



Common drugs that are robbing your memory

During the 1970s when I was in medical training, we saw cases of confusion and cognitive deficits in older people. It was just called “age-associated” dementia then—before the subsequent explosion and awareness of Alzheimer’s disease.

Even after we learned about Alzheimer’s, there was a lot of misinformation about the causes. For instance, doctors thought you could “acquire” the disease through mysterious infections similar to mad cow disease and scrapie in sheep. (See the sidebar on page 3 for more on this old theory.)

But even in those days when we didn’t know much about Alzheimer’s, we still recognized one common culprit behind the vast majority of memory loss: prescription drugs.

Today, I’ll tell you which drugs cause the most memory problems—and how you can protect yourself, and your memory, using natural alternatives.

Too many drugs equals too little memory

Back in the ’70s, we found that our elderly patients with mental confusion were often being given up to *nine* different drugs simultaneously for various chronic medical conditions.

Amazingly, their confusion often

cleared up within just one day of temporarily stopping these medications. And cutting the doses once they started back on the drugs kept their confusion from returning.

The problem of polypharmacy (taking too many drugs) was an immediate, clear, and present cause of mental deficits in older patients. But research since then shows this problem isn’t restricted only to senior citizens.

You don’t have to be elderly to have drug-related memory loss

Studies show that taking many common drugs *over a lifetime* causes memory loss as well.

In fact, the proliferation of drugs—both prescription and over-the-counter—may be the reason why Alzheimer’s disease has exploded in recent years.

But in this case, just stopping these drugs won’t always clear up your memory overnight. That’s because it isn’t just the drugs you took yesterday that may be causing problems. Drugs you took in your 40s...or even your 20s...could be directly contributing to your memory loss.

Here’s an alphabetical list of commonly prescribed drugs that have been linked in studies to memory loss. In people of *all ages*.

Antidepressants. I’ve told you many times about how these widely prescribed drugs are frequently not effective. Not to mention they increase the risk of suicide (a very dangerous side effect in depressed people) and epidemics of violence such as mass shootings.

(In fact, research published last year shows that GlaxoSmithKline actually falsified data about how its antidepressant paroxetine—better known as Paxil—was no better at treating depression than a placebo. And it caused suicidal thoughts in more than 10 percent of children to whom it was prescribed.¹ This deliberate fraud may be one of the biggest scandals in modern big pharma history.)

Antidepressant drugs associated with memory loss include Anafranil, Elavil, Norpramin, Sinequan, and Tofranil. These are the older

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“tricyclic antidepressants” (TCAs) from the 1950s.

But even though these drugs are tied to memory loss and are also linked to heart toxicity, they're still prescribed today.

Natural alternatives: In the March issue of *Insiders' Cures* (“The deadly truth behind antidepressants”), I discussed my seven-step plan to fight depression at its root, rather than just treating the symptoms with drugs.

My plan includes talking about your problems with friends, family or professionals; modifying your thinking and behavior; using light therapy for seasonal affective disorder; and exercising regularly. And of course, eating healthfully and taking proven depression-busting supplements like vitamin D, B vitamins, omega-3s, zinc, and magnesium. For full details, including supplement dosages, please refer back to the March issue. (You can download it for free by logging on to the Subscriber area of www.drnicozzi.com with your username and password.)

Antianxiety drugs. Research shows benzodiazepine drugs like Valium, Xanax, Ativan, and Halcion that are used for anxiety and sleeplessness can have an unexpected side effect. These powerful pharmaceuticals may interfere with both short-term and long-term memory.

In fact, Dr. Armon B. Neel, a geriatric pharmacist for AARP, recently wrote that benzodiazepines are popular with anesthesiologists specifically because they cause memory loss.² In light of some of the horror stories about what patients under anesthesia have heard doctors and nurses doing to them

and saying about them in the OR, it's no wonder some clinicians may prefer that these patients not be able to remember!

These effects remind me of the old phrase, “If you can remember the 1960s, then you weren't really there.” While I was director of the Center for Integrative Medicine at Thomas Jefferson University Hospital in Philadelphia, I remember patients taking benzodiazepine drugs who were not sure whether something had occurred in a dream or had really happened.

