



The slimy secret water companies don't want you to know: Bacteria, arsenic, and carcinogens all found in bottled water

We all know how important it is to drink water. And we've all heard the horror stories of how tap water can be contaminated with everything from drugs to toxic chemicals.

Bottled water was supposed to be a solution to our water woes. Portable and pure. Just the thing to keep us hydrated and healthy.

Except it's not.

A Natural Resources Defense Council review of 103 bottled water brands found that 25 percent had chemical contaminants at levels above state standards.¹

And not just chlorine—which is bad enough. The researchers actually found fecal bacteria and arsenic in bottled water. And three chemicals that are suspected carcinogens.

Why? Well, when an independent research group asked the manufacturers of 173 different bottled water brands where their water came from and if it was purified, half of all companies refused to answer.

Meaning that the fancy bottled water you're paying a premium for may very well be plain tap water.

So what should you drink instead? Probably not well water, which may be spiked with high levels of arsenic (see page 2).

Filtered tap water is a good choice. Or buy bottled mineral water. I'll tell

you why I think it's truly the "fluid of life" in a moment.

But first, let's look at why our bodies need water. (Hint: It's not only for the reason you think.)

And why we *don't* need bottled water.

Why you should drink water that has minerals and electrolytes

Water is more than just a source of fluid for every cell in our bodies. It's also a source of electrolytes and minerals. And these compounds are just as important for our health as the water itself.

In fact, the electrolyte content of our blood is about half the amount of today's seawater. Natural scientists think our blood simply reflects the salinity of seawater when life first emerged onto the land from the sea.

In the hundreds of millions of years since then, water flowing from the land has added salts and minerals into the oceans. That's slowly raised the electrolyte and mineral content of seawater to today's levels.

Of course, you can't drink seawater, but you can drink natural sources of water that flow on land. Springs, creeks, and rivers are naturally full of electrolytes and minerals. They are not dead, sterile, chemically treated water sources like many people drink today.

Natural mineral springs have been

known since ancient times to have health benefits—whether you drink the water or soak in it.

More recent scientific analysis has found that mineral waters also contain trace amounts of calcium, copper, iron, magnesium, manganese, selenium, sulfur, and other minerals.

One of the most important of these minerals is magnesium. There is growing understanding that most Americans are not getting enough

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magnesium from their diets and drinking water. In fact, it's probably the most ignored mineral deficiency today.

Magnesium is involved in more than 300 different metabolic processes in our bodies. And it's critical for the proper metabolism of calcium. And yet, a variety of studies show that up to 80 percent of Americans fail to even get the woefully low magnesium RDA of 360 mg for women and 420 mg for men.

But you can help fix that problem by simply changing what you drink. Filtered tap water has more magnesium—and other minerals—than purified, bottled water. And, of course, mineral waters are generally the best source of all.

You really don't know what's in your bottled water

Some bottled waters advertise that they come from natural springs—just like mineral waters. Well, that may or may not be true.

In 2011, The Environmental Working Group (EWG)—an independent research organization—evaluated 173 different bottled water

brands.² Manufacturers were asked three simple questions:

- Where does your water come from?
- Is it purified? How?
- Have tests found any contaminants?

The results were disheartening, to say the least. Eighteen percent of all of the water manufacturers wouldn't say where their water came from. And 32 percent wouldn't reveal anything about purity.

Most shocking of all—nine of the top 10-selling bottled water companies flat out refused to answer at least one of these questions.

We're talking about Aquafina (PepsiCo), Dasani (Coca-Cola), Crystal Geyser, and six Nestle brands.

An Aquafina representative even went so far as to tell EWG that its water-quality information was “proprietary” and “not for the public.”

It seems most companies that enjoy huge profits from selling water do not want their customers to know

Five deadly toxins in bottled water

The Environmental Working Group and the Natural Resources Defense Council report that some bottled water may have the following toxins.

Fecal bacteria. May cause vomiting, diarrhea, or serious illness in older people, children, or people with immunity issues.

Nitrates. Usually caused by fertilizer runoff into the water system. A potential carcinogen that can also interfere with babies' ability to get enough oxygen.

Trihalomethanes (chloroform). Linked to cancer of the bladder, colon, and pancreas.

Haloacetic acids. This disinfection byproduct is a likely carcinogen.

Phthalates. Associated with plastic bottles. A possible carcinogen that may also disrupt the endocrine system.

that their products may only be municipal tap water.

