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The brain-protecting nutrient that almost slipped through the cracks

Why not even your doctor knows the secret to boosting your brainpower

If you're concerned about preserving your mental function (and you *should be*, considering Alzheimer's dementia is an epidemic in this country) you need to read this. Because it's the only place you'll hear about the unsung nutrient that suddenly has real scientists and researchers talking.

That's right. While the mainstream medical world was bickering about beta-carotene—a carotenoid found in vegetables—my colleagues and I were doing some real science and discovering some true plant-based powerhouses.

Our discoveries went largely unnoticed (or perhaps intentionally buried). But today I'm going to tell you about one in particular that may very well make all the difference in helping you keep your memory from slipping through your fingers.

The fallacy of the "magic bullet"

Since the British Empire Cancer Campaign of the 1920s (described in more detail in my report *Classified Cancer Answers* that you received when you first subscribed to *Insiders' Cures*), green, leafy vegetables have consistently been proven to lower the risk of just about every common cancer. This observation holds up today—nearly a century later. And not only for cancer but for other diseases as well.

Of course, 20th century biomedical research scientists have been focused on finding the single-ingredient "magic bullet" in these vegetables responsible for their disease-preventing benefits.

But the power of plants is not in a single component—it's in the hundreds of natural vitamins, minerals, and phytochemicals they contain. And many of those are the ingredients that my colleagues and I learned about through thorough scientific analysis at the USDA Human Nutrition Research Center.

Here's the really interesting thing, though: Among the hundreds of nutrients found, one did emerge as a powerful antidote to the cognitive decline that is plaguing our nation. Only you never heard about it—partially because deadwood government science bureaucrats were busy bungling their research looking for a supposed "magic bullet" (like beta-carotene).

As it turns out (and as we predicted), beta-carotene is only one of the many carotenoids found in some leafy green (and yellow-orange) vegetables. Carotenoids act as antioxidants to protect plants—which is an important reason plants can stay outside all day, exposed to solar radiation, heat, and other climatic assaults without just withering away. Carotenoids are also responsible for the brilliant colors we see in nature, especially in the fall when the green chlorophyll in leaves goes away, leaving the colorful carotenoid pigments behind.

And they can have just as dazzling an impact on the human body—if we're using the right ones for the right purposes.

When research goes wrong

When the National Academy of Sciences in the United States finally began to recognize that food and nutrition play an integral role

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In this issue:

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in cancer in the early 1980s (more than half a century after the British Empire's observations), the National Cancer Institute (NCI) launched an effort to discover the "magic bullet" ingredient(s) in foods that could be isolated and used to help control cancer.

While largely ignoring the massive evidence already supporting vitamin C as an anticancer ingredient, NCI decided instead to focus on a then-obscure carotenoid, beta-carotene. This was before they knew to what extent beta-carotene was even present in the healthy vegetables that had been proven to fight cancer.

And that's just the beginning of how they missed the mark…

New funding to help find anticancer agents in food went to the usual fat cats of government research at NIH (who knew next to nothing about human nutrition) instead of the government's true nutrition experts at the USDA Beltsville Agricultural Research Center in Maryland.

I had just been recruited into the NCI's new program on nutrition and cancer, and the other young scientists and I were hamstrung by the stodgy pen pushers (who had been "re-organized" instead of replaced with knowledgeable researchers). But we didn't let that stop us. The new team quickly realized we would have to collaborate with the USDA to get any real answers.

So we did, and quickly. But while we were entrenched in discovering the basics about the nutrient composition of foods, and the metabolic effects of these "new" carotenoids, the bureaucrats at NCI prematurely launched their infamous human clinical trials on beta-carotene. In essence, doing the expensive "advanced" research before the basic research was ever done.

We warned them, but they didn't want to listen to the REAL SCIENCE. Instead, they persisted. Even after we tried to warn them about our own results—that beta-carotene is simply not present in the healthy foods that do protect against cancer—they went ahead with human trials on beta-carotene. And all they proved is that beta-carotene had no effect on cancer…and in fact it actually increased it in some groups of people.

In my case, they didn't just ignore the results of the basic science—they effectively tried to suppress them. And I was not permitted to publish them until after I left the NIH myself. When I ultimately did publish them they earned me the Young Investigator Award at Walter Reed Army Medical Center.

So the NCI put the cart before the horse. And the public has been looking at the wrong end of the horse ever since!

They wasted MILLIONS of taxpayer dollars, all because they didn't do their homework. And the public is still paying the price.