They could not always distinguish between whether we had discussed a topic before or whether it was something they had only thought about...or dreamed about. They went through the day with an “otherworldly” feeling (which was just as well when visiting the “otherworldly” location of a natural healing center stuck in the middle of a big, toxic, tertiary teaching hospital like Jefferson).

Natural alternatives: The book I wrote with Don McCown, *New World Mindfulness*, is full of tips on how you can beat the anxiety and stress of today's hectic world. Additionally, taking 10,000 IU of vitamin D daily, along with a high-quality vitamin B complex, has been shown in studies to improve anxiety and stress levels.

Beta-blockers. These drugs, which are prescribed for high blood pressure and other heart issues, include Betapace, Coreq, Inderal, Lopressor, and Tenormin.

But beta-blockers do more than just tackle hypertension. They also hinder the actions of critical hormones and neurochemicals such as epinephrine (adrenalin), which can cause memory problems.

Natural alternatives. First of all, don't let your doctor go crazy trying to lower your blood pressure if it's only moderately high. I've written before about how research shows that blood pressure levels as high as 159/99 do not significantly increase your risk of heart disease and death, especially as you grow older.

But if your blood pressure reading is 160/100 or higher, then by all means take immediate steps to lower it. Research shows stress is a major cause of hypertension, so breathe deeply while you consult my book *New World Mindfulness* for other calming solutions.

And while they are drugs, calcium-channel blockers like Losartan are typically safer and more effective than beta-blockers. They have also been around long enough to pass my test of post-marketing surveillance.

Sleeping pills. Ambien, Lunesta, and Sonata are all sedatives. These

drugs may help you sleep but, like the benzodiazepine anxiety drugs, their mechanism of action affects the conversion of short-term memory to long-term memory.

So you may get more sleep, but you really won't remember (like the popular song from the '70s about the guy who'd never been to Spain, but had been to Oklahoma...) Again, patients have told me about having an otherworldly experience or sensation as they went through the day awake (or were they?) on these drugs.

Natural alternatives: Research shows that melatonin, valerian, hops, and ashwagandha supplements can all help you sleep. So can tart or wild cherries, as I wrote in the September 2014 issue of *Insiders' Cures* ("Big time health benefits from a tiny fruit").

Statins. These cholesterol-lowering drugs (Crestor, Lescol, Lipitor,

Mevacor, Pravachol, and Zocor) are just a bad idea all around. And they are the only class of drugs that can compete with antidepressants as the biggest "blockbuster" drug scandal of modern times...and perhaps all time.

I have never had anything good to say about these loony metabolic toxins that are based on a failed theory of heart disease. (And I have been warning you about statins for years, long before it was popular to blow the whistle on them.)

Thankfully, despite decades of denial, delusion, and double-talk from big pharma and its cardiology co-dependents, the truth is finally coming out far and wide about the long list of problems commonly caused by statins.

I'm talking about cataracts, diabetes, muscular disorders, and even heart disease itself!

And those aren't the only serious

Old theories point to rare causes of this now all-too-common disease


A generation ago, when doctors and researchers were scrambling to find the causes of Alzheimer's and memory loss, one theory they advanced was that "slow viruses" and then "prions" could basically "infect" the brain.

One suspected culprit was Creutzfeldt-Jakob disease (CJD), a rare and fatal brain disorder that can cause memory loss, among other symptoms. CJD captured public attention in the 1990s when some people in England developed it after eating diseased cattle. But the theory that CJD was a human form of mad-cow disease was soon disproven.

I performed a postmortem examination on a CJD case in the early 1980s. It was so rare that I was asked to pack the specimens on dry ice and ship them to Dr. Carleton Gajdusek's lab at the NIH.

Gajdusek shared the Nobel prize in 1976 with my faculty advisor at Penn, Dr. Baruch Blumberg. Later, Dr. Stanley Prusiner (also of Penn) won the Nobel Prize for his discovery of "prions," or essentially crystals that cause slow infections of the brain but astoundingly are not technically "alive."

Gajdusek worked on "slow virus" infections in the Fore Highlanders of Papua-New Guinea, often conducting postmortem brain examinations by hurricane lamp in South Pacific typhoons. He later served on the board of the nonprofit foundation I established with Surgeon General C. Everett Koop to build a national health museum on the national mall in Washington. (That project fell victim to secret political backbiting, infighting, and backstabbing—but an exciting new project called The Pavilion Life Sciences Center will serve our original purpose).

