



URGENT Health Alert

Popular allergy drugs skyrocket dementia risk by more than 50%

With the Spring allergy season upon us again, there is some important news you need to know.

A large new study provides the strongest evidence yet that popular over-the-counter allergy drugs like Benadryl and Chlor-Trimeton may substantially increase the risk of dementia in older adults. By as much as *54 percent*.

These medications belong to a class of drugs called anticholinergics. Other popular over-the-counter anticholinergic drugs include the anti-nausea medication Dramamine and sleep aids such as Sominex.

Other anticholinergics include xybutynin and tolterodine (prescription drugs for the suddenly discovered, quasi-medical condition of “overactive” bladder), tricyclic antidepressants such as Zyban and Wellbutrin, and the COPD medication Spiriva.

Considering how many different conditions these drugs are designed to “treat,” it’s no wonder research shows as many as *50 percent* of all Americans age 65 and older have taken at least one anticholinergic drug.¹

Until now, the only side effects attributed to these drugs have been dry mouth, constipation, urine retention, blurred vision, and increased heart rate. And although there is some awareness that anticholinergics

cause unpleasant short-term mental confusion and drowsiness, there has been no mention of long-term effects on dementia in the prescribing information.

Which means most doctors remain unaware of this problem. Hopefully this new study will change that lack of awareness. But regardless, it should certainly change the way you handle your own seasonal allergies. I’ll give you some effective, natural ways to combat allergy symptoms in just a moment. But first, let’s take a closer look at this new study.

Even the minimum dose can lead to maximum damage

The study involved 3,434 men and women, with an average age of 73 years. The researchers used pharmacy records to track the participants’ medication use. Patients were followed for an average of 7.3 years, and every two years, they were tested to see if they had developed dementia.²

Over the study period, 23 percent of the participants were diagnosed with dementia, and 80 percent of those people were diagnosed specifically with Alzheimer’s disease.

As I mentioned above, the researchers found that the people who took the largest amounts of anticholinergic drugs had a 54 percent increased risk of developing dementia.

But even more frightening is their finding that simply taking the minimum effective daily dose of one of these drugs every day for just three years put people in the *highest category* for dementia risk.

Overall, there was an obvious dose-response effect between use of

Continued on page 2...

In this issue:

The brain-boosting, creativity-inspiring benefits hiding inside America’s favorite ballpark beverage3

Take out that hearing aid! New research shows 5 safe, simple nutrients can help reverse hearing loss5

The Great Supplement Scandal continues Are you getting what you pay for? 3 simple steps for making sure your supplements are top-notch6

Science proves the healing power of positive emotions ...8

Marc S. Micozzi, M.D., Ph.D., is a worldwide leader in nutritional and complementary/alternative medicine. He has had a distinguished career as a researcher and physician executive at the National Institutes of Health and Walter Reed National Military Medical Center in Washington, DC, and the College of Physicians in Philadelphia PA. He has published over 30 medical and trade books, and founded and edited the first scientific journal, and the first textbook, on complementary/alternative and nutritional medicine, now going into a 5th edition (2014) and continuously in print since 1995.

Dr. Micozzi's *Insiders' Cures* is published monthly by OmniVista Health Media, L.L.C., 819 N. Charles St., Baltimore, MD 21201 for \$74 per year (\$6.16 an issue).

POSTMASTER: Send address changes to *Insiders' Cures*, 819 N. Charles St., Baltimore, MD 21201.

Author: Marc S. Micozzi, M.D., Ph.D.
 Publisher: Katherine Wheeler
 Executive Editor: Amanda Angelini

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication; readers should consult appropriate health professionals on any matter relating to their health and well-being. The information provided in this publication is believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The opinions expressed here do not necessarily reflect the views of the publisher. The publisher is not responsible for errors or omissions.

For questions regarding your subscription, please call reader services at 443-353-4398 (8 a.m. to 8 p.m. EDT Mon.-Fri.)

Copyright © 2015 OmniVista Health Media, L.L.C., 819 N. Charles St., Baltimore, MD 21201. Reproduction in whole or in part is prohibited without written permission of the publisher.

anticholinergics and risk of dementia. Even the study participants who took minimal doses were still at greater risk than those who didn't take the drugs at all.

