



## Special "Ask the Insider" Edition *Your Questions—Answered*

I always appreciate getting good questions from thoughtful readers.

These insightful questions show me you are really paying attention. And, more importantly, you really care about what I have to say.

But I'm keenly aware that even my readers, astute as you are, have to fight their way through a morass of all kinds of information—and misinformation—regarding recommendations and advice from other internet sources, TV doctors, non-doctors, hucksters, and even well-meaning family and friends. Not to mention the relentless noise generated by "direct to consumer" advertising from almost every big pharma company on almost every evening news show almost every day.

It's a shame.

In terms of topics, we now have three years under our belt. And the

*Insiders' Cures* archive has covered the waterfront of diet, nutrition and natural healing, and warning of the known hazards of modern, high-tech mainstream medicine. I always present any real breakthroughs or new dangers as they come to light. But I also make it a priority to tell you about new findings that further support recommendations I've been making all along. Conclusions that I reached and passed along to you long before the crowd finally catches on (if it ever does).

And you can rest assured that I never write down anything that does not make biologic sense and is not backed up by real science after 40 years of experience, studying the full range of human medical conditions in men, women, and children. And reading and reviewing the medical and scientific literature, and dissecting all the statistical

manipulations that occur in modern-day human studies.

So as *Insiders' Cures* enters its fourth year of continuous publication, I am adding a new dimension to our focus. That is, more dissecting of where, why, and how misinformation continues to be inflicted on you—and the general public. That way, you will continue to receive all my information, which I always stand behind—along with the added benefit of heading off at the pass, and nipping in the bud, as much of the nonsense as we can expose. *Before* you have to even consider it.

There are lot of so-called experts out there that you can simply afford to just ignore. In fact, for many, you can't afford not to ignore them.

And with *Insiders' Cures*, you will have even more tools to follow that time-tested advice to "consider the source."

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## ASK *the* INSIDER

### No soap and water? Natural hand sanitizers to the rescue

**Q.** I am out a lot and not around soap and water, so I use hand sanitizers. But I found out that the one I use has propylparaben. Can you recommend a safer wipe or hand sanitizer?

*H.W., Cleveland, OH*

**A.** While businesses encourage employees in the service industries to wash their hands, I am finding that there are many industries where employees have a difficult time getting to places where they can wash up during the work shift, or when they're moving around on daily work rounds.

As you know, I recommended frequently washing your hands with soap and water to fight colds, flu, or other viruses and infections. When that is not possible, you can use a portable hand sanitizer.

But you are completely right to avoid hand sanitizers that contain parabens. Propylparaben, butylparaben, ethylparaben, and methylparaben are used as preservatives in a variety of cosmetics and personal care products, including hand sanitizers. These chemicals are thought to be endocrine disruptors, and have been associated in some studies with breast cancer, metabolic disease, obesity, birth defects, and bone density issues.

You also shouldn't use any hand sanitizers that contain triclosan. This antibacterial chemical has been shown in studies to alter hormone regulation, potentially harm our immune systems, and contribute to the development of antibiotic-resistant germs.

Instead, look for sanitizers with ethyl alcohol, which has been used as an effective antiseptic and antibacterial for centuries. Ethyl alcohol is what we call beverage alcohol, so a little exposure is not toxic to the body.

You can also choose hand sanitizers that contain natural essential oils with antiseptic properties. Aloe vera, geranium, jojoba, lavender, olive leaf, orange peel, peppermint, tea tree, and ylang ylang are all effective essential oils—and also add a pleasant, natural fragrance to your hand sanitizer. You can find one or more of these natural antiseptics in various combinations.

### A safe way to extinguish nagging heartburn

**Q.** I have been suffering from stomach acid reflux whenever I sleep, even when I sit up to sleep (although less so). Not having dinner at all or eating a very small evening meal helps but does not remove the problem. I've been to many doctors but have found no relief. Can you give me some advice or a solution?

*P.Y., Bath, U.K.*

**A.** I'm assuming you're not currently taking an acid-reducing drug—which is a very good thing. Big pharma makes a killing selling proton pump inhibitors (PPIs) like Nexium, Prilosec, and Prevacid to men and women with acid reflux.