Of course, we now know that slow viruses and prions are very rare—much rarer than the burgeoning Alzheimer's disease epidemic we currently face. However, the idea that Alzheimer's may be "contagious" has had a resurgence in recent months. See the article on page 6 for more on this interesting theory. 

health issues associated with statin-induced cholesterol reduction. Cholesterol is a critical nutrient for the brain and nervous tissue. Artificially lowering cholesterol causes connections among brain and nerve cells to suffer...and that affects your memory.

What a surprise. Before it's too late, remember to tell your doctor to cancel your statin prescription.

Natural alternatives: The best way to protect yourself from heart disease is *not* to lower cholesterol, but rather to maintain a healthy blood pressure and reduce stress.

I mentioned my favorite hypertension-busting, stress-reduction technique above. You can also support overall heart health

with a daily dose of a high-quality B vitamin complex, vitamins D (10,000 IU) and E (200 IU), magnesium (200 mg), selenium (100 mcg), CoQ10 (100 mg in ubiquinol form), and fish oil (1-2 grams).


Simple, natural solutions can halt—even reverse—ALL stages of memory loss

Of course, prescription drugs are just one easily-reversible cause of memory loss. There are dozens of simple, natural solutions that can help halt—and even reverse—ALL stages of memory loss.

In fact, despite what you hear from so-called mainstream medicine “experts” or the crony capitalists attempting to cash in on the latest government-sponsored “Decade

of the Brain,” I believe a cure for Alzheimer’s disease ALREADY exists. Just not in the form of a magic-bullet pill mass produced by big pharma.

In a small, recent study, a completely natural regimen has produced a 90 percent success rate in improving memory, cognition, and overall brain function. And in my brand new **Complete Alzheimer’s Cure** protocol, I outline all of the steps in detail...along with 30 years’ worth of clinical research (previously unreported by the mainstream media) that I believe can take that 90 percent success rate even higher.

[Click here](#) to learn more, or to enroll today, or call 1-866-747-9421 and ask for order code GOV2S6AA. 

The new meaning of “tell me where it hurts”

What your aching body is REALLY telling you about your emotional and mental state

By now the whole nation knows about the disaster of prescription pain drugs.

Of course, *Insiders’ Cures* readers knew this train wreck was coming down the track years ago...and you also already know that there are safe and effective non-drug approaches to pain management.

My new online **Arthritis Relief & Reversal Protocol** gives an in-depth look at all of the scientifically proven ways you can end pain without the deadly side effects of opioid pain pills.

This protocol not only includes dietary supplements, but also mind-body therapies like acupuncture, biofeedback, guided imagery, hypnosis, mindfulness meditation,

relaxation therapy, and stress reduction—along with spending time in nature and green spaces.

So why are these holistic treatments so effective? Because pain management involves much more than quaint mainstream medical models of “blocking” pain with failed drugs. Let’s take a closer look.

Why pain pills often don’t work

Some causes of pain are purely physical, like an ulcer in the stomach or a herniated disc in the spine. But many doctor’s visits are for pain that has no apparent cause. No pathologic abnormalities are detected in the patient, and blood tests (such as they are) are all “normal.”

This condition is called a “functional” complaint in mainstream medicine. According to conventional medical wisdom, there is nothing wrong, but the patient is still having problems functioning.

But, of course, there **is** something wrong. Not with the patient, but with mainstream medicine—which has a hard time thinking past replacing one failed pain pill with the false promise of another.

And they simply ignore the growing amount of scientific evidence that shows pain is a complex process that involves body, mind, *and* spirit.

Emotional and mental pain can cause physical pain

The mainstream’s ideas about

controlling pain don't go past the outdated, simple-minded concept that opioid drug molecules fit into the brain like little keys in little locks, thus "blocking" pain receptors.

Granted, the mainstream has acknowledged the role of inflammation in causing pain. But mainstream anti-inflammatory drugs can have disastrous side effects... and frequently don't even work.

If the mainstream would only shove aside the pill bottles, they'd be able to see new evidence that points to the roles of bioenergy, perception, and physical manifestation in addressing the *real* root of pain.

I discuss this approach in depth in my book with Mike Jawer, *Your Emotional Type*.

