And this can cause severe bloating, gas, and pain, among other unpleasant symptoms.

These dietary sugars fall into four specific categories—fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. And there's actually a whole diet based around eliminating them, called the FODMAP diet.

The idea is to steer clear of FODMAP-rich foods. This includes obvious problem ingredients like high fructose corn syrup, agave, honey, artificial sweeteners, and sugar alcohols like sorbitol, mannitol, and xylitol.

But there are some surprising foods on the list as well. Even some healthy staples of my New Hamptons Health Miracle are packed with

FODMAPs. And some IBS sufferers have to avoid them by necessity.

The complete FODMAP list is extensive, so I won't include one here. But you can easily do a quick internet search for a FODMAP list if you're interested in learning more. In the meantime, I put together a short list on page 25, outlining some of the FODMAP foods that would normally get a thumbs-up on my New Hamptons Health Miracle.

But if you've cleaned up your diet and are still having serious gut problems, it might be time to dig a little deeper for answers.

### **Uncovering hidden allergies and sensitivities**

The first place I usually start is with comprehensive allergy testing.

In fact, this is just a good idea anyway. But be careful which kind of allergy testing you choose. Those traditional skin prick tests are notoriously unreliable.

I have all my patients get an ALCAT test, which screens for a variety of different food sensitivities based on antibody reactions from a blood sample.

I recommend the “100 Food Panel” at a minimum. But the more comprehensive the panel, the better, if you can afford it. (All of these tests are relatively pricey—but in my opinion, absolutely worth it.)

You don't even have to see a doctor for ALCAT testing. You can order one online at [www.alcat.com](http://www.alcat.com) or by calling 1-800-872-5228. They will send someone to you directly to draw your blood sample then overnight it to the lab. Then they will help you find a doctor in your area to review the results or provide a wellness advisor.

Obviously, if your ALCAT test turns up specific food sensitivities, you should cut those items from your diet (along with dairy, grains, and sugar as I recommended above).

There are a lot of other factors that can aggravate IBS issues—like stress levels, hormones, you name it. But the culprits I mentioned above are by far some of most common. And whatever the cause of your IBS, dietary changes will absolutely make a difference.

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So will upping your intake of a few nutrients in particular.

### **Tame IBS with targeted nutrition**

There are lots of supplements you can take to keep IBS under control. And you might have to experiment a little to find a combo that best suits your particular symptoms.

(Working with a physician skilled in natural medicine will help streamline the process. If you don't already have a naturopathic doctor, you can find one in your area by contacting the American College for Advancement in Medicine at 800-532-3688 or [www.acam.org](http://www.acam.org).)

That said, there are a few supplements that I recommend to everyone dealing with irritable bowels.

The second, which might be slightly more surprising, is vitamin D. Preliminary research shows that high-dose vitamin D can deliver significant improvements to IBS symptoms. Anecdotal reports peg the success rate around 70 percent.<sup>1</sup>

That certainly reflects my experience—which makes pretty good odds for a nutrient that you really should be taking anyway.

I always recommend at least **2,000 to 5,000 IUs of vitamin D3 every day**—but you can safely take up to 10,000 IUs. And in the winter, when sun exposure is minimal, this might be necessary.

I also advise taking regular doses of **pantethine (B5)—1,500 mg, three times per day**. This serves a dual purpose. On one hand, it helps your body process the toxic byproducts of Candida overgrowth (namely a chemical called acetaldehyde), which happen to spike in your body when the yeast begins to die off.

This is, of course, a *good* thing. But it can have unpleasant side effects—also known as the Herxheimer reaction. Symptoms can include headaches, fatigue, digestive upset, muscle or joint pain, flu-like symptoms, and rashes.

Simply put, you'll feel worse before you feel

better. (Sometimes a lot worse.) But pantethine can help minimize this reaction.

As an added bonus, pantethine also boosts adrenal function. This is important because stress can paralyze your bowels, which renders them unable to process your food. And what happens? Your meals “go right through you,” so to speak.

Vitamin A is another staple for my patients dealing with IBS. I recommend **40,000 IU of vitamin A per day**.

You need plenty of vitamin A to reinforce the junctions of your intestinal walls and ensure proper function of the cells lining your gut. So needless to say, deficiencies can have serious consequences for gut barrier function.<sup>2</sup>

This is the same reason I advise anyone struggling with IBS to fill up on a combo of gut-strengthening botanicals and other nutrients. Along with vitamin A, they can help heal leaky gut and strengthen the mucosal lining of your digestive tract. Which is especially important after years of dealing with one or more undiagnosed food sensitivities.

Obviously, it's easier if you can find a product that combines these nutrients into a single formula. (Any comprehensive GI support product will feature several or all of them.) But either way, the dosages I shoot for are generally as follows:

- **Deglycyrrhized licorice (DGL)**—500 mg per day
- **Aloe vera leaf extract**—250 mg per day
- **N-acetyl glucosamine**—250 mg per day
- **Slippery elm bark**—200 mg per day
- **Marshmallow root**—100 mg per day

So there you have it. My foolproof prescription for healthy bowels.

In fact, go ahead and call it a cure. Because I'm willing to bet that, like so many of my patients, your results with this combination of strategies will be just that powerful. And most importantly, permanent.

## Fifteen healthy foods that could be wreaking havoc on your bowels

This list might surprise you. And, yes, these are all foods that are included in my New Hamptons Health Miracle. The fact is, there's nothing inherently "wrong" with any of them. In fact, they can offer tremendous health benefits for most people. But if you've got IBS, they can make your symptoms a lot worse. So you'll feel a whole lot better if you avoid them and stick with the other delicious choices included in my New Hamptons Health Miracle. (Don't worry—there are plenty of them!)

If you have IBS, avoid the following FODMAP foods:

- Avocado
- Watermelon
- Artichokes
- Cauliflower
- Mushrooms
- Asparagus
- Green beans
- Okra
- Brussels sprouts
- Broccoli
- Garlic
- Onions
- Leeks
- Summer squash
- Cabbage
- Pistachios

*Citations available upon request.*

## How to beat back seasonal depression without drugs

### *The SAD truth: How to beat back seasonal depression without taking dangerous drugs*

SAD. Those three letters have so much significance to your health.

But I'm not referring to the Standard American Diet this time. (Which, as you already know, makes me both sad *and* angry.) Today, I want to discuss the other SAD—Seasonal Affective Disorder.

It's a very real phenomenon. It's also one that I have firsthand experience battling.

Around November is usually the time of year that it would begin to take hold. Like most people, I would still sail pretty happily through the holiday season. But once January rolled in with its short, bleak, grey days and bitter cold, it was all over for me.

The depression would kick in. And I knew I would just have to ride it out and wait for that mid-winter vacation to roll around. At least then, I could fly south to some warm destination and get some

much needed sunshine to keep me afloat until the days started to get warmer and longer again.

Such was my annual routine in the deep northern reaches of New York City, where I have lived most of my life.

That's why I'm not simply going to tell you how I tackle seasonal depression in my patients. Because honestly, I wouldn't ask any of my readers or patients to do anything I wouldn't do in my own life. Today, I'm going to take it one step further and tell you how

I treat this condition *myself*. And yes, there really is a very simple solution here, even (and especially) if you can't afford to fly south for the winter.

### **Let food be thy medicine**

First things first, leave prescription antidepressants as a last resort. So many people

### Signs you may be struggling with SAD

- |                          |                                    |
|--------------------------|------------------------------------|
| • Depression             | in previously enjoyable activities |
| • Hopelessness           |                                    |
| • Anxiety                | • Appetite changes                 |
| • Low energy             |                                    |
| • Heavy feeling in limbs | • Carb and sugar cravings          |
| • Social withdraw        | • Weight gain                      |
| • Excessive sleep        | • Attention problems               |
| • Loss of interest       |                                    |

run to their doctor for these potentially harmful medications at the first sign of trouble. Or if they're already taking them, they'll consider increasing the dosage.

I urge you not to do that. These pharmaceuticals alter your brain chemistry in a very substantial way. And I always warn against using them without exhausting all of the safer, more natural approaches first.

One of these, as you might have already guessed, is changing your diet.

Diet plays a critical role in the fight against SAD. That's because your gut is essentially your second brain. It produces many of the neurotransmitters that make you happy. And if your gut isn't working properly, then neither are you.

As with most concerns, my New Hamptons Health Miracle guidelines are the rules to live by. But there are some aspects you'll want to pay particularly close attention to if you're struggling with SAD.

Like sugar, for starters.

Sugar depletes vital B vitamins from your body and saps your energy and alertness. And it's easy to see why this is a problem. Seasonal depression is often more than mere sadness.

It can also trigger anger, restlessness, stress at work, lack of focus or concentration, and even

bloating and exhaustion.

Magnesium, on the other hand, helps your body produce its happy chemical, serotonin. Good food sources of magnesium include: halibut, almonds, cashews, spinach, swiss chard, and sunflower and pumpkin seeds.