Yes, PPIs suppress stomach acid. So you might think they're a quick, easy fix for your acid reflux. But they also increase your risk of weight gain, severe diarrhea, bone fractures, pneumonia, and dangerous bacterial infections.

You may wonder how a drug with so many serious side effects sells so well. But it's very simple...once you start taking a PPI, it's very hard to stop.

They're actually addictive.

You see, PPIs block the production of acid in the stomach. But as a result, your body overcompensates. It thinks it needs more acid-making cells in your stomach. So it makes more cells. And the cells lie in wait. Then, when you attempt to stop taking the PPI, the new acid-making cells launch into overdrive. Your reflux symptoms return with a vengeance. And you actually feel worse than before you even started taking the PPI. So, naturally, you go back on the drug...indefinitely.

Unfortunately, the longer you're on a PPI, the more likely you'll experience health problems. Plus, we now know that taking a PPI for an extended period blocks your body's absorption of key vitamins. In fact, the latest study found PPIs zap your vitamin B12 levels.

Of course, all the B vitamins are essential to human life. And vitamin B12 has a special role as the so-called "energy" vitamin. It also supports healthy neurological function. Without enough B12, you can suffer from anemia, neurological disorders, and even dementia.

So you simply should never take a PPI. But that doesn't mean you just have to live with your nagging heartburn. There is a safe, effective alternative. And it's been around for generations.

I'm talking about good, old-fashioned sodium bicarbonate—more commonly known as baking soda.

You see, baking soda is a base. So it will help neutralize the acid in your stomach. You can find bicarbonate of

soda tablets or powder at your local drug store and even grocery store. Just follow the instructions on the box.

You can also try drinking more mineral water, like San Pellegrino. As Nelson DeMille says in his books about the Mafia, San Pellegrino is the Italian Alka-Seltzer. And the Italians should know a thing or two about preventing acid reflux with all the tomatoes, onions, hot peppers, and spices on the menu.

So, try starting your day with a glass of mineral water with a splash of fresh lemon or lime (for added vitamin C). See if that helps.

And don't forget to take a high-quality B supplement each and every day. Regardless of whether or not you take a PPI, it's a good way to make sure you're getting enough of these essential vitamins.

### **How do I know if my testosterone levels are normal?**

**Q.** I've read your views on testosterone therapy. And how men with normal levels are being treated and shouldn't be. But what are the normal testosterone levels for a man in his 30s or 40s? Surely a man in his 70s shouldn't have the same levels as a man in his 30s or 40s?

*M.M., Gary, IN*

**A.** You're absolutely correct: It is not normal to have the testosterone level of a 30- or 40-year-old when you are 70. It's normal that testosterone declines with advancing age.

According to a 1999 study, the average testosterone level for middle-age men is 600-650 ng/dl.<sup>1</sup> Once men hit age 30, their testosterone levels naturally drop by about 1 percent per year.

But as I have written about in previous issues of *Insiders' Cures*,

this natural decline may well help protect men against increasing risk of heart and prostate disease as they age.

Which is why testosterone therapy and other attempts to artificially reverse the natural course of healthy aging are fraught with peril—not to mention unnecessary expense. That's not just my view, but the view of many medical and scientific experts who serve on FDA review committees and state medical boards (including the New Jersey board I've advised). It's also the opinion of many professional medical societies and practicing physicians (at least the ones who do not profit from handing out artificial hormone treatments).

The human body knows best. It produces testosterone when men need it most. And it naturally lets up a bit as men get older. So we should stop fixating on "hormone replacement" by artificial methods...in other words, men don't automatically need to use dangerous patches and gels just to replace naturally waning testosterone.

However, there is no reason you shouldn't look at ways to support the body's natural, healthy aging process. When you do that, natural hormone production in men stays stronger, longer.

For men, eating right with adequate protein...keeping up with regular, light-to-moderate exercise...maintaining lean muscle...and getting plenty of sleep can help support natural testosterone levels. This approach just makes sense. And you will help keep your "young man" hormones at the right levels.