Our applied research on the science of psychometrics shows that your personality boundary type, or "emotional type," determines the kind of pain to which you are susceptible—and the natural treatments that will work best for you.

To put it another way, the pain you feel may actually be related to a specific emotional or mental state. Meaning pain is more than physical—it's part of your consciousness about life and life experiences. So when you experience emotional stress and distress, these feelings can manifest directly in your body.

In fact, your body can show you precisely where the problem lies. Even general pain you can feel "all over" can point to certain problems in your overall consciousness.

But today, I'm going to talk about how pain in specific parts of your body may be the manifestation of

certain stresses or challenges in your life...and how tackling those issues may remove the root cause of your pain.

Alleviating pain from head to foot

Muscle pain may represent a challenge with moving on in your life, and with being flexible with changes at home, work, and within yourself.

The joints are supposed to be flexible, moving with the muscles, so **joint pain** may indicate you need to be open to new experiences, life lessons, and ways of thinking.

When pain is associated with fatigue (for example, **fibromyalgia or chronic fatigue syndrome**), it may indicate denial and resistance to the steps necessary to move forward. Listen to your inner voice, which is nudging you toward taking on new experiences.

Headaches limit your ability to think and make decisions. Sometimes you may "know" the decision you need to make in your "heart" (or more likely in your entire conscious body) but your "head" gets in the way by overthinking or over-rationalizing. In Ayurveda, this is called the "mistake of the intellect," and it's thought to create head and neck pain. So the next time you get a headache, relax and listen to what your body is really telling you.

Pain in the shoulder may indicate you are carrying an emotional burden. In fact, that may be where the phrase "shouldering a burden" comes from. If you have this type of pain, try thinking of some solutions for your problems. But not all by yourself. You'll fare better if you get help, and distribute the "burden."

Elbow and arm pain may have to do with resistance to change. Stiff, unbending arms may mean you can't "do" things with your head, heart, and hands. There may simply be an emotional burden you need to stop carrying.

The hands symbolize your ability to link with others. That's why **pain in the hands** may be alleviated by stretching the many delicate muscles connecting the fine bones of your hands and fingers. You may also have to do a little more stretching in your life to make new friends and restore connections to old friends.

Stomach pain is something we easily associate with feelings. For example, something "makes me sick to my stomach." Sometimes we are simply not able to "digest" something negative in our lives, including disrespect, grief, or another emotional state.

Back pain (in the spine) is the most common cause of pain and disability. The back supports the whole body, so pain may indicate you are experiencing a lack of emotional or financial support in your life. And if you have pain at the base of your spine—in the sacrum (part of the pelvis) or coccyx (vestigial tailbone)—that may indicate you are sitting on a problem and should get to the bottom of it.

Hip pain may be associated with resistance to change and too much caution in making decisions. It may also indicate a lack of general support in your life.

Knee pain may symbolize difficulty in relating to others in a balanced, versus aggressive, way. The knees must be able to bend and to accept some things as they are.

Ankle pain may be a sign that you

don't give yourself permission to experience pleasure. Your body wants to let go and "slip the surly bonds of earth" with some soaring experiences, but your feet remain firmly planted on the ground.

The importance of truly feeling your pain


I just covered some interesting and even fun ways of thinking

about pain (if that's possible when dealing with pain; or, on the contrary, it may be necessary).

Unfortunately, medical science does not have the scientific evidence it deems "necessary" to recognize the connections between emotions and physical pain that the rest of us make in everyday life.

Which makes it even more important

to recognize and understand your own emotions and feelings, and deal with them effectively.

For more detailed guidance on natural ways to reverse and relieve all types of pain—from arthritis to gout to back pain—check out my **Arthritis Relief & Reversal Protocol**. [Click here](#) or call 1-866-747-9421 and ask for order code GOV2S6AB to enroll today. 

A key factor that can double your risk of Alzheimer's—and what you can do to stop it

I've written before about one of the major new scientific insights of the late 20th century—psychoneuroimmunology.

This concept may be new, but the basic premise dates back many centuries.

Basically, psychoneuroimmunology has to do with the mind-body connection. It details how what happens in your brain influences what goes on in your nervous system, endocrine (hormonal) system, and immune system.

So it's not surprising that new evidence shows the immune system has a prominent role in the most important brain condition of our time—Alzheimer's disease.