If you're feeling angry, try avoiding spicy peppers, artificial sweeteners, and the allergenic wheat and dairy proteins gluten and casein. These foods may trigger brain inflammation, which can make you more hostile.

If you're buckling under a lot of pressure try adding more blueberries, strawberries, or other good sources of vitamin C into your diet. Aside from being a powerful antioxidant, this nutrient is also a natural stress reducer.

So is tryptophan. You can find this calming amino acid in foods like cottage cheese and turkey. (So that's one thing you're free to pile on your plate.) Just be sure to pair it with plenty of dark, leafy green salads—especially if you've been overindulging.

Greens help your liver detoxify all of those toxins you've been ingesting. But they also help to fill you up so you don't stuff yourself with mashed potatoes.

You'll also want to fill up on foods like eggs, herring, salmon, oysters, and mushrooms. These are among the few foods that offer vitamin D, which we desperately need once the sun disappears for the winter.

Just keep in mind that food probably won't be enough to keep your stores of this vital nutrient where they need to be. Which brings me to the second component of my anti-SAD strategy.

### Six supplements keep you sane until spring

In a perfect world, dietary changes would be all you'd need to ward off seasonal depression. In the real world, a few key supplements are almost always essential.

**Vitamin D**, as I already mentioned, is one of them. I recommend anywhere from 2,000 IU per day to 10,000 IU of vitamin D3 per day. It all depends on your blood level, where you live in

the country (us Northerners see a lot less sun), and how much time you spend outside without sunscreen.

You really should have your vitamin D 25 OH blood level checked before following these recommendations—and you should continue having them checked every 6 weeks. Personally, once I got my level up to around 80, I felt my mood change for the better.

So don't let your doctor tell you you're fine if your level is around 30. (And most doctors will.) Sufficient isn't the same as optimal. Aim for an 80, which is both safe and healthy.

Some other nutrients you'll want to stock up on:

- **SAM-e.** This is an amino acid that helps to boost serotonin levels. Starting mid- to late October, I start taking 400 to 800 mg every morning.
- **B complex.** Like I said above, B vitamins alleviate stress and boost energy. With decreasing amounts of light—and many of us going to work in the dark and coming home in the dark—this extra support is critical, especially if you're going to fit in exercise. I usually recommend taking a B-100 complex each day. But I double up on my B vitamins in the winter (a dose of 200 mg per day).
- **Tryptophan.** As I also mentioned, this can help to raise serotonin levels and get you a good night's sleep. I start taking 100 to 300 mg each night before bedtime in the winter.
- During these dark and gloomy months, I also take more **zinc** (30 mg) and **magnesium** (750 mg) daily.

You really can't go wrong with this wintertime regimen. But supplements aren't the only trick I have up my sleeve.

### **Outsmart SAD with a “full spectrum” strategy**

There are three considerations in particular that can have a huge influence on seasonal mood changes.

One of these is lighting. Obviously, we can't help that the days are shorter. And all the lamps in

the world won't make up for lost sunshine—unless you invest in full spectrum lighting.

When I installed full spectrum light bulbs in my office, it changed my life. They are generally more expensive—but now you can even find them at Home Depot. (They run about \$9 a pop.)

I use them year round in every lamp. As the name suggests, they give off a full spectrum of light, which mimics sunlight. Needless to say, it's a lot easier than sitting in front of one of those light panels or wearing one of those visors you may have heard about.

It goes without saying that you also need to exercise. (You didn't think I would leave it out, did you?) Exercise raises endorphins and energy levels. When you get busy, you may be tempted to put it on the back burner. Please...*don't*.

Finally, if you find yourself really struggling, make a point of checking your testosterone levels. And this goes for both men and women. Low testosterone levels are linked to depression. So you want to cover all of your bases.

Your optimal testosterone level depends on your gender and your age. (The younger you are, the higher it should be.)

As a rule of thumb, ideal levels for a 20-year-old man (when testosterone is at its peak) are usually somewhere around 1500 ng/dl. That would drop to about 1200 ng/dl at 30, 1000 ng/dl at 40, 800 ng/dl

### **My personal “prescription” for seasonal depression...**

- Vitamin D3, 2,000-10,000 IUs daily
- SAM-e, 400-800 mg each morning
- B-complex, 200 mg daily
- Tryptophan, 100-300 mg before bed
- Zinc, 30 mg daily
- Magnesium, 750 mg daily

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at 50, 700 ng/dl at 60, 600 ng/dl at 70, and so on.

The range is obviously different for women. And it's also less predictable. The right level is the one that has you feeling your best. That could be as low as 20 ng/dl. But in my experience, it's usually closer to 80 ng/dl.

Either way, your doctor can prescribe a natural bio-identical replacement if you need it.

Once the days start getting longer—generally sometime between March and May, depending on where you live—you can work with your doctor to reevaluate this protocol and possibly taper back on some of these doses and/or supplements.

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## **The Scandinavian secret solving the “missing piece” to ultimate blood-sugar support**

*And it's finally at your fingertips!*

I didn't just stumble upon this game-changing new ingredient. I went looking for it.

In fact, I've spent years searching for a blood-sugar solution that could take the quality of my patients' lives to a whole new level. And I finally found it fall of 2013, at one of the world's largest gatherings of natural breakthroughs.

It's a huge show packed with industry leaders—doctors, scientists, ingredient suppliers, manufacturers, you name it. And needless to say, it can be tough to find hidden gems when you're wading through row after row of flashy displays.

But this time, I managed to discover a true diamond in the rough. And I couldn't be more thrilled.

It's an extract of *Fraxinus excelsior*—the European Ash tree. According to Scandinavian mythology this tree was once considered the very center of the world. Its trunk propping up the Earth's crust, its canopy forming the sky and every stream and river rushing to water its roots.

And it turns out its potential for your health is just as pivotal. In fact, *Fraxinus excelsior* could transform the notion of blood-sugar health forever.

### **The missing piece in the fight against sugar**

When we talk about sugar and its effects in the body, we usually focus on the pancreas. But recent research in the field is shedding light on the role another organ plays in this process.

I'm talking about your liver. And science is showing it has more to do with blood-sugar health than doctors once thought.<sup>1, 2</sup>

But what does liver health have to do with blood sugar? A lot, as it turns out.

### **The silent danger of “stowaway sugar”**

This link isn't too surprising when you consider the critical role your liver plays in converting blood sugar into energy. Under normal conditions, your muscles and liver store excess glucose in your bloodstream as glycogen. Or, as I call it “stowaway sugar.”

When you sleep, when you're hungry, or God forbid, if you're ever stranded without food—your liver hangs onto this secret stockpile of sugar to slowly release into the blood until you're able to eat.

Essentially, it's a form of backup energy in case of emergency. The problem is, we rarely face those kinds of “emergencies” today.

And living in a constant state of “excess” interferes with your liver's ability to take in and store glucose as glycogen. While at the same time prompting your liver to release even more sugar into your blood stream.<sup>3</sup>

This means your glucose levels just keep getting higher—both directly following a meal and long after. And what happens to all that excess stowaway sugar?

## Don't wait for problems to start— get tested today

Of course, like any other nutritional supplement, if you decide to try Glucynergy Advanced, be sure to work with your doctor, so you can monitor your glucose levels and adjust medication dosages safely and appropriately. This means paying close attention to your numbers. I know I've discussed this topic before, but now's the perfect time for a refresher.

Most doctors don't even test for the all-important hemoglobin A1C (HgBA1C). But it is critical for you to know this number. This test tells you how well controlled your blood sugar has been for the past six weeks. If your level is anywhere above 5.0, a targeted blood-sugar protocol is definitely in order.

This is especially true if you or your doctor suspects a liver concern. Which is why you should also be tested for something called CK18.

CK18 is a newly identified biomarker for liver health. And it will help your doctor determine whether or not to move forward with further screening, including imaging or a liver biopsy.

It turns into triglycerides—and you wind up with a layer of fat forming around your liver. Meanwhile, anything that's leftover simply remains in your bloodstream, where it wreaks havoc on your body in a nonstop cycle.

### Impressive results backed by solid science

As you can see, a healthy, functioning liver is just as essential to proper glucose metabolism as a healthy, functioning pancreas. If your liver isn't operating at peak performance, it simply can't clear the sugar out of your blood effectively.

And that's exactly where this game-changing new ingredient comes in.

You see, what makes this standardized *Fraxinus excelsior* extract so different from every other blood-sugar supplement on the market is that it directly supports liver health.

More specifically, it helps promote proper uptake of blood sugar into your liver and muscles. And early lab research shows it can help maintain healthy liver function AND blood-sugar levels. There's no other product on the market that I know of that can make the same claim.

