



## Revealed: Poison in your pasta The shocking—and deadly—culprit behind gluten intolerance *And the simple steps you can take to protect yourself*

Food intolerance has reached epidemic proportions in the United States in recent years.

Maybe you, a family member, or friend experiences cramps, bloating, diarrhea, constipation, or nausea after eating a certain type of food. Or the food causes rashes, headaches, mood swings... even malnourishment.

Those are all symptoms of food intolerance.

In past years, lactose—the natural sugar found in milk products—was the most common food intolerance. More recently, a growing number of people report they can't tolerate gluten—a protein found in wheat and other grains.

In fact, a recent Consumer Reports survey found that about one-third of Americans try to avoid gluten. And a whopping 63% of respondents believe that a gluten-free diet could improve their physical or mental health.<sup>1</sup>

And yet, research shows that only about 7% of the population fits the medical criteria for true gluten sensitivity or celiac disease—the genetic disorder that can cause abdominal pain, bloating, diarrhea, constipation, headaches, bone or joint pain, chronic fatigue, depression, or ADHD after ingesting gluten.<sup>2</sup>

### Is gluten intolerance all in your head?

So if only a small percentage of

Americans have a clinically diagnosed gluten intolerance, is everyone else just imagining or overemphasizing the distressing symptoms they feel after consuming wheat protein?

Not necessarily. I know that eating wheat products has started to bother me personally in recent years—and it's not just due to getting older.

So I decided to do a little sleuthing to find out why I and so many others suddenly seem to have developed gluten intolerances.

What I discovered is more sinister than I could have ever imagined.

A so-called “harmless” herbicide that's sprayed on wheat and thousands of other crops every year is actually poisoning our GI tracts. And our brains, nervous systems, immune systems, and other organ systems.

But our crony-capitalist government agencies, not to mention politically correct politicians, just look the other way. Or even worse, they may actually be colluding with the herbicide manufacturer to poison our bodies and our environment.

Here's the real, deadly secret behind gluten intolerance... and what you can do to protect yourself.

### Roundup: Nearly half a century of toxicity

You've probably already guessed the herbicide I'm referring to. It's called glyphosate—better known as

Roundup. And I've written about its toxic legacy many times before.

Glyphosate was originally patented in 1964 as a pipe cleaner. You read that right. This chemical was designed to remove mineral deposits from pipes—just like Drano.

A decade later, a Monsanto scientist found that glyphosate could also kill weeds. Gee, what a surprise—a chemical so strong it can clean pipes can also eradicate entire living plants!

Monsanto introduced Roundup glyphosate in 1974. At the same time, it debuted “Roundup Ready Crops,” which are genetically modified (GM) soybeans, corn, cotton, sugar beets, and canola seeds engineered to be resistant against glyphosate. (Now, at least 90% of these crops grown in the U.S. are GM).

The theory was that farmers could kill weeds around these GM crops with the supposedly “harmless” Roundup. In fact, Monsanto calls Roundup an herbicide, which sounds more “natural” than a pesticide.

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Monsanto trotted out a slew of studies touting the safety of Roundup. But in later years, scientists began linking the herbicide to serious health problems.

By 2015, the evidence was so pervasive that the World Health Organization and the International Agency for Research on Cancer labeled glyphosate as a probable human carcinogen (although that data had been hidden from the U.S. National Cancer Institute). And earlier this year, the state of California added glyphosate to its list of chemicals that can cause cancer.

So what does all of this have to do with gluten intolerance?

### **Just because there's no GM wheat doesn't mean you're not eating Roundup**

While Monsanto has developed GM wheat seeds, they haven't been marketed yet. However, the seeds did show up in Oregon and Washington wheat fields in 2013 and 2016—almost two decades after Monsanto supposedly stopped testing its GM wheat in the Pacific Northwest.<sup>3</sup> Still, it's unlikely that Roundup Ready GM wheat is making its way into the general food supply.

However, a USDA report found that glyphosate was applied to 45% of the country's durum wheat acreage in 2012.<sup>4</sup> Durum, which is high in gluten, is the most common wheat used in pasta. There's not any more recent data, but a 2016 study found that glyphosate use has been steadily increasing over the years—so it's likely more of it is being applied to wheat as well.<sup>5</sup>

And there are other reports that glyphosate is sprayed on durum and other types of wheat right before the grain is harvested. This practice, known as desiccation, dries out the grain, making it lighter, easier to harvest and

store, and resistant to mold.

