DR. MICOZZI'S
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REVEALED

The biggest health scam in the history of nutritional science

How following this "healthy" diet is a surefire way to starve yourself to death

For the last half century, the government has force-fed the public misinformation that animal fats, eggs, and meat are somehow unhealthy. These myths have been drilled into our heads so relentlessly that you may think a strictly vegetarian or vegan diet must be a healthier alternative.

Nothing could be further from the truth. In fact, in my opinion, vegetarianism is the biggest "health" scam in the history of nutritional science. And following one of these "healthy" lifestyles is a surefire way to starve yourself to death. But not in the way you might expect.

I'll explain more in a moment. But first, let's take a closer look at the motives behind these potentially deadly movements.

The "healthy" choice with disastrous consequences

Of course, some vegetarians and vegans are driven by the environmental impacts of producing various foods. Others are motivated by religious tenets or ethical concerns.

Thinking deeply about food choices and their environmental, social, and spiritual impacts is to be respected, appreciated, and commended. It is what I encourage you to do every day.

But choosing vegetarianism or veganism for health reasons is a huge mistake. One that, as I said above, could very well starve you to death.

Not in a caloric sense, mind you. You can certainly take in enough food, quantity-wise, to survive on one of these diets. But make no mistake… vegetarian and vegan diets are almost completely devoid of many critical nutrients. Nutrients required for human nutrition and metabolism. These deficiencies are not arcane biochemicals you have never heard of—but common vitamins and minerals.

In other words, vegetarian and vegan diets starve your body of essential nutrients it needs to operate at peak performance. Which chips away at your health, little by little.

The effects may be so incremental you won't even realize what's happening. Why you're constantly cold. And tired. And sick. But the long-term effects of living this way can be downright devastating—even deadly.

Why fruits and vegetables—and even supplements—aren't enough

Sure, you can get some of these "missing" nutrients from supplements. But remember, dietary supplements are meant only to *supplement* a good, balanced diet. Supplements may not be able to fully replace key nutrients and foods, let alone entire food groups.

Of course, plant-based diets emphasize fruits and vegetables, which are unarguably very good for your health.

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In this issue:

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But plant-based diets also typically include large amounts of grains and beans, as well as certain nuts and seeds. Not only are many of these foods low in readily absorbed nutrients, but they're actually high in "antinutrients" like gluten, phytates, and antitryptic factors. These antinutrients interfere with digestion and make it difficult for your body to get nutrients from whatever foods you **do** eat.

Consider that a cow needs several stomachs to digest and obtain all of the required nutrients from a purely plant-based diet. Human vegetarians must do this with only one stomach. So it's no wonder archaeological studies show that human health declined and growth became stunted about 10,000 years ago. Precisely when our ancestors first began switching from a hunting-and-gathering-based diet to an agricultural, grain-based diet.[1]

Four key nutrients vegetarians and vegans are missing out on

Vegetarians and vegans risk some very serious nutritional deficiencies. Specifically, they come up short on the following nutrients:

1. Fat-soluble vitamins. Probably the most obvious problem with vegetarian and vegan diets is their almost complete lack of two critical fat-soluble nutrients: vitamins A and D. In fact, one study found that vitamin D levels are 58 percent lower in vegetarians and 74 percent lower in vegans.[2]

Vitamin D is critical for calcium metabolism and immune system regulation. It also reduces inflammation and lowers the risk of certain cancers, heart disease, mental illness, multiple sclerosis, and other diseases. And vitamin A promotes healthy eyesight, immune function, reproductive function, and skin health.

Vitamins A and D are found almost exclusively in animal-based foods, especially eggs, dairy, organ meats, and seafood. Some species of mushrooms can provide sufficient amounts of D, but you'll rarely find them in grocery produce sections.

There is a common myth that plants can be high in vitamin A. It is true that plants are rich in powerful antioxidants called carotenoids, as my colleagues and I demonstrated 30 years ago. But among the many carotenoids, there are only two—alpha- and beta-carotene—that are sources of vitamin A.

The human body can convert alpha- and beta-carotene into vitamin A, but the conversion is very inefficient. And many people cannot carry out this conversion at all

Plus, as you know, the health benefits of beta-carotene proved problematic at best in that infamous study conducted by the National Cancer Institute. (See my report *Classified Cancer Answers* for more on this story. If you don't still have the copy you received for free when you subscribed to *Insiders' Cures*, you can download and view it for free by logging on to the Subscriber section of my website, www.drmicozzi.com.)

