DR. MICOZZI'S
INSIDERS' CURES
APRIL 2017 • VOLUME VIII • ISSUE 4

My simple, all-natural guide to easing arthritis pain…for good

When it comes to joint health and relieving the pain of arthritis and rheumatism, you know I like to follow my ABCs: ashwaganda, boswellia, and curcumin.

I recognized years ago that the individual benefits of these natural compounds are magnified when taken together, due to their synergistic effects.

Of course, there have been studies looking at the joint-health benefits of each nutrient by itself, taken one at a time (the way medical science typically approaches the problem, contrary to the everyday experience of real people).

But more recently, studies have focused on two of these ingredients taken together. And, as I predicted long ago, researchers have found that their benefits are indeed multiplied.

Most importantly, this research reveals that my ABCs help ease joint pain better and more safely than drugs.

The venerable Ayurvedic arthritis remedy

There have been literally thousands of modern studies on boswellia and curcumin (from the spice turmeric) not only for joint health, but also for lowering risk of cancer, dementia, diabetes, heart disease, and more.

However, despite the antiquity of ashwaganda in Ayurvedic medicine, it had not been studied to the same extent in modern research. But today, I'd like to share with you an important new study about this ancient herb's remarkable effects on joint pain.

And I'll also reveal what you should (and should not) eat and drink in order to help relieve arthritis and joint pain *completely naturally*… and why you do not want to take drugs or some so-called "arthritis" supplements.

A powerful, natural anti-inflammatory

The Hindi word ashwaganda translates to "mare sweat"—probably describing the tangy aroma of the roots. Known botanically as *Withania somniferum,* or winter cherry, ashwaganda belongs to the biologically active nightshade family, which also includes eggplant, tomatoes, potatoes, and peppers.

In ancient Ayurvedic medicine, ashhwaganda is traditionally administered for a variety of musculoskeletal conditions, such as arthritis and rheumatism, and as a general "tonic" to support overall health.

Of course, one of the keys to a botanical medical tradition like Ayurveda is knowing which part of the plant contains the most potent disease-fighting compounds. For ashwaganda, the roots have been reported to have both antioxidant and anti-inflammatory properties.

There have been a few clinical trials that found positive effects of ashwaganda root extracts, in combination with other ingredients, for people with knee joint pain and disability.

One older controlled clinical trial showed that people with arthritis who took a supplement, containing ashwaganda root, had a significant reduction in pain and disability. This plant root also produced an

In this issue:

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Dr. Micozzi's *Insiders'* Cures is published monthly by OmniVista Health Media, L.L.C., 100 W. Monument St., Baltimore, MD 21201 for $74 per year ($6.16 an issue).

POSTMASTER: Send address changes to Insiders' Cures, 100 W. Monument St. Baltimore, MD 21201.

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Publisher: Katherine Wheeler
Executive Editor: Amanda Angelini

analgesic effect that soothed the nervous system and reduced central pain responses.[1]

Interestingly, the new study I mentioned earlier looked at a water extract of ashwaganda roots *plus* leaves.[2]

Safe and natural joint pain relief after only four weeks

This new study included 60 men and women, ages 40 to 70, who had experienced knee joint pain for at least six months. The participants discontinued taking all pain treatments—including topical analgesics and NSAIDs—for seven to 10 days prior to the start of the study.

They were then divided into groups that were given either 250 mg or 500 mg daily of an ashwaganda root-and-leaves extract for 12 weeks. A third group got a placebo.

By the end of the study, both of the ashwaganda treatment groups showed significant improvements in knee pain, stiffness, and disability compared to the placebo group.

But the 500 mg ashwaganda group had even better outcomes than the 250 mg group. And they experienced those benefits sooner—after only four weeks of treatment.

In other words, ashwaganda shows benefits at different doses. It is just a matter of how long it takes to get optimal effects.

None of the participants dropped out of the study, suggesting that there weren't any acute safety issues or side effects associated with ashwaganda.

Live longer, with less joint pain

Ayurveda, in Sanskrit, means the "science of longevity." Ashwaganda is just one of the Ayurvedic remedies that can extend healthy lifespan.

Since joint pain typically increases with aging, you want to make sure you include joint health as you take steps to improve longevity. The rejuvenating properties of ashwaganda address both, especially in combination with boswellia and curcumin.

Along with these supplemental powerhouses, I also recommend following certain, specific dietary steps to keep your joints healthy and ease the pain of arthritis.