In California, state law requires that companies provide water-quality reports on the label or upon request. But EWG points out that brands that fail to provide such information include some of the more expensive and better-sounding waters, like Fiji Natural Artesian Water and Green Planet Pure Handcrafted Water.

So while states like California, Massachusetts, and New Mexico have passed requirements to supplement federal laws about bottled water transparency, secrecy still remains the order of the day.

Especially for grocery store brands. Publix, Harris Teeter, and Kroger didn't disclose the sources of their bottled waters. And Trader Joe's, Giant (Acadia Natural Spring Water), CVS (Gold Emblem Natural Spring), and Target (Market Pantry Purified Water and Archer Farms Natural Spring Water) wouldn't reveal how—or even if—their water is purified.

EWG notes that for all we know, these companies may be bottling municipal water straight from the tap, pumping it from a well to a truck to a bottle, or not purifying it at all.

But the news is not all bad...

The situation is actually improving for some waters. EWG reports that Acqua Panna, Mountain Valley, and Nestle Pure Life now provide more information about their sources. And San Pellegrino and Vasa have added water-quality information to their labels.

Look past the hype when it comes to water

With the lack of transparency generally floating around, EWG recommends drinking filtered tap

water. There are a variety of filters that you can put directly on your faucet or in your refrigerator. You will save money, have purer water, and avoid contributing to the global glut of plastic bottles.

But when all you want to do is quench your thirst, it's hard to overlook the rows and rows of bottled water cluttering up grocery store shelves.


Coke and Pepsi already "own" the majority of shelf space in store beverage aisles, supported by slotting fees, advertising, and other marketing ploys. When consumers showed a willingness to pay nearly 2,000 times more for a bottle of water than for their tap water at home, these big beverage makers were only too quick to move over a few of their toxic sugar and sugar-substitute sodas to make room for their new bottled waters.

(Of course, all of these beverages and sodas are mostly water anyway, so maybe it didn't seem like a big switch. That's why buying a drink at a fast-food joint is a huge source of profits compared to actual food, which has to be prepared with real ingredients.)

With bottled water taking up so much retail real estate, you literally have to look high and low for mineral and spring waters—in the less desirable and accessible shelf space. But I think it's worth it.

In fact, for a real healthy treat, I recommend searching a little further and paying a little more for a European mineral water, bottled at the source. European Union law requires that these waters have all contents, purity, and sources listed on the label. The water must also be medically and scientifically certified.

Well-known brands like Evian,

Perrier, Volvic, and San Pellegrino all pass muster. Or if you really want to float your boat, check out the list of the hundreds of mineral waters that are officially approved by the European Union.³ 

Citations available online at www.DrMicozzi.com

Is well water safer than tap water?

The EPA limits arsenic in tap water to 10 parts per billion. But levels of this poison may be up to 100 times higher in well water in some areas of the country—particularly northern New England, the upper Midwest, and the West.

Even so, an arsenic level of 1,000 parts per billion is nothing to get upset about. Arsenic has actually been approved in high dilution as a safe homeopathic remedy in the U.S. since 1937 with no ill effects. So I don't see it as a reason to forgo the benefits of well water and expose yourself to the other hazards of tap water. To wit...

Fluoride has been added to municipal tap water longer than most of us have been alive. Supposedly, our water is fluoridated in order to reduce cavities. But the American Dental Association cites better dental hygiene as the reason why cavities have declined—not fluoridation.

Research shows that fluoride is a powerful poison and cardiac toxin. It's also a cellular toxin and neurotoxin and has been linked to organ damage.

Chlorine added to municipal water supplies to kill bacteria has adverse effects inside and outside the body—irritating the eyes, lungs, and respiratory tract.

The medieval remedy for superbugs that works better than modern antibiotics

Recently, the government has declared another permanent “war,” this time, against superbugs. Especially MRSA—the drug-resistant bacteria that kills over 5,000 Americans a year.¹

But just like the feds’ misguided war on cancer, this new battle is unwinnable if the only weapon is modern mainstream medicine. In fact, it turns out that a 10th century British medical textbook may hold a key in the superbug skirmish. And, of course, this medieval remedy is simple, natural, and has nothing to do with big pharma.

I’ll tell you all about it in a minute, but first let’s look at why it’s a strategic error to fight MRSA and other superbugs with drugs.