So why are these drugs so risky for our brains?

Well, much of pharmacology is traditionally based on developing drugs that affect the sympathetic and parasympathetic nervous systems. These key nerve systems use adrenalin (epinephrine) or acetylcholine, respectively, as neurotransmitters.

Anticholinergics interfere with acetylcholine playing its normal role in the nervous system. Scientists believe that acetylcholine has an affect not only on the nerves throughout our bodies, but also on the neurons in our brains.

Natural allergy options that are better for your body and your brain

These study findings are nothing to sneeze at. But unfortunately, neither are seasonal allergies, which can be long-term—even life-long—problems. Lack of breastfeeding during childhood, exposure to increasing numbers of vaccines, poor food choices, and being trapped indoors may all play roles in overly sensitizing our immune system to allergies while we are still young.

Consequently, a key way to fight allergies is to keep your immune system healthy and balanced. Make sure to take a daily, high-quality **B vitamin complex**, as well as 5,000 IU of **vitamin D** and 1-2 g of fish oil.

Another way to prevent your immune system from becoming overtaxed during allergy season is to limit the amount of allergens that enter your body. One simple method is to **wash your hands and face** frequently whenever the pollen flies.


You can also **flush allergens from your eyes and nose** by immersing your face underwater (salty water is best) and blinking your eyes several times, and then blowing out through your nose. Gargle with salty water to flush out your mouth and throat. And don't be afraid to blow your nose regularly into a handkerchief or tissue—that's nature's way of clearing out allergens.

Some common spices, such as **capsaicin** (hot red pepper), **curry** (turmeric, coriander, cumin, chili pepper), or **horseradish**, are great at clearing sinuses when used in food—in addition to all of their other health benefits. Chinese hot and sour soup and Chinese hot mustard have the same effects.

To soothe an allergy-irritated throat, try **hot tea with lemon and honey**. And **menthol and eucalyptus** help with allergic cough and congestion.

I decided to stop relying on over-the-counter allergy drugs many years ago because I just could not think straight whenever I took them. I thought this was a temporary side effect, but as this new research shows, these drugs cause long-term cognition problems as well.

The serious risks of anticholinergic drugs simply aren't worth it, no matter how awful seasonal allergies make you feel. Especially when you can manage the temporary inconvenience of these symptoms naturally, and help avoid the permanent devastation and debilitation of dementia.

For more on how you can protect your brain from dementia, see the article on page 3. 

Citations available online at www.DrMicozzi.com

The brain-boosting, creativity-inspiring benefits hiding inside America's favorite ballpark beverage

This month marks Opening Day for Major League baseball teams. And no trip to the ballpark is complete without the constant refrain of “Beer here!” from stadium vendors.

Indeed, beer has become ubiquitous with sporting events. You’ve undoubtedly seen the ads during televised games featuring the famous Budweiser Clydesdale horses. While it may appear that the giant beasts spend much of their time posing for the cameras, the original purpose of the Budweiser Clydesdales was to haul beer.

A precious cargo indeed.

You see, for much of human history, water was not safe to drink because it was contaminated with dangerous microbes. Not even horses would drink it. So humans learned to make beer from grains, wine from grapes, and cider from apples. And it turned out that beer contained just enough alcohol to kill the disease-inducing microbes in the water, and the yeast used in the brewing process.

I’ve often written about how beneficial moderate alcohol consumption can be to your health. But most research focuses on the health benefits of wine. Today, I’m going to tell you how beer also contributes to your mental and physical well-being.

I’ll share new research that shows how a compound in beer can protect your brain cells from the type of damage caused by neurodegenerative disorders such as dementia, Alzheimer’s, and Parkinson’s disease (which may also be caused by common drugs as I revealed on page 1).

But before I explain how beer

benefits your brain, let’s look at what it can do for your body.