As you know, I don't usually put much stock in animal studies. But I have to share the details of this research, because the results were just that startlingly good. In just 16 weeks, rats fed a high fat diet and treated with this proprietary extract, had a whopping 66.7 percent better rate of liver health compared to rats not given the extract.<sup>4</sup>

So yes, it's an animal study. But if *Fraxinus excelsior* works even a tenth as well in humans, it will be a truly amazing result.

And, in fact, human trials have been conducted showing impressive benefits. Some are still pending publication, so I can't go into too much detail. But in one published study, results revealed that after just one dose, subjects experienced an immediate reduction in postprandial blood-sugar levels. Again—that's after just one dose.<sup>5</sup>

In another study presented by the supplier, after three weeks, subjects' postprandial blood glucose levels dropped by 28 percent compared to their baseline values. And in another, their fructosamine levels—a measure of your blood sugar over the past two weeks—plummeted.

By now, I'm sure you can see why I was so excited to discover *Fraxinus excelsior*.

It promises an approach to blood-sugar support that has been desperately lacking. Plus, the proprietary version of this ingredient, called Glucevia™, has been the subject of research and development for at least six years now. And as luck would have it, it's *finally* ready for market.

### First-to-market access—just for you

As soon as I learned about Glucevia™, I knew I'd finally found the missing piece to complete blood-sugar support. And I didn't waste a single

second securing access to it for my patients—and for you.

The minute I got back to New York, it was a 10-week whirlwind that resulted in what I believe is the most innovative blood-sugar supporter available today. I call it Glucynergy Advanced. It's the latest addition to my NuLogic Nutritionals line of supplements. And it's currently the only product on the market that contains Glucevia™.

Honestly, from start to finish—a breakthrough of this magnitude can take up to six months to get into your hands, if not more. Not this time.

I've never worked so hard. But it's completely worth it.

With Glucevia™ as the cornerstone of Glucynergy Advanced, I'm finally able to offer my patients—and you—a true blood-sugar breakthrough. By targeting the missing piece in ultimate blood-sugar support. One that no other blood-sugar product on the market addresses—

### What about GlucoLogic?

You might be wondering how Glucynergy Advanced fits into my NuLogic Nutritionals line of supplements. Especially if you're already familiar with my GlucoLogic formula. Why add another blood sugar product? Well, GlucoLogic and Glucynergy are complementary formulas. They have very different ingredients with very different mechanisms of action. (And Glucynergy, in particular, works in a novel way like no other product on the market.) I have my patients take them together because they work synergistically for complete blood sugar support.

If you haven't taken any blood sugar support supplements yet, and want to start with just one, I recommend trying Glucynergy Advanced first. Addressing the "missing piece" in blood sugar support is absolutely critical—and could make all the difference.

healthy liver function.

I've been excited about medical revelations before—but never like this.

And Glucynergy Advanced doesn't just address the long-neglected "missing piece" to blood-sugar health. It also incorporates two other cutting-edge ingredients I believe are indispensable for complete blood-sugar health.

### Science-backed support from two more natural wonders

The first is a specialized form of the B-vitamin thiamine, called benfotiamine. This powerful nutrient addresses one of the most dangerous side effects of sugar: the formation of advanced glycation end products. Known, appropriately, as AGEs. Put simply, these molecules age your body, cell by cell.

So anything that can put up a roadblock and help stop them from forming in the first place is a true breakthrough. And benfotiamine does just that. Which is why I added it to Glucynergy Advanced, right alongside Glucevia™.

To round out Glucynergy Advanced, I added one more ingredient that's been creating a lot of buzz in the natural medicine world—mulberry leaf extract. One study published last fall showed impressive results on participants' blood-sugar levels after meals.<sup>6</sup> And mulberry leaf extract has been shown in animal studies to help your body reduce the production of glucose from within the liver.<sup>7</sup> So it's added back-up for addressing the missing piece in complete blood-sugar support.

Personally, I've never seen a more well-researched line-up for a natural blood-sugar protector. And I'm both proud and excited to be the one to bring this revolutionary formula to you.

Glucynergy Advanced works best when taken directly before a meal. And I recommend two capsules per day. You can take the two capsules at once or you can split them up over the course of two meals. Whatever suits you best.

In 1822, it took the average American five days to consume the amount of sugar you'll find in a single 12-ounce can of soda. Today, most people consume that much sugar every 7 hours. And the

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real reason behind our country's skyrocketing rate of chronic disease is clear as day. Sugar kills—it's as simple as that.

So if you really want to get a jump on liver and blood-sugar health, you've got to give up starchy, sugary foods. And soda and other sweetened drinks, in particular.

Stick strictly to lean proteins, veggies, healthy fats, eggs, cheese, and low sugar fruits (like berries and melon). And you will have already taken the single most important step towards ultimate liver and blood-sugar health there is.

*Citations available upon request.*

### **Fight for your liver health with food—and beat back blood sugar for good**

It would be nice if there were a magic bullet that could help keep your blood sugar on an even keel all the time. And Glucynergy Advanced is as close as I've ever seen. But even the most powerful support supplement won't do you any good if your habits are working against you. In 1822, it took the average American five days to consume the amount of sugar you'll find in a single 12-ounce can of soda. Today, most people consume that much sugar every 7 hours. And the *real* reason behind our country's skyrocketing rate of chronic disease is clear as day. Sugar kills—it's as simple as that.

So if you really want to get a jump on liver and blood-sugar health, you've got to give up starchy, sugary foods. And soda and other sweetened drinks, in particular.

Stick strictly to lean proteins, veggies, healthy fats, eggs, cheese, and low sugar fruits (like berries and melon). And you will have already taken the single most important step towards ultimate liver and blood-sugar health there is.

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## **The terrifying diagnosis you've never heard of**

*If you're over 50, chances are you already have it!  
Here's how to bring it to a screeching halt—starting today*

There's an epidemic sweeping across the aging population in this country right now. And if you don't take steps to protect yourself from it today, you could wind up being a statistic, too.

So please pay attention to what I'm about to share with you. Because this vital information could save your life.

### **Symptoms of "aging" mask a much more serious threat**

It's called *immunosenescence*—or as I call it, "immunity rot." And it refers to the gradual erosion of your immune defenses with age.

If you're over the age of 55, chances are good that you're suffering from it already...along with 40 million other adults in this country.

The first signs start creeping in around the age of 50. Unfortunately, most people dismiss them as simply "getting old."

You may feel tired, sluggish...or just plain "worn out." You might find that you get sick more easily, and don't recover as quickly as you used to. But there's a lot more on the line than a prolonged case of the sniffles.

Both the CDC and NIH have admitted immunosenescence is a real threat. And three separate international conferences have convened to try and understand it.

Yet most people haven't even heard of it. In fact, researchers only discovered the condition over the last half century. And they *still* don't know how to

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stop it.

But they do have a pretty clear idea of what immunosenescence does. And it may actually be the single biggest threat you face as you age.

It slowly and quietly breaks down your immune defenses, impacting everything from your sleep to your energy to your strength. It also significantly increases your risk for any number of serious health threats.

And if you live in America, you're especially vulnerable to it.

There are three factors that research has shown make immunity rot worse. And these three factors run absolutely rampant in this country.

### **Modern living makes immunity rot worse**

**First, you've got stress.** It's one of the few things all the experts actually agree on. Stress negatively impacts almost every aspect of your health. Your immune system is no exception. And to make matters worse, a study conducted a few years ago at Carnegie Mellon University showed that stress levels in the U.S. have increased by 30 percent in the past three decades.<sup>1</sup>

**Second, there's poor diet.** By now, you're well aware of the dangers of the sugar- and processed-food- laden standard American diet...aptly nicknamed "SAD." Most notably, SAD has led to a nationwide obesity epidemic. In fact, the Centers for Disease Control estimates that more than 1 in 3 Americans currently qualify as obese.

But even if you're not obese—or even overweight—your food choices directly affect your immunity. In fact, the immune-suppressing power of sugar is absolutely shocking.

Research shows that consuming 100 grams of sugar—the amount you get in roughly two cans of soda—weakens your immune system by 40 percent. This immune-suppressing effect takes hold within half an hour of consuming sugar. And it lingers for up to five hours afterwards. Eat or drink something else containing sugar within that window, and you start the whole cycle over again.<sup>2</sup>

Essentially, if you consume sugar on a daily basis, your immune system is perpetually

suppressed. Add the effects of immunity rot, and you're looking at critically impaired immune function.

And the third factor exacerbating immunity rot in the U.S. is lack of exercise. Studies show regular physical activity is one of the best ways to stay healthy. But the CDC reports as many as 80% of Americans *aren't* getting the recommended amount of daily exercise.<sup>3</sup> And unfortunately it's wreaking even more havoc on your immune system.

So, obviously, the first steps to getting a handle on immunosenescence are:

1. **Stress management.** There are lots of great, effective ways to help cope with stress. Meditation is one great option. Yoga is another. (And as an added bonus, it also counts as physical activity. Two birds, one stone.)
2. **Cut sugar** (and packaged, processed carbs). If you haven't already, now is the time. It's a critical part of stopping immunosenescence. And it's non-negotiable.
3. **Get moving.** Here it is again. That 15-minute, after-dinner walk I'm always urging you to take. It's such a small part of your day, but the benefits it offers are truly staggering.

