



Revealed! 9 major risk factors for Alzheimer's

And how to treat them naturally

Hot off the presses, as they used to say in the pre-Internet days, I'm excited to share some important news with you. News that will help you say "thanks for the memories" this holiday season and year-round.

Researchers at the Memory and Aging Center at the University of California, San Francisco, recently published the first comprehensive analysis detailing the most important risk factors for Alzheimer's disease (AD).

And you can count these risk factors on the fingers of your hands.

The researchers analyzed 323 studies and found there are nine main elements that determine if you're likely to be diagnosed with Alzheimer's in your lifetime.

The good news? You can control all of these factors with natural approaches.

That's right. You can slash your risk of Alzheimer's through lifestyle changes like modifying your diet, taking dietary supplements, and exercising your body and brain.

But, let's stop here for a moment and ask an important question.

Why has less than 2% of research focused on the REAL solution for Alzheimer's?

Alzheimer's disease is "public enemy No. 1" of brain diseases. The

government dedicated two "decades of the brain" researching AD. And there are nearly 17,000 studies altogether on AD.

So why did only 323 studies actually investigate risk factors?

As I often report, big pharma and the U.S. government spent billions of dollars on thousands of studies "barking up the wrong tree." So far—they've followed flawed theories about what causes the brain cell changes in Alzheimer's patients. And they've developed expensive, failed drug treatments following these flawed theories.

So, why is it so few studies "branched out" to consider real preventative factors?

Well, for one, prevention doesn't always make money. So big pharma isn't interested in it. (Unless they can invent a "risk factor" like cholesterol for heart disease and make everyone take a drug to prevent the risk factor—although it may never actually prevent the disease itself.)

The government likes to talk about prevention—and keeps thousands of bureaucrats on the payroll to fight more unwinnable wars with the wrong weapons, whether the nearly 50-year war on cancer, or the new war on antibiotic-resistant infections. Yet when it comes to brain disorders, after the first "decade of the brain"

failed, all they can do is to promote another "decade of the brain."

How many decades will that take?

Thankfully, the new, first-time analysis finally revealed nine simple risk factors that account for two-thirds (66 percent) of AD cases. Today, I reveal all nine of these risk factors. And I also give you some specific steps you can take to combat each one.

So let's get started.

No. 1: Your waistline may be sending your brain a warning

This factor is hardly a surprise, considering **obesity** is a risk factor for many other serious health conditions like cardiovascular disease and diabetes.

One reason obesity puts you at risk is because it is associated with chronic inflammation. And research

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traces most chronic health problems back to chronic inflammation. Based on emerging evidence, it appears this connection holds true for Alzheimer's as well.

Interestingly, the UC San Francisco researchers found that you have a higher risk of developing AD if you're obese in mid-life compared to later life. But, of course, it's never a good idea to be obese—at any time. Most doctors consider a body-mass index or BMI of 30 or higher obese. Unfortunately, the BMI is an incomplete measure of excess weight or overall health.

But ultimately, the kind of excess weight that can harm you is obvious simply by taking an honest look in the mirror—and at your habits.

While it takes time to effectively lose excessive weight, you can start controlling the dietary factors associated with obesity at any time, even during the holidays.

What you can do: Avoid sugary foods and drinks, and cut back on empty carbs like white bread, rice and pasta. Instead, follow a Mediterranean diet with plenty of fish (see the article on page 5), fruits, vegetables, nuts, seeds, and olive oil. And make sure you eat some protein with every meal.

Another advantage of the Mediterranean diet is that it's loaded with two key specific nutrients that researchers also found to be highly preventive against AD: vitamins C and E.

Vitamin C, of course, is a powerful antioxidant. It's vital for fighting oxidative stress in the brain—one hallmark of Alzheimer's. You can get this essential vitamin from many fruits and vegetables, and I also recommend supplementing with 250

mg of vitamin C twice a day.

Vitamin E has a well-deserved reputation as a brain booster, in part because of its ability to reduce inflammation. Last year, I reported on a study that showed that people who took vitamin E had dramatic improvements in their dementia, while those who took the AD drug memantine had no improvements.²

You'll find vitamin E in many Mediterranean diet foods, including nuts, seafood, and plant oils. You can also supplement with 200-400 IUs of vitamin E a day.