A source of grains healthier than bread

The alcohol in beer is the result of the metabolic actions of various yeasts (such as “brewers’ yeast”) interacting with grains. Yeast, of course, is also used to make leavened bread and

... for much of human history, water was not safe to drink because it was contaminated with dangerous microbes. Not even horses would drink it. So humans learned to make beer from grains, wine from grapes, and cider from apples.

baked products. In these cases, the metabolic action of yeast produces gases that “rise” through the dough, creating air pockets and the typical texture of bread.

Several anthropologists, including my professor and faculty advisor at the University of Pennsylvania, Solomon Katz, believe that the yeast-grain interaction was actually first developed in places like Mesopotamia (modern-day Iraq) and ancient Egypt for the purpose of brewing beer, rather than baking bread.

And since grains have not been part of the human diet for long in terms of biological history, we also have to wonder if grains were originally grown for beer instead of bread.

But what about the Biblical injunction regarding “thy daily bread?” Well, the bread referred to in ancient texts bears little resemblance to most of the loaves you’ll find stacked on supermarket shelves these days.

As I pointed out in the December 6, 2013 *Daily Dispatch*, the Book of Ezekial gives a very different recipe for making ancient bread, compared to the bleached wheat-flour concoctions that constitute today’s typical bread.

Ezekial 4:9 says, “Take thou also unto thee [whole] wheat, and barley, and beans, and lentils, and millet, and spelt, and put them in one vessel, and make thee bread thereof.” These grains and legumes were also sprouted and, of course, contained no milled flour or preservatives.

The bread that resulted from this Biblical recipe was a relatively low-carb food that contained plenty of amino acids (19 in total) and complete protein, as well as fiber, vitamins, and minerals. It certainly wasn’t the highly processed white stuff that, as we’ve come to realize, contributes to the carbohydrate consumption that is the real dietary problem lurking behind diabetes and cardiovascular diseases.

Imagine how much healthier we’d be today if subsequent generations had decided to restrict grain use to beer rather than bread.

Keep your brain hopping

Of course, along with grain, there is another key ingredient in beer: hops.

Hops grow as a vine and, like many plants, have potent biological effects. For instance, hops are powerful antimicrobial agents. Consequently, they’re added to beer’s yeast-grain

Continued on page 4...

mixture during brewing to halt microbial action at just the right times.

Hops also account for the bitter taste of beer. In fact, that's why the India Pale Ale (IPA) style of beer is so bitter. Originally, it was brewed with added hops to keep it from spoiling on its long, hot passage across the equator from England to India during the days of the British Empire.

But one of the active plant compounds in hops, xanthohumol, has also been studied for its biological effects on the brain. Xanthohumol is a flavonoid. Similar flavonoids are also found in berries, chocolate, and red wine, and have long been studied for their many health benefits—including protection against cardiovascular disease, cancer, and inflammation.

Flavonoids also help give plants their colors. Xanthohumol imparts a yellow color, which helps give beer its familiar amber or golden hue.

As I have written before, brightly colored compounds often signal that a plant has a wide array of potent biological properties. But scientific interest most frequently focuses on flavonoids' antioxidant potential. That's true with xanthohumol as well.

Recently, a study on xanthohumol from hops was conducted on brain cells in a lab cell culture that had been exposed to oxidative stress.¹

The researchers found that xanthohumol neutralized damaging, oxidant chemical compounds in the cells. It also induced the cells' cytoprotective genes. These genes shield against oxidative stress-related diseases such as cancer, dementia, and inflammation.

Since oxidative damage to brain cells has been proven to contribute to the development of brain diseases, the researchers believe that xanthohumol can be a potential candidate for fighting

neurodegenerative diseases such as Alzheimer's and Parkinson's Diseases.

According to recent research from the University of Chicago, the average person reaches his or her creative peak with a blood alcohol level of 0.075 percent.²

Although, of course, the researchers were quick to point out that their findings don't mean that consuming large quantities of beer is good for the brain.

Moderation in all things, I always say. In fact, I've often wondered if the moderate alcohol levels in beer are one key to its health benefits.