But not only did they miss out on finding the nutrients that actually *could* make a difference—they set back true understanding about nutrition and cancer by decades in the minds of many physicians, scientists, and the public.

Of course Big Pharma was quick to pounce on the botched beta-carotene results as "proof" that nutrients are ineffective against cancer. Out of one side of their mouths, anyway. Meanwhile, they had launched a lucrative new industry for themselves selling synthetic carotenoid supplements.

Beta-carotene may have been a bust, but on the positive side, our own team of scientists did discover

the importance of other carotenoids in human metabolism. And now I'll show you what we ultimately learned about one in particular that is a true standout in the area of brain health.

The unsung brain-boosting hero

If you've heard of the carotenoid I'm about to tell you about, I can almost guarantee it wasn't about its ability to protect brain function.

Lutein is best-known as a vision helper. But recent research highlights its cognitive effects as well. And it's little wonder that something that helps the eyes would be good for the brain as well. The eye itself is a very specialized organ originating from brain and nervous tissue.

But there's another obstacle when it comes to nourishing the eye and the brain: The blood-retina and blood-brain barriers are highly selective in granting entry. This normally protects the delicate eye, brain and nervous tissues against many toxic effects, but it also means that it takes a very special nutrient to get in.

Lutein is one of only two carotenoids that can penetrate the blood-retina barrier and the blood-brain barrier. Which makes it a critical tool in the emerging medical epidemic of Alzheimer's dementia. But it's important to note that lutein also has cognitive benefits for people without dementia.

Scientists have discovered that higher levels of lutein-related pigments in the eye are correlated with improved brain function. Global cognitive function, verbal fluency, and memory retention were all increased, and dementia decreased, in people with higher levels of these lutein-related pigments. Even in subjects who were 100 years old—or older.[1]

Yet another study found that giving lutein alone or in combination with an omega fatty acid improved cognitive function, verbal fluency, learning ability, and memory in older women.

Bottom line: It appears lutein can improve cognitive function in older people in general—and also help prevent dementia. In the world of natural remedies, this finding is even more significant because the best-researched herbal remedy for cognitive function, Gingko biloba, has been proven to improve memory in people with documented cognitive impairment but not in the general population.

So, what do research scientists conclude about all these new findings? "Lutein warrants further research." But for the millions of aging Americans watching their memory slip away, waiting for further research isn't an option.

In the meantime, a dose of 12 mg per day of lutein just might be the natural memory enhancer you need. Boost the results by combining it with 800 mg/day of DHA omega fatty acids. And don't forget to add berberine (500 mg per day, divided into two or three doses). As I explained in the December 2012 issue of *Insiders' Cures*, recent research also shows very promising results using berberine in supporting brain function.[2,3,4]

Citations available online at www.DrMicozzi.com

NEWS BRIEF

Skip the MRI before breast cancer surgery

Researchers warn that pre-surgery MRI can lead to more radical treatment and higher cost—but not better outcomes.

I've reported before that many of the medical tests out there are a waste of money—or worse, a risk to your health. Well, here's another example of science proving that advice right.

Magnetic resonance imaging (MRI) may do a better job than x-ray or ultrasound at producing sharp images for detecting new breast cancers. But once breast cancer is diagnosed, new research from Memorial-Sloan Kettering Cancer Center in New York shows that preoperative MRIs for staging the cancer may do more harm than good.[1]

More than one-quarter of women with preoperative MRIs ended up having their entire breast removed by cancer surgery. That's compared to less than one-fifth of women without an MRI.

Researchers are now questioning whether the MRI leads surgeons to remove more breast tissue than necessary. This of course leads to additional costs and complications, not to mention the cosmetic effects. And let's not forget the fact that an MRI itself adds another $1,000 to the overall medical bill.

Experts now question whether MRIs have any place in breast cancer surgery and findings show that you can skip the pre-operative MRI.

For additional medical tests you should consider skipping, refer back to the November 2012 issue of *Insiders' Cures*.

Citations available online at www.DrMicozzi.com

Why those tired, old natural arthritis "fixes" don't work

Plus, the long-forgotten ancient remedies that DO

I would have bet my right knee that at least 90 percent of my readers think glucosamine and chondroitin are a one-stop solution to arthritis pain. But since I researched the secrets to real natural joint relief, I am going to keep that knee after all. Which just goes to show that "it pays to advertise," or *marketing works*.

If only glucosamine and chondroitin actually worked as well.