Once you've gotten these three factors under control, it's time to tackle immunity rot head-on. How? By directly supporting your immune defenses.

But let me make one thing absolutely clear: *Supporting* your immune system is NOT the same as boosting it.

### **Boosting your immune system may be one of the worst things you can do**

Your immune system is made up of billions of cells. And they all need to be working in perfect harmony in order to keep you healthy. Blindly dumping "immune boosters" into the mix can tip this delicate balance dangerously off kilter. Plus, it doesn't begin to cover the vast complexities of your immune system.

Which is why the best approach to stopping immunity rot is multi-tiered, offering targeted

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support for every aspect of immune health. But multi-tiered support doesn't necessarily have to mean taking dozens of supplements. In fact, I designed my newest product ImmuneLogic to offer this sort of faceted support in a single formula..

Here's what you'll find in every capsule of ImmuneLogic:

- **Dimethylglycine HCl.** This is a naturally occurring amino acid and antioxidant. Research suggests that it may help optimize both your humoral and your cell-mediated immune responses. This keeps your immune cells and your antibodies on guard—offering two layers of defense.<sup>4</sup>
- **Larch tree extract.** Larch tree extract is packed with arabinogalactins—polysaccharides that pack serious immune support. In fact, clinical research shows that taking high doses of larch arabinogalactan may raise your odds of staying healthy by more than 50 percent.<sup>5</sup> These results aren't surprising, since studies also show that arabinogalactins call your natural killer cells to action. And these cells are your immune system's first and most critical line of defense.<sup>6</sup>
- **Maitake D-fraction.®** This powerful mushroom extract may help support all of your immune system's key players—including macrophages, T-cells, natural killer cells, and interleukin-1 and -2.<sup>7</sup>
- **Beta 1,3 glucan.** These are sugars extracted from the cell walls of baker's yeast. And clinical studies show that supplementing with beta 1,3 glucans offers crucial support to a stressed immune system.<sup>8-10</sup>
- **Olive leaf extract.** Extracts from olive leaf deliver a long list of phytochemicals that may

help keep your immune system primed.<sup>11</sup> That's one reason why it's been revered in the Mediterranean as the secret to good health since Biblical times.

As you can see, each ingredient performs a complex function to help keep your immune system healthy and defend against immunity rot. It's one of the only products on the market I believe can fully defend you against this growing health concern. But I took it one step further.

I wanted to make sure all my patients and all my readers had everything they needed to stop immunity rot. But I also wanted it to be something they would stick with all year (which, as I said above, is absolutely critical when you're fighting off immunity rot). So, I also made ImmuneLogic easier than any other immune support protocol out there...

### **One capsule a day is really all it takes**

Just take one capsule of ImmuneLogic one to three times a day. That's really all you need. But it's especially effective in combination with my other core recommendations for immune health:

- AHCC (500 mg, twice per day)
- Vitamin D3 (at least 2,000-5,000 IUs—even in the summer—every single day)
- Dr. Ohhira's probiotics, one in the morning and evening, on an empty stomach

The bottom line: If you want to stay vibrant and healthy as you age, you have to reverse immunity rot. There simply isn't any other way around it. Pair this protocol with regular exercise, quality sleep, and my New Hamptons Health Miracle. And you'll reverse the effects of immunity rot before they have a chance to take hold.

*Citations available upon request.*

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# The deadly psoriasis risk you haven't heard about

*And how adding one simple supplement to your protocol could "cure" your symptoms for good*

"The Heartbreak of Psoriasis."

It's been decades since that very popular television commercial was in heavy rotation. And while I can't for the life of me recall the name of the product it was selling, its tagline remains forever etched into my brain.

It's almost as if the advertising agency had a crystal ball and could see into the future. Because when that line was written, no one was aware of the connection between psoriasis and heart health. But today, we know better.

In fact, one recent study showed that even a mild case of psoriasis raises your risk of heart attack by 29 percent.<sup>1</sup> And your risk of stroke by 12 percent. A severe case, meanwhile, skyrockets your risk of heart attack and stroke by a whopping 70 percent and 56 percent, respectively.

It also increases your odds of dying from one of these heart-related events by 39 percent.

This research appeared in the *Journal of the American Heart Association* in 2013. But it wasn't the first of its kind—and I'm certain it won't be the last.

Which brings me to the *real* heartbreak of psoriasis: Conventional medicine hasn't gotten much better at treating it over the years. And to this day, it's widely acknowledged as an incurable chronic condition.

So it's a good thing one of my "desert island" staples for heart health also happens to be a slam dunk when it comes to dealing with psoriasis.

Before I get to that, though, I want to give you a little more background on this dangerously common condition. Because believe it or not, psoriasis affects over 8 million Americans. And if you're one of them, it's important to know what you're up against.

## **Rogue immunity rears its ugly head again**

At first glance, psoriasis seems like a simple dermatological disease—characterized by redness,

soreness, scaling, flaking, and itchiness. But even if it were only "skin deep"—which, as I'll explain shortly, it's *not*—that wouldn't make psoriasis any less life-altering.

For starters, you probably find yourself waking up in the morning with scratches all over your body—which is unpleasant by itself. Then you have the emotional component that comes with this disease's signature unsightly rash. This causes many patients to dress differently, or drop out of certain activities altogether for fear of feeling awkward and embarrassed.

To make matters worse, the traditional medical therapies for psoriasis come with some pretty serious side effects.

Standard treatment approaches feature steroid and immunosuppressant drugs. And especially with long-term use, these drugs present disturbing risks—including weight gain, high blood pressure, elevated blood sugar, osteoporosis, and cataracts.

So why do doctors use them? Because psoriasis is an autoimmune condition. And steroids and immune suppressants are the mainstream go-to treatments for autoimmune disorders.

Autoimmune conditions arise when your body turns on itself. When you have psoriasis, your skin cells reproduce at a staggering pace in response to inflammation. And this inflammation takes place because your body turns on its own cells, mistaking them for invaders.

So it probably won't surprise you that this condition also has a more severe cousin called psoriatic arthritis. It's terribly painful, and involves inflammation in your joints and connective tissue—usually in conjunction with a flare-up of psoriasis on your skin.

But obviously, even *without* these additional complications, psoriasis is a distressing disease—with an equally distressing (and questionably effective) treatment protocol.

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Now for the good news. In the natural health world, we know a few things about how to handle autoimmune diseases. And you don't need side-effect-laden steroids to get results.

### **The fight against psoriasis starts with food**

As I said above, psoriasis is all about inflammation. And how do you cure an inflammatory disease? Simple. You reduce inflammation.

This is the most elementary medical concept in the book. And it's the reason I've had such great success treating patients with psoriasis. Because I understand that all inflammatory diseases share the same common roots. And they can *all* benefit from the same basic inflammation-fighting strategies.

So in case you haven't guessed already, let me give it to you straight, one more time. The first and most effective solution will always be DIET.

If you haven't already started following my New Hamptons Health Miracle, I suggest you get on board *immediately*. It couldn't be easier or more delicious—full of fresh produce, lean protein, and tons of healthy fats. And because it's naturally anti-inflammatory I've seen it work wonders for my patients battling psoriasis.

But if you suffer from a more severe form of this illness, you may also want to tweak it just a bit, to focus specifically on balancing your body's pH level. If your pH is too acidic, it can trigger inflammation. But reigning it in can be as simple as making just a few easy tweaks to your diet.

Meat, dairy, and grains are all acidic by nature. But you don't necessarily have to eliminate animal products from your diet. (And some whole grains are perfectly fine, too.)

Instead, simply incorporate more alkaline foods—namely, fruits and vegetables—into your diet while minimizing the more acidic ones. (For a quick reference, see the table below.)

Now, let's move on to the supplement side of my psoriasis protocol.

### **The circulation-saving dynamo that can rescue your skin, too**

You probably remember French maritime

pine bark extract as my No. 1 pick for circulatory protection. So why am I mentioning it now?

To answer that question, let me take you back to the connection between psoriasis and heart health.

As I explained earlier, the inflammation that triggers psoriasis flare-ups affects much more than the appearance of your skin. It runs rampant throughout the rest of your body, too.

During this process, your blood vessels can become inflamed. And this is precisely what leads to deadly plaque build-up inside your artery walls.

Plaque, in turn, can slow or interrupt the flow of blood to your heart. And this heightens your risk of heart disease and heart attack.

So those scary statistics I shared with you at the beginning of this article? Well, as you can plainly see, they're not just coincidence.

Which brings me to French maritime pine bark extract. This patented pine bark extract is well-known for its benefits to heart health and circulation. But that's not all it can do for patients battling psoriasis.