2. Essential fatty acids. Heart and brain health are among the many benefits of the essential omega-3 fatty acids **EPA** and **DHA**. And the best sources of these essential fatty acids are fish and fish oil.

Plants also have some essential fatty acids—linoleic acid (omega-6) and alpha-linolenic acid, or ALA (omega-3). But these compounds have to be converted into EPA and DHA in the body, and the conversion rate is poor in humans. Only 5 to 10 percent of ALA is converted into EPA, and 2 to 3 percent into DHA.[3]

Furthermore, vitamin B6 and zinc are necessary to change ALA to DHA

and EPA, and both of these minerals are lacking in plant-based diets.

The result is that vegetarians have up to 37 percent lower levels of DHA and 52 percent lower levels of EPA compared to meat eaters who follow a balanced diet. It's even worse for vegans—up to 65 percent lower EPA and DHA.[4]

3. Minerals. Intake of **calcium**, which comes primarily from dairy, eggs, and meat, can theoretically be similar between omnivores and vegetarians because both eat dairy. However, it is much lower in vegans, who don't eat any animal products.

But even vegetarians may not get the full benefits of the calcium in the foods they eat. You see, some natural phytochemicals in calcium-rich vegetables like kale and spinach act as "antinutrients." These antinutrient substances actually counteract some of the beneficial nutrients in foods. For instance, the antinutrients in kale and spinach inhibit the body's ability to absorb the calcium naturally present in these vegetables. In fact, one study showed that it takes 5 to 6 cups of cooked spinach to equal the amount of available calcium in one 8-ounce glass of milk.[5]

This deficiency is particularly worrisome because calcium does so much more than build strong bones. This essential mineral also aids in heart health and weight management, and may protect against colorectal and prostate cancer.

Zinc intake for vegetarians and vegans often falls below recommendations as well. While plants contain some of this mineral, antinutrients can interfere with its absorption. As a result, vegetarians may be 50 percent lower in zinc than their meat-eating peers.[6] A huge disadvantage when you consider this mineral is essential for immunity, wound healing, and preventing macular degeneration.

4. Vitamin B12. I have saved this vitamin for last because deficiency is especially common in vegetarians and vegans.

Vitamin B12 is critical for the synthesis of DNA and red blood cells, and for development of the myelin sheath that protects sensitive nerves throughout the body. The many problems of vitamin B12 deficiency have been known for a long time—anemia, fatigue, weakness, memory loss, and neurological and psychiatric problems.

Unfortunately, there's a pervasive myth in the vegetarian and vegan communities that it's possible to obtain enough B12 from plant sources such as fermented soy, seaweed, and spirulina. But these plants only contain chemicals that masquerade as B12. These substances actually block B12 intake. And as a result, you need *even more* **real** B12.

Recent studies have found that 68 percent of vegetarians and 83 percent of vegans are deficient in vitamin B12. In stark contrast, only 5 percent of omnivores are deficient in this essential vitamin.[7]

But the effects on children are even more alarming. One recent study showed that children raised on vegan diets until age 6 still remain deficient in B12 years after adding animal foods to their diets.[8]

The researchers noted "a significant association between cobalamin [B12] status and performance on tests measuring fluid intelligence, spatial memory, and short-term memory" in formerly vegan children compared to kids who are raised eating animal foods.

The deficits in fluid intelligence are particularly troubling because, as the researchers put it, "it involves reasoning, the capacity to solve complex problems, abstract-thinking ability, and the ability to learn. Any defect in this area may have far-reaching consequences for individual functioning."

So now we understand that some of the flawed arguments and thinking used to support vegan diets may simply be a result of nutritional deficiency!

But don't vegetarians live longer?

You may still be thinking, "Well,

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Vegetarians ignore nature's truly perfect foods

When subjected to the clear light of science, there is simply no evidence that saturated fats, eggs, or meat in moderation are unhealthy. In fact, their nutritional density and quality make them some of nature's perfect foods.

If an egg can provide total nutrition to a growing chick, how can it not be a good food? Eggs are rich in protein, vitamin D, choline (important for brain development), and lutein and zeaxanthin (key nutrients for eye health).

And meat is packed with protein, vitamins, and essential minerals like calcium, copper, magnesium, selenium, and zinc.

It's "what's for dinner," or at least it should be, in moderation.

everyone knows that vegetarians live longer." In fact, early observational studies did seem to indicate that this was true. But these studies were invalidated by the "healthy-user effect."