If glucosamine and chondroitin were truly the wonder nutrient supplements that marketers claim they are, we wouldn't still be talking about arthritis. In fact, with all the "solutions" that have been dumped onto the public for decades, joint pain should have gone the way of the dinosaurs years ago.

Yet, as long as there have been joints, there has been joint pain.

Historians tell us that, unlike many common diseases that have become more prevalent in our modern industrialized era (think cancer and heart disease), arthritis has been afflicting humans since prehistoric times. In fact, paleopathologists estimate almost **half of early humans**—as far back as Neanderthal man—suffered some sort of joint condition.

Unfortunately, the best-documented health problem in human history is plaguing us still. And it will for generations to come—if we keep putting faith in supplements that get it all wrong.

But the good news is when an ailment has this much history, we have the benefit of millennia of trial and error before us. And our ancestors—from many cultures around the world—have left us clues that point us to real solutions for joint pain.

I've spent years investigating history's clues, and I've found alternatives to glucosamine and chondroitin that actually work.

I'll tell you in a moment about that solution, but first we need to understand what causes joint problems as you age.

The REAL cause of joint pain is something glucosamine can't touch

Joint pain fits into one of four categories:

(1) ***Osteoarthritis.*** Deterioration from "wear-and-tear" on joints that leads to painful inflammation.

(2) ***Rheumatoid arthritis.*** The immune system itself attacks joints, causing pain and deterioration.

(3) ***Degeneration of the discs.*** The discs between the vertebrae in the spine wear down, causing neck and back pain.

(4) ***Pains of undetermined nature.*** These may be linked to mind-body-immune system connections, as explained in my book with Mike Jawer, *Your Emotional Type* (www.drmicozzi.com).

But while there are different types of joint pain, they ultimately have one thing in common—inflammation.

So if we can treat inflammation, we can do away with these ailments. Simple, right?

But here's the thing: glucosamine and chondroitin—the most common natural products used to treat joint deterioration and pain do not have the power to correct inflammation in the joints.

Joint remedies that actually do the job need to address the cause of joint damage. And the fact is that inflammation plays a central role.

Here's what you need to know about joints and bones, and why **you can't treat joint pain effectively without treating inflammation:**

(1) Our body is constantly absorbing and replacing old bone with new, healthy bone.

(2) Where one bone meets another, the bones are covered in cushioning called cartilage. This keeps bones from rubbing against each other.

(3) Cartilage is nourished by fluid called synovial fluid, which fills the spaces in the joints, between the bones.

(4) When the joints are inflamed, cartilage can't get the nourishment it needs from the synovial fluid. So inflammation destroys normal cartilage tissue and gets in the way of new, healthy cartilage being formed.

(5) If inflammation is controlled, the body can again begin forming and nourishing new, healthy cartilage. The result? **Normal, healthy, comfortable joints.**

In some cases of joint pain, such as rheumatoid arthritis, inflammation comes first and destroys cartilage and—if left unchecked—bone. In other cases, like osteoarthritis, the "wear and tear" destruction of cartilage leads to inflammation in the joint tissues. Either way, what results is a vicious cycle that can only be interrupted in one way: by **controlling inflammation.**

Here's why that's so important: once you control inflammation, the damaged joints and underlying bones can *begin to heal themselves.* This self-healing ability of bones and joints is the basis of all natural healing in all tissues of the body. No matter how many so-called bone-supporting nutrients you pour into the system (assuming they even make it into your joints), they won't work if you don't stop the inflammation cycle.

Can your body even use glucosamine and chondroitin?

Many doctors and medical scientists have questioned for decades whether glucosamine (a sugar amine) is even sufficiently absorbed into the joint tissues, believing that it is destroyed in the gastrointestinal tract and/or the bloodstream before it can even enter the joints. It is, after all, a combination of glucose or sugar (which is readily metabolized for energy) and an amine, which like most protein constituents, are broken apart by digestion and enzymes.

Chondroitin comes with its own list of issues. Concerns have been raised about the source it comes from and how well the body can actually absorb it, and to what extent. It seems like most all the "new" discoveries over the years when it comes to chondroitin have to do with some new, exotic species or location from which this common natural substance is harvested. This has made for some putatively attractive marketing pitches…but not evidence that it is absorbed into the body and actually works for joint pain. That's why chondroitin has become widely regarded in the medical community as worthless.