There's a debate about how often this is done. Some American wheat farmers say desiccation is pervasive; others say they've never heard of it. But in the end, it doesn't really matter how glyphosate gets into wheat—what matters is that it *does*...and in shockingly large quantities.

### **How about a sprinkle of glyphosate on your Cheerios?**

An FDA-registered food safety laboratory recently tested the U.S. food supply for glyphosate residues—and found alarming amounts in many common foods.<sup>6</sup>

The measurements are in parts per billion (ppb). Some peer-reviewed scientific evidence shows that human health can be harmed with glyphosate residues as low as 0.1 ppb. Others set it as high as 700 ppb, which is the allowable level of glyphosate for U.S. drinking water.

The lab test showed that Cheerios came in at a jaw-dropping 1,125 ppb of glyphosate. And Nabisco's Ritz crackers and Oreo cookies (now made by a Mexican manufacturer) were at 270 and to 289 ppb, respectively.

Little Debbie was not innocent, either, at 265 ppb. You're not even safe eating oatmeal, since Lucy's gluten-free Oatmeal Cookies had a whopping 452 ppb.

And here's something really alarming. Whole Foods' 365 Organic Golden Round crackers posted 119 ppb—showing that glyphosate contamination is even spreading to organic wheat fields (which aren't allowed to use any chemical pesticides under USDA organic laws). This is known as "Roundup drift," and it's a "growing" problem for all organic farmers.

It's also important to note that glyphosate consumption is cumulative.

So if you eat multiple wheat-based products in a day—for instance both cookies and crackers, or cake and bread—you could ingest dangerously high levels of glyphosate. And unlike with fruits and vegetables, you can't wash glyphosate off of packaged, processed wheat products.

### How glyphosate ravages your GI tract

So what happens to your body and brain when you eat foods saturated with glyphosate?

Well, it all has to do with how the herbicide attacks weeds. Roundup and other glyphosate products work by disrupting a key metabolic cycle in plants, which kills them. Because humans and other mammals don't have this same metabolic pathway, glyphosate was thought to be "safe."

But a variety of studies now show that human gut bacteria (probiotics) *do* have this same pathway. And, as I've often written about, probiotics are not only critical for healthy function of the GI tract, but they also affect the brain and nervous system, immune system, and other organ systems.

(One 2013 study found that besides cancer, glyphosate-associated metabolic disruptions may lead to Alzheimer's, autism, diabetes, heart disease, infertility, multiple sclerosis, and obesity. However, the editors of the journal that published the study later issued a "statement of concern" that the researchers' opinions and data were biased.<sup>7</sup>)

But there is strong evidence that poisoning the probiotic bacteria in our microbiomes leads to a host of other health problems, including systemic illness, digestive issues, malnourishment, and fatigue.

Sound familiar? These are all symptoms of gluten sensitivity or intolerance.

And there's another factor at work. Some research shows that glyphosate also inhibits a type of digestive enzyme that helps us process and activate vitamins A and D3, along with detoxifying pollutants our bodies absorb every day.<sup>8</sup> Lack of key vitamins and a toxic overload can also produce many of the symptoms we associate with gluten intolerance.

Based on this research, some scientists have concluded that it's not the *gluten* in wheat that's the problem for many people. It's the *glyphosate*.

So when doctors say you don't ultimately test "positive" for gluten sensitivity, they may be right. What you think is gluten intolerance may actually be glyphosate poisoning.

### Rounding up even more problems

In addition to its effects on the human body, glyphosate harms our health in other key ways. Remember how I told you earlier that glyphosate's original use was to remove minerals from pipes? Well, it does the same thing to plants.

Glyphosate binds to key mineral nutrients in the soil like calcium, iron, manganese, and zinc, preventing plants from taking them up. So any future crops grown in that soil will not be as nutritious. In turn, you can only imagine what the consumption of these affected crops has on the nutrients in the body. In a recent study on celiac disease patients, low levels of iron, cobalt, molybdenum, and copper were found and attributed to glyphosate's ability to chelate with these elements. Additionally, deficiencies in essential amino acids were found, matching glyphosate's tendency to deplete these compounds.<sup>9</sup> Ultimately, this could lead to even worse nutrient deficiencies and malnutrition.

