DR. MICOZZI'S
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Could this controversial South Pacific stress-reliever be…

A 21st century cancer miracle-in-the-making?

New research supports kava's striking comeback

When I was doing research fieldwork in the South Pacific in the late 1970s, I kept hearing about how effective a native pepper plant called kava was at fighting cancer.

And I wasn't the only one. In the 1980s, dozens of research studies emerged showing the anti-cancer benefits of regular kava consumption.

In fact, in 1985, *The Hawaii Medical Journal* published research showing that in Fiji, where many people drink kava tea every day, there were 75 incidences of lung cancer per 100,000 men.[1] Guess what the number was in Los Angeles? 307. More than *four times* as many lung cancer diagnoses as Fiji.

As I continued studying populations in the Pacific during the 1980s and '90s, I actually found I knew (and on other projects had worked with) many of the scientists involved in making these early anti-cancer kava discoveries.

And their research was so impressive, I began referring to kava as "The Tane Secret." Tane (pronounced "tah-neigh") is the Polynesian god of nature—and in an even broader sense, the god of all good.

I think it's a fitting name because, as you'll see, this natural wonder has been helping the peoples of the South Pacific for centuries—and is now astonishing scientists in the world's most modern laboratories.

I'll tell you more about this exciting new research in just a moment. But first, let me fill you in on why you may not have heard of kava's cancer-fighting potential before now.

Another natural cancer breakthrough derailed by flawed research

You see, despite the promising evidence that emerged some 30 years ago, not everyone embraced the Tane Secret. In fact, it had its traditional name dragged through the mud for years.

More than a decade ago, further research into this herb was completely derailed. All because of a false scare about the plant's effects on the liver.

I did my best to fight this ignorance. In 2003, I asked leading European researchers to prepare a review of scientific studies showing the absence of toxicity of kava. I published it in the premier volume of my scientific journal, *Reviews in Integrative Medicine*.

That research review found that prescription drugs—*not* kava—were responsible for the liver problems.

It took others longer to make this realization, but they finally saw the light. Kava's supposed liver toxicity has now been debunked. A ban on the herb was finally lifted in Germany last year. And research into kava's anti-cancer benefits continues.

The results have been impressive, to say the least.

Studies show The Tane Secret puts 7 different kinds of cancer in the crosshairs

I reported in the April 2014 issue about research that found that kava root extract prevented lung tumors in *99 percent* of lab mice.[2]

And other recent research is

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showing that kava may be effective at preventing breast[3], bladder[4], bone[5], colon[6], uterine[7], and prostate[8] cancer as well.

Let's take a closer look at the evidence showing how this simple plant may be able to fight cancer naturally. *And* how the government-industrial-medical complex is preventing you from finding that out.

Why you don't hear about natural cancer fighters

The sad truth is, there are many natural products hiding in plain sight that appear to be effective at preventing and treating cancer. But they're ignored by the mainstream since they can't be patented as drugs. And because they often act by modifying the growth of cancerous cells and tumors, instead of outright killing them.

You see, when government cancer experts screen natural products for anti-cancer activity, they look only for the ability to kill cancer cells. What they don't take into account is that if something can kill cancer cells, it can and will also kill your normal cells. Which, of course, results in tragic and unnecessary side effects like you find with chemotherapy.

But government science bureaucrats simply ignore other important kinds of anti-cancer activity. Like preventing new blood vessels from supporting the growth of cancerous tumors, or starving cancer cells (instead of feeding them like typical oncology regimens). Other proven (but ignored) mechanisms include boosting the immune system to naturally eliminate cancer cells and transforming cancer cells back to "normal" cells.

Because of this scientific and economic bias in the cancer industry, natural products that are found to be effective at fighting cancer in laboratory studies just don't make it into hugely expensive human cancer treatment trials. And thus into mainstream cancer-fighting regimens.

That's why most kava studies are done on animals. Take, for example, the lung cancer study I mentioned earlier.

Mice were given a kava dietary supplement on a daily basis. The researchers then tried to chemically induce lung tumors in the mice. But they failed 99 percent of the time.

Think about that: 99 percent. A prevention rate that high is unprecedented among cancer studies using nutrients and natural products.

In fact, for any substance—natural or pharmacological—to qualify for funding for human studies, National Cancer Institute experts are thrilled if it can reduce cancer by four times, three times, or even two times (like the typical range of many vitamins and minerals).