Along with diet, exercise is also key—not just for preventing obesity, but also for independently decreasing your risk of Alzheimer's.

In fact, a recent study of 97 healthy older men and women with a genetic predisposition for AD found that those who exercised regularly lowered their risk of AD to the same level as people without the genetic predisposition.³

And as usual it didn't take a lot of exercise to accomplish this feat. The study participants walked briskly, jogged, or swam for a minimum of 15 minutes just three or more times a week. Or they did chores like housework or yard work for 45 minutes most days of the week. Moderate exercise, healthy diet and weight loss will also help lower high blood pressure—another risk factor (see item 6 on page 4).

No. 2: Is your brain a cognitive "couch potato"?

Research links **low educational status** with a number of risk factors for chronic diseases in general. And I've reported about several studies showing that the longer you stay in school and the better grades you get, the lower your risk of developing AD.

But if your school days are long over, don't worry. I think there's a broader message here: Keeping your mind active can lower your risk of AD. When you ponder problems, learn new information or languages, or recall memories, you maintain and create circuits throughout your brain that help keep it active and healthy. And less prone to disease, including Alzheimer's.

What you can do: Just like you make time to exercise your body, spend some time each day on brain workouts. Crossword puzzles and other brain teasers are a good way to challenge yourself. But there are even simpler routine ways to keep your brain active throughout the day.

Do arithmetic problems in your head instead of using a calculator. Dial a friend's phone number from memory rather than punching a button on your smartphone. Learn and practice a new craft or skill, like gardening or woodworking.

Of course, there's certainly no reason why you can't pursue higher education—no matter how old you are. And you don't necessarily have to enroll in a university Ph.D. program. Even taking a class at a local community center to learn a new language can help protect you against AD.

No. 3: Mind your mood

Recent research has discovered an association between dementia and **depression**. In one large study, researchers found that the participants who developed dementia had a higher level of depression symptoms prior to their dementia diagnosis.⁴

The study included 1,764 older people. None of them had dementia or depression at the

beginning of the study, but over an eight-year period, 18 percent of them developed dementia. The participants were screened for depression once a year, which is how the researchers made the link between depression and dementia.

Crossword puzzles and other brain teasers are a good way to challenge yourself. But there are even simpler routine ways to keep your brain active throughout the day.

The link between these two diseases suggests that like dementia, depression may actually affect the brain tissue itself.

Another recent study linked antibiotics to increased risk of anxiety and depression. Researchers traced this link back to antibiotics' negative effects on the microbiome.

What you can do: I've reported several times about how antidepressant drugs don't alleviate depression in most people, but they also have severe side effects. And there is no data as to whether treating depression with drugs has any effect on the risk of developing AD. Also, avoid drugs that disrupt the microbiome (like antibiotics). And keep healthy probiotics in your diet from foods like sauerkraut and dairy products like cheese and yogurt.

Fortunately, there are many non-drug treatments for depression. You can find the ones that work best for you or a loved one by taking my Emotional Type quiz at www.drmicozzi.com, and consulting my

book *Your Emotional Type*. (You can order a copy of this book by visiting my website, www.drmicozzi.com, or by calling 1-800-682-7319 and asking for order code GOV2RCAA.)

In addition, there are a variety of studies showing that vitamin D can help alleviate depression and elevate mood, especially now during the winter. And research also shows that low levels of this essential nutrient significantly increase your risk of dementia. I recommend 10,000 IU per day of vitamin D, especially during this time of year.

And, as I wrote in the October issue of *Insiders' Cures* ("Feed your brain: What you should—and shouldn't—eat for better mental health"), research shows that eating more meat, organ meats, seafood, eggs, and nuts can help alleviate depression and keep your brain healthy.

No. 4 and No. 5: Keep your brain's blood and oxygen supply flowing

Homocysteine is an amino acid your body uses to build and maintain tissue. But too much **homocysteine** contributes to the **narrowing of carotid arteries**. And the carotid arteries supply the brain with oxygen, energy, and nutrients. So it makes sense that high homocysteine levels play a role in the development of AD.

But unfortunately, the medical mainstream mistakenly focuses on cholesterol and largely ignores homocysteine's impact on arteries and blood circulation.