Plus, last year, researchers discovered that men who took a safe

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and inexpensive supplement naturally made more of their own testosterone. Men who took this supplement also enjoyed markedly increased physical strength and performance after just two to three months! They also improved their gait, which is the single best predictor of longevity.

You can learn more about this safe and effective way to support natural testosterone production in the February 2014 issue of my *Insiders' Cures* newsletter.

### What mainstream doctors don't tell you about fibromyalgia

**Q.** Twenty-five years ago, I was diagnosed with fibromyalgia. By exercising and self-medicating (mostly with supplements), I managed to raise three kids and work as a teacher. But since the onset of menopause my ability to function has decreased, and I quit my job. I have tried the guaifenesin protocol where you eliminate all salicylates (compounds found in many fruits and vegetables), I've taken several herbal remedies, and I've even gone to the Mayo Clinic for help. Nothing has worked. I am not overweight, eat a healthy diet, and walk daily regardless of pain. I also do yoga. However, the pain is worse than ever and I have become depressed and discouraged. Please help enlighten me as what to I can do to feel better. I am so impressed with your common sense and medical expertise. Thank you in advance for any help you can offer.

*J.P., Colorado Springs, CO*

**A.** Fibromyalgia (FM) is a difficult and mysterious condition. It's now thought to involve a disorder of how your central nervous system processes sensory input. And it's probably a consequence of being more connected to your environment and more sensitive to the energy around you.

Generally speaking, mainstream medicine does not have the language or tools to deal with such a condition. So even though there have been descriptions of conditions like FM far back in the history of western and Chinese medicine, it hasn't been widely recognized by mainstream medicine until recently.

Certainly, FM is not "all in your head," as so many mainstream physicians had said for so long. But I know from personal experience that training yourself to think differently about the various sensations your body feels can help with FM symptoms. A physical therapist once suggested thinking of the sensations not as pain or discomfort but more pleasantly as tingling, warming, or even "buzzing."

Mind-body therapies can also offer significant relief. In the book I wrote with Mike Jawer, *Your Emotional Type*, I discuss which popular alternative healing therapies are scientifically proven to be effective specifically for fibromyalgia. But there is a key to discovering which of these therapies is best for you.

You see, it all depends on the boundaries of your personality—what I call your "emotional type." I've discovered that some people react better to particular mind-body therapies than others, depending on their emotional (technically "psychometric") makeup. To find out more about my book and to take a short quiz to determine your emotional type, visit [www.drnicozzi.com](http://www.drnicozzi.com). Simply click on the yellow box at the bottom of the home page to take the quiz.

Another interesting note: FM generally exists in a continuum with chronic fatigue syndrome (CFS). While researching and writing *Your Emotional Type*, I found that your

emotional type can actually predict whether you will be on the FM or the CFS end of the FM/CFS spectrum.

In terms of physical remedies, your commitment to exercise is excellent, and I suggest you continue it. Along with your daily walks, I strongly recommend swimming, stretching, or moving in water whenever you can. Yoga is an excellent practice as well. You will likely find that the pain and discomfort decreases as you increase your physical activity.

Getting a deep tissue massage once or twice a week is also very helpful. Or you can also purchase a motorized chair massage pad (you can find them through online retailers for as little as \$50).

As you've already discovered, following a healthy diet is key to reducing your FM symptoms. I can't comment on the guaifenesin drug protocol, as I have neither used nor recommended it. But I do recommend you continue to avoid sugars and carbs, which will help your mind, body and mood.

I also recommend supplementing with 5,000 IU a day of vitamin D, a high-quality vitamin B complex, Co-Q10 (100 grams of ubiquinol a day), and 1 to 2 grams daily of a high-quality fish oil. (For details on how to find a safe and effective fish oil supplement, check out "What you REALLY need to know about fish, omega-3s, and prostate cancer risk" in the October 2013 issue of *Insiders' Cures*. You can access this issue for free from the Archive by logging on to the Subscriber area of [www.drnicozzi.com](http://www.drnicozzi.com) with your username and password.)