But they ignore a finding that reduces cancer by 99 times. Unbelievable.

How much kava do you need?

Of course, when it comes to any health effect—including anti-cancer effects—the potency of a nutrient or herb (or drug, for that matter) is directly related to its ability to enter the body's tissues.

And because there has been so little human research into kava, there's a big question about just how well it does that. Consequently, scientists aren't really sure how much of the herb our bodies need to help prevent cancer.

It's not likely to be the typical 300 mg daily dose of kava dietary supplements, which are often taken for relaxation (see sidebar on page 3). In fact, I believe this dose is probably not optimal for any purpose.

South Pacific islanders are known to consume as much as 10 grams of kava a day. That's more than *30 times* the typical supplement dose. And as you see from the accompanying table, the more kava, the lower the cancer rates.

So how do the Polynesians ingest so much kava?

Well, they drink their kava rather than take it in pill form. In fact, the traditional method is to brew fresh or dried kava roots into a tea made with local water.

I'm not talking about Fiji Water—that expensive bottled stuff that is shipped 10,000 miles overseas (talk about a carbon footprint for members of the politically correct green elite who like to pay to drink it).

I'm talking about the water actually drunk in Fiji. As we learn more about the health properties of the water itself, and its interactions with the natural constituents in kava, I suspect it will prove to play a key role in the disease-fighting effects of the traditional kava drink of Fiji and the South Pacific. Because when it comes to winning the "war on cancer," the South Pacific may hold the key—just as it did in ultimately winning World War II.

In the meantime, it's not a big mental stretch to imagine a beverage sold in the U.S. that mimics the effective dose of a traditional Fiji kava tea.

After all, a can of Coke contains 39 grams of sugar (another plant originally from the South Pacific, in today's Papua-New Guinea).[9] If they can find a way to put 39 grams of a metabolic poison into your drink, we can find a way to prepare a drink with 10 grams of an effective anti-cancer herb.

Until that happens, though, you have a few different options when it comes to supplementing with kava for its traditional use as a relaxant and stress-reliever.

First there are capsules. The recommend dose is 400 mg a day (in the evening).

You can also find ground kava root powder, which can be mixed directly into water or juice. Like coffee, kava powders can be course- or fine-ground. If you opt for course-ground, it needs to be strained prior to drinking it.

Similarly, dried kava root is also available, and can be steeped in water, then strained.

Regardless of which form you choose, make sure it's organic.

Here are a couple of online sources to consider:

- **Herbal Island** (www.herbal-island.com) — This Utah-based company imports its kava products from Fiji, and offers a good variety of products.
- **Kona Kava Farm** (www.konakavafarm.com) — This company grows its kava in Hawaii (where climate is similar to the South Pacific) and adheres to strict FDA-compliant good manufacturing practices (GMP).

Continued on page 4...

And that's not all kava can do...

Kava has been proven to tackle health issues beyond cancer. In fact, the herb has long been used in Hawaii, Fiji, Samoa, Vanuatu, and other exotic Polynesian locations as an effective anti-anxiety agent. Maybe that's why U.S. presidents from Lyndon Johnson to Bill Clinton sampled kava drinks during their election-year trips to American Samoa.

Earlier research on the muscle and nerve-relaxing benefits of kava focused on a specific compound: kavalactones.

Kavalactones are bound to lactic acid, which plays a prominent role in alternative energy-producing metabolic pathways in muscles and other tissues when they run out of oxygen (a process called anaerobic respiration).

This ability to produce energy without using oxygen probably harkens back to the biological equipment we inherited from aquatic cells—before oxygen accumulated in the atmosphere and life emerged from the oceans about 300 million years ago.

Accordingly, muscles are tissues in our bodies that are well-adapted to using alternate anaerobic respiration. They have an extraordinary ability to store lactic acid until it can eventually be eliminated from the body.

Because kavalactones are bound to lactic acid, I believe they can also be stored in muscles. And that helps produce kava's remarkable relaxing, anti-anxiety properties.

They also offer a wide variety of kava products.