Why we have superbugs in the first place

One of the generals in the war against superbugs is National Institutes of Health lifer Dr. Anthony Fauci, who played a prominent role in the lamestream media during last year’s Ebola scare. Like any war, this one is guaranteed to waste billions of taxpayer dollars while creating more lifetime, publicly subsidized careers for political scientists and media darlings.

You see, nature always manages to keep up with—and eventually surpass—the latest technological tricks that mankind devises. And that’s certainly the case with superbugs. Every new, expensive, and often toxic antibiotic just causes nasty bacteria to mutate into new, dangerous, drug-resistant strains.

So by flooding the environment with antibiotics, mainstream

medicine has created the perfect environment for superbugs. One where simple natural selection operates on an accelerating scale to create ever more superbugs.

But just like the feds’ misguided war on cancer, this new battle is unwinnable if the only weapon is modern mainstream medicine.

It is a vicious cycle. With vicious results for patients, especially in hospitals where superbugs flourish.

A tale of garlic, leeks, and cow bile

Of course, British researchers probably weren’t thinking about any of these problems when they recently stumbled across a medieval remedy for MRSA. They just thought it would be fun to translate one of the world’s first medical textbooks—*Bald’s Leechbook*—from Old English. And while they were at it, they decided to try out one of its eye-salve recipes.

I recently had an experience like that myself. I worked with two biomedical scientists who are native Arabic speakers to create the first translation directly into English of Avicenna’s (Ibn Sina) 10th century *Canon of Medicine*. Like *Bald’s Leechbook*, the *Canon* is also a marvel of ancient knowledge and wisdom about health and healing that still holds true today. In fact, you can find my co-authored translation, *Avicenna’s Medicine*, at www.drnicozzi.com.

It sounds like translating *Bald’s Leechbook* would be easier because it is, after all, English. But let me tell you—Old English is no simple trick. Check out one of the earliest and most famous epics in Old English—“The Wanderer”—which begins, “Oft him an-haga are’ ybedith metodes mildse...stirrum mit handum rim-cealed sae...wadan wraec lastas... wyrd bith full arae.”

(In case you were wondering, the translation is: “Often the loner dweller abides for the mercy of God, until he must stir with his hands (swim) the rhyme-cold (icy) sea-way to return to the land of his forbears. Fate is fully inevitable.” This probably describes the journey from England, across the North Sea, to the ancient Norse Lands of Scandinavia.)

But back to the modern-day Brits. The simple eye salve potion the researchers found in *Bald’s Leechbook* consists of garlic, onion or leek, wine, and ox gall (bile taken from a cow’s gastrointestinal system or biliary tree).

The ingredients are mixed together and brewed in a brass vessel. After sitting for nine days, the mixture is strained through a cloth (which would probably have been coarse linen in those days).

Of course, the antibiotic properties of onion and garlic are well known. Swallowing a clove of garlic to stop a sore throat from coming on has also been known since ancient times in England—and is still effective.

So it’s not a huge surprise that when the researchers tested their

medieval eye salve in a microbiology lab, this ancient concoction killed 90 percent of resistant MRSA bacteria. Just to make sure, they made three more batches of the recipe and it worked. *Every time.*

While I don't suggest you try to treat MRSA this way, hopefully the researchers' experiment will spur

interest in natural, effective ways to wage the "war on superbugs."

And government science bureaucrats might want to take a look at some of the other recipes in *Bald's Leechbook*. There are potions for everything from headaches to ulcers.

The ancient medical text even proposes the following remedy for

mental health: "In case a man be a lunatic, take skin of a mereswine or porpoise, work it into a whip, swinge the man therewith, soon he will be well. Amen."

Let's hope that recipe definitely makes its way to Washington, DC.

Amen. 

Citations available online at www.DrMicozzi.com

Blueberry benefits—ripe for the picking

This is the perfect time of year to pick blueberries—either in the forests of New England or in the aisles of your local farmers' market.

Not only are blueberries good for your taste buds, but they're also good for your heart, brain, and immune system. And research shows this tiny fruit may have a big impact on diabetes and obesity as well.

I'll tell you more about that in a moment, but first, let's look at what makes blueberries one of nature's most potent superfruits.

Stalking the wild blueberry

Blueberries usually grow where glaciers once flourished. When the Ice Age glaciers that covered the northern U.S. receded 10,000 years ago, they left behind exposed granite; rocky crevices; and thin, scoured soil.