New beer's alcohol content is "just right" for sparking creativity

According to recent research from the University of Chicago, the average person reaches his or her creative peak with a blood alcohol level of 0.075 percent.²

Let's round off that number, because researchers are in the bad habit of assuming their findings are much more precise than they could possibly be. So let's say the maximum creative level is achieved at the rounded 0.08 percent. Interestingly, in every U.S. state, that level is considered legal intoxication in terms of ability to operate a motor vehicle.

Physiologically, in forensic medicine, an 0.08 percent blood alcohol level is also known as being in the "euphoria" state of intoxication. This state typically includes sociability, talkativeness, increased self-confidence, and decreased inhibitions, with some diminution of

attention, control, and judgment. There is some loss of motor efficiency, though it's detected only on finer tests of physical performance.


It would be fair to say that most medical examiners would also agree that there is an increased level of "creativity" that accompanies these other well-known effects. (For a dramatic example, see Cary Grant's performance as Roger O. Thornhill, in Alfred Hitchcock's classic movie *North by Northwest*.)

Creatively inspired, apparently, by the University of Chicago findings, an advertising agency in Copenhagen worked with Denmark's Rocket Brewing to design a beer to bring about this creative peak in drinkers.

The beer, dubbed The Problem Solver, is a craft IPA brew (remember how India Pale Ale has lots of hops) with an alcohol content of 7.1% (the "point 1" shows that governments require brewers to be more precise in their brewing than scientists can be in their research).

This beer is stronger than average. So the label comes with a chart showing how many beers, over how long (depending upon your weight) you should consume to attain the magic, "creativity-inspiring" number of 0.075 (let's call it 0.08) percent.

Of course, there is nothing magic about this beer. Forensic scientists have long developed charts of how many alcoholic drinks per hour lead to various blood alcohol levels. As I have written before, to keep your alcohol levels in the "euphoria" range but below the legal limits, consume only one to two drinks per hour and let your liver keep up.

As for the neuroprotective benefits of beer, you can follow the same moderation guidelines established for other alcoholic beverages. One or two drinks a day should do the trick. 

Citations available online at www.DrMicozzi.com

Take out that hearing aid!

New research shows 5 safe, simple nutrients can help reverse hearing loss

Our aging population and increasingly noisy environment means that hearing loss is all too common these days. In fact, hearing problems have become a major health issue, affecting about 48 million people—20 percent of all American adults.¹

And the statistics get even more dire the older you get. By the time you reach age 65, you have a one in three chance of becoming hard of hearing.

Shockingly, that ranks hearing loss as the third largest public health issue in the U.S.—just behind arthritis and heart disease.

And interestingly, scientists are discovering that our ears appear to be sensitive to environmental stresses such as oxidation and inflammation, and are also vulnerable to nutrient insufficiency.

So that means hearing loss may actually act as an early indicator of inadequate nutrition and a toxic environment—like the proverbial canary in a coal mine.

Hearing loss presents other serious health problems as well. A new study shows that people with hearing loss also have reduced cognition, which is associated with dementia.² And another large study found that hearing loss can cause physical impairment, including a 31 percent increased risk of disability that could result in the need for nursing care.³

But hearing problems don't have to be an inevitable part of growing old. In fact, new research shows

that boosting your consumption of a few basic vitamins and minerals can dramatically improve your hearing.

The secret to a long, healthy life, deep inside your ears

The ear is a fascinating organ that is actually responsible for two important senses—hearing and balance. Loss of hearing results in deafness, and loss of balance results in vertigo.

Let's start with the balance aspects. The inner ear is important for maintaining proper orientation in space. It works with the eyes and the muscular-skeletal system to keep us oriented, upright, and walking correctly.

This is important as we age because maintaining balance and having a good gait are two of the strongest predictors of longevity—probably because they combine muscular-skeletal strength and abilities with central nervous system processing and coordination.

The other function of the ear—hearing—is also important, of course. This part of the ear is known as the cochlea (or shell—like a seashell, whose convolutions follow the natural ratio *phi*, also known as Fibonacci's number). Aside from listening to spoken words, music, and the sounds of nature, our ears' perception of sound waves is also a key component in the innovative healing fields of Acutonics, music therapy, and sound therapy.