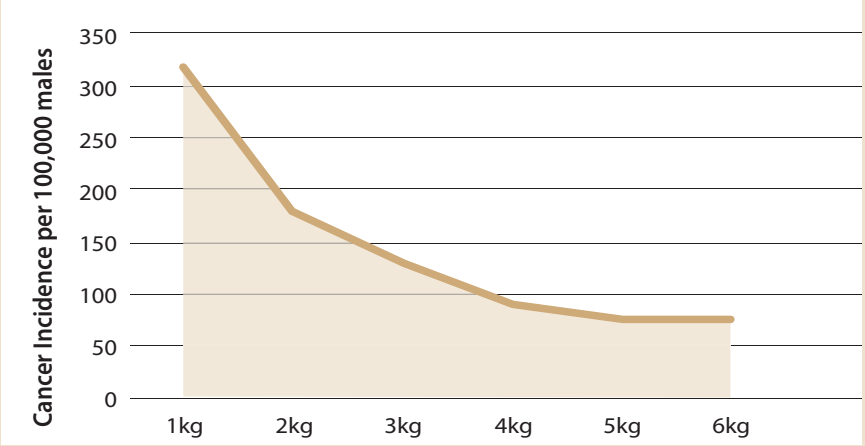
Keep in mind, most people report that kava doesn't have a pleasant flavor. It can also cause some numbness in the lips and tongue in some people. However, these effects are typically mild and temporary. Most people find the resulting relaxing effects on the body and mind very enjoyable.

Of course, quality and effects appear to vary greatly among sources, so it's important to look at existing feedback from other customers—and share your own about any products you decide to try. IC

Citations available online at www.DrMicozzi.com

More kava, less cancer

The following chart shows the striking relations between kava consumption per year and cancer rates in South Pacific men. As you can see, the more kava consumed, the lower the cancer incidence:



Forget useless bone scans!

Two common menopause symptoms signal serious osteoporosis risk

Here's how you can protect yourself—without dangerous drugs!

After decades of administering questionable and mostly useless bone density tests, mainstream doctors finally know how to spot the women who are really at risk of osteoporosis and bone fractures.

And it was hiding in plain sight all along.

A large new study found that women who experience some of the most common symptoms of menopause have nearly double the risk of osteoporosis and bone fractures compared to women who don't have these symptoms.[1]

The good news is, you can build strong bones both pre- and post-menopause—without the phony tests mainstream medicine uses to assess bone density. And without the toxic drugs that actually poison cells that are critical for bone health.

In fact, in just a moment, I'll tell you about a simple, safe, natural protocol that supports healthy, strong bones using nutrients your whole body needs.

But first, let's take a closer look at this new study, and what some very common menopause symptoms are really telling you.

Hot flashes and night sweats can nearly double your risk of bone fractures

The study followed 23,573 women, ages 50 to 79 years (none of whom used menopausal hormone replacement therapy).

Researchers collected data revealing that about 60 percent of the women experienced vasomotor symptoms (VMS) such as hot flashes and night sweats during pre- and peri-menopause.

They contrasted those findings with data showing that during the post-menopausal period, about 30 percent of the women developed osteoporosis (a condition in which bones become less dense, weaker, and more likely to break). And among those women with osteoporosis, at least 40 percent eventually had bone fractures.

Based on all of this data, the researchers were able to make a striking conclusion: Women who experience VMS lose bone density at a much faster rate, which nearly doubles the risk of bone fracture. And once they have an initial fracture, they'll have an 86 percent risk of a second fracture.

The culprit is changing estrogen levels.

You see, bone is exquisitely sensitive to the effects of estrogen throughout women's lives. And menopausal symptoms are an important sign of hormonal imbalances. So the same hormonal imbalances that cause common symptoms like night sweats and hot flashes also lead to osteoporosis and bone fractures.

That's the bad news.

The good news is, there are some simple, natural, and effective steps you can take to improve your bone health, without toxic drugs. I wrote about this topic in detail in the January issue of *Insiders' Cures*, but for a quick reference, see my prescription for optimum bone health in the sidebar on page 6.

In the meantime, keep reading to find out why following the mainstream bone-building protocol may be the worst thing you can do.

The "new" discovery 24 years in the making

The new study revealing this link between menopausal symptoms and osteoporosis is actually part of the Women's Health Initiative (WHI) trial initiated by the National Institutes of Health in 1991. I worked on starting to put this study cohort together back in the mid-1980s while I was still at NIH.