This is a well-known bias by which scientists observe that people who follow one behavior perceived to be healthy are also more likely to engage in other behaviors that really **are** healthy. For example, vegetarians and vegans tend to eat more healthy fruits and vegetables and are less likely to abuse alcohol, drugs, junk foods, or tobacco than the general population.

To counteract the "healthy-user effect," scientists did a large study on omnivores and vegetarians who were all health conscious. The researchers recruited 11,000 health-food store shoppers and analyzed their overall health and mortality over a 17-year period.[9]

They discovered that both the vegetarians *and* the meat eaters lived significantly longer than the general population. And there was no difference in death rates between the two groups. Nor was the vegetarian group less likely to suffer from heart or vascular disease or strokes than the omnivore group.

With everything we know about human biology and ecology, it is simply hard to scientifically justify a vegetarian or vegan diet from a health perspective. And now that the myths about natural animal fats, eggs, and meats have been debunked, there is really no health-related reason not to follow a balanced diet.

Call vegetarian and vegan diets what you will, but no one can call them truly balanced. And balance and moderation are the keys to almost everything in life and health.

Citations available online at www.DrMicozzi.com

The supplement industry darling you shouldn't be taking

Recently, it seems like the natural products industry has made some progress working its way through the ABCs, and has gotten all the way up to K.

Vitamin K is now being promoted as the new "miracle" nutrient. Supplement companies are rushing to churn out K-spiked products. And marketers are citing reams of research to back up their claims.

But I've analyzed many of those studies for the past year now. And I remain convinced—there is no scientific basis to recommend general dietary supplementation with vitamin K.

Quite the contrary, in fact. Too much vitamin K can actually be harmful, which is why you won't see it in any of my Smart Science supplements.

It's not that I don't think vitamin K has a valuable role in human health. For decades, medical science has recognized vitamin K for its role in preventing hemorrhaging and blood loss. This function is, of course, critical—and potentially lifesaving.

And there is increasing interest in the potential health benefits of vitamin K beyond its role in blood coagulation. Chiefly, there has been research into K's impact on bone health and heart disease (see the sidebar on page 5).

But the bottom line is, there simply isn't enough evidence to support general daily supplementation with this nutrient.

You see, vitamin K is actually a group of compounds. And there haven't been scientifically sound studies done on how much of each compound is needed for optimal dietary intake. Or what amounts are necessary to prevent deficiency, maintain body stores, and prevent chronic disease.

So at the most basic level, it's irresponsible to recommend a dietary supplement if you don't know the correct dietary intakes or the optimal dose. And that remains the case with vitamin K.

Current recommendations are off-base and outdated

There are two main compounds that make up what we think of as "vitamin K." Phylloquinone, also known as vitamin K1, is the compound that's important for blood coagulation.

K1 is the form of vitamin K you see most often in supplements. But scientists are increasingly finding that another K compound—menaquinones, also known as vitamin K2—may be more active and effective than the "standard" K1.

While all the attention had gone to vitamin K1 among the "experts" who set dietary recommendations, many studies have since found that vitamin K2 is more important for health benefits beyond blood coagulation. It's also different from K1 in terms of biochemical structure, bioavailability, and impact on health outcomes.

Unfortunately, the present dietary reference values (DRVs) for vitamin K are based only on vitamin K1—

and only on its role in coagulation. And currently, there are no "expert" recommendations on how much vitamin K2 is effective for optimal health.

Lack of dietary data intensifies the K2 conundrum

The main sources of vitamin K2 are fermented foods like cheese, yogurt, and soy. Meat, milk, and eggs also contain some K2. Vitamin K1 is mainly found in green, leafy vegetables such as broccoli, Brussels sprouts, kale and spinach, as well as asparagus, green beans, and strawberries.

However, while these foods have been highly studied for their nutrient contents, including vitamin K1 levels, there is much less data about how much vitamin K2 is found in foods. A high degree of variability in K2 content has been observed in European cheeses, for instance.

Another important thing to consider when determining optimal dietary intakes is how well our bodies absorb vitamins K1 and K2.

Scientific observations have shown that K1 in green, leafy vegetables is tightly bound in plant cells and thus is not absorbed as well as K1 from plant oils.[2]

Meanwhile, vitamin K2 is better digested and absorbed when it is combined with fat (like in cheese).[3]

Complicating matters even further, requirements for vitamin K1 and K2 appear to vary as you age. Of course, nothing has been established about daily K2 requirements at *any* age. But little is known about changes in requirements even for vitamin K1 beyond infancy.