Side effects of glucosamine include digestive complaints such as abdominal pain, poor appetite, nausea, heartburn, constipation, diarrhea, and vomiting. Which makes sense for something that is not being absorbed properly in the gastrointestinal tract.

History holds the secret to joint relief

Modern science is proving what our ancestors knew: Natural remedies can curb inflammation and promote bone and joint health.

Do you remember what the wise men brought as gifts to celebrate the birth of Jesus? Gold, frankincense, and myrrh. Believe it or not, all three of those are proven arthritis remedies (and you can trust men who just walked halfway around the world to know what soothes achy joints!). *No wonder they were so valuable.*

Gold injected into the joints actually does help arthritis, but its expense puts it out of reach for most of us. Frankincense and myrrh, on the other hand, have a long history in supporting joints—and new research continues to support their use.

Frankincense, also known as Boswellia, is best known in the West as a potent incense that fills churches with a familiar fragrance. But far beyond smelling good, frankincense is valued for its medicinal properties. In fact, it has held an important place in Asian medicine for millennia. Ayurvedic practitioners have known for ages that Boswellia is a key treatment for joints. And the reason it works: It stops inflammation.

And, again, that allows your cartilage to rebuild itself. Like most natural healing, rebuilding healthy bone and cartilage to a permanent solution is a slow and steady process that takes time. But if you take care of the inflammation in the meantime, it helps stop the pain and increases mobility, while allowing the joint to repair itself over time.

Myrrh, found in abundance in the Middle East, is valued for its anti-inflammatory effects too. In fact, it's held in such high esteem that it was one of the gifts the Queen of Sheba brought to King Solomon.

If you're looking for a joint supplement today, you'd do well to find one that has these potent herbal anti-inflammatories, as well as some specific nutrients whose effectiveness is proven by modern science.

The first is *vitamin D*, which even the government recognizes as being critical for bone health (though it largely ignores vitamin D's other health benefits). A healthy dose is 1,000–2,000 IU per day.

The second is best known for preventing and treating colds—and even cancer—but it's rarely discussed for bone health. However, the importance of vitamin C for bone and connective tissue health should not be overlooked. An effective dose of vitamin C is in the range of 500 to 1,000 mg a day. But even without supplements, dietary sources alone can be extremely effective for bone and connective tissue health if you get enough of the right foods (see the *Insiders' Cures* bonus report *"Top-of-the-Food-Chain" Cure for Obesity* that came with your subscription).

A little bit of "un-learning" goes a long way

I hope this article has helped you un-learn what the natural products marketing masterminds have led you to believe about protecting and rebuilding joints, but just to make sure, let me put the issue to rest once and for all…

Glucosamine and chondroitin are NOT your one-stop arthritis cure!

Because they *do not stop joint inflammation!* If you want to stop arthritis pain today and give your joints a chance to heal naturally tomorrow, you need to stop inflammation. And to do that, trust the natural anti-inflammatories with centuries of history backing them up. IC

The dangerous delusion of "detox" drinks

True detoxification doesn't come in a bottle

Here we go again… A tried and true tenet of natural healing is being potentially misunderstood by mainstream medicine and meanwhile exploited by the quick-fix (and quick-buck) "health" marketeers.

This time it's with the delusion of so-called "detox" products and drinks. But unfortunately, the detox-in-a-blender fad bears no resemblance to any authentic detox regimen.

What is detox, anyway?

Some of the new drink marketeers may not know it, but it actually stands for detoxification. And that can mean two very different things from a health perspective:

1. To the medical establishment, it's about appropriate treatment for drug or alcohol intoxication or addiction.
2. In natural medicine, it's a way of restoring the body, mind, and spirit to their most cleansed, balanced and healthful state.

The characters running around promoting "detox" drinks (who seem hyped up on their own adrenaline) could use a good detox themselves. They need to slow down, and take time (and even lie down) for an authentic, natural detox treatment…as I'll demonstrate in just a moment.

Heavy metals and other "toxins"

A really unfortunate thing about the wildly incorrect messages about detox is that real detoxification is an important cornerstone of good health. It's something we should all do periodically to get rid of toxic accumulations that slow down our bodies and cloud our minds.

The human body accumulates toxins, like heavy metals, that the liver can't effectively metabolize and the kidney can't adequately excrete. Metals like **lead** or excess **iron** can accumulate and poison virtually any and all tissues of the body. Fortunately, there is a real medical treatment for effectively eliminating lead that I will tell you about shortly. Other toxins, including chemicals from pesticides, for example, accumulate in body fat.