What you can do: The best treatment for elevated homocysteine levels is B vitamins, particularly folate. I recommend taking a high-quality vitamin B complex every day that contains at least the following

dosages: 50 mg each of thiamine, riboflavin (B2), niacin/niacinamide, B6, and pantothenic acid, plus 400 micrograms of folic acid/folate, 12 mcg of B12, and 100 mcg of biotin.

You can also eat B-rich foods, including meat, seafood, dairy products, and eggs. And don't forget beets. These root vegetables are great sources of betaine, a natural compound that helps lower homocysteine in your body and brain.

For more about betaine and other supplements that can keep your homocysteine levels healthy, see my article "The heart hazard throwing aging into overdrive" that appeared in last month's issue of *Insiders' Cures*.

No. 6: Rein in high blood pressure

Researchers are finding strong links to **chronic high blood pressure** and AD. In fact, there's growing evidence that if you have high blood pressure in midlife (but not at older ages), you're more likely to develop Alzheimer's in later life.⁵

Just as the heart needs healthy blood circulation to provide adequate oxygen and energy, so does the brain. When your blood pressure is out of whack, that circulation becomes compromised.

In fact, according to the study I mentioned above, impaired circulation resulting from high blood pressure may actually lead to brain neuron loss. And it can make Alzheimer's worse by raising oxidative stress and increasing chronic inflammation in the brain.

What you can do: First of all, don't go overboard trying to lower your blood pressure. I've told you before about research showing that slightly elevated blood pressure (up to 159/99 mm Hg), especially later

in life, most likely doesn't raise your risk of cardiovascular disease. It appears the same would be true for AD as well.

And, as I wrote in the Aug. 11, 2015 *Daily Dispatch* ("This new dementia study will shock you"), research shows that people who first develop high blood pressure in their 80s or 90s may actually be *protected* against dementia. Perhaps because this increased pressure helps ensure adequate blood flow to the brain and other organs.

However, if your blood pressure is 160/100 or higher, it should be lowered via the older, proven, safe drugs.

Of course, you may not need drugs at all if you eat properly and manage your stress levels. For specific strategies, refer to my report *The Insider's Secret to Conquering High Blood Pressure & Protecting Your Heart*, which you can download for free by logging on to the Subscriber area of my website, www.drnicozzi.com.

No. 7: A weak body can lead to a weak brain

Physical frailty is not often considered in typical medical assessments. In fact, most people don't even know how to define it. One study found that frail people have three or more of the following physical characteristics: exhaustion, unintentional weight loss, weakness, slow walking speed, and low levels of physical activity.⁶

There is some evidence linking physical frailty to AD. It makes sense—if you're physically frail, chances are you're cognitively frail too.

What you can do: Much of this factor has to do with diet. Eating

some protein and getting enough calcium with every meal helps maintain muscle mass, skeletal health, and vitality. These are all associated not only with brain health, but also longevity.

You must get calcium and protein from a healthy diet, but you can also fight frailty with supplements. Unfortunately, the same doctors who don't understand frailty also don't know much about natural supplements that can improve vitality.

I recommend taking dandelion extract and the South African herb aspal daily to help stay physically and cognitively strong. You can find these ingredients in some high-quality dietary supplements. Or in water-soluble powders which you can add to water or another beverage. I recommend products that contain 400 mg each of dandelion and aspal, as well as blueberry which has its own brain benefits. (Make sure to see the article on all of the health benefits of blueberries in the upcoming January issue of *Insiders' Cures*.)

No. 8: Lighting up could be dimming your mind

The UC San Francisco researchers found that current, but not former, **smoking** is a risk factor for AD. Smoking is thought to contribute to Alzheimer's in the same ways it does to cardiovascular disease.

First of all, excessive smoking can increase your homocysteine levels. It can also help create arterial stiffness, which contributes to the buildup of the plaque in your brain that's associated with AD. And finally, smoking may cause oxidative stress and kill your brain cells—both of which are hallmarks of Alzheimer's.

Of course, in the all-or-nothing

world of government public health, nobody ever considers the science that shows light smoking appears to have benefits for healthy weight, Parkinson's disease, and other factors that may potentially be relevant to AD.

What you can do: Quit or cut down on your smoking. Aim for half a pack or less of cigarettes a day. For some people, this goal is more realistic than going cold turkey and

giving up smoking altogether.

As always, the best health recommendations are ones that people can actually follow and achieve.