Blueberry bushes are one of the few plants that love to grow in this rough environment. In fact, sometimes it seems as if the most common plants growing in the undergrowth of New England's deciduous forests during the summer are blueberries. Between the granite rocks, and green-grey mosses on the rocks.

There are two major types of blueberries that grow in the U.S. The lowbush blueberry is the wild variety.

A highbush variety has also been cultivated to grow, well, higher than a lowbush—and produce larger fruit.

Both varieties are rich sources of anthocyanins and phenolic acids—compounds that have powerful antioxidant and anti-inflammatory properties. (Anthocyanins also give blueberries their characteristic color). But you'll find more polyphenols in wild rather than domestic blueberries.

Using the same type of analytical testing I helped develop for the NASA astrobiology program in the late 1970s, scientists have discovered eight major phenolic acids in both wild and cultivated blueberries. But the wild berries had *three times* as much of these disease-fighting compounds as their domestic cousins.¹

This makes sense because, as I have often pointed out, the reason plants produce phenols and other compounds is to protect them from the strenuous conditions of the wild. Cultivated plants have it "easy" by comparison, and need to produce far fewer phenols and other phytochemicals for protection.

You won't be singing the healthcare blues if you eat blueberries

There's plenty of scientific evidence showing how blueberries

help fight disease. Let's take a look at the newest findings.

Heart disease. Blueberries offer a one-two-three punch to the major risk factors for heart disease.

First of all, blueberry anthocyanins can protect the linings of blood vessels from damage.² And, of course, healthy blood vessels keep blood flowing freely to the heart and other organs—lowering your risk of cardiovascular disease.

Another study found that a powder made from wild blueberries reduced fat accumulation in white blood cells—which can help prevent hardening of the arteries.³

And a third study showed that daily blueberry consumption significantly improved blood pressure and arterial stiffness in postmenopausal women suffering from early-stage high blood pressure.⁴ After just eight weeks of eating blueberries, the women's blood pressure dropped from 138/80 to 131/75. That should be enough to convince even the most mainstream cardiologist to take a patient off of blood-pressure drugs.

Brain diseases. Research shows that whole, fresh blueberries helps lower the oxidative stress that is a culprit behind age-related

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brain damage. Lab animals that ate blueberries not only had less destruction of brain cells, but their brain tissue *actually repaired itself*.⁵

In another study, just four months of blueberry supplementation improved the memory of middle-aged mice fed a high-fat diet. This is impressive because high-fat diets have been linked to memory loss and Alzheimer's disease.⁶

Other research shows that the anthocyanin in blueberries can help fight Parkinson's disease by reducing degeneration of brain neurons.⁷

And a new study shows that dementia-prone lab animals that ate a blueberry extract for eight weeks had improved memory. The researchers concluded that the antioxidants in blueberry extracts may reverse age-related declines of the brains' behavioral and cognitive functions.⁸

Immunity. Researchers have discovered that six weeks of daily ingestion of blueberry powder increased natural killer cells (T-cell counts) in sedentary men and women. These white blood cells are key to protecting the body from infections, cancer, and other diseases.⁹

My colleague Dr. Jerry Thornthwaite discovered the existence of these natural killer cells back in the 1970s. And we keep learning more about their importance—including how they can be activated by natural substances like blueberry anthocyanins.

Diabetes. Wild blueberry consumption has been shown to improve glucose metabolism in lab animals.¹⁰ And that's important because poor glucose metabolism is one of the hallmarks of diabetes.

Obesity. Anthocyanin-rich extracts from blueberries and blackberries were found to reduce inflammation and fat tissue formation in one study. And they restored insulin and glucose uptake of fat tissue.¹¹

So blueberries can not only help you lose weight, but actually *prevent* you from gaining weight in the first place. And they can help stave off obesity-related diseases like diabetes.

You can eat 'em or drink 'em

Brain and heart benefits, together with anti-obesity effects and metabolic support, add up to some "blue ribbon" rewards from blueberries.


And best of all, you can easily get the concentrations of blueberry anthocyanins found to be effective in these studies by either eating blueberries daily, supplementing with blueberry extract, or mixing blueberry powder in water or tea.

When blueberries are in season, I recommend eating at least a handful per day. You can also add them to fruit salads, or use blueberry compote as a side relish with meals.