So WHI research has been active for nearly a quarter century. Yet, until now, doctors and medical researchers never knew whether VMS symptoms were actually associated with osteoporosis and bone fractures. Despite the fact that the hormonal mechanisms are biologically linked.

The lag time in this important discovery is certainly disturbing—but not really surprising.

As I have warned before, don't expect medical specialists who deal with bones to really understand basic bone biology. As evidenced by the ridiculous tests and drugs they come up with.

Indeed, mainstream medicine likes to measure make-believe numbers to assess bone density in women, and then prescribe drugs that actually poison one of the two types of cells that are critical for bone health.

Continued on page 6...

The drug-free, risk-free way to manage maddening menopause symptoms

As you've seen here, you can reduce your risk of osteoporosis and bone fractures without dangerous drugs. But what about the menopausal symptoms found to increase that risk?

Indeed, hot flashes can be so burdensome to some women they often go to extreme lengths to find relief. But like osteoporosis medications, the most common mainstream method to control menopausal symptoms—estrogen replacement therapy—is fraught with dangers. It has been linked to increased risk of heart disease, stroke, blood clots, and even cancer. And other mainstream options—including antidepressants and anti-seizure medications—are no better for you.

But a study published in 2013 in the journal *Menopause* found that there is a completely drug-free—and risk-free—approach that can offer significant relief from hot flashes.

Researchers found that postmenopausal women who learned a technique called applied relaxation were able to prevent an average of *five hot flashes a day!*[2]

Applied relaxation is just one way of learning how to release tension and relax muscles. And it makes sense that it would be effective in controlling hot flashes, which happen when blood suddenly flushes a particular region of the body due to rapid shifts in blood vessel tone.

The mind influences blood flow by communicating with the small muscles in arteries and adjusting the blood vessels' tone, size, dimensions, and flow.

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

Of course, applied relaxation is a great technique for some people. But not every relaxation technique works for every individual. The first step in finding out which mind-body relaxation technique will work best for you is to determine your personal emotional type. To find out more about your emotional type, check out my book with Mike Jawer, *Your Emotional Type*. In it, you'll learn about how various personality types process emotions and stress and how it can impact your health. And you'll also discover which therapies will actually work best to help you manage it. You can find *Your Emotional Type* at your local bookstore or on my website, www.drmicozzi.com.

I have tried looking into the way these supposed experts measure bone density, and it honestly doesn't make sense to me based upon what I know about bone biology.

But as an anthropologist, pathologist, and physician, I have figured out the problems with bone density drugs. Basically, they take a dangerous shortcut in order to create the illusion of building denser bones.

These drugs "work" by poisoning osteoclast bone cells. The osteoclasts are needed to remove old, dead bone tissue so it can be replaced with new, vital bone by the second type of bone cells, called osteoblasts. Like every other tissue in the body, bone is alive. So continually replacing the old bone tissue with new cells keeps our bones healthy.

But bone density drugs interfere with this natural process. Instead, they leave behind old, dead bone tissue, while the osteoblasts work to create new bone on top of it. It is like building a new house on a rotten foundation. What they "don't know bones about" can hurt you—a lot.

So although semi-fictitious bone density measurements show that drug-treated bones are more "dense," they are not healthy. And, not surprisingly, these drugs do not appear to reduce the risk of bone fracture (as I reported in the January issue of *Insiders' Cures*). Which is the whole point of doing bone density measurements and prescribing bone density drugs in the first place.

But now you know better. Just say no to these drugs, and follow my recommendations for healthy bones. Especially if you're one of the millions of women who suffer from hot flashes or night sweats. IC

Citations available online at www.DrMicozzi.com

Your safe, natural "prescription" for healthy bones

The following nutrients will help you support and nourish bone cells—which ultimately produces strong and healthy bones. All without the dangerous side effects of osteoporosis drugs.

Vitamin C. 500 mg per day.

Vitamin D. 5,000 IU daily.

Vitamin E. 50 IU a day.

Vitamin K2. Fermented dairy foods like cheese, yogurt, and soy offer more potent and consistent sources of this vitamin than supplements do.

Boron. 5 mg per day.

Calcium. Get this from food sources like dairy, eggs, fish, and meat, rather than supplements.

Magnesium: 150-200 mg a day.

It is also important to stay **physically active**, because bone cells respond to the mild stresses and strains in healthy bones that accompany normal exercise and movement. But make sure not to over-exercise, as I explain on page 8.