No. 9: High blood sugar shrinks your brain

Dementia has such a strong link to **blood sugar** that back in December 2012, I suggested it could be considered "Type 3 diabetes."

Research shows that people with high blood sugar actually have *shrinkage* in the parts of their brains associated with Alzheimer's disease. In fact, one study found that people with type 2 diabetes are *two to three times* more likely to be diagnosed with AD compared to the general population.⁷

What you can do: As you're likely well aware, the best ways to lower your risk of diabetes are to avoid sugar and carbs in your diet, and

NEWS BRIEF

Beyond brain food: New study shows one specific kind of fish tackles a major heart risk factor

There is a tradition in Catholic countries around the world of fasting, abstaining from meat, and eating seafood instead before Christmas.

Of course, the French have their own twist on this sort of tradition, called the "Reveillon" (from the French *reveil*, or "waking"). People observe the Reveillon by fasting prior to midnight mass on Christmas. Then they come back home and stay awake into the wee hours of the morning eating. The same kind of tradition holds in Quebec and parts of Northern Ontario (French Canada), Belgium, Brazil, Portugal, and Romania, and in the US in New Orleans in its homes and restaurants famous for French cuisine and observances.

And in Italy on Christmas Eve, seven different kinds of fish are traditionally prepared to observe the abstention from meat ("le sette pesci"): baccala (codfish), calamari (squid) or polpi (octopus), spaghetti alle vongole (pasta with clam sauce), sardines, smelts, and scungilli (conch).

But the people who follow these traditions gain some significant health benefits in addition to spiritual ones.

Observational studies have consistently shown the association between higher fish consumption and reduced risk of cardiovascular diseases. And now, an interesting new clinical trial from Norway and Canada has discovered that eating fish can substantially lower your triglyceride levels—another major risk factor for cardiovascular disease.¹

For four weeks, 20 healthy men and women ate a diet with 60 percent protein from codfish. Then for another four weeks, they ate a similar diet in which the protein came from lean beef.

Researchers took blood samples from the participants at the beginning and end of both the fish and beef diets. And they discovered that the seafood eaters had lower triglycerides than the meat eaters.

So this holiday season, I recommend you start your own tradition of eating more fish and seafood. I recommend eating seafood at least twice a week not only for its high protein content, but also for its omega-3 fatty acids, vitamins and minerals that have huge benefits for the brain and nervous system. And, of course, it can also help protect the heart.

Carry that tradition into the new year, and your heart and brain will say *grazie*.

Citations available online at www.DrMicozzi.com

maintain a healthy weight.

It's also a good idea to drink coffee regularly. Research shows that only two cups of coffee a day can lower your diabetes risk by 12 percent.⁸ And the UC San Francisco researchers listed coffee as one of their top dietary factors that offer strong protection against AD. No doubt because coffee contains constituents that directly support brain cells and healthy blood circulation in the brain.

If you do have diabetes, it's key to manage your blood sugar. I recommend the drug metformin (originally derived from an ancient European herbal remedy called French lilac) to control blood sugar long-term. Herbs and spices like cinnamon (a holiday favorite) and curcumin also help lower blood sugar, but should not be used to replace metformin to manage diabetes.

On the other hand, of course, you may remember the breathless news reports that came out a couple of years ago, warning people that metformin

increases the risk of dementia. What those reports didn't mention is *why* the drug appeared to be associated with cognitive problems.

Metformin decreases absorption of vitamin B12, which is a critical nutrient for neurological health.

So if you take metformin, don't forget to supplement with a high-quality vitamin B complex that includes at least 50 mg each of thiamine, riboflavin (B2), niacin/niacinamide, B6, and pantothenic acid, plus 400 micrograms of folic acid/folate, 12 mcg of B12, and 100 mcg of biotin.


Magnesium deficiency is also a common problem in diabetics. I recommend 200 mg a day.

I've also long recommended the herb berberine, which has significant brain-protecting benefits in addition to its ability to help lower blood sugar. Take 300-400 mg a day.

There's also a strong link between diabetes and low levels of vitamin D, so make sure you get 10,000 IU

of vitamin D a day.

And whatever you do, avoid statins! The evidence is so pervasive that these dangerous drugs can increase your risk of type 2 diabetes, the FDA now requires statin manufacturers to disclose this risk on their product labels. (To find out how to protect your heart naturally—and repair the damage statins do to your body—refer to my special report, *The Insider's Guide for a Heart-Healthy and Statin-Free Life*. You can order a copy of this report by visiting my website or by calling 1-800-682-7319 and asking for order code GOV2RCAB.)