I outline these steps in detail—along with the specific doses of my ABCs, and dozens of other natural ways to relieve all sorts of pain—in my online Arthritis Relief and Reversal Protocol. You can learn more about this revolutionary program, or enroll today, by **clicking here** or by calling (866)747-9421 and asking for order code EOV3T400.

In the meantime, don't forget your ABCs—ashwaganda, boswellia, and curcumin—every day.

5 "arthritis supplement remedies" that offer more risk than relief

Knee joint discomfort and pain are the most common of the chronic rheumatic symptoms. In fact, knee osteoarthritis is estimated to be the fourth leading cause of disability for women, and number eight among men, in most countries around the world.[4]

The mainstream medical establishment approaches this problem with NSAIDs like aspirin, ibuprofen, and Celebrex. But NSAIDs are associated with serious short-term adverse effects, particularly in the GI system. Longer-term NSAID side effects can include an increased risk of dementia and

liver and kidney problems—but too many doctors are not aware of all these serious problems.

Opioid pain relievers are dangerous, and are presently at the center of a disastrous national epidemic of drug abuse. Injecting steroids is also dangerous, may not be effective, and presents serious practical limitations.

Diet and dietary supplements are the key for most people with joint pain, and for most everything else when it comes to your health. But there are some so-called "natural arthritis" supplements you need to avoid. I recommend you steer clear of the following:

Aconite can be dangerous when taken as an herbal infusion (because you can't really control the dose). It may cause nausea and vomiting, as well as interfere with your heartbeat.

Arnica can relieve arthritis pain when applied directly to the skin. In tiny doses, it has long been approved as a safe homeopathic oral remedy by the U.S. Pharmacopeia, but I suggest using it only under the supervision of a knowledgeable homeopathic or health practitioner.

Cat's claw can cause dizziness, headache, nausea, and vomiting, according to the Arthritis Foundation. It also thins the blood and lowers blood pressure. That's why I never recommended this herb for anything.

Chaparral may be toxic to the liver. I never recommended this herb for anything.

Kombucha, which is black tea fermented with yeast and bacteria, can become easily contaminated. And there have been reports of liver damage, nausea, and vomiting in people who drink kombucha.

Note the common side effects of all of these treatments. Nausea and vomiting is an obvious sign the body is having a hard time digesting a substance, and liver damage is the first thing that happens when toxic constituents get into the blood from the GI tract.

Those are important signs that you should not be ingesting any of these supplements. And it's certainly worth noting that many drugs, especially drugs for arthritis, have the same unpleasant side effects.

The politically incorrect way to slash your risk of rheumatoid arthritis 22%

Many nanny nutritionists recommend avoiding alcohol if you have joint pain. And of course, drinking to excess is associated with increased levels of C-reactive protein—a major indicator of chronic inflammation. But studies show that moderate alcohol consumption can actually substantially reduce the risk of developing rheumatoid arthritis.

In fact, a huge recent study of more than 100,000 nurses found that women who had three to five drinks a week had a 22% lower chance of being diagnosed with arthritis.[3]

For even more tips on preventing and reversing arthritis and joint pain, check out my online Arthritis Relief and Reversal Protocol (see page 2 for ordering information).

New studies reveal this unexpected "brain food" boosts memory and beats dementia

Some researchers who are still drinking the mainstream "cholesterol Kool-Aid" got quite a surprise recently when they studied the effects of dietary cholesterol and egg consumption on brain health.

From the tone of their report, the clueless researchers apparently expected to find that eating more cholesterol and eggs would somehow be associated with negative effects on the brain.

Of course, they were wrong. The researchers should have checked their food, metabolic, and nutritional biochemistry before forming their hypothesis. Egg yolks are loaded with cholesterol, essential fatty acids, and other healthy nutrients—such as carotenoids, which account for their bright yellow color.

These nutrients are essential to all cells in the body—especially brain and nerve cells.

Let's take a closer look at this new research, along with another new study that shows specifically *how* the carotenoids in eggs and other foods have powerful brain benefits.

Investigating the cholesterol/ cognitive function link

The first study investigated the association between cholesterol and egg consumption with Alzheimer's disease, dementia, and cognitive performance.[1]

For an average of 22 years, the researchers followed 2,497 Finnish men between the ages of 42 and 60. All of these men were free of

dementia at the beginning of the study. By the end of the study, 337 of the men had been diagnosed with dementia, and 266 were diagnosed with Alzheimer's.