Beyond the lack of dietary intake guidelines, there's another reason not to take vitamin K supplements. Too much of this vitamin in your system can actually be dangerous. It can interfere with blood thinning medications and cause potentially dangerous clotting problems in some people.

Get all the K you need from three square meals a day

So, given the lack of data on vitamin K dietary intake in the U.S., and the complete neglect of developing any guidelines for K2 specifically, I don't see how anyone could responsibly form any basis for generally recommending a vitamin K supplement. Let alone determine what a reasonable dose would be.

We simply don't know what's right in this situation.

The good news is, you don't need a supplement to get the vitamin K your body needs. Taking care of your daily requirements for vitamin K1 and K2 is as simple as following a healthy, balanced diet.

Avoid fad diets without the science to back them up, like vegetarianism (see page 1) or low-fat diets. Eat cheese, dairy, eggs and meat in moderation for healthy K2 levels, and green, leafy vegetables for K1. And don't forget to consume healthy fats, like olive oil, so you can properly absorb these K vitamins. IC

Citations available online at www.DrMicozzi.com

Deficiency is rare, but possible

Despite eating a healthy diet, there are certain people who may be susceptible to developing vitamin K deficiency. Individuals who have a disease that interferes with digestion, such as Crohn's disease, colitis, or inflammatory bowel disease, or are otherwise malnourished may become deficient in vitamin K. People who drink heavily may also develop a deficiency.

And if you regularly take drugs that interfere with vitamin K—such as antacids, antibiotics, anticonvulsants, aspirin, blood thinners, cancer treatments, or statin drugs—consult your physician about monitoring your vitamin K levels.

A growing mountain of science for K2

Even though it has been ignored by the so-called nutritional guideline experts, new science is demonstrating why vitamin K2 is potentially so important for health.

More than 20 studies show that vitamin K2 can help reduce the amount of calcium that accumulates in your arteries. This condition, known as hardening of the arteries, is one of the key contributors to heart disease.

K2 also affects bone health in the same way. Dozens of studies show that K2 prevents calcification of soft tissues and cartilage while facilitating normal bone growth and development. Bone is constantly changing and "remodeling" itself, so K2 remains important long after the bone growth spurts of adolescence.

However, recent research is mixed about using K to treat osteoporosis and bone thinning due to steroid drugs.

K2's role in cancer prevention is less established than its roles in bone health and heart disease. While there are a variety of studies linking vitamin K with prevention of everything from prostate to ovarian cancer, they have all been done in specific study populations. There's no evidence showing that basic daily use of vitamin K in the overall population prevents cancer.

New male breakthrough combo benefits women too

In the March issue of *Insiders' Cures*, I presented important new research about how a combination of dandelion extract and red bush (rooibos) can boost testosterone, improve physical performance, and even increase longevity in men.

Not long after that issue went out, I received several questions from women about why I only focused on how dandelion-red bush improves men's health.

The simple reason is that the study I wrote about was done only on men. But there is plenty of research that applies to women as well. And the benefits are just as impressive.

Weeding out the science on dandelion's health benefits

There has been a great deal of research over the years on both dandelion and red bush, otherwise I would not recommend them.

Modern science shows that the simple dandelion has many health benefits for men *and* women. It has both anti-inflammatory and antioxidant properties, which reduce the risk of atherosclerosis (hardening of the arteries) and heart disease.[1]

And as you know, heart disease isn't just a problem for men. In fact, it's the leading cause of death for postmenopausal women. Dandelion also reduces several other risk factors for heart disease, including obesity and excess fat in the blood.[2]

Modern science shows that the simple dandelion has many health benefits for men and women. It has both anti-inflammatory and antioxidant properties, which reduce the risk of atherosclerosis (hardening of the arteries) and heart disease.

In addition, dandelion helps with blood sugar control—an issue not only in heart disease but type 2 diabetes as well.[3,4] This is particularly important for women, because researchers have found that females with type 2 diabetes tend to die sooner than males.[5]

Some research shows that dandelion may also be able to prevent breast cancer.

It does this by potentially interfering with angiogenesis, the process by which cancer cells rob the body of its normal blood supply and feed tumors.[6]

And, of course, dandelion's ability to detoxify blood, support liver health, help with dermatologic disorders, and improve general health applies to both women and men.