In fact, research shows that adding French maritime pine bark extract to your daily regimen can *significantly* boost the results you get from standard treatments.

### **32 percent more benefits— for 36 percent less money**

This new clinical trial spanned a 12-week period, during which researchers monitored 73 patients between the ages of 30 and 45—all of whom suffered from moderate to severe psoriasis.

All of the patients used "standard management practices"—that is, the conventional treatments I mentioned earlier. But 38 of them also supplemented with 150 mg of French maritime pine bark extract every day.

Compared to patients receiving standard treatment alone, the psoriasis sufferers who took French maritime pine bark extract experienced a 32 percent improvement in symptoms. And these benefits spanned across every aspect of the condition—from symptom severity to quality of life.<sup>2</sup>

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People supplementing with French maritime pine bark extract also saw a significant dip in oxidative stress—which is a prime source of inflammation. They saw significant gains in skin hydration. And they also relied on fewer drugs. (Which led researchers to determine that French maritime pine bark extract treatment worked out to be 36 percent cheaper than standard, drug-only treatment.)

Obviously, this is *incredible* news for anyone battling this stubborn and surprisingly high-risk condition. What's more, French maritime pine bark extract is side effect-free. And as this study shows, it's perfectly safe to take with other drugs.

It may even allow you to reduce your current dosages. And you really can't argue with that.

### **Two more essential allies in the fight for your skin**

Of course, French maritime pine bark extract shows great potential for controlling psoriasis all on its own. But if you combine it with essential immune system support, you can maximize its already considerable benefits.

That's why my next supplement recommendation is AHCC. As I've explained before, this is a medicinal mushroom extract from Japan with powerful immune-modulating properties. Unlike other herbals that stimulate your immune system, AHCC helps your immune system work as efficiently as possible.

In other words, it makes it "smarter." This is the real secret to defeating autoimmune disease.

For patients with psoriasis, I generally recommend 3,000 mg of AHCC per day in divided doses (1,000 mg in the morning, 1,000 mg around lunch, and 1,000 mg in the evening).

My other top nutritional supplement for psoriasis is a good probiotic.

Your gut regulates most of your immune system. And, in fact, 70 percent of your immune cells reside there. Immune dysfunction drives psoriasis. And without a healthy gut, you'll never gain control of the disease—plain and simple.

That's why I recommend taking one capsule of Dr. Ohhira's—twice per day, every day.

### **Psoriasis relief that runs straight through your veins**

As you can see, there are a lot of natural approaches that can give you the edge against psoriasis—from nutrition to supplements. And you don't need a prescription from a dermatologist to access them.

But there's one particularly effective solution that may require a visit to an experienced holistic practitioner. And that's intravenous vitamin C.

For the most serious cases of psoriasis, I have had tremendous success with this therapy. And I mean virtually *eliminating* any outward signs of the disease in my patients—all through the intravenous administration of this one nutrient.

Of course, I've been administering vitamins, minerals, and botanicals intravenously for some 20 years at this point. And only recently has it gotten trendy—go figure.

But it does work. And the fact that more and more practitioners have jumped on the bandwagon means you shouldn't have a hard time finding a doctor who can provide you with a vitamin C infusion.

If you're not already working with a physician who's familiar with this type of treatment, you can find one through The American College for Advancement in Medicine ([www.acam.org](http://www.acam.org)). Just enter your address into the search engine on their website for a complete list of experienced practitioners near you.

## Your “alkaline diet” cheat sheet

| EAT THIS...                                                                                                                                                                                                                                                                                                                                                                                                       | INSTEAD OF...                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Aged cheese, butter, cream, goat cheese                                                                                                                                                                                                                                                                                                                                                                           | Cottage cheese, ice cream, new cheese, processed cheese                                                                                           |
| Arugula, asparagus, beets, bell peppers, broccoli, Brussels sprouts, burdock, cabbage, cauliflower, celery, chives, cilantro, collard greens, cucumber, daikon, eggplant, endive, garlic, ginger root, jicama, kale, kohlrabi, lettuce, mushrooms, mustard greens, onion, parsley, parsnip, radish, rutabaga, scallions, seaweed and other sea vegetables, squash, sweet potato, taro root, turmeric, turnip, yam | Carrot, chard, rhubarb, snow peas, spinach, zucchini                                                                                              |
| Apple, apricot, avocado, banana, blackberry, blueberry, boysenberry, cantaloupe, cherry, citrus, grape, grapefruit, honeydew, lemon, lime, mango, nectarine, olive, orange, papaya, peach, pear, persimmon, pineapple, raspberry, raw tomato, strawberry, tangerine, watermelon                                                                                                                                   | Canned fruit, cooked tomato, cranberry, date, dry fruit, fig, guava, plum, pomegranate, prune                                                     |
| Amaranth, brown rice, buck wheat, farina, kamut, kasha, millet, oat, quinoa, spelt, wheat, sago                                                                                                                                                                                                                                                                                                                   | All-purpose flour, barley, barley groat, bleached flour, corn, rye, maize, oat bran                                                               |
| Boar, chicken eggs, elk, fish, game, gelatin, goose, lamb, mollusks, organ meat, shellfish, turkey, venison, wild duck                                                                                                                                                                                                                                                                                            | Beef, chicken, lobster, mussel, pheasant, pork, squid, veal                                                                                       |
| Lentils, mung beans                                                                                                                                                                                                                                                                                                                                                                                               | Azuki beans, black eyed peas, fava beans, green peas, kidney beans, navy beans, pinto beans, chickpeas, lima beans, white bean, red bean, soybean |
| Macadamia nut oil, avocado oil, borage oil, clarified butter, coconut oil, cod liver oil, flax seed oil, olive oil                                                                                                                                                                                                                                                                                                | Brazil nut oil, chestnut oil, cottonseed oil, palm oil, soy oil, superheated vegetable oils                                                       |
| Almonds, cashews, chestnuts, poppy seeds, pumpkin seeds, sesame seeds                                                                                                                                                                                                                                                                                                                                             | Brazil nuts, hazelnuts, peanuts, pecans, pine nuts                                                                                                |

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# Brand new research turns everything you thought you knew about cholesterol on its head

## *“Bad” cholesterol isn’t always bad—and 5 more cholesterol facts you need to know*

It never ceases to amaze (and distress) me that my patients still get concerned about cholesterol. Why does this upset me so much? Because, for years, I’ve been pleading with everyone on the planet—my patients included—not to worry about their total cholesterol score. In fact, that number doesn’t actually tell you anything about your risk for a cardiac event...whether it be a heart attack or stroke.

But, as I have been telling my patients for years—just because total cholesterol isn’t a big deal, that doesn’t mean you should ignore it entirely.

So, forget about that one number and let’s take a more in-depth look at your complete cholesterol profile.

### **Redefining “good” and “bad”**

Most people are aware of the traditional cholesterol roles: HDL is the good guy and LDL is the bad guy. But, as a new study shows, there’s a whole lot more to it than that.

In fact, this study questioned whether oxidized LDL (you know, the supposed “worst of the worst” in terms of cholesterol) is, in fact, harmful after all.

The widespread belief has been that oxidized LDL moves rapidly into arterial walls and engorges them with cholesterol, which ultimately converts into plaque. That plaque then blocks the arteries. Or, in a worst-case scenario, ruptures and sends clots into the bloodstream, causing heart attacks and/or strokes.

Guess again.

The new research appears to indicate that oxidized LDL might, in fact, be a good guy in the process. Instead of increasing the amount of cholesterol uptake and accumulation, mildly oxidized LDL actually prevents increases in cholesterol.<sup>1</sup>

This theory is encouraging for those of us who believe the cholesterol hoopla is a myth. One

based solely on selling billions upon billions of dangerous medications known as statins.

I lambast statins on a regular basis in, so I’ll skip that part of the cholesterol discussion (at least for now). Instead, I’m going to give you a detailed rundown of all the important blood fats (lipids) you should be keeping tabs on. And I’ll also tell you how you can make a positive impact on these markers at the cellular—and, ultimately the genetic—level.

Yes, you can change how your genes affect your health: This is fun, life-altering 21st century medicine, folks. But it’s not stuff the mainstream medical community will ever bother to tell you about (often because they simply don’t know).

### **The devil in the details**

Let’s start with LDL. As I mentioned above, classifying LDL cholesterol as “bad” is a bit of an oversimplification. You see, LDL is made up of particles. These particles come in both large and small sizes. And as it turns out, large LDL particles are quite normal—even healthy. Small, dense LDL particles (very-low-density LDL, or VLDL), on the other hand, can be problematic.

It sounds a bit counterintuitive, I know. But studies show that people whose LDL cholesterol is predominantly small and dense have a threefold greater risk of coronary heart disease.<sup>2</sup> And other studies suggest that determining the number of small, dense particles in the blood predicts the risk of heart disease more accurately than simply measuring total LDL cholesterol.