This study began during the mid-1980s—the same time period during which my colleagues and I recruited large cohorts of people to analyze dietary risk factors for chronic diseases as part of a U.S.-Finland health study at the National Institutes of Health.

In my early years at the NIH, I personally performed and published research with Finnish scientists on new techniques for assessing body weight and composition that were far better than falling back on the old, flawed body mass index (BMI).

Unfortunately, the NIH ultimately ignored our research, which is one of several reasons why the government's nutritional data is so inadequate.

But I'm glad to see that Finnish researchers are still generating meaningful, relevant study results (especially when the findings are still surprising the mainstream).

Study finds eggs can actually make your memory better

One of the chief findings of this new study is that *neither* higher dietary cholesterol *nor* egg intake is associated with a higher risk of developing dementia or Alzheimer's disease.

And, after overcoming their initial shock that eating eggs was not bad for you, the researchers further determined that egg consumption was actually associated with *better* memory.

Specifically, they discovered that the men who ate eggs performed better on neuro-psychological tests evaluating the frontal lobe of the brain and executive brain functioning (which includes skills like decision-making and verbal fluency).

Interestingly, these results held true even for a sub-group of the study participants who had a gene that affects cholesterol metabolism, and has also been associated with an increased risk of developing memory disorders.

Even when these genetically susceptible men increased their egg and dietary cholesterol intake, they had no higher risk of dementia or Alzheimer's disease.

Why it's safe—and even beneficial—to eat up to three eggs a day

The study participants with the highest dietary cholesterol intake consumed an average of 520 mg per day (the equivalent of almost three eggs). So not only should this level of cholesterol consumption be considered "safe," but it's also beneficial for your brain, according to this research.

Furthermore, the researchers concluded that eating just one egg per day, every day, could produce these positive results.

Of course, they laughingly considered one egg a day to be a "high intake," but tell that to a chicken farmer, or to former U.S. Surgeon General C. Everett Koop (1917 – 2013), who I personally witnessed eating

NEWS BRIEF

The sweet treat that can reduce your risk of diabetes for decades

I've reported before about the benefits of dark chocolate for brain and heart health. And now a new study suggests that this sweet treat also reduces the risk of diabetes.

Researchers recruited more than 950 people with an average age of 62. They discovered that the participants who frequently ate chocolate throughout their lives not only had fewer diagnoses of diabetes, but were also less likely to develop the disease even *three decades* into the future.[1]

The study participants who rarely or never ate chocolate had a significantly higher risk of diabetes compared with those who ate chocolate more than once a week. And the researchers noted that this was true even after taking into account cardiovascular, dietary, and lifestyle factors.

The researchers also examined the connection between chocolate consumption and developing diabetes up to 30 years later, and concluded that more chocolate was associated with less diabetes.

Of course, we are talking about eating dark chocolate, without the added sugars and ingredients of so-called "milk chocolate." Look for varieties that contain 80-90% cacao. You may also want to try one of the new chocolate bars that combines dark chocolate with other healthful and tasty ingredients, such as blueberries or hot chili peppers. (For more about the benefits of chilies, see page 5.)

If the taste of high concentrations of cacao is a bit strong for you at first, don't worry—and don't give up! Other studies have shown you can get used to it. The brief adjustment period is worth it for the significant, long-term health benefits you gain in return. And then you can still have your chocolate and eat it too.

two or three eggs every morning. He remained as mentally keen and sharp as anyone I have ever known throughout his three different careers in health and medicine, and until his death at age 96.

Eggs also deliver a powerful dose of lutein

Another new study took a more comprehensive approach to diet, nutrition, and brain health—and also found that eggs yolks are good "brain food."[2]

The researchers looked at foods that have higher contents of a carotenoid called lutein. This pigment is found in leafy greens, cruciferous vegetables such as broccoli…and egg yolks. Together with zeaxanthin, lutein is responsible for the yellow color of egg yolks.

As a young NIH research investigator, I helped lead research with the USDA Human Nutrition Research Lab that discovered the role of carotenoids in both the nutrient composition of foods and in human nutritional metabolism. While the National Cancer Institute was focused specifically on beta-carotene, without any real evidence, we found that the carotenoids of real importance in the diet and in human metabolism were actually ones nobody at the NIH had ever heard of—like lutein, lycopene, and even one called beta-cryptoxanthin. But the NIH instead chose to waste precious time and money chasing only beta-carotene.