You should also make sure you get plenty of sleep. If you have any concerns about the quality of your sleep, ask your physician about having a sleep evaluation.

### Am I taking too many supplements?

**Q.** Influenced by various newsletters, including yours, I have bought and take on a daily basis about 20 different supplements. I would like to make sure that these supplements do not pose a risk due to their combination effects, or in their interactions with foods that I eat. Do you have in your archives any articles that address this subject comprehensively, or can you direct me to a reliable source of such information? Thank you.

*K.D., Smithsburg, MD*

**A.** Thank you for your question. I cannot speak for other newsletters, but I do see a lot of misinformation and faulty recommendations from both non-medical, natural-know-it-alls and Johnny-come-lately physicians who have suddenly “just discovered” nutrition and natural approaches. That’s a major reason why I began publishing *Insiders’ Cures* in 2012.

The topic of supplement and herb interactions with food and drugs is complex, and the research is not as thorough as it could be. I’ve found that medical literature is the most authoritative source.

I recommend my own textbook, *Fundamentals of Complementary and Alternative Medicine*, published by Elsevier Health Sciences. It has been in print continuously for 20 years as the standard source for natural medicines for health professionals. And the fifth edition has just been released, so you’ll get the most up-to-date information possible (now available on [www.drnicozzi.com](http://www.drnicozzi.com)). When you’re evaluating other newsletters, do a little background check on the authors’ qualifications. Find out what medical textbooks they have written that are being used by

health professionals, if any. I suspect after you see their “credentials,” you’ll find that you can get along with fewer subscriptions—and fewer questionable supplement recommendations from these self-anointed “experts.”

So what do I recommend? Well, I can’t recommend any supplements except my own Smart Science formulations because I don’t have and would not be able to get the quality information and due diligence on them that I require for my own. But first and foremost, I recommend an individualized approach to health. Especially when it comes to herbal supplements. I’ll always give you the latest science about natural remedies here in *Insiders’ Cures*. But not every supplement I discuss is right for every person. Which is why it’s always a smart idea to have a solid, trusting relationship with a physician who is knowledgeable in both conventional and complementary medicine. Such a professional can help you determine which supplements are appropriate for your particular needs and concerns. To locate such a physician in your area, contact the American College for Advancement in Medicine ([www.acam.org](http://www.acam.org)) or the International College of Integrative Medicine ([www.icimed.com](http://www.icimed.com)).

That said, given all the problems with modern foods and diets, I think everyone can benefit from a daily supplement regimen of 5,000 IU of vitamin D, a high-quality B vitamin complex, and 100 grams of Co-Q10 (ubiquinol) as a good foundation.

And avoid those ridiculous, poor quality, daily “multivitamins,” and stay away from supplements with iron unless you have been diagnosed by a physician with iron-deficiency anemia.

### D stands for deluded, if you’re a government bureaucrat

**Q.** According to the US Preventive Services Task Force (USPSTF) final report released in November, there is a lack of evidence supporting the benefits of taking vitamin D. The report found that no studies show clear and direct health benefits. I know that you are a huge advocate of vitamin D and its benefits, so what are your feelings about this report?

*K.M., Williamsburg, VA*

**A.** First of all, it’s important to note that the USPSTF is a quasi-government committee that’s run by bureaucrats. And it’s staffed by their co-dependents, who rely on the government to string out their publicly subsidized careers for more and more grants to keep studying the same old questions, using the same old failed approaches. And, of course, they never find enough evidence on anything to actually put themselves out of a job, or a cushy government committee assignment.

The USPSTF joins the quasi-government committees that developed the recommended daily allowances (RDAs). These RDAs are still focused on preventing 19th century nutritional-deficiency diseases. Meanwhile, the bureaucrats on these committees steadfastly ignore the mounting scientific evidence showing how nutrients can prevent, treat, and even cure common diseases—if you use higher doses than could ever be achieved by the pathetic, outdated RDAs.

But you can bet your tax money still gets spent to gather these government-approved experts together for their regular ritualistic reviews of new evidence that never changes anything.