When big pharma isn't busy trying to get everyone to take statins, it runs around trying to develop new drugs based on flawed, failed theories about what causes AD. But fortunately, you don't have to wait around for their next "breakthrough." Take your health into your own hands with these nine simple steps, and you won't have to worry about AD. 

Citations available online at www.DrMicozzi.com

The pill-free “prescription” that can cut your risk of heart disease in as little as one hour

We have all heard about the “long winter's nap” in W. Clement Moore's early 19th century poem about St. Nicholas. The night before Christmas, in a silent house, the narrator (and his mice) have just settled in for a long winter's nap when there arises such a clatter...

Well, you know the rest. (However, you might want to share it with children and grandchildren before the government outlaws it—if not the entire holiday.)

Of course, old Clement intended his narrator to get his long winter's nap at night. And in fact, Clement's contemporary, the early 19th century British poet, illustrator, and philosopher, William Blake, said “it is better to think in the morning, act at noon, eat in the evening, and sleep at night.” (Although Blake's nighttime sleep may have sometimes been compromised by his “tiger, tiger burning bright/in the forests of the night.”)

But there is still a lot to be said

for some midday sleep as well, according to a new study.

Greek researchers found that midday naps can help lower blood pressure—and reduce prescriptions for anti-hypertensive drugs.¹

Greece may be one of the few places where scientists are still able to observe the effects of an afternoon nap. Until the later 20th century, there was a strong tradition throughout Mediterranean countries of taking a long break midday. Workers and

schoolchildren would go home for a hearty lunch followed by a nap or rest. Then they'd go back to work or school until 7 p.m., return home, and eat a light evening meal. And, of course, there is also the siesta in Latin American and tropical countries.

But this tradition may be well worth reviving, if this new study is any indication of its potential.

"Power nap" your way to better blood pressure

The Greek researchers gathered 200 men and 186 women with an average age of 62 years. All of them had high blood pressure.

The researchers discovered that the study participants who slept midday had 5 percent lower average blood pressure than the non-nappers. And this effect persisted after taking into account hypertension risk factors

like weight, smoking, alcohol consumption, and fitness levels.


The midday nappers also had lower readings in other key measurements, suggesting they may have less damage from high blood pressure in their arteries and heart.

You may be thinking that a 5 percent reduction in blood pressure isn't much. But the researchers pointed out that simply dropping your systolic blood pressure (the upper number in a blood pressure reading) by 2 mmHg (out of a total of 130 mm Hg or more) can reduce your risk of cardiovascular disease by as much as 10 percent.

And a 5 percent dip in blood pressure is comparable to the drop associated with stress-reduction lifestyle therapies such as biofeedback, guided imagery, meditation, relaxation therapy, and yoga.

(For all of the details on which stress-reduction techniques will work best for you, see my Emotional Type questionnaire at drmicozzi.com, or read my book *Your Emotional Type: Key to the Therapies That Will Work for You*. You can order a copy on my website or by calling 1-800-682-7319 and asking for code GOV2RCAA.)

So how much should you nap each day? The longer the better, according to the study. But when you're strapped for time, the blood pressure effects were seen in as little as an hour.

Bottom line: Don't be afraid to be caught midday giving a "nod" to "winken and blinken." It might raise the blood pressure of your co-workers, but it will surely lower your own—and your risk of cardiovascular disease. 

The lifesaving "winter weather advisory" you won't get on the evening news

According to the Farmer's Almanac, we are in for yet another severe winter. This will be the third such winter in a row (providing me with some additional justification for moving back to Florida from New England several years ago). As some Yankee farmers themselves might say, "That global warmin' sure's a bitch, e-yah?" But Yankee farmers certainly know a few things about winter weather.

So do doctors.

Part of medical lore is that there are more heart attacks during winter. It was presumed these heart attacks occurred because men who don't (typically) exercise

regularly are suddenly out in the cold, strenuously and furiously shoveling tons of snow to clear their driveways so they can get to work (or to that NFL playoff game).

The classic causes of having an acute heart attack are exercise, emotions, and eating.