And this herbicide has infiltrated

### Government heel dragging setting the stage for massive health problems and real environmental disaster

People around the world have long been worried about the safety and health effects of glyphosate on both humans and the environment. So you'd think our government would care as well.

But crony-capitalist government agencies like the EPA and FDA have been dragging their feet in admitting and confronting all of the disturbing evidence about Roundup's link to cancer and other serious health issues.

In fact, as I reported in my July 17, 2017 *Daily Dispatch*, the EPA inspector general is investigating whether there was collusion between EPA bureaucrats and Monsanto to cover up evidence that Roundup causes cancer. And the Department of Health and Human Services is conducting its own review of the potential toxic effects of Roundup for both human and environmental health.

As I discussed in the main article, this herbicide could very well destroy the ecology of the entire planet by killing wild plants, pollinating bees, and other wildlife. So we actually have a catastrophic ecological calamity in the making that is much clearer than other environmental dangers the politically correct like to obsess about.

These are the real problems government agencies should be dealing with, instead of chasing down their favorite politically correct health and environmental risk factors—about which they have been all wrong, mostly wrong, or at least partially wrong...all along.

virtually every other aspect of our environment. It's suspected that glyphosate may be contributing to the decline of bees, butterflies, birds, and other wildlife.

Environmental scientists also link glyphosate to the death of coral reefs that we are now witnessing.

To make matters even worse, since Monsanto's patent for glyphosate expired in 2000, the chemical is now made by companies around the

world. Each manufacturer can add ingredients of its own—which may be even more toxic to us, and our environment.

### Three easy solutions for glyphosate intolerance

The good news is that unlike other health problems with complex solutions, it's fairly easy to eliminate the metabolic poisoning issues caused by glyphosate. There are three main things you can do:

**1. Avoid packaged, processed cakes, crackers, cookies, and other wheat-based foods.** Not only are these products likely to contain glyphosate or other chemical additives, but they're often full of ingredients (like sugar) that are toxic for your health. In any case, you're better off avoiding these foods.

That said, it's time-consuming to always make your own bread and pasta, so you may find yourself buying packaged versions. In that case...

**2. Buy foods that say “GMO free” on the label.** While this won't completely ensure you're not eating glyphosate, it substantially lowers your risk. After all, GM crops and Roundup go hand-in-hand.

**3. Go organic.** Your best option is to eat organic, and preferably locally grown food.

As I mentioned earlier, any food or crop certified organic by the USDA has to be grown without

chemical pesticides, herbicides, or insecticides—including glyphosate. And these organic foods also can not be grown from GM seeds.

Of course, “Roundup drift” can be a problem in organic foods (as we saw with Whole Foods' 365 Organic Gold Round crackers). But you're still going to get substantially less glyphosate (or none at all) in organic foods.


### Eliminate the problem

I also suggest you try a variation of an elimination diet, in which all wheat and grains you consume are certified non-GMO or organic. This will entail a lot of label reading, but I promise it's worth it.

If you still have symptoms of food intolerance after a few weeks of this diet, then you may truly have a gluten intolerance. In that case, I suggest going gluten-free. My favorite source of healthy, nutritious, gluten-free products is Aleia's Gluten Free Foods ([www.aleias.com](http://www.aleias.com)).

And after you've taken care of your own health, consider lobbying your government representatives to take care of the health of the rest of humankind... not to mention the planet (see the sidebar on page 3 for more details).

The crony capitalist government has been blatantly ignoring the documented perils of GM foods for years, and even praising them. Taking action ourselves may be the only way

to stop another dietary disaster of massive proportions... in addition to the ecological calamity of glyphosate poisoning for the entire planet. 

### 20 years of broken promises

A recent set of charts from the *New York Times* vividly illustrates, the line Monsanto fed us all about how GM seeds were supposed to reduce herbicide use and increase crop yields was a load of codswallop.<sup>9</sup>

Using data from the USDA National Agricultural Statistics Service and the United Nations' Food and Agriculture Organization, the *Times* reported that over the last 20 years, corn yields in Western Europe (which doesn't allow GM seeds) were nearly identical to those in the United States (where about 90% of the corn is GM). And sugar beet production was substantially higher in Western Europe versus the U.S., where 95% of the sugar beets are GM.