And when the summer wanes, supplements are a great option. I recommend 500-1,000 mg per day. So now you know. When it comes to good health, you can get your thrill on "Blueberry Hill"—recorded by Gene Autry in 1940, Louis Armstrong in 1949, Fats Domino (as his signature song) in 1956, Elvis Presley in 1957, and many others:

"I found my thrill on blueberry hill
On blueberry hill, when I found you

.....

Though we're apart, you're part of me still
For you were my thrill, on blueberry hill" 

Citations available online at www.DrMicozzi.com

African "tree of life" yields a nutritional gold mine—proving this is one superfood worthy of the title

Every other week it seems something new is being touted as the next "superfood." So it's hard to take the claims seriously. But when it comes to baobab, there's plenty of truth behind the hype. Making it a true "superfood" worthy of your attention.

The fruit, leaves, and seeds of this massive tree have more vitamin C than oranges. More calcium than milk. More antioxidants than strawberries.

Plus, baobab fruit is packed with minerals like magnesium—which is essential for everything from heart to bone health.

If you've never heard of baobab (pronounced bay-oh-bab), that's because it's virtually impossible to find the fruit in the U.S. But the good news is that you can now get the benefits of this healthful fruit without having to travel all the way to Africa.

Read on and I'll tell you how.

How one massive tree provides such an abundance of sustenance

In Africa, baobab is known as the "tree of life." Fitting, since some of these massive trees are thought to be up to 6,000 years old.

Baobab grows throughout the woodlands, grasslands, and savannahs of sub-Saharan Africa. It can reach

heights of 75 feet, and its roots can spread even further.

African communities rely on the whole tree for their daily existence. The cork-like bark is used to make cloth and rope. The trunk stores water during times of drought. The leaves are used in traditional medicines. And the coconut-sized fruit is both tasty and nutritious.

Let's take a closer look at the impressive amount of nutrients in this "tree of life."

Calcium. Research shows that baobab leaves are very rich in calcium—between 1,500 to 2,250 mg in every 100 grams.¹ Only amaranth, okra, onion leaves, and sorrel provide better plant-based sources of calcium. And the same amount of whole milk only has 113 mg of this essential mineral.²

Vitamin C. Baobab fruit pulp has between 150 to 1000 mg of this disease-fighting vitamin per 100 grams.¹ How does that stack up to other food sources of C? Well, oranges only have 53 mg, kiwis have 93 mg, and yellow bell peppers have 184 mg.²

Magnesium. Baobab pulp has an average of 195 mg of magnesium per 100 grams.¹ In contrast, magnesium-rich foods like dark leafy greens have 79 mg. Mackerel has 97 mg. Only squash and pumpkin seeds have more magnesium than baobab.²

Antioxidants. Baobab's antioxidant levels are (almost) off the charts. One gram of baobab fruit pulp has an integral antioxidant capacity (IAC) reading of 11, and the leaves have an IAC of 9. Check out how that compares to the IACs of popular high-antioxidant fruits: strawberries (1), kiwi (0.3), apple (0.2), and orange (0.1).³

Polyphenols. Baobab is loaded with these disease-fighting compounds. In fact, one study showed that baobab extract mixed into water helped people digest dietary starch better—and reduced their blood glucose levels. Which suggests that baobab may be effective at helping fight diabetes.⁴ Other studies have revealed that the fruit has potent anti-inflammatory effects.

And the above list is just the beginning...research also shows


baobab is a good source of manganese, phosphorus, potassium, and zinc. It also has A and B vitamins and lutein—which is essential for eye health.

So how can you benefit from this tree of life?

As I mentioned earlier, you're not likely to find the actual baobab fruit in your produce section. Unfortunately it just doesn't travel well. So most Americans can't sit down to a menu of dishes made from baobab leaves or fruit.

However, baobab is now more readily available as a powdered ingredient. And can be found as a dietary supplement. A combination of dried baobab powder with other supplement ingredients can provide a potent addition to your daily regimen.

I recommend 500 - 1,000 mg per day.

Since the optimal quantities of baobab don't really fit into a pill or capsule, the best form is a water-soluble powder. Mix the powder with water, tea, or juice, and you'll get a health boost you'll never achieve with sports drinks, so-called "hydration" drinks, or energy drinks. 

Citations available online at www.DrMicozzi.com

How to B-eat the heat this summer

We are constantly learning more about the health benefits of B vitamins. And now, research shows that the B vitamin folic acid may be a natural, inexpensive way to help you keep your cool in the summer heat.

And help reduce your risk of heart attack and stroke to boot.