Simple nutrients may help stave off—even reverse—hearing loss

The presence of free radical chemicals in the inner ear is a key

factor in hearing loss, suggesting that antioxidants may play an important role in prevention and treatment.

And indeed, some animal experiments have shown that the antioxidant **vitamins A, C, and E** do have an effect on hearing.

Experimental studies have also shown that magnesium may be important in reducing hearing loss as well. It's thought that this versatile mineral helps restore blood flow to the hearing apparatus of the ear following damage by excessive noise.

Plus, we know that **magnesium** can help prevent headaches and migraines, probably because of its effects on blood flow in the brain. So it makes sense that it could also have a similar impact on our ears.

But despite these provocative findings, epidemiologists have been slow to study the effects of nutrients on human hearing.

That is, until last year—the *American Journal of Clinical Nutrition* published a new study on nutrients and hearing.⁴ The researchers found that higher intakes of vitamins A and C and magnesium were associated with better hearing in nearly 2,600 participants, ages 20 to 69. This data came from the National Health and Nutrition Examination Survey—the single best source of data on nutrition and health in the U.S.

The beneficial effects of A, C, and magnesium were found at both normal speech ranges and high-frequency ranges of sound. Furthermore, the

Continued on page 6...

impact of all three nutrients acting together was stronger than the individual effects of each of the nutrients acting alone.

There is also experimental evidence that **vitamin B** supplementation can help prevent noise-induced hearing loss.⁵ And nicotinamide riboside (NR), a precursor to vitamin B3, appears to protect the nerves that transmit sound input to the brain. Research shows that NR may be particularly effective for people regularly exposed to loud noises.

Of course, it's difficult to find NR on supplement shelves (it is, after all, a derivative of the "dreaded" nicotine). But you can protect your hearing with a good vitamin B complex that contains at least 50 mg of B3 (niacin).

Drugs don't sound like the answer

When it comes to drugs that help hearing, there are very limited treatment options. However, there are many drugs that can *cause* hearing loss, from antibiotics to popular pain relievers, including non-steroidal anti-inflammatory agents (NSAIDs) and acetaminophen (Tylenol).

Studies on these drugs using high-tech audiometric measurements are curiously lacking. But a new review of

research involving more than 92,000 people does show that people who took NSAIDs had increased risk of self-reported hearing loss.⁶

Specifically, those who regularly took ibuprofen had a 13 percent increased risk of hearing loss, and acetaminophen consumption was associated with a 21 percent larger risk.

So for good hearing, it's best to stay away from drugs and go back to the basic A, B, Cs of good nutrition. Think of the ear as nervous tissue. These nutrients benefit the brain and peripheral nerves, so it makes sense that they appear to help hearing too.

Along with the vitamin B dose mentioned above, I recommend supplementing your diet with 500 mg of vitamin C twice per day, 50 IU of vitamin E daily, and 200 mg of magnesium. There's no good data on the optimal human dose of vitamin A, so I recommend getting the vitamin from dairy, fish, and meat. All of these foods contain essential fats, which is key because vitamin A is fat soluble.

You should also include lots of red-orange fruits and vegetables in your diet (for carotenoid vitamin A precursors), and green-leafy vegetables for other carotenoids such

as lutein. Lutein has been shown to be important for brain and eye health, and I suspect it benefits hearing as well. You can now also get the carotenoid astaxanthin together with liquid vitamin D. I recommend 5,000 IU of vitamin D3 plus astaxanthin daily.

Follow this plan and it will help keep not only your ears, but your entire body, healthy and sound. **TC**

Citations available online at www.DrMicozzi.com

Optimal nutrition, optimal hearing

Here is a quick recap of the nutrients your body needs for optimal hearing:

- Vitamin A
- Vitamin B complex—50 mg each of thiamine, riboflavin (B2), niacin/niacinamide, B6, and pantothenic acid, plus 400 micrograms of folic acid/folate, 12 mcg of B12, and 100 mcg of biotin.
- Vitamin C—500 mg twice per day
- Vitamin E—50 IU per day
- Magnesium—200 mg per day

The Great Supplement Scandal continues

Are you getting what you pay for?