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They justify their ridiculous recommendations by saying the purpose of the RDAs is to prevent outright nutritional deficiency, and that considering the ability of nutrition to prevent or treat disease is outside their scope.

To actually widen that scope, the academic-government-industrial medical complex would have to admit what has been known to leading natural scientists and physicians for ages—that nutrition is critical for all health and is involved in all disease.

If they did indeed embrace this fundamental truth, these nattering bureaucrats and political scientists would find themselves in the company of every genius from Thomas Sydenham to Thomas Jefferson to Thomas Alva Edison (and that's just the Thomases!).

But somehow they think they know different.

So how does all of this apply to vitamin D? Well, while there is much scientific evidence to support the need for higher levels of many nutrients for optimal health, vitamin D is actually a little different.

You see, the issue is not just about how higher levels of vitamin D can prevent many common cancers, and increase survival time and quality of life in cancer patients. Or how adequate D can help prevent heart disease, multiple sclerosis, depression, and other common problems.

The real issue is that there is actually a widespread *deficiency* of vitamin D in most people worldwide. And there are many medical problems associated with this deficiency.

So how did we get to this point? Part of the problem is that government committees have focused only on D's effects on bone health, based on discoveries starting during the 1920s.

But in the last century, scientists

have gone on to prove that vitamin D is critical for every cell, tissue, and organ in the body—not just the bones.

And sadly, that's why there are over a dozen different serious signs of vitamin D deficiency that doctors are seeing *every day*.

Of course, we can start with **bone pain** not explained by a “pathologic” diagnosis.

Some research shows that **constant respiratory infections in children** may also be a sign of vitamin D deficiency. But rather than boost the RDA for kids, the CDC wants to make sure you vaccinate your children with flu shots that may be useless or harmful to their health.

**Muscle weakness** is another potential indicator of D deficiency. You see, muscles must have a constant supply of this vitamin to function. Ironically, none other than the National Institutes of Health warns us about this problem. They must not have gotten the anti-vitamin D memo from their bureaucratic brothers at the USPSTF.

There are also a variety of studies showing that vitamin D deficiency can lead to **congestive heart failure**. And **high blood pressure**, a major cause of heart disease, is associated with low vitamin D as well. A long-term study conducted by Harvard University found a *47 percent* increase in the risk of high blood pressure in women with low levels of vitamin D.<sup>2</sup>

**Depression** may also be a sign of inadequate vitamin D. Studies show vitamin D helps our brains produce the “feel-good” chemical serotonin. And there is evidence that low vitamin D levels are associated with **increased anxiety** as well.

Surprisingly, research shows that **abnormal sweating** may also be a sign of vitamin D deficiency. Years ago, doctors would ask pregnant

women about increased sweating as a way to determine if they had nutritional deficiency due to the strenuous demands of a growing baby on their bodies.

Studies have also shown that inadequate D levels increase the risk of suffering from **chronic pain**. **General malaise or fatigue** may also be associated with lack of vitamin D. And in athletes, too little D may lead to a **lack of endurance**.

Finally, simply **getting older** can make it hard to get enough vitamin D. Unfortunately, our bodies just don't activate as much of this crucial vitamin once we get past age 50. So while D is important throughout your life, you have to be especially vigilant as you get older.

Bottom line: Thousands of medical researchers have discovered convincing scientific evidence of the perils of D deficiency. And many more doctors are seeing vitamin D deficiency in real patients every day.

So I am not sure what that government committee was looking at when it issued its “no benefit” recommendation about vitamin D. And here's the real kicker: Since this ridiculous report was released, two independent investigators have found the RDA is off by a factor of 10.

Instead of the 600 to 700 IU per day they currently recommend, the daily requirement **should be** 10 times higher—6,000 to 7,000 IU (when you know how to do the arithmetic right). If you allow for getting 1,000-2,000 IU per day from diet and sun exposure, that leaves the same 5,000 IU per day dietary supplement recommendation I (and many other astute medical professionals) have already been making for years.