How can a simple vitamin serve as an internal air conditioner? Well, it all has to do with our blood vessels.

What B can do for you

As I wrote in the March issue of *Insiders' Cures*, B vitamins have been shown in studies to help prevent

blood vessel damage. Which may stop atherosclerosis and reduce your risk of cardiovascular disease. In fact, raising your B vitamin levels and managing your blood pressure are two of the most important steps you can take to dramatically reduce your risk of having a heart attack or stroke.

Bs also have other effects on blood vessels. For instance, you probably know about the flushing that can occur in your chest and neck when you take the B vitamin niacin. This flushing is completely harmless, but doctors use it as an excuse to give

patients dangerous statin drugs instead of natural niacin. Even though niacin has been shown in study after study to reduce cholesterol.

Overall, B vitamins help our blood vessels stay healthy. And, of course, we need healthy vessels to keep our blood flowing smoothly. Which leads me to the new study.

The heat buster that's just as good as pricey pharmaceuticals

One way our bodies help cool themselves is to shift blood closer

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to the skin, where the heat can be released more easily. We do this cooling by dilating the blood vessels through the production of nitric oxide. (That's why nitroglycerin—a form of nitric oxide—has been a standby for nearly two centuries for dilating the coronary arteries and increasing blood flow to the heart).

But older adults have a harder time producing nitric oxide. Which gives us a greater chance of suffering heart attacks and strokes when the temperature rises.

The researchers behind this new study had previously discovered that a substance called tetrahydrobiopterin, or BH4, helps our bodies produce nitric oxide.¹

Folic acid helps produce BH4, so the researchers decided to find out if

giving people extra folic acid would improve their blood flow and help them fight heat-related strokes and heart attacks.


They did two tests on 11 people with an average age of 71, and 11 people with an average age of 22. First, they put folic acid or placebo patches on the participants' skin. Then, they took the patches off and put the people in a type of wetsuit to control their skin temperatures. And they gave them either a placebo or 5 mg of folic acid a day for six weeks.

The researchers discovered that both of the tests increased the blood vessel dilation of the older participants, but not the younger ones. And the folic acid supplements were just as effective as the patches. Plus, the researchers found that folic

acid showed the *same effect* on nitric oxide production as an expensive pharmaceutical drug.

Which just goes to show that after trying everything else, we can almost always count on coming back to natural approaches like B vitamin supplementation for safe, simple, and affordable solutions to staying healthy.

That's why I suggest you help beat the heat of the "dog days" of summer by taking a high-quality B vitamin supplement. One that contains at least 500 micrograms of folic acid.

And don't stop when the temperature drops. A lifelong regimen of B supplementation can do wonders for your circulation, heart, and blood vessels. 

Citations available online at www.DrMicozzi.com

ASK *the* INSIDER

Q. I have a 25 year old son who I believe has some Asperger's/autistic tendencies as well as depression and possible bipolar. Do you have any suggestions/recommendations for him? -Tom C

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 participated in Congressional Hearings on this topic and there are strong views on both sides. Recent research actually finds giving acetaminophen (which is inappropriate in any case) to prevent fevers before and/or after scheduled vaccinations is the real culprit- so this link was one step removed. Either way, excessive vaccination can cause various problems and some vaccines such as the annual influenza vaccine and the HPV vaccine just don't make sense. From what I have heard from health officials in Colorado their

"nazi-like" views about mandatory vaccinations for everyone are a cause for great concern.

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 10,000 IU per day of Vitamin D. I increased this dose from my usual recommendation of 5,000 IU, based on a new study I shared with my *Daily Dispatch* readers on June 12. All the real science supports that recommendation. The only group that was out of step with the real science (as usual) was the quasovernment Institute of Medicine. We have just discovered that it turns out their calculations were wrong all along by a factor of ten. So their puny recommendations for a total of 600 IU per day, should really be 6000 IU per day.

Vitamin D is available in an easy-to-use liquid form with or without added 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. Look for 12 mg per day lutein.

In Europe the B Vitamins are known as "neuro-vitamins" and many are deficient in standard diets and especially vegetarian diets. In particular vitamin B6 (pyridoxine) is important. Individuals with autism spectrum disorder often do well with higher intakes of B6, as well as other nutrients. Take a high-quality daily B Vitamin supplement daily.

Not to overlook minerals, doctors have known for a century that magnesium supplements appear to help patients with depression or low mood. For magnesium, I recommend, 200 mg/day. 