3 simple steps for making sure your supplements are top-notch

In February, I sent out a *Daily Dispatch* about the latest supplement scandal that erupted in New York. The state attorney general sent "cease-and-desist" letters to four major retailers for selling allegedly fraudulent dietary supplements. These tests allegedly show that store herbal supplements brands from GNC,

Target, Walgreens, and Walmart were basically full of junk.

A few weeks later, the attorney general also went after the manufacturers of those supplements, asking for detailed ingredient and quality control info on every herbal supplement they sell in New York state. The manufacturers include

Pharmavite (maker of the Nature Made brand), NBTY (which makes Sundown Naturals, Nature's Bounty, Vitamin World, and other brands), Nature's Way Products (manufacturer of the Nature's Way brand), and Nutraceutical Corp. (producer of Herbs for Kids and other brands).

This brouhaha all started when the

New York attorney general's office commissioned DNA bar coding tests on hundreds of bottles of echinacea, garlic, ginkgo biloba, ginseng, saw palmetto, St. John's wort, and valerian sold as store brands in New York GNCs, Targets, Walgreens, and Walmarts.

The results may have been surprising to the uneducated public, but certainly not to me or my regular readers.

Four out of every five bottles tested didn't contain *any* of the herbs indicated on the label according to these tests. Some of the supplements contained wheat and gluten, even though the labels claimed they didn't. And even worse, some had contaminants that may cause serious or even fatal liver and kidney problems.

Since then, there has been a great deal of back-and-forth between the dietary supplement industry and New York government bureaucrats.

Some of the supplement industry has called into question the DNA testing methods used by the attorney general. They claim this method isn't always accurate for detecting extracts from herbs (which can still be effective without showing any of the DNA from the original herbal plant source).

On the opposing side of the issue, the New York government bureaucrats appear to be busy hiding their real agenda. And it seems to me that big pharma shills like Sen. Dick Durbin (D-IL) are making the most of the mess for their own devious ends. (Those three little letters—D-IL—have done more to damage this country in recent years than any other government acronym, in my opinion.)

But until that smoke clears (and we can look into those mirrors), we won't actually know what is really going on with the government actions or the industry response.

So what's to be done in the meantime?

Quality supplements are the answer

There are several key points to consider when you're shopping for supplements. Follow these recommendations, and you won't have to worry if your favorite supplement brand has just been called out by an attorney general.

1. Choose your supplier wisely. I'm not in favor of buying supplements in retail stores, especially discount, cut-rate, generic brands. I rarely see thoughtful ingredients, doses, and combinations in terms of the real science in these types of supplements. And that's even assuming they actually contain what the label says, and that the formulations are bioavailable—meaning they can be properly digested, absorbed, and activated in the body.

I have always had serious doubts about what goes on at GNC, based on my own personal experience. There is a big problem when untrained clerks are giving out health advice from behind the retail counter, while too many doctors remain ignorant about appropriate needs, uses, and sources of dietary supplements.

And in my opinion, Walmart has transformed the entire retail landscape of the country—and not for the better—with China as the only real beneficiary (just like with federal government overspending). So I never recommend buying anything at Walmart, least of all dietary supplements.

Amazingly, I still find a few smart, educated, and loyal readers of my *Daily Dispatch* and *Insiders' Cures* who tell me they buy retail store-brand supplements.

But, in my research, I've found that many big-brand supplements, as well as generic store brands, are

simply not worth the money—no matter how “cheap.”

2. Don't be fooled by big pharma. Depending on which report you consult, Americans spend at least \$28 billion each year on dietary supplements. So it's hardly a surprise that big pharma has jumped on the bandwagon in order to make even more money. Unfortunately, they're selling inferior products (according to standard industry guides on formulation and quality).

Investigators have also found that some supplements are tainted with drugs. This problem appears to be particularly true when it comes to supplements marketed for weight loss, exercise, and sexual enhancement.

3. Don't believe the hype that supplements are unregulated. Just because there are poor-quality supplements out there doesn't mean the industry is unregulated by the U.S. government. And yet, the mainstream continues to blindly promulgate this notion.