An equal-opportunity red bush breakthrough

Like dandelion, red bush is an antioxidant. In fact, it contains a rich mixture of polyphenols and other antioxidants similar to those in green tea. But it doesn't have the downsides associated with green tea (see "The sinister secrets swirling inside your teapot" in last month's issue of *Insiders' Cures*).

I've written many times about red bush's health properties, and now there's even more good news. A brand new study found that red bush can promote healthy weight loss.

This study showed that just one cup of red bush tea can prevent the accumulation of fat in the body's fat cells by a substantial 22 percent.[7]

So, as you can see, the benefits of these two powerful natural remedies aren't limited to one gender. They help promote a long, healthy life in everyone. Just as nature intended.

Citations available online at www.DrMicozzi.com

New study proves red bush works at the cellular level

I have been convinced after 12 years of observation that red bush actually works at a cellular level. Now there is laboratory evidence that proves my point. A new study shows that red bush helps cells increase their sugar-burning capabilities, which generates more energy and water for the cells.[8]

So how does this affect your health? Because red bush encourages cells to use more sugar, they suck it out of your blood. This reduces your risk of diseases associated with high blood sugar, including type 2 diabetes and heart disease. And these "super-energized" cells don't need extra fat to provide energy, so they release it. Meaning your body is literally shedding fat. The result: more energy, improved muscle performance, and weight loss.

Citations available online at www.DrMicozzi.com

Seven critical heart health markers more important than cholesterol

I've said before that cholesterol isn't the best way to predict your heart disease risk. In fact, back in January, I sent out a *Daily Dispatch* about four other markers that are much more important in assessing your heart health: fasting blood glucose, fasting insulin, hemoglobin A1C, and homocysteine levels.

Recently, a reader asked me for specific target ranges for these tests. I'll get to that in a moment. And I'll also tell you about a few other important factors to consider in assessing your overall heart health.

But first, a little background on why these particular markers are so critical.

Blood glucose (sugar), insulin, and hemoglobin A1C are usually associated with diabetes. So why are we looking at them for heart disease as well?

Because researchers are realizing that many people who are diagnosed with heart disease today tend to be different from their stressed-out, hard-charging, under-exercising fathers and grandfathers who also smoked and drank too much.

Instead, these people most likely have metabolic disorders that result from a lifetime of eating the wrong foods and drinking the wrong beverages. And it turns out the same diet choices that lead to diabetes also lead to heart disease.

Doctors routinely measure fasting blood glucose and insulin levels as well as hemoglobin A1C in people with diabetes. The first two of these tests are well known, but you may not be as familiar with hemoglobin A1C. This test gives a good long-term measure of your average blood sugar numbers over time.

Unfortunately, many doctors still don't measure homocysteine levels and do not take them seriously. But they should. Your body uses homocysteine to make protein and to build and maintain tissue. However, too much of this substance may increase your risk of stroke, certain types of heart disease, and peripheral artery disease.

So, without further ado, here are the targets for these four critical heart disease markers.

Fasting blood glucose. The ideal range is 65 to 99 mg/dL. However, if your hemoglobin A1C is at a healthy, lower level, your doctor will likely be less concerned if your blood glucose is over 99 in a single test.

Fasting insulin. A normal level is below 5 uIU/mL, but ideally you'll want it below 3.

Hemoglobin A1C should be between 4.4 and 6.5 percent.

Homocysteine. The Mayo Clinic says a normal level is between 4.4 and 10.8 µmol/L.[1]

To help get all of these numbers where you want them, focus on improving your diet. Eat like you're on top of the food chain. Specifically, you should incorporate plenty of foods that are rich in folate and B vitamins (dairy, eggs, and meat).

For more details, refer back to the free report you received when you first subscribed to *Insiders' Cures* called *The "Top of the Food Chain" Cure for Obesity*. If you don't still have your copy, you can download and view this report for free by logging on to the Subscriber area of my website, www.drmicozzi.com.

New research also shows that red bush (rooibos) lowers blood sugar. See "The South African secret to maintaining healthy blood sugar" in the September 2013 issue of *Insiders' Cures*, and read more about this amazing plant on page 6.

I also recommend talking with your doctor about the possibility of taking metformin. This diabetes drug is actually based on an ancient herbal remedy called goat's rue or French lilac. Studies have proven metformin to be both safe and effective. And it is the only drug that lowers blood sugar while also reducing the risk of heart disease. (For more on metformin and what to watch out for when taking it, see the December 2013 issue of *Insiders' Cures*, available in the issue archives on the website.)