Be on the lookout for any of the telltale symptoms of vitamin D deficiency listed above. And have

your levels checked annually. A good vitamin D level for better health is 30 ng/ml or more.

So to reach and maintain this optimal level, make sure to supplement with 5,000 IU of vitamin D daily. If you don't like taking pills, you can get vitamin D in a liquid form, which you can take straight or add to a small glass of natural fruit juice or milk in the morning.

### Can I spice up my diabetes prevention regimen with cinnamon?

**Q.** Can you please recommend a good cinnamon extract for treating diabetes? Thanks.

*L.M., Hopatcong, NJ*

**A.** Many herbal remedies may be excellent candidates for natural management of diabetes. And cinnamon has shown some impressive results for controlling blood sugar. Unfortunately, in my view, the necessary research hasn't been carried out to allow us to develop real-world clinical protocol to manage diabetes in human adults using cinnamon extracts.

In other words, even though we know cinnamon works to control high blood sugar, we can't just wing it and guess how much of this spice, how often, each person with diabetes needs, in what form, and for how long. It's just potentially too risky. Which is why I don't recommend taking a cinnamon extract supplement. Controlling blood pressure effectively over the long term is just too important to your health.

Of course, the unfortunate reason we don't know enough about how to use cinnamon extracts most effectively is that the government agency charged with doing the kind of research necessary is too incompetent and ineffective to get the right studies done to really find out.

If you like the flavor of cinnamon,

there's no reason you can't add it (as an actual spice) to your coffee or tea or sprinkle it on yogurt or fruit. But for diabetes and blood sugar management, I don't recommend substituting any herb as a dietary supplement when there is already an excellent drug available that is safe, effective, and affordable.

I'm referring, of course, to metformin.

In the last 50 years of big pharma, there have been two or three drugs arising out of the whole mess that have long proven totally safe and effective—and metformin is one. Of course, that's probably because it's based on the ancient herbal remedy French lilac, or goat's rue.

Even though some newer drugs have been shown to lower blood sugar levels, they have still not been proven to lower the long-term risk of eye, heart, kidney, and other diseases caused by diabetes. And the newer drugs can have dangerous side effects.

Metformin, on the other hand, not only lowers blood sugar, but it also drastically reduces the risk of these long-term disease complications. And its major "side effect" is that it reduces the risk of various cancers, including pancreatic cancer.

### Tips on talking to your doctor about colonoscopy alternatives

**Q.** I want to tell my doctor that I don't want any more colonoscopies. I have all of your info on how dangerous they are, but I need some advice as to how to go about talking to him about this.

*B.B., Fort Wayne, IN*

**A.** The evidence has been mounting about the dangerous side effects of colonoscopies for many years.

Most recently, researchers have found that some endoscopic medical

devices are contaminated with deadly bacteria. This problem has resulted in infections and even fatalities in unwitting patients around the country. While the suspect devices aren't the type that are used for colonoscopies, it's not unreasonable to think that colonoscopy endoscopes could likewise be contaminated. And the FDA appears unwilling or unable to take adequate safety measures.

When it comes to talking to your doctor about the perils of colonoscopies, first you need to determine if your doctor performs colonoscopies him or herself, or will you be referred to a gastroenterologist? If your doctor doesn't do colonoscopies, he or she may not be familiar with the latest science.

Ask your doctor why he or she thinks that colonoscopies are virtually unused in Europe—where the evidence has led doctors to perform sigmoidoscopies instead for colon cancer screening. (They practice advanced, high-quality, evidence-based medicine in Europe.)

Then ask your doctor if you can start by taking a cheap, harmless fecal occult blood test. This involves taking a small sample of your stool at home, placing it on a cardboard test panel, and mailing it or taking it to your doctor's office.

You can also ask about Cologuard, a new DNA test that involves the same simple stool sampling. This test was approved last year by the FDA to detect the presence of DNA potentially associated with cancer or pre-cancer.

Or you can ask about whether the new MRI scan is available in your area for screening for colon cancer. (A similar MRI scan for lung cancer screening has finally been approved by the FDA, as well as Medicare, for insurance coverage.)