Since then, there have been studies showing that lutein penetrates the blood-brain barrier and accumulates in the brain regions that are responsible for preserving healthy cognitive function during aging.

Specifically, lutein embeds itself in the membranes of brain cells, or neurons, where it appears to have neuro-protective effects as an antioxidant and/or anti-inflammatory factor, aiding in neuron-to-neuron cellular signaling. (I have also reported that lutein accumulates in the retina of the eye, which is also nerve-derived tissue, and is important for preservation of vision.)

Lutein helps you use your knowledge and skills longer

For the new study, researchers focused on portions of the temporal cortex of the brain. This region plays an important role in what is called "crystallized intelligence"—the ability to continue using knowledge and skills you've acquired over a lifetime.

Researchers asked 76 healthy men and women, ages 65 to 75, to solve problems and answer questions on a standard test of crystallized intelligence. They also collected blood samples from participants to measure their lutein levels, and conducted brain image studies to analyze the sizes of the different regions of the participants' brains.

Those with higher lutein levels did better on the intelligence tests. And they also had more gray matter in regions of their temporal cortex lobes. Researchers concluded that this increased gray matter was the result of lutein, and was responsible for higher crystallized intelligence.

This new research provides more evidence that particular nutrients slow cognitive decline by influencing specific features of brain aging.

Why you need more than just plants in your diet

So what have we learned from these two studies? Well, first of all, the government is right to recommend eating leafy greens and cruciferous vegetables. Not only to fight chronic disease, but also to improve brain health. But it was all wrong, all along, when it came to avoiding eggs and dietary cholesterol.

You do need carotenoids like lutein in your diet. But for healthy brain function and to avoid Alzheimer's disease and dementia, you also need nutrients—like cholesterol and essential fatty acids—that vegetables cannot provide.

As I have reported before, the drug-addled mainstream approach to dementia has become "fossilized" when it comes to preserving your "crystallized" memory. You can do a lot more *without* the ministrations of the mainstream medical minions.

And that includes eating eggs.

New research reveals the secret to a longer (and hotter) life

Chili peppers have been a hot research topic recently. Studies show this spicy food can help fight inflammation, stabilize blood sugar, improve digestion, ease joint pain… and promote cardiovascular health.

Capsaicin—the principal compound in chili peppers—has been shown in clinical trials to protect against

major cardiovascular disease risk factors like atherosclerosis, high blood pressure, and obesity.

And now, a large new study shows that eating chili peppers can reduce the risk of death from heart disease and strokes by 13%.

Amazingly, this benefit occurred even in men who smoked, drank alcohol, didn't exercise regularly, and ate a lot of red meat.

The sizzling results of the latest chili study

For 23 years, scientists at the University of Vermont College of Medicine gathered dietary and lifestyle data on more than 16,000 people.[1]

The researchers discovered that the participants who ate chili peppers tended to be younger, Mexican-American men. These men were typically married, ate more meat, drank alcohol, smoked cigarettes, and also ate more vegetables than the study participants who didn't eat hot peppers.

This likely means the non-pepper eaters basically followed the government's "nanny" dietary recommendations, eating more carbs and grains (since they ate less meat *and* vegetables)—and, of course, not drinking or smoking.

The study reveals just what that did for them. Hint: It didn't make them less likely to die prematurely.

In fact, taking into account consumption of foods with other spices, as well as lifestyle, physical activity, and social factors, the researchers still found that the people who ate chili peppers had a 13% reduction in death rates.

In other words, just eating these peppers was able to benefit men regardless of physical activity, and despite drinking, smoking, and eating more meat.

Of course, chili peppers are a celebrated and delicious part of the Mexican-American menu. Prior studies (unrelated to pepper consumption) have also shown better health and longevity in Mexican-American men, despite having higher putative risk factors like drinking, smoking, and lower socioeconomic status, on average.

Chili pepper works as a spice or a supplement

Along with heart-healthy capsaicin, chili peppers also have plenty of B vitamins and carotenoids, and are very high in vitamin C.

And like other spices such as garlic, ginger, and turmeric, chilies have also been demonstrated to have anti-inflammatory, antimicrobial, and antioxidant effects.

If you don't already eat these nutritional powerhouses, there are simple ways to get their benefits… either through your diet or by taking supplements.

First of all, if you're scared off by their spiciness, remember that chili peppers are eaten with a meal—not as a meal. A little bit goes a long way.