Your overall VLDL level should be below 40 mg/dL. But there are actually three subclasses of VLDL particles—VLDL1, VLDL2, and VLDL3. VLDL3 is the smallest, most dangerous type. Your level of VLDL3 should be below 10 mg/dL.

The same holds true for HDL—it comes in both large- and small-size particles. Large HDL particles are called HDL2, and the small variety are called

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HDL3. HDL2 is the most protective form. So the more of them you have, the lower your risk for cardiac events. You want your levels above 10 mg/dL.

But even these details are only a fraction of your overall lipid profile. As I mentioned above (and as I've said many times before), there's more to it than just cholesterol.

### **Two blood lipids more important than cholesterol**

In my opinion, triglycerides are even more important than cholesterol. Triglycerides are a type of blood fat (lipid) that occurs when you take in more calories than you can burn. Your body converts these excess calories into triglycerides. And if your liver isn't operating at the top of its game (which is frequently the case these days, thanks to the Standard American Diet), it can't process those triglycerides. Which means they build up—and wreak havoc in your body. You want your triglyceride level at or below 100 mg/dL.

There's also lipoprotein (a), or Lp(a), to consider. Lp(a) is a substance that builds on the inner lining of arteries, promoting inflammation and damaging artery walls. Lp(a) also contains a blood clotting component, which compounds the risk for heart disease and stroke even further.

This is one of the strongest indicators of heart disease risk. So you should have it checked every year. You want your level to be below 10 mg/dL. Though keep in mind, if you have a family history of heart disease, you're genetically predisposed to have an elevated Lp(a) level. The good news is, this is yet another instance where you can "outsmart" your genes. And all it takes is two simple supplements. More on those in just a minute. But first, there's one more blood lipid I want to tell you about.

### **The most dangerous kind of cholesterol (and chances are, you've never heard of it)**

The last risk factor you should be keeping tabs on is one you've probably never heard of. It's called intermediate-density lipoprotein (or IDL) cholesterol. IDL is the "sticky" kind of cholesterol that clogs up blood vessels and arteries. So, really, it's the most important cholesterol number of all.

Keeping IDL low (at or below 20 mg/dL) greatly reduces your risk for cardiovascular events. Like Lp(a), IDL has a genetic component to it, especially if you have a family history of diabetes.

Luckily, you can keep track of all of these lipids with one simple test, called the Vertical Auto Profile, or VAP test. Chances are, your doctor won't order it for you unless you specifically request it. But it costs about the same as a regular, routine lipid profile. And it's covered by Medicare and most insurance carriers.

Once you have your results, you can work with your doctor on a specific action plan for getting your scores where you want them. And despite what Big Pharma would like you to believe, chances are, you can do that without resorting to a single drug.

### **Your foolproof plan for a perfect lipid profile—NATURALLY**

Of course, the first step towards reining in these lipids is to focus on your nutrition. A diet that's low in processed, refined carbs and high in fruits, vegetables, lean protein and healthy fats will put you on the fast track towards a better lipid profile. But there are also a few supplements that can help you perfect your scores.

**Niacin and L-cysteine.** These two nutrients help keep Lp(a) in check. Start with 500 mg of niacin per day and work up to 3,000 mg per day. It may take a while, but it's worth it. (And, if you can tolerate it, it's best to opt for regular niacin here instead of the flush-free varieties. In my experience, the flush-free versions just aren't very effective.) As for L-cysteine, I typically recommend 1,000 mg twice per day.

**Pantethine** (*not* pantothenic acid) is very good at lowering IDL. I recommend 300 mg, twice per day, for my patients. Omega-3 fish oils also help in this situation, keeping the blood from getting "sticky." As you know by now, I recommend taking a quality fish oil supplement that contains 1,500 mg of DHA and EPA twice per day.

And there's one more supplement in particular that offers "one stop shopping" in terms of your lipid profile. It's a citrus bioflavonoid called

**bergamot** from a specific tree grown in Calabria, Italy (where my family is from).

Studies have shown that bergamot can lower total and LDL cholesterol, triglycerides and blood glucose, all while raising HDL (basically, everything you wish to accomplish). It actually works in a similar matter to statins. But without the side effects.

Because of its bioflavonoid properties, bergamot is also an antioxidant and an anti-inflammatory, both of which have very beneficial effects on endothelial cell lining function, inhibiting clot formation.

Obviously, keeping your heart functioning at peak performance is a big topic—and I could go on and on about it. I covered it in even more detail in my special report *The World’s Easiest Heart Disease Cure* (which is available at [www.drpscatore.com](http://www.drpscatore.com) if you don’t already have a copy). But when it comes to cholesterol, the bottom line is this: If you really want to stay healthy, you need to break the numbers down and look at the bigger picture, so you can attack the real problems—and plan your nutritional supplement regimen accordingly.

**Pinpointing plaque build up**

There’s another new test worth asking your doctor about at your next appointment. It’s called

the LPAC-2, and it gives an overall assessment as to whether a plaque build-up exists somewhere in your body.

Remember, you don’t necessarily need to worry about the plaque itself. Plaque is there to protect us by indicating that something isn’t right in your body and that you’re experiencing oxidative stress. But knowing it’s there means you can take action to eliminate this stress. And the easiest way to do that is to eat healthfully (lean, organic proteins and plenty of vegetables and healthy monounsaturated fats).

**Healthy lipids, by the numbers**

| Lipid          | Level              |
|----------------|--------------------|
| HDL            | 60 mg/dL or higher |
| LDL            | 110 mg/dL or lower |
| HDL2           | 10 mg/dL or higher |
| VLDL           | 40 mg/dL or lower  |
| VLDL3          | 10 mg/dL or lower  |
| Triglycerides  | 100 mg/dL or lower |
| Lipoprotein(a) | 10 mg/dL or lower  |
| IDL            | 20 mg/dL           |

*Citations available upon request.*

**Two simple supplements that can help you  
slam the brakes on Alzheimer’s**  
*as much as a DECADE before it takes hold!*

Mainstream medicine has spent dozens of years—not to mention billions of dollars—researching Alzheimer’s disease. Yet they’re no closer to solving this devastating, deadly epidemic than they were decades ago.

They’re so hung up on plaques and tangles that they’ve utterly ignored the most obvious symptom of Alzheimer’s. One that shows up 10 years before the disease really starts to take hold.

I’m talking about brain shrinkage.

Brain shrinkage is just what it sounds like: a loss of neurons (and the connections between them) that results in your brain getting smaller.

Brain shrinkage, or “cerebral atrophy” (its official term), can be generalized—meaning the entire brain shrinks at the same rate. This type typically results in a decrease in short-term memory. But brain shrinkage can also target certain

areas—which is especially concerning if it occurs in the parts of the brain responsible for conscious thought and voluntary processes.

But, ultimately, both kinds of brain shrinkage can lead to dementia and Alzheimer's disease.

And mainstream medicine has no drugs, treatments, or therapies to combat it.

But that doesn't mean brain shrinkage is something you just have to accept. In fact, recent research has shown two simple supplements may be all you need. And not just to slow brain shrinkage...but actually reverse it.

### **The future of brain health from an old standby**

Last year, the Proceedings of the National Academy of Sciences published an impressive study about one of the most common vitamin combinations on the market—a good old B-complex.<sup>1</sup>

Researchers recruited in 156 patients with an average age of 76. Around half got a daily dose of folic acid (800 mcg), vitamin B6 (20mg) and vitamin B12 (500mcg). The rest got a placebo.

After two years, the researchers found that the group taking the B vitamins experienced a significant reduction in overall brain shrinkage. In fact, some of the participants went from as much as 5.4 percent shrinkage down to just 0.6 percent.

In other words, taking these three simple B vitamins slowed brain shrinkage by 90 percent!

To drive the amazing potential of B vitamins home even further, researchers took MRI scans of patients' brains and highlighted the specific areas that were protected by the B vitamins. They lined up perfectly with areas normally ravaged by Alzheimer's disease.

### **A bigger brain and a better memory**

Another boon in the war against brain shrinkage is something I've talked about many times before—fish oil. But it bears repeating. Especially since research on its benefits for brain health is so incredible.

For instance, in February 2014, the journal *Neurology* published a study examining data from

### **Even more benefits from Bs— for your brain and beyond**

B-vitamins don't just protect against brain shrinkage. They can also have a direct effect on your memory itself. In a study published in 2012, patients taking the same combination of B-vitamins—B6, B12, and folic acid—scored 69 percent better on memory tests than the placebo group.

And don't forget—B vitamins aren't just a boon for brain health. They're essential for a healthy heart. And your body needs B to perform virtually all of its basic metabolic functions (nerve, hormone, etc.), as well as promote red blood cell production, regulate mood—even foster healthy hair, skin and nails.

over 1,000 postmenopausal women participating in the Women's Health Initiative Memory Study.<sup>2</sup> The data spanned eight years, and included the subjects' levels of EPA and DHA, as well as brain volumes (measured by MRI).