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In addition to these tests, there are other alternatives to colonoscopies. Only in relatively rare cases will these types of simple, safe screening procedures find something that would require you to have a colonoscopy. As the Europeans know, it's not necessary to start with expensive and dangerous colonoscopies right from the get-go.

Finally, discuss your age with your doctor. This is probably the single most critical factor regarding your risk of any cancer, as well as the justification for performing a colonoscopy.

Many studies show there is much less justification for having colonoscopies the older you get. In fact, one of the many advantages of aging is that you can get a "get out of jail free card" when it comes to colonoscopies.

### Finding the right alternative Rx for autoimmune disease

**Q.** My 32-year-old granddaughter has autoimmune disease, hypothyroid condition, and alopecia (no hair, eyebrows, eyelashes, etc.). She has also had asthma all her life and has been treated for allergies. Doctors have no more answers. My question: Is there anything in alternative medicine to help, or is there a specialist who could oversee her treatment? She lives in Kansas City, MO, but if there was help somewhere else she could travel. Thank you for the opportunity to communicate!

*A.P., Lenexa, KS*

**A.** Immune-related disorders can be very complicated and should be addressed on an individual basis. There is no "one-size-fits-all" solution.

My guess is that your granddaughter has probably tried

every possible drug treatment over the years—most of which can actually imbalance the immune system. I recommend she consider mind-body therapies. To determine which ones are right for her, she can take the emotional type quiz on my website, [www.drnicozzi.com](http://www.drnicozzi.com), (simply click on the yellow box at the bottom of the home screen to take the quiz) and then consult the book I wrote with Michael Jawer, *Your Emotional Type* (also available through my website).

For a full evaluation of other non-drug approaches, she may want to consult the Cleveland Chiropractic College in Kansas City, MO. The health professionals there are experts on non-drug approaches to what they call "visceral conditions."

She can also find a list of natural medicine physicians in the Kansas City area through the American College for Advancement in Medicine ([www.acam.org](http://www.acam.org), 800-532-3688) or the International College of Integrative Medicine ([www.icimed.com](http://www.icimed.com)).

### Safe, natural approaches to combat brain disorders

**Q.** I am a recent subscriber and am enjoying your newsletters very much, as well as learning valuable information. I have a 25-year-old son who I believe has some Asperger's/autistic tendencies as well as depression, and he's also possibly bipolar. Do you have any suggestions/recommendations on what I can do for my son? Thank you very much.

*T.C., Midland, TX*

**A.** First, the debate is raging again about whether or not childhood vaccination is causing or contributing to the epidemic of autism spectrum disorders. I have participated in Congressional hearings on this topic


and there were strong views on both sides.

Recent research finds that giving acetaminophen (Tylenol)—which is dangerous in any case—to prevent fevers before or after vaccinations could actually be the real culprit.<sup>1</sup> Either way, excessive vaccination can cause various problems and some vaccines, such as those for flu or HPV, just don't make sense in any case. Doctors are not supposed to give vaccines to a child with fever, so they conveniently get around this good-sense recommendation by suppressing any possible fever with this toxic chemical.

In terms of what you can do to help improve or manage autistic tendencies and related concerns, there is good evidence for the benefits of basic dietary supplementation. Vitamin D is a powerhouse for brain performance and for balancing mood. I recommend 5,000 IU per day, and all the real science supports that recommendation.

Vitamin D is available in an easy-to-use liquid form with or without astaxanthin, a powerful carotenoid from marine sources. Another carotenoid called lutein, which I helped discover in the 1980s, also has been shown to have brain benefits. I recommend 12 mg per day.

In Europe, the B vitamins are known as "neuro-vitamins." I've found that many people, especially vegetarians, are deficient in these brain-boosting nutrients. In particular, vitamin B6 (pyridoxine) is important. People with autism spectrum disorder often do well with higher intakes of B6 (at least 50 mg a day).

And doctors have known for a century that magnesium appears to help patients with depression. I recommend 200 mg a day. 

*Citations available online at [www.DrMicozzi.com](http://www.DrMicozzi.com)*