One option is Indian curries, which

Challenging what "everyone knows" about chili peppers

When I was working with former U.S. Surgeon General C. Everett Koop on developing dietary supplements for joint pain 15 years ago, I strongly urged that he include capsaicin in his new joint-health formula.

Soon after that, and not long before the world changed forever on 9/11, I was out riding horses with my daughter. I like to eat curries and other dishes with chili peppers whenever possible, and I've also found horseback riding to be about as good as anything for *my* joints, not to mention the other benefits for mind and body.

(President Ronald Reagan once said "there's something about the outside of a horse that is good for the inside of a man." More recent presidents have also brought to mind the analogy of the horse, but I will leave it to you to conclude which half of the horse!)

That day, I received an urgent phone call (on my state-of-the-art, flip-top phone—which I still use) from one of Dr. Koop's technical staff. He was very concerned about my capsaicin recommendation.

He insisted "everybody knows" that capsaicin is used "only" topically on the skin around joints—not taken internally. I responded that capsaicin is more effective orally, as a dietary supplement. That way, it's delivered from the blood directly into the joints, after being absorbed from the GI tract.

He said we couldn't do that because people don't eat capsaicin. I proceeded to describe the prodigious amounts of capsaicin consumed by hundreds of millions of people around the world every day, in chili peppers.

Chilies are a key part of the diet in South America, South Asia, and East Asia—and virtually everywhere else the climate is hot—because they facilitate sweating and cooling of the body. And capsaicin's antimicrobial effects help ensure food safety in hot environments.

So I suggested we could call the supplement ingredient hot red chili pepper, instead of capsaicin, because "everybody knows" people can eat red peppers.

Unfortunately, Dr. Koop's start-up supplement company never got off the ground, and his products never saw the light of day, in the aftermath of 9/11. But I have been able to put just as much, and more, solid science into my Smart Science dietary supplements for you.

can contain both turmeric *and* chili peppers. These dishes could be called the world's first dietary supplement formulations. In fact, the use of spices all over the world for thousands of years basically demonstrates the principles of sound dietary supplementation today.

So even if you can't or don't eat dishes with hot spices, you can still get their active ingredients (and health benefits) in dietary supplements—with a good dose of science that backs up their use.

It is always best to follow a healthy overall diet and lifestyle, and not try to overcome bad habits by taking pills—whether drugs or dietary supplements. But this study shows that chili peppers can help lower your risk of premature death, even when your diet or lifestyle isn't "ideal," at least according to the nanny mainstream recommendations.

The surprising—and delicious—way to keep your bones healthy

Research shows that the rate of fractures due to osteoporosis is lower in countries in the Mediterranean, compared to northern Europe or North America.

Why? Well, most Mediterranean people tend to get more exercise year-round than most of their northern counterparts, and that helps keep their bones healthy. And the Mediterranean diet is rich in foods containing vitamin C, which, as I reported last year, is a key component of strong bones.

But many Mediterranean people aren't milk drinkers, so they don't get much calcium through their diet. And, as we all know, calcium and vitamin D are essential for bone health.

So what's behind this new Mediterranean paradox? According to a new study, it may very well be olive oil.

In fact, this research shows that when consumed regularly, extra virgin olive oil can lower the risk of bone fractures by a whopping 51%.[1]

Nine years of data shows the benefits of olive oil

Over the years, I've reported on several studies that show how consuming olive oil reduces blood pressure and lowers risk of heart attacks and strokes. Olive oil is also beneficial for brain health—due mainly to bioactive constituents like phenols and the carotenoids that give the oil its golden color (see page 3 for more on the benefits of carotenoids).

But do these compounds also help improve bone health? Researchers behind the PREDIMED study decided to find out.

I've written before about this Spanish study, which stands for "Prevencion con Dieta Mediterranea." Although PREDIMED primarily evaluates cardiovascular risk factors, this time the researchers focused on osteoporotic fractures.

They looked at data on 870 people, ages 55 to 80, who were at high risk for cardiovascular disease, but had not actually experienced a cardiovascular event such as heart attack or stroke. This included people who smoked, were obese, had low HDL (so-called "good") cholesterol and high LDL (so-called "bad") cholesterol, or had high blood pressure.

The participants were divided into groups that ate either a Mediterranean diet with high levels of extra virgin olive oil (EVOO), a Mediterranean diet with high levels of nuts, or a low-fat diet.

Over an average of nine years, the study participants had a total of 114 bone fractures. But the participants in the highest third for olive oil consumption had a 51% lower risk of fractures, compared to those in the lowest third of olive oil consumption.