The results were stunning. Women with higher omega-3 levels—and DHA in particular—had significantly larger brain volumes than women with low levels.

Another major benefit: increased size of the hippocampus, which happens to be your brain's memory center. So you can see why preserving it is so important.

And there are plenty more studies just like this one—all showing fish oil's positive effects on the brain.

Another one, published several months ago, included 193 Alzheimer's disease patients, 397 people with mild cognitive impairment (MCI) and 229 people with normal brain function.<sup>3</sup> At the beginning of the study, 117 of the participants reported that they regularly used fish oil supplements (and most of them continued to take them throughout the study period). All of the patients underwent cognitive testing and brain

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imaging at the outset of the study, and then at 6- to 12-month intervals.

The researchers noted that the patients taking fish oil showed less brain shrinkage on scans than the rest of the participants. Plus, those who used fish oil had better scores on cognitive function tests at any given time over the course of the study.

All signs point to this: Consistent, long-term supplementation with a few key nutrients—B vitamins and fish oil—is a key component of warding off brain shrinkage and Alzheimer's disease.

You can get quality B vitamin supplements in

any natural food store or vitamin shop, as well as from online supplement retailers. And upping your intake of foods rich in these nutrients certainly won't hurt either. Animal products like fish, poultry, meat, and eggs are your best food sources of vitamin B12 (clams and liver are particularly rich in this nutrient). Tuna, chicken, turkey, and cantaloupe offer up a good dose of B6. And spinach and other dark green leafy vegetables are good sources of folic acid.

And make sure to get at least 3,000 mg of EPA and DHA from fish oil every day too.

*Citations available upon request.*

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## Head-to-toe protection from the strongest antioxidant on Earth

You know about the big-name antioxidants: CoenzymeQ10, vitamin C, green tea, resveratrol—just to name a few.

But there's another antioxidant that beats out all the others.

It's called astaxanthin.

If it sounds familiar, that's because it made a huge splash in the supplement industry a few years ago. And for good reason.

Astaxanthin is a carotenoid pigment responsible for giving salmon and shrimp their pinkish hue. But unlike many other flash-in-the-pan supplement trends, there's been a tremendous amount of research on astaxanthin. And it's all overwhelmingly positive.

But let's start with the proverbial feather in astaxanthin's cap.

In 2007, a team of Japanese researchers tested astaxanthin head-to-head against some of the most common—and most powerful—antioxidants.<sup>1</sup> And as it turned out, astaxanthin trumped them all. The researchers determined it's:

- 550 times stronger than green tea (EGCG)
- 800 times stronger than CoQ10.

- 3,000 times stronger than red wine (resveratrol)...and
- 6,000 times stronger than vitamin C (yes, you read that right—6,000)

These researchers singled astaxanthin out among all the antioxidants and concluded that it "obviously plays an important role in promoting quality of life to prevent diseases and maintain a healthy life."

That's putting it mildly...

### **Slam the brakes on the No. 1 cause of vision loss**

I'm not even sure which of astaxanthin's benefits to start with, because there are so many. But I'll begin with a big one: eye health.

Astaxanthin is unusually good for the eyes because it's one of the few supplements that actually reach the retina, making it helpful for everything from eyestrain to retinopathy... even macular degeneration. That last one is especially important because age-related macular degeneration is the No. 1 cause of vision loss in people over 50. Experts at the national eye institute estimate the number of people affected will hit 3 million by 2020. And, as I reported recently, age-related macular degeneration is showing up

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much earlier than ever before—in patients as young as 35.<sup>2</sup>

But a number of studies have noted how well astaxanthin improves blood flow to the retina, alleviates eyestrain, and more.

### **Triple your energy and endurance**

Another reason I love astaxanthin is its ability to boost energy and endurance. In one study, researchers divided 40 healthy volunteers into two groups. The first group got 4 mg of astaxanthin per day. The second group got a placebo. The researchers measured several factors associated with exercise endurance at the outset of the study and then again after six months.<sup>3</sup>

At the end of the study, the placebo group was able to do 9 more knee bends than they could do at the beginning (from 46 to 55). But after six-months, the astaxanthin group was able to do 27 more knee bends (from 49.32 to 76.37).

In other words, the astaxanthin group's endurance was a whopping three times higher than the placebo group's.

Now, I know you're probably not doing 50 squats at a time. But if astaxanthin can help improve THAT level of exercise, imagine how it can help boost your energy and ability to do light regular activity—like that evening walk I'm always begging you to take.

### **Squelch arthritis pain and sidestep sunburn**

Astaxanthin also has significant anti-inflammatory properties, which make it perfect for combatting pain.

In fact, a study published back in 2003 showed that astaxanthin is extremely effective in suppressing the inflammatory agents that drive osteoarthritis, rheumatoid arthritis and other forms of acute pain.<sup>4</sup> And it helps squelch inflammation without the dangerous side effects of COX-2 inhibitor or non-steroidal anti-inflammatory drugs (NAIDs).

And speaking of combatting pain...astaxanthin also reduces UV damage caused by the sun.<sup>5</sup> It

functions as a sort of "internal sunscreen"—but without all the chemicals you'll find in most regular sunscreens. Even better: astaxanthin protects you from UV damage without actually blocking the UV rays your body needs to produce vitamin D.

And last but certainly not least, astaxanthin also helps you maintain healthy cholesterol and triglyceride levels.

In one study in Korea, 27 overweight or obese adults were randomly assigned into two groups that were given astaxanthin or placebo caplets for 12 weeks.<sup>6</sup> The researchers measured the participants' total cholesterol, triglycerides, high-density lipoprotein (HDL) cholesterol, low-density lipoprotein (LDL) cholesterol, apolipoprotein A1 (ApoA1), and apolipoprotein B (ApoB) at the outset of the study and again after 12 weeks. (For a refresher on these various lipids, refer back to the article X in the November issue.)

The researchers found LDL cholesterol and ApoB were significantly lower after 12 weeks of treatment with astaxanthin. The placebo group, on the other hand, didn't experience any changes in their lipid levels.

### **Powerful protection at the cellular level**

How, exactly, does astaxanthin accomplish all this? Well, it has the unique ability to get into every part of a cell. Plus, it makes its way into every cell of the body.

So astaxanthin quite literally improves the health of every system in your body at the cellular level.

You can get astaxanthin from salmon and shrimp (it's actually the carotenoid pigment that gives them both their pinkish hue). But unless you're eating seafood every day, you should also consider taking an astaxanthin supplement. They're widely available online and in natural food and vitamin stores.

And it doesn't take much to notice a difference. Just 4 mg per day is enough to get all of the benefits this remarkable nutrient has to offer.

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# The silent epidemic stealing your youth

## *And how you can start Aging Younger in just 20 minutes a day*

Some people call it being a couch potato. I call it sitting disease.

I'm not trying to be cute here. This condition is very real. And it's deadly, too. More deadly than most people would probably ever guess.

Case in point: If you're an older woman who sits for more than 11 hours every day—whether it's in front of the TV or behind a desk—you're *12 percent* more likely to die early.<sup>1</sup>

You're also 21 percent more likely to die of cancer. And as much as 27 percent more likely to die of heart disease.

This unsettling discovery comes courtesy of a brand new study of 93,000 postmenopausal American women. The results are downright shocking. But they underscore a message I've been shouting from the rooftops for years now.

If you want to stay alive—let alone healthy—you have to get moving.

The emergence of sitting disease is also why exercise is an integral component of the Aging Younger protocol I've been telling you about. Because staying active doesn't just keep you alive longer. It also does more to keep you young than the best plastic surgeon can. And it doesn't have to cost you a penny—or turn your life upside down.

More on that in just a moment. First, let me give you a little more background on this silent, youth- robbing, deadly epidemic.

### **The lethal risks of a sedentary life**

Not too long ago, researchers reviewed more than 200 cancer studies from around the world. Sedentary lifestyle—a.k.a. sitting disease—was linked to nearly 49,000 cases of breast cancer and 43,000 cases of colon cancer.<sup>2</sup>

And these are just conservative estimates. They think far more cancer cases are likely related to a sedentary lifestyle. And once again, the more time people spent sitting, the higher their risk was of dying early.

But it doesn't take hours upon hours of sitting to significantly impact your longevity.

In fact, back in 2012, a study showed that sitting for more than three hours per day can cut your lifespan by *two years*. And watching TV for more than two hours a day results in losing *another year and a half*.<sup>3</sup>

These links persist among all age ranges.<sup>4</sup> Which means sitting disease doesn't discriminate. It weighs down the young and the elderly alike.

And it may be the biggest epidemic the U.S. has ever faced—surpassing Alzheimer's, diabetes, and all the other deadly diseases currently running rampant in this country.

Because the National Health and Nutritional Examination Survey (NHANES) reported that fewer than 5 percent of American adults get 30 minutes of moderate intensity of exercise on a weekly basis.

You read that right. Most people aren't even clocking a half-hour of exercise *per week*.