But as I mentioned above, there are a few more important factors to consider in assessing your overall heart health. And, unfortunately, your doctor is even less likely to monitor these markers. Unless, of course, you insist on it.

Three more heart health markers you should keep close tabs on

Other important measurements you should consider are C-reactive protein (CRP) and fibrinogen. CRP is a marker of inflammation. Research has linked CRP to increased risk of coronary artery disease. And fibrinogen is a protein involved in blood clotting. Elevated levels can lead to dangerous artery-blocking clots.

Combined with the other

Continued on page 8...

parameters I mentioned above, these tests can help your doctor assess your overall risk of heart disease.

Your CRP level should be less than 1 mg/L, and your fibrinogen level should be between 200 and 400 mg/dL. To achieve this, follow a healthy, balanced diet. High-quality fish oils are particularly helpful at reducing the chronic inflammation that can boost your CRP level.

And keep in mind that research is also showing that your vitamin D level may be just as important as other tests in determining your risk of heart disease. A blood level above 50 ng/ml is healthy, and a daily dose of 4,000 to 5,000 IU of vitamin D is safe and appropriate for everyone.

One final heart-healthy tip: Avoid excess iron. It can potentially accumulate in your heart muscle and other tissues, eventually leading to organ failure in some people. I've also conducted research with Nobel laureate Baruch Blumberg that showed that excess iron in the body increases the risk of cancer in both men and women.[2] Never take a supplement containing iron unless you have been diagnosed by a doctor with an iron deficiency. IC

Citations available online at www.DrMicozzi.com

ASK *the* INSIDER

Q. I have just become a subscriber and received *Classified Cancer Answers.* I'm quite surprised that there is no mention of laetrile, including the Sloan-Kettering cover-up of Dr. Kanematsu Sugiura's research in the 1970s about laetrile's incredible success in treating cancer. Can you please explain why laetrile was omitted?

A. Laetrile remains highly controversial after all these years. I only present clear scientific findings, and when research done by one scientist is not published and replicated by others, it simply cannot be evaluated. Unfortunately, that's the case with laetrile.

When I wrote a textbook on alternative treatments for cancer a few years ago (*Complementary and Integrative Medicine in Cancer Care and Prevention,* New York: Springer, 2007), I found it was virtually impossible to get to the truth about some contemporary research. Especially research done by only one individual or in one laboratory. That does not necessarily mean that there is lack of evidence—but that either it is not presented scientifically or it is purposely and expertly obscured by the mainstream. I know how to be a research detective due to my training in forensic science. But sometimes—as is the case with laetrile—the information is just impossible to prove and piece together.

On the other side of the equation there are, sad to say, genuine charlatans who unscrupulously exploit cancer victims with false promises of a cure. So we all must be very careful unless the science is clear and incontrovertible. We need to suspend belief and take a very hard-nosed approach to the evidence for any so-called cancer "cure."

The information I present in *Classified Cancer Answers* is all based on sound scientific evidence that you can rely on.

Q. What can I do about psoriasis?

A. Aside from specific natural regimens, the mind-body connection has a powerful role and influence on psoriasis. Consequently, this is a condition for which there have been many observations of "spontaneous remissions" and "miracle cures." My book *The Spiritual Anatomy of Emotion* discusses how your thoughts and feelings can actually impact your immune system—which, in turn, affects your skin.

The key is finding the right mind-body therapies that work best for you—including acupuncture, hypnosis, biofeedback, meditation, yoga, guided imagery, and relaxation techniques. You can learn more by reading my book *Your Emotional Type* and taking the Emotional Type Quiz at www.drmicozzi.com.

Q. A friend has contracted MRSA. Are there any natural cures?

A. MRSA is a serious infection that is resistant to antibiotics. So you would think there would be pressure on mainstream medicine to find alternative therapies. Unfortunately, that's not the case. MRSA is treated as a serious medical emergency. Thus, patients remain trapped in the mainstream "intensive care" regimen. So there is no real opportunity to test natural treatments.

That said, all of my recommendations relating to building up a healthy immune system apply to preventing MRSA. As I discussed in the February 2014 issue of *Insiders' Cures*, boosting your immune system is really the only way to prevent and ultimately overcome any infection. If you don't still have your copy of that issue, you can download and view it for free by logging in to the Subscriber area of my website, www.drmicozzi.com. IC