How to get the most health benefits from your olive oil

The study found these bone benefits were specifically associated with EVOO, which has higher plant phenolic content.

But as I reported in my Nov. 24, 2016 *Daily Dispatch* ("The scandal sweeping through supermarket aisles all across the country"), not all brands of EVOO are created equal. In fact, recent investigations show that many companies making extra virgin olive oil dilute their products with cheaper, lower-grade oils like canola, safflower, or sunflower oils.

Researchers at University of California tested 186 different olive oil samples.

Popular brands that failed to meet

the extra virgin testing were: Bertolli, Carapelli, Mezzetta, Mazola, and Pompeian.

Brands that passed the University of California test were: Bariani, California Olive Ranch, Cobram Estate, Corto, Kirkland Organic, Lucero (Ascolano), Lucini, and McEvoy Ranch Organic.

You can look for the seal denoting approval by the California Olive Oil Council, labeled as "COOC Certified Extra Virgin." Seals of approval from the Italian Olive Growers' Association, the Extra Virgin Alliance (EVA), and UNAPROL also signal a good, pure product.

I recommend keeping enough olive oil to last you about three months (whatever size that may be for you). That way, your oil will always be fresh. Be sure to store your olive oil at room temperature, away from heat and light (in a cabinet or pantry).

You can also get health benefits by eating whole, organic olives. But skip the pre-packaged varieties that taste more like the cans and containers they come in, and opt for fresh olives instead. Many grocery stores now have open olive bars that offer a wide selection of these tasty delicacies. They can be expensive, but considering the health benefits olives confer, they're well worth the indulgence. JC

My checklist for healthy bones

Avoid dangerous, ineffective osteoporosis drugs and keep your bones healthy with these easy, natural steps.

- 250 mg of vitamin C, twice a day
- 10,000 IU of vitamin D daily
- Calcium intake through a diet rich in dairy foods and leafy greens, NOT calcium supplements, or supplements with calcium
- Regular consumption of olive oil
- Moderate, daily physical activity like walking, swimming, or doing housework or yardwork

Citations for all articles available online at www.DrMicozzi.com

NEWS BRIEF

Another bad break: Antidepressants double hip fractures

For optimum health, there are few things you can do that are as important as getting off antidepressants, or—even better—avoiding them in the first place. These drugs are woefully ineffective, not to mention alarmingly dangerous.

And yet another devastating side effect has emerged. A new study shows that antidepressant use nearly doubles the risk of hip fractures in people with Alzheimer's disease. These drugs were also associated with more fractures in elderly people who didn't have dementia.

The study evaluated about 50,000 Finnish people, average age of 80, who were diagnosed with Alzheimer's, and another 101,000 who didn't have dementia.

The researchers discovered that the greatest fracture risks were at the beginning of antidepressant use (when these drugs have zero effectiveness anyway). But the risk remained high throughout the four-year study.

And this risk persisted even after taking into account study participants' use of other medications. (Older people are typically given multiple drugs, many of which interfere with mental functioning, balance, and other factors that contribute to the risk of falling, and thus bone fractures.)

The study even took into account osteoporosis and other chronic diseases that contribute to the risk of falls or fractures, as well as history of mental illnesses and socioeconomic status.

And yet despite all of these factors, antidepressant use remained, by far, the greatest risk for hip fractures.

As you get older, your risk of depression increases, which prompts many doctors to prescribe antidepressants. But these dangerous drugs are also used for a host of other conditions besides depression, especially in the elderly—including chronic pain, agitation, anxiety, and insomnia.

This just contributes to overmedicating the elderly and, as this study shows, putting them at risk for the same key problems we all want to avoid as we get older!

The good news is, there are many safe, natural, drug-free approaches that can lift mood and ease depression. I covered this topic in detail in the March 2016 issue of *Insiders' Cures*. You can download and view that issue for free by logging on to the Subscriber section of www.drmicozzi.com with your username and password.

For more information on keeping your bones strong and healthy as you age, see the article on page 7.

And last but certainly not least, for dementia itself, drugs have nothing to offer. However, there are more than a dozen natural steps you can take that have been demonstrated to prevent and reverse Alzheimer's disease and dementia. I discuss these steps in detail and explain how to incorporate them into your daily life in my Complete Alzheimer's Cure online learning protocol.

You can learn more about this breakthrough program—or enroll today—by **clicking here** or by calling (866)747-9421 and asking for order code EOV3T401.