In fact, neurobiologists have found that immune cells that normally fight infections play a far greater role in Alzheimer's than previously thought.

This backs up the groundbreaking evidence I reported in the February issue of *Insiders' Cures* ("The all-natural Alzheimer's cure hiding

in plain sight"), and in my new Alzheimer's online learning protocol I released last month. (See page 4.)

In that protocol, I give you specifics on how natural approaches like eating right, taking supplements, exercising, and incorporating mind-body techniques have now been scientifically shown to reverse Alzheimer's disease in a whopping *90 percent* of people.

And several of these same natural approaches also help boost the immune system.

I'll tell you more about that in a moment, but first, let's look at this interesting new study. And how it provides more evidence of just how important the mind-body connection is for optimum health...both mental *and* physical.

The many ways your brain and body work together

Contrary to what mainstream medicine and science preached for so many years, your brain and body are closely connected. In fact, your brain "reaches" every part of your

body through the brain stem, spinal cord, spinal nerves, and out to the peripheral nerves.

Through the hypothalamus and pituitary gland, your brain also "controls" all the glands in your body by releasing potent hormones that circulate through the blood to all parts of your body.

And your brain influences the immune system by sending a variety of disease-fighting white blood cells throughout your body.

Of course, this is a two-way street—your body influences your mind as well.

For example, your gastrointestinal system—not just your nervous system—produces most of the chemicals in the body that help nerve cells communicate with each other. Which gives a whole new meaning to the term "gut feeling." The GI tract also has more immune cells, starting with the oral cavity, than does the immune system itself.

Which leads me to the new study I mentioned earlier.

Cut your Alzheimer's risk in half by boosting your immune system

Researchers at the University of California Institute for Memory Impairments and Neurological Disorders in Irvine observed that mice lacking key immune cells are *twice as likely* to develop neuro-degeneration and dementia compared to normal mice.¹

The researchers took mice that are genetically more susceptible to Alzheimer's disease and bred them so they lacked three types of vital immune cells—T cells, B cells, and NK (natural killer) cells.

By the time these immune-deficient mice were just six months old, the researchers observed that they already had *double* the build-up of proteins associated with dementia in their brains.

The researchers believe this finding has to do with a type of immune cell in the brain called microglia. With the help of antibodies created by B cells in the body's immune system,

microglia cells help clear the brain of beta-amyloid (a protein that has previously been associated with cases of clinical dementia in humans).

To further test their findings, the researchers transplanted bone marrow stem cells into the mice with immune deficiency. T, B, and NK immune cells develop from bone marrow stem cells, so the transplant basically restored the mice's immune system function.

The researchers then tested the levels of beta-amyloid in the mice and found they were substantially lower—thanks to the mice's healthier immune systems.

Simple ways you can boost your immune system


The researchers noted that in humans, the immune system's T and B cells naturally decline with age. There's not much you can do about that, but there are ways you can stop much of the wear and tear on your immune system and keep it healthy.

Specifically, I'm talking about

reducing inflammation, which can flat-out ravage your immune system.

I discuss the simple—and natural—approaches you can take to slash inflammation in your body and brain in my new **Complete Alzheimer's Cure** online learning protocol. (See page 4).

And you can also discover how mind-body techniques like meditation, acupuncture, and many more can help with a dozen major conditions that are not well treated by mainstream medicine—including brain conditions. Find the treatments that will work best for you by taking my “Your Emotional Type” quiz at www.drnicozzi.com, and then reading my two books with Mike Jawer: *The Spiritual Anatomy of Emotion* and *Your Emotional Type*.

Bottom line: Just as with any other chronic disease, Alzheimer's has an important mind-body connection. And that means a healthy immune system is vital to substantially reducing your risk of Alzheimer's and other dementia. 

Five plants that naturally repel mosquitos

As you read this article, mosquitos are swarming around your home. They're dive bombing you as you collect your mail or newspaper...or take an evening stroll...or work in your garden.

And the threat they pose is far greater than just an itchy welt. These insects also carry infectious diseases such as dengue fever, West Nile virus... and now Zika.

So finding ways to defend yourself from mosquitoes is a

“must.” Unfortunately, many commercial mosquito repellants and insecticides are filled with chemicals that are toxic to humans and the environment.