From bones to breast cancer—women's health screenings fall short

The WHI research officially began in 1991, based on work I helped start while I was at the NIH during the mid-1980s. During that time, I began organizing a study similar to the WHI, based upon the tens of thousands of women who had participated in the Breast Cancer Detection Demonstration Project (BCDDP).

The BCCDP was designed to measure the effectiveness of mammograms, determine optimal screening intervals, and answer other questions. I have analyzed and followed the results of mammograms for 30 years now. So when I conclude, like so many other researchers have, that (on average, in the population as a whole) mammograms simply do not save lives, I know what I am saying. Despite all the individual anecdotes from women who insist mammograms helped them. Of course, in these individual cases we will never really know for sure. That's why we do research.

And overall, research shows mammograms are ineffective—even dangerous—for the population as a whole. They also contribute to the epidemic of over-diagnosis and over-treatment of cancers. This practice has helped feed the growing beast of today's cancer industry.

When it comes to breast cancer screening, I recommend considering thermography over mammography. Thermography is an alternative screening test that uses no painful mechanical pressure or dangerous radiation. It's a form of thermal (infrared) imaging, so it doesn't damage or hurt the sensitive breast tissue as mammograms can. Plus, studies show it identifies precancerous or cancerous cells earlier. And it produces clear results, which cuts down on additional testing.

The following sources offer state-by-state lists of breast thermography centers:

- The American College of Clinical Thermology, www.thermologyonline.org (click on the "Clinics" tab at the top of the page)
- The International Academy of Clinical Thermology, www.iact-org.org (click on "Links to Qualified Thermography Centers" at the top right-hand corner of the page)

How you can get a younger, healthier brain in less than 30 minutes

New research shows that we can literally change our minds. And these changes not only increase well-being and quality of life, but they can actually *slow down* the aging of your brain. And it's all the result of a gentle, noninvasive technique.

I'm talking, of course, about mindfulness meditation.

It's no secret that the practice of meditation brings a sense of peacefulness and relaxation. But for centuries, people who meditate regularly have also reported cognitive benefits and psychological improvements that persist throughout the day—and perhaps throughout a lifetime.

Now, research backs up those reports, offering definitive evidence that meditation can change the structure of the brain. And amazingly, it may even help humans create more brain cells.

In other words, while the government spends hundreds of millions of taxpayer dollars on the latest "Decade of the Brain," we may already have an effective, non-drug treatment for disorders like dementia.

Less than half an hour a day of meditation can make a big difference

In a pair of studies, people taking part in mindfulness meditation programs showed results that shocked even the most experienced neuroscientists at Harvard University and UCLA.

The first study involved 16 people who meditated an average of 27 minutes a day for eight weeks. After the study ended, MRI scans showed measurable increases in the participants' grey matter.[1] Grey matter is involved in muscle control, vision and hearing, memory, emotions, speech, decision-making, and self-control.

None of these results were seen in the control group of non-meditators, showing that the positive changes to the brain were not just due to passage of time. "This study demonstrates that changes in brain structure may underlie some of these reported improvements, and that people are not just feeling better because they are spending time relaxing," said my colleague, Dr. Sara Lazar, senior author of the study at Harvard Medical School and Massachusetts General Hospital.

In another study, researchers at the UCLA Brain Mapping Center did MRIs on the brains of 50 people who had meditated for an average of 20 years, and also on the brains of 50 people who didn't meditate.[2]

Again, the researchers looked at the participant's grey matter. And they found that people in both groups lost some of their brains' grey matter as they aged.

But the volume of grey matter among the people who meditated did not decline nearly as much as it did in the non-meditators. And the meditators also had better-preserved grey matter as they aged compared to the non-meditators.

In addition, previous studies found other structural differences between the brains of experienced meditators, compared to people with no meditation experience. For instance, meditators have a thicker cerebral cortex in the areas of the brain associated with attention and emotional integration.

It is remarkable to observe how the actual structure of the brain is influenced by simple behaviors such as daily meditation. And that these changes begin to happen within just a couple of months—and last a lifetime.

History's great minds were meditators

This new research may even help explain how some of the brightest minds in history came about.

You see, some people considered to be among the smartest in American history were known to practice what was then called "contemplation."