Note to dieters: One of many reasons I recommend slow, steady weight loss is that accumulated toxic chemicals trapped in fat tissues are released into the blood and body when fat is metabolized due to caloric restriction. A sudden release of toxins into the bloodstream can temporarily poison other tissues in the body, causing symptoms that may convince you that your weight loss is doing more harm than good, at least temporarily. That's another reason to follow a sensible diet for weight loss or maintenance, such as the one I outlined in the *"Top-of-the-Food-Chain" Cure for Obesity* bonus report that came with your subscription.

But back to the medical treatment I mentioned for eliminating excess lead from the body. Chelation therapy using infusion with a substance called EDTA has been approved for use by the FDA for lead poisoning. The EDTA chemically traps the heavy metal so it can be eliminated in the urine. After many years of study, research recently established that chelation therapy with EDTA, together with vitamin C, is effective for treating and reversing cardiovascular disease (theoretically by removing the mineral calcium from blocked arteries).[1]

As I reported in last month's *Insiders' Cures*, mainstream medical "experts" were quick to claim it was the vitamin C—not the chelation therapy itself—that was responsible for the positive effect. (Yes, these are indeed the same "experts who are usually quick to claim that vitamins have no effect on heart disease, or anything else, for that matter!)

Is your body poisoning itself?

"Alternative" or natural medicine holds that everyday food consumption results in toxic buildup. The idea is that when we break down the food's constituents and our gut bacteria carry out their own metabolism, the result is that we produce chemical products that are "foreign" to the body—termed "auto-intoxication."

This is a 19th century concept that we now realize is more complex in terms of the microbiome and the role of probiotics and fiber (see last month's *Insiders' Cures*).

Modern research validates genuine detoxification

Some of my own research in the late 20th century actually validated some of the 19th century ideas about auto-intoxication. Based on a theory from Dr. Nicholas Petrakis at University of California, San Francisco, I performed an analysis with colleagues at the National Cancer Institute (NCI) on the US National Health and Nutrition Examination Survey. We found that less frequent bowel movements (constipation) in women is related to higher rates of breast cancer.

Dr. Petrakis thought that constipation allowed toxic, carcinogenic breakdown products to accumulate in the intestines, which

would then be absorbed back into the blood and could cause cancer in tissues. We found such results for the most common cancer in women. But we were quietly told by our political bosses at NCI not to pursue this research because nobody really believed in those old ideas anymore…despite the evidence we had just found.

Change your body and your life with true detoxification

So far I've covered two types of detoxification: alcohol/drug detox and removal of heavy metals and chemicals from the body. But it's the cleansing of this "auto-intoxification" that applies to the vast majority of us.

What I hope you take away from this article is that the true detoxification, or cleansing, that I'm about to describe, can change your body and your life. All those ways in which you feel sluggish, "stuck," or foggy—this type of detoxification can reverse them.

But here's the thing: You'll have to slow down and take your time to reap the rewards (in fact, the slowing down is a reward in itself). *This detox does not come in a bottle*. Rest and relaxation, good air, pure water, and "energy" form the foundation of any authentic detox. This approach is bound to be good for whatever ails you.

Ancient detoxification rituals get new life

The idea of accumulated toxins actually goes back before the 19th century—*way before*.

Ayurveda, the 5,000-year-old healing system of India, recognizes toxic buildup, and that's why purification plays such a crucial role in Ayurvedic medicine. The difference is that while Western natural medicine is concerned with *products of digestion*, Ayurveda places emphasis on the toxic effects of poorly or *undigested food* (or thoughts, or experiences—all known as *ama*).

Did you notice I referred to "purification," and not "detoxification"? Rather than thinking of the process as "de-" anything, Ayurveda takes a more positive approach. The mainstay of Ayurvedic purification is an intensive treatment regimen that's custom tailored to each individual based on constitution, season, medical or emotional conditions, and other factors.

Panchakarma (PK), or "five actions," is not a just a quick "do-it-yourself" detox in a bottle. It requires the help of an Ayurvedic practitioner, who will design a program just for you. The program entails a customized, combination herbal remedy, modified diet of easily digestible foods, a schedule that honors nature's daily cycles, and daily treatments performed by highly trained therapists. PK can last anywhere from a few days to more than a month. Some facilities offer outpatient services, but many people choose to stay at the treatment center so they can focus without distraction on the intense purification they're undergoing.