But here's the really interesting part of the brand new study I told you about above. The negative effects of sitting for extended periods of time weren't significantly different for "fit" people. The researchers found people who exercised an hour a day faced almost the same risk of premature death as people who didn't work out at all.

So what does this mean?

Well, for starters, it means true fitness begins at a much more basic level than exercise gurus would have us believe. It also means getting started on the road to a longer, healthier, younger life is far easier than you might think.

Take a look...

### **Start getting younger just by getting up**

If you want a longer life, you can start by simply getting up out of your seat.

Take regular, short walks to break up your day. Commute by walking or biking as often as you can.

(Even if you're just parking farther way.) And if you can work at your desk while standing up, that's even better.

When you get home, don't just set up camp on the couch. Get in the kitchen and cook up a delicious meal. Then take a nice walk around the block after dinner.

Overall, don't sit for more than a couple of hours at a time. If you have to, set a timer. When it beeps, get up and do something. Anything. Make it a habit and you'll add three years to your life.<sup>5</sup>

It doesn't get much easier than that.

And while we're starting with baby steps...

### **The age-defying powers of a walk around the block**

If you're already up out of your chair, you might as well go for a walk, right? It's not just a good way to fill the time you used to spend sitting. But it's also the key to warding off the hallmark diseases associated with aging.

Studies show that simply by walking to work, you can cut your risk of diabetes by 40 percent—and your risk of high blood pressure by nearly 20 percent.<sup>6</sup> Meanwhile, for every 20 minute walk you squeeze into your day, you'll cut your risk of heart disease by 8 percent.<sup>7</sup>

And those are just the discoveries that made headlines last year. If you ask me, preventing chronic diseases is TRUE anti-aging medicine.

Clearly, the anti-aging benefits of exercise work on multiple levels. If you don't want to age prematurely, stop sitting around. If you don't want to age with chronic disease, start walking. And if you don't want to age at all? Well according to the latest research, exercise is the answer for that, too...

### **Slam the brakes on aging at the most fundamental level possible**

One recent analysis compared the cellular life spans of sedentary and active adults, in youth as well as middle age. And the findings were striking, to say the least.

For one thing, the active middle-aged subjects—who had an average age of 51 and ran an impressive

### **Do you suffer from “sitting disease”?**

Exact numbers vary, but the general consensus is that more than three to six hours of sitting per day—*regardless* of your exercise routine—is the deadly tipping point. More sedentary time than this, and you suffer from full blown sitting disease. Estimates suggest the average person spends more than half their day—almost

8 hours—seated. I'd say that's a rather conservative estimate. Because for a lot of people, 8 hours isn't even a full day at the office.

Add in the time you spend sitting on your commute and the television you watch after dinner, and you're looking at a recipe for disaster.

But luckily, the cure is as straightforward as the disease...

*Sit less.*

See below for some specific suggestions on ways to get on your feet more throughout the day.

Whatever you do, just *keep moving*. Because it could literally add years to your life.

50 miles per week—simply looked a lot younger than their sedentary counterparts.<sup>8</sup>

But that wasn't the most remarkable difference. The older runners also had noticeably long, youthful telomeres.

Telomeres are the protective protein complexes that cap your chromosomes. With continued cell division and aging, these telomeres shorten. And their ability to preserve your chromosome integrity weakens.

Simply put, telomere length is a reliable marker of biological “old age.” And with every snip to these proteins, your body comes one step closer to disease— and death.

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The telomeres of the older sedentary subjects in this study suffered significant losses. Among this group, telomere length was cut in half compared to <sup>9</sup> youthful subjects. But telomere loss was 75 percent lower in older runners.

And this isn't the only study to reveal this association. Other research has linked aerobic fitness in middle age to telomere preservation, too.<sup>10</sup>

Granted, the active subjects in this particular study were extraordinarily fit. But that doesn't mean you have to be a seasoned athlete to tap into the age-defying powers of exercise.

Yet another study showed similar benefits at the bargain price of just 20 minutes of vigorous activity daily.<sup>11</sup>

### **Start aging younger in 20 minutes a day**

Exercise is just about the closest thing we've got to a magic bullet. It increases longevity. And it decreases risk of heart disease, diabetes, strokes, cancer, bone loss, aging—you name it.

There's so much research out there it's impossible to deny the correlation exists. Which, of course, means it's also impossible to bury your head in the sand when it comes to getting up and doing it.

Just like good food, physical activity is an equally fundamental cornerstone of lasting health—and youth. And there aren't enough supplements in the world to stand in for the benefits you reap from regular exercise.

Believe me, I have heard all the excuses. But I'll tell you what I tell my patients: I don't care where you start. *You just have to start somewhere.*

And you must carve out a time in your schedule to get it done, too. Even if that means getting up earlier than usual, using some of your lunch break, or doing it immediately after work.

Like it or not, you really have to treat exercise the same way you would treat any professional obligation you have. Because it is every bit as important. (If not a whole lot more.)

Current U.S. guidelines suggest 150 minutes of moderate physical activity per week.

Which sounds like a lot. But for practical purposes, that's roughly 20 minutes a day. And typical moderate intensity exercise would be walking at a pace of about 3 mph. If you've ever used a treadmill, you'd recognize that as pretty slow. It's a pace that would get you knocked down on a New York City sidewalk.

A talk test is a good way to gauge your intensity if you're unsure. Moderate intensity means you can carry on a conversation. But you're breathing hard enough that you couldn't sing a song.

In other words, it's a workout that most everyone can manage. And it will significantly lessen the toll aging takes on your body.

But if you *really* want to turn back the clock, I would encourage you to push a little harder.

### **True fitness takes you out of your comfort zone**

Now, I'm no exercise scientist—I work with a trainer myself—but I am a big believer in starting where you're comfortable and slowly working your way up.

So focus on what you can start doing right now. Get a pedometer, for instance, and aim for at least 10,000 steps a day. This is an easily achievable goal for most people of any fitness level.

Which isn't to say you shouldn't challenge yourself, of course. Because pushing your own limits will ultimately give you the best results.

Personally, I used to be a big yoga and cardio guy. And I *hated* the weight room. But now, I train in a gym alongside competitive body builders. Honestly, I am the smallest person there. But I'll tell you what—I love lifting weights.

I didn't reach this point by staying in my comfort zone. And you won't either.

I understand my readers have different backgrounds in terms of age, level of activity, level of infirmity, etc. So I'm not going to outline a program for you today. The fact is, there is no one-size-fits-all approach. And we all start and end at different places.

But I can give you a basic overview to point you in the right direction. So let's review a few of your options.

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## **Your anti-aging exercise “prescriptions”**

When it comes to your actual workout, you have aerobic activities and resistance training to choose from.

**Aerobic activities** include such things as running, the elliptical machine, rowing, stair climbing, etc. Basically, any activity that raises your heart rate.

To find your maximum heart rate, subtract your age from 220. The resulting number is the highest your heart rate should ever go in beats per minute. For example, if you’re 50 years old, then the highest heart rate you should hit is 170 beats per minute.

You generally want to keep your heart rate at 85 percent of your max. (Which, in the above example, would be 145 beats per minute.)

**Resistance training** includes weight lifting, yoga, and pilates. (Some may argue that yoga and pilates are not true resistance activities—but they do increase muscle tone by using the weight of your body, so I included them both in this category.)

Among other things, this type of training is essential for patients who want to avoid broken bones. There’s a reason young people rarely deal with hip fractures. Strong muscles keep you from falling— and regular resistance protects bone mass, too.

I actually prefer strength training over other types of exercise, because it offers the best of both worlds. You get your heart rate up while increasing muscle mass at the same time.

A lot of women shy away from this type of exercise for fear of bulking up. But this is a myth. Women simply don’t have the hormonal

environment necessary to get so big without an *extraordinary* amount of work.

And they’re doing themselves a great disservice by avoiding the weight room, or working with weights that are far too light to produce any result.

Effective resistance training, for men and women, entails working muscles to failure. (Which means until you simply can’t lift anymore.) By the time you reach your final repetitions, you should be struggling to finish. Once you’re able to complete sets comfortably, it’s time to move up to a heavier weight.

## **The most important part of your exercise routine**

At the risk of sounding cliché, the bottom line here is to *just do it*. Consult with your doctor to make sure you’re able to exercise, start slowly, and be consistent. Stick with it and put in the time.

I’m not a gym rat by any stretch of the imagination. So if I can manage to make regular exercise a core part of my life, you can too. All it takes is practice and, most importantly, commitment.

And don’t forget—exercise doesn’t always have to “feel” like exercise. Gardening, bowling, golfing, ballroom dancing...all of these hobbies get you moving—without a gym membership.

I have every confidence that anyone reading this can do something to build their physical fitness. And you must. Every single day. Because the bottom line is, sitting around will kill you.

If you want to stay alive—much less young—you’ve got to keep moving.

*Citations available upon request.*

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