That's why in the May issue of *Insiders' Cures*, I discussed safe, natural methods to repel mosquitos (“Easy ways to zap mosquitos—and protect yourself from deadly disease”). And this month, I'm going to tell you how you can extend that protection both inside and outside your home.

All you need to do is plant a few flowers, herbs, and grasses that naturally—and effectively—drive mosquitos away.

I'll tell you which ones in a moment, but first let's look at how plants are biologically equipped to fight mosquitos and other predators.

The natural insecticides you can grow right in your yard

I've told you before how plants are full of potent biochemicals. These naturally occurring chemicals

include pigments that help capture light for photosynthesis, or protect plants from oxidation while they sit in the heat and sun all day. (Remember, plants can't just move to the shade when it gets hot—they are the shade!)

Plants also contain biochemicals that protect them from predators. For large animal predators, some plants make toxins or poisons. And for smaller, insect predators, many plants make natural pesticides or insecticides.

But certain plants are more effective at fighting off various types of insects than others. Research shows the following five plant species make particularly potent natural insecticides that help zap mosquitos.

Catnip and catmint. These members of the mint family not only attract cats, but also repel a variety of insects, including aphids, squash bugs...and mosquitos.

In fact, a study found that nepetalactone, the essential oil in catnip that gives the plant its characteristic odor, is a whopping *10 times* more effective at repelling mosquitos than DEET.¹

Catnip and catmint can grow almost anywhere, and have been known to take over gardens. You can get the mosquito-resistant effects without the invasiveness by scattering pots of this hearty plant around your yard, balcony, or home.

Citronella grass. The oil from this tall, ornamental grass is a proven mosquito repellent. You've probably seen citronella candles, but why not go right to the source?

Citronella grass comes from tropical Asia, so it can only grow year-round in areas where there's no frost. If you live in a colder

climate, you can let it die back in your garden and replant it in the late spring or summer.

Just make sure you're using the true varieties of the plant—*Cybopogon nardus* or *Citronella winterianus*. Try placing a perimeter of these plants around your porch, patio, balcony, or swimming pool to provide a natural barrier against mosquitos.

Geraniums. These spectacular flowering plants contain both citronella and geraniol, which has been shown in several studies to be an effective mosquito repellent.

Geraniums don't require much water, so they naturally favor warm, dry climates (like the Mediterranean, where they are fixtures in flower pots and gardens). But they can also grow well in cooler climates in planters and pots during the summer, as long as you prune them.

You can get geraniums from nurseries and grocery stores and put them in planters and pots around your outdoor living areas and in boxes under your windows. Not only will they help keep mosquitos and other insects away, but their bright red, pink, and white hues bring color to summer celebrations like Independence Day, and Labor Day.

If you live in a cold-weather climate, you can preserve your geraniums by bringing them indoors before the first frost and keeping them in sunlight over the winter. Then you can put them outside again next spring.

Lantana. A recent study shows just how effective this flowering plant is at repelling mosquitos. Researchers planted lantana around the doorways of 231 houses in an area of Tanzania, East Africa, known

for its large numbers of malaria-carrying mosquitos. Another 90 houses without lantana plants were used as controls.

Over a 10-month period, researchers analyzed the number of mosquitos that flew into each house. And they found that the homes with lantana contained an amazing *50 percent* fewer mosquitos than the homes without the plant.²

There are many types of lantana, ranging from petite plants to mounding shrubs. It's hearty in the southern U.S., but watch out—it can be invasive. It's best to keep it in containers or hanging baskets, where you can enjoy its flowers all summer long...and then replant it if you live in an area where the temperatures plummet in the winter.

Lavender. Of course, this herb is known for its high concentration of essential oils that provide its powerful but pleasant aroma, as well as medicinal properties for aromatherapy.

The oils also keep away pests ranging from mosquitos to rabbits. Insects in particular are thought to hate the scent of lavender, making it an effective natural repellent.

Lavender can be planted almost anywhere around your garden, and can also be kept in pots in your home. It's hardy, resists drought, and only requires good drainage. That's why you see it planted all over hillsides in the Mediterranean.

It's not too late to add any or all of these plants around your home and give yourself a leg up in warding off mosquitos. Your garden will also look and smell better (and your cat might thank you too!). 