And the treatments? While they're not quite like what you'll experience at a typical spa, they are incredibly relaxing and balancing. Well—most of them anyway.

Some of the actions of PK are not practiced in the west because they're somewhat extreme and unpleasant (bloodletting and therapeutic vomiting). And one, the *basti*, or enema, is frequently included as a substitute, but may not constitute what you might consider a typical day at the spa. But together with the PK's heat-based massages, aromatherapy, and stimulating treatments, it creates a purification experience like no other.

While PK is based on age-old

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Can you overdose on vitamins?

Toxins aren't the only things that can build up in fat and other body tissues: So can seemingly innocuous vitamins.

Water-soluble vitamins such as vitamin C and the Bs are simply eliminated in the urine.

Fat-soluble vitamins like A, D, and E, on the other hand, are stored in fat and can accumulate in the liver. So it's theoretically possible to "overdose" on them. This is also the reason vitamins A, D, and E are best absorbed when they're taken with dietary fats or oils—and why fish oils are often high in these vitamins as well.

But even though vitamin overdoses are possible, they're as rare as hen's teeth (especially compared to the hundreds of thousands of drug poisonings every year). In fact, the Recommended Daily Allowances for vitamins may be too low to even get a "real" dose for purposes of health and wellness. The doses I outline in *Insiders' Cures* are optimal and do not pose an overdose danger.

understanding of toxic buildup, it may address the more modern variety as well. Preliminary research has shown that its treatments can mobilize and remove toxic, fat-soluble pesticides and agrochemicals from the body.[2]

A final word

So as you can see, an authentic detox is nothing like downing an energy drink (which the FDA is now warning are actually toxic themselves). A major benefit to following any of the authentic, natural approaches is that they make you slow down and take time to focus, relax, and rejuvenate. No one has figured out how to put that in a bottle just yet.

As former Surgeon General Dr. C. Everett Koop used to tell me, sometimes the "tincture of time" is the best medicine of all.

If you need help finding an Ayurvedic practitioner near you, try the National Ayurvedic Medical Association at www.ayurvedanama.org. Their website has a directory of practitioners. IC

Citations available online at www.DrMicozzi.com

The absolutely free, no-risk hot flash cure

Think you must have drugs or herbs to treat your menopause symptoms? Think again.

Women spend one-third of their lives in menopause—an awfully long time to struggle with its exasperating effects. The hot flashes alone are enough to drive women to extreme lengths, including shelling out hard-earned money on the latest herbal promise, or even taking medicines with unbelievable risks.

In fact the most popular hot flash medication (estrogen) can increase the risk of heart disease, stroke, blood clots, and EVEN CANCER! And other options—including antidepressants and, believe it or not, anti-seizure medications—may not be much better for you.

The cure within

But here's the surprising news: Hot flashes can be slashed by more than two-thirds without spending a dime or taking a single pill.

A just-published study in the journal *Menopause* found that postmenopausal women who learned a technique called applied relaxation were able to prevent an average of *five hot flashes a day!*[1] What's more, the results remained the same three months later.

Applied relaxation is just one way of learning how to release tension and relax muscles. And it makes sense that it would be effective in controlling hot flashes, which happen when blood suddenly flushes a particular region of the body due to rapid shifts in blood vessel tone. The mind influences blood flow by communicating with the small muscles in arteries and adjusting the blood vessels' tone, size, dimensions, and flow.

So learning a mind-body technique to relax the blood vessels is a perfect *no-stress* way to get a handle on hot flashes without the dangerous drugs.

Your custom-tailored relaxation technique

Applied relaxation is a great technique for some people, but not every relaxation technique works for every individual. The good news is there's something that's right for each individual. Find the right fit for you in my book with Michael Jawer, *Your Emotional Type* (www.drmicozzi.com). IC

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Hot and Cold

Hot flashes are one end of the spectrum, but how about cold flashes? Or a cold shoulder anyway…

Research shows that when a woman gives you the "cold shoulder," it's more than a figure of speech—it's a physiologic reaction.

The chill of isolation and rejection actually causes the skin to become colder, according to researchers at the University of Tilberg in the Netherlands.

Working with graduate students as subjects, researchers found that when certain students were consistently left out of social interactions, they had lower temperatures in their fingers.

Why the physical reaction to an emotional experience? Because when someone is isolated and alone, the mind through the autonomic nervous system shifts blood flow back to the central core of the body as a self-protective measure, since the safety and protection of participating in a group (safety in numbers) is being denied.