These early-day meditators included John Adams (political theorist and statesman, and second U.S. president), Thomas Jefferson (18th century "renaissance man" and third U.S. president), Ralph Waldo Emerson (leading 19th century philosopher and writer), Henry David Thoreau (the author of *Walden*, who wrote about hearing the beat of "a different drummer"), William James (founder of American psychology), and the list goes on.

In fact, it was during a lecture on Nantucket island that Herman Melville heard Emerson's account of the true story of the whale ship *Essex*. That gave Melville the idea for *Moby Dick*, which is often considered to be The Great American Novel, and offers an authentic, creative, and truly contemplative study on the relationship between man and nature.

Which poses the question: Are many of our country's great intellectual achievements due to the larger brains that result from contemplation or meditation?

We discuss this theory in the book I wrote with Don McCown, *New World Mindfulness: From the Founding Fathers, Emerson, and*

Continued on page 8...

Thoreau to Your Personal Practice (available at drmicozzi.com).

Our book also shows there is no real magic or mystery to attaining a state of mindfulness. Through the simple practice of daily contemplation, you too can achieve the brain-boosting benefits of meditation that have been enjoyed by generations of great American thinkers.

Citations available online at www.DrMicozzi.com

Your step-by-step guide to becoming more "mindful"

The essence of mindfulness meditation is being "present." Not thinking ahead to the future or back to the past. But just being fully aware of everything in the moment. So practicing it is simple.

Start by sitting still, trying not to move. Then, focus your attention on your breath. Be aware of the thoughts, emotions, and environmental changes (sounds, sensations, etc.) that arise from moment to moment. If your thoughts drift, try to bring your attention back to the present. Refocus on your breathing and what is occurring in the moment.

Slash your risk of early death by 30 percent with the right "dose" of exercise

New study shows only how much—and how fast—you should jog

In 2013, about 54 million Americans went running at least once, and nearly 30 million ran 50 times or more.[1] Many of these people weren't just jogging around the block. Over half a million finished a marathon (26.2 miles) and nearly 2 million completed a half-marathon.[2,3]

This may seem like a ray of hope amidst all of the gloom and doom about Americans' sedentary lifestyles. But is all of this running around really getting us anywhere in terms of genuine good health and longevity?

Another new study says no.

The Danish study followed nearly 1,100 healthy joggers and about 4,000 healthy non-runners for 12 years. The joggers kept track of their hours, frequency, and pace of running.

And the researchers found that the most strenuous joggers were just as likely to die as those who were completely sedentary.

This finding is even more striking when you consider the joggers in the study tended to be younger than their sedentary counterparts. They also had lower blood pressure and body mass index, along with lower rates of smoking and diabetes. But excessive running was still killing them.

Meanwhile, the light-to-moderate exercisers reduced their mortality rate by a whopping 30 percent.[4]

Based on this data, the researchers concluded that the "dose" of running that's best for extending longevity is just 1 to 2.4 hours per week or less. And the best pace was slow-to-average, or about a 12-minute mile.

Slow and steady wins the race

This finding builds on past studies I have reported, showing that strenuous exercise does more harm than good. As you know, I often advise about the health benefits of moderate physical activity, but warn against the dangers of excessive exercise. Especially when it comes to joint and heart health.

The human body isn't a machine, but the laws of physics and mechanics still apply. Grinding and pounding fragile joint cartilage by running on hard surfaces for hours at a time causes wear and tear—and the body just can't keep up.

It's not rocket science, just basic physics. The force applied to your joints is the speed at which your legs encounter and bump against hard surfaces, multiplied many times by your body weight—and it gets transmitted directly into your bones and joints.

The same kinds of problems happen with the abused hearts of extreme athletes.

The heart is a muscle, continuously beating. Even though a contracted heart is only about the size of your fist, it still has to pump blood all through your body. When it starts beating too fast, like when you're running excessively at high speed, there is not enough time for it to fill up properly with blood between beats.

When the heart is repeatedly abused like this, the stresses and strains on the muscle and nerve fibers can lead to permanent damage. Some researchers believe that excessive exercise also leads to abnormal structural remodeling of the heart and blood vessels—creating "monstrous" organs that are not healthy over the long term.

So, as always, remember the golden rule: moderation in all things. Overdoing exercise is not only useless for your health, it is actually harmful to your health.

Citations available online at www.DrMicozzi.com