The FDA does indeed regulate supplements for safety, quality, labeling, and identity (making sure that the products contain what they say they do, at the doses printed on the labels).

At the same time, it is true that dietary supplements don't have to undergo billions of dollars of clinical drug trials and testing. But unlike drugs, dietary supplements are essentially more like foods—and therefore inherently much safer than drugs, as evidenced by the actual data on adverse reactions.

In addition, the U.S. government keeps track of all adverse events reported by people who take dietary supplements and the companies that manufacture them.

Stories on the dangers of

Continued on page 8...

supplements are routinely overblown by mainstream medicine and the lamestream media. When you look at the actual stats, you can see they are safe—as compared to big pharma and the track record of drugs, with millions of adverse drug reactions and thousands of drug deaths year in and year out.

For instance, in 2013, the FDA received about 1.2 million adverse event reports for drugs and other medications compared to less than 3,300 for dietary supplements.^{1,2}

Plus, the supplement industry, as a whole, also invests a great deal of time, effort, and money into self-regulation. Yes, there are some unscrupulous sources out there. And unfortunately, those are the ones that make headlines.

You rarely, if ever, hear about all of the high-quality products and suppliers in the industry. But they do exist.

In fact, the supplement industry actually prepares an annual guide on quality. And the worst of the most popular retail supplements typically score only two or three out of 100 in terms of quality.

But there are far better manufacturers that consistently score in the 90s out of 100, including those I use for my Smart Science line of supplements.

In my work on clinical pathology and clinical laboratory science I actually helped developed some of the analytical instruments and methods that are used today.

So I check out and perform due diligence, in person, and on site, to make sure any manufacturer with which we work for my *Smart Science* formulations is in the very top category of quality procedures, standards and reputation.

Bottom line: When you're choosing dietary supplements, don't believe the scare tactics *or* the hype...but DO look for quality.

You should only buy honest, ethical supplements with the right ingredients, at the right doses, in the right combinations.

Learn to ignore the sizzle and treat yourself to the steak. Because what is at stake is nothing less than your health, happiness, and longevity. [IC](#)

Citations available online at www.DrMicozzi.com

NEWS BRIEF

Science proves the healing power of positive emotions

Being touched by the beauty of nature, music, or art is certainly good for the soul. But new research shows these kinds of spiritual experiences are good for your physical health too.

A new study shows these emotions may reduce inflammation—the culprit associated with everything from depression to diabetes.

The study is one of the first to discover the biochemical mechanisms by which positive emotions can improve health.¹ The researchers conducted two experiments on more than 200 young adults in order to accomplish this study.

First, the study participants reported when they experienced emotions such as amusement, awe, compassion, contentment, joy, love, or pride each day. Then, the researchers took samples of each person's cheek and gum tissues, and measured the levels of cytokines in those tissues.

Cytokines are pro-inflammatory proteins that signal the immune system to boost its activity to help fight off an infection, virus, or other trauma. But too many cytokines result in chronic inflammation, which can lead to disorders like arthritis, Alzheimer's, depression, diabetes, and heart disease—not to mention overall poor health.

The researchers found that the study participants with the highest levels of positive emotions also had the lowest levels of cytokines—as well as another marker of inflammation found in white blood cells.

So, it appears that positive emotions can help stave off a host of chronic diseases. But they may also help with temporary symptoms as well.

Elevated cytokines and chronic inflammation in the brain also appear to block key hormones and neurotransmitters that influence appetite, memory, mood, and sleep.

So positive emotions have the potential for some far-reaching health benefits. For instance, it has long been said that people with seasonal allergies are also more likely to suffer from depression. Perhaps the effects of cytokines and chronic inflammation play a role in this association.

On page 1, I talk about serious problems with drugs for seasonal allergies, and some natural alternatives. But don't forget to try positive emotions as well. The next time your eyes start to water and your sinuses erupt, try not to "curse" the plants and trees. Instead, try to appreciate the beauty of Nature. It might help your allergies—and stave off chronic disease as well. [IC](#)

Citations available online at www.DrMicozzi.com