Frantically hurling snow meets two out of three of those criteria, combined with the potential effects of metabolic stress caused by the cold air.

Of course, it wasn't always like that when it comes to shoveling snow. In fact, before the automobile became the "go-to" mode of transportation

over the last century, snow and ice actually made it *easier* for farmers and other workers to get around outdoors by working with nature.

They had sleds and sleighs to smoothly ride over the snowpack, and ice made it possible to ride over the frozen, flat, smooth surfaces of ponds, lakes and some rivers, instead of having to go all the way around them on bumpy roads.

Thus, Robert Frost could write a poem about stopping by the woods in the snow, with his horse-drawn sleigh, on the darkest evening of the year—the winter solstice, December 21-22.

(continued on the next page)

There's also speculation that blood may have a greater tendency to clot during cold weather. And of course, clots in the blood vessels that supply the heart and brain can cause heart attacks and strokes.

But while these theories make sense logically, there hasn't been scientific research to prove them. Until now, that is.

In fact, three different teams of researchers recently decided to see if this winter-weather lore is really true. Their findings were striking—and offer some important insights that could very well save your life this winter.

When the temperature drops, heart attacks and strokes rise

Taiwanese researchers examined data from nearly 290,000 people with atrial fibrillation, a condition in which the atrium chamber of the heart doesn't contract effectively. And that can cause blood to pool in the heart, potentially forming blood clots that can travel to the brain and boost your risk of stroke.

The researchers found that over a three-year period, about 35,000 of the study participants had a stroke.¹ And stroke risk was 19 percent higher in winter than summer.

It didn't even have to be a particularly cold winter. The researchers found that the chances of people with atrial fibrillation having a stroke were significantly higher even when the average low temperature was rather mild (anything below 68 degrees).

But colder weather also comes with some significant risks. According to another new study, freezing temperatures increase heart attack risk.²

Researchers checked databases in Winnipeg, Canada—one of the coldest large cities in the world—and discovered there were 1,816 severe heart attacks over a six-year period.

And when the mercury plummeted, heart attacks soared. In fact, there were 16 percent more of the severest form of heart attacks (ST-elevation myocardial infarction, or STEMI) in Winnipeg residents when the temperature went below 32 degrees.

Finally, another new study found that the weather (and air pollution) may affect how long it will take to recuperate—and even your chances of survival—if you do have a heart attack.³

In heavily industrial Silesia, Poland, researchers collected data on 2,388 people who had heart attacks between 2006 and 2012. They discovered that within the first month after a heart attack, people were more likely to die on days when it was cold, sunny, and less windy.

Why?

No one knows for sure, but the researchers suggested that wind blows away outdoor pollutants that may irritate the lungs and heart. And cold temperatures result in more home heating and combustion products, which generate more indoor pollutants.

How to keep your heart healthy when the snow falls

All told, evidence does show that colder weather causes more heart attacks and strokes. And it may even increase the risk of dying from a heart attack.

These new studies suggest that colder climate is a neglected health issue that deserves more consideration.

But you can dramatically decrease your risk of a heart attack or stroke year round with some simple measures. In fact, exactly two years ago in the *Daily Dispatch* (12/5/13), I outlined six steps for protecting your heart from cardiovascular disease. You can review them by visiting my website, www.drMicozzi.com and entering “Six surprisingly simple steps for combatting cardiovascular disease” into the Search option at the top right-hand corner of the page.

In the meantime, my accountant in Florida gave me the most convincing and lengthy argument I have ever heard as to why moving to Florida is going to result in slower aging and greater longevity.

As you know, I have always found accountants and actuaries to have some of the best information on mortality and longevity because, after all, that's where the money is. And biostatisticians can't manipulate mortality data the way they do clinical outcomes on drugs, for example.

Also, knowing about the amazing benefits of sunshine and vitamin D for health, I am tempted to consider that possibility as well to help account for the health benefits of warmer climates and more sunshine.

As I wrote in a January 2014 *Daily Dispatch* (“Key nutrient improves your chances of surviving a heart attack or stroke”), people with low levels of vitamin D in their blood have a *27 percent* higher risk of having a heart attack or stroke. And a whopping 62 percent more chance of dying.

So no matter where you are over the holidays and this winter, make sure to take 10,000 IU vitamin D daily. **TC**

Citations available online at www.DrMicozzi.com