The news wasn't any better for herbicide use. France's Union of Industries of Plant Protection reported that French herbicide use dropped by half, from about 90 million pounds in 1999 to around 45 million pounds in 2013. This, despite the fact that GM crops are prohibited in France.

But U.S. Geological Survey figures show that U.S. farmers' use of herbicides shot up from over 400 million pounds in 1999 to nearly 600 million pounds in 2012.

“Much of the growth in the use of weed killers has come in Monsanto's Roundup, in which the active ingredient is glyphosate,” the *Times* reported.

Is it any wonder that glyphosate poisoning—of both our bodies and the environment—is skyrocketing?

## Five fabulous foods for a balanced diet

Food fads come and go, and so-called “superfoods” are almost *always* more about the hype than the science.

Why? Because no single food can do it all. Decades of research shows that

dietary diversity is the top factor when it comes to good nutrition and health.

That said, there are several standby foods that should always be part of a balanced diet. Some are, or will

soon be, available during the autumn harvest. And you can easily get the others year-round—either frozen or fresh.

You'll be pleasantly surprised that

these stalwart foods won't break the bank. Nor do you need to worry about the environmental impacts of shipping exotic foods and berries halfway around the world.

All of my “fabulous five” nutritious, delicious foods are grown or caught in the United States, making it simple to include them as part of your balanced diet. I suggest you eat each of the following foods at least several times a week.

Without further ado, meet the “fabulous five superfoods”:

1. **Almonds** are quite versatile and I recommend them in all forms—whole, sliced, slivered, crushed, or as almond butter. Just stay away from those ridiculous almond “milk” products. (The amount of water almond milk production requires is wasteful, especially considering it's mostly made in California, which is experiencing its worst water crisis in recent history. Not to mention all the energy exerted on transport. It's best to stick with regular, locally-sourced milk.)

These nuts are high in healthy essential fatty acids, fiber, and protein, as well as key micronutrients like vitamin E and magnesium. Studies show almonds not only help you maintain a healthy weight, but also reduce your risk of type 2 diabetes and heart disease.

You can eat almonds at any meal, and even as a healthy snack. Add slivered almonds to fruit and yogurt for breakfast, top your lunchtime salad with sliced almonds, or use crushed almonds as a tasty topping on fish or meat for dinner.

**Serving size:** 1/8 cup a day

2. **Avocados** are *finally* being referred as a “healthy” food by the FDA, after years of failing to recognize their nutritional value because they

are considered “high-fat.” But just because these creamy fruits contain fat, doesn't mean they're bad for you. In fact, avocados are an excellent source of healthy monounsaturated fat.

Avocados are also a good source of carotenoids; fatty acids; vitamins A, B, C, E, and K1; and the minerals calcium, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, and selenium.

They're also high in betaine, which, as I wrote in the November 2015 issue of *Insiders' Cures* (“The heart hazard throwing aging into overdrive” which you can access via [www.DrMicozzi.com](http://www.DrMicozzi.com)), helps protect against heart disease, cancer, Alzheimer's, and Parkinson's.

New research shows that avocados can also protect against diabetes and obesity. And they contain phytosterols and phytostanols, which are important for prostate health.

Avocados are traditionally used in salads, sandwiches, and guacamole. But there are many more tasty options for this versatile food.

Processed chocolate pudding is like a paste compared to mousse made from avocado and cacao powder. You can also use avocado sticks, instead of potato, to make fries.

For a nutritious breakfast with almost no clean-up, put an egg inside half an avocado, place the avocado in a baking dish, and bake at 425 degrees for 15 to 20 minutes. Or make a quick banana-avocado smoothie to get your potassium and healthy essential fatty acids for the day.

**Serving size:** 2 to 3 avocados per week

3. **Beans** are considered one the “three sisters” of traditional Native American agriculture, along with corn and squash. According to the Iroquois

legend of the three sisters, the earth began when Sky Woman fell through the sky into the sea and onto a “giant turtle island” (North America). Her daughter died giving birth to twin sons, and she was buried. From her grave grew three sacred plants—beans, corn, and squash.

In “three sisters” agricultural practice, beans are planted so they grow up the stalks of corn. The corn acts as a beanpole, and the beans strengthen the stalks from the ravages of wind and rain. Various squashes, including pumpkins, grow along the ground, and their huge leaves protect the soil and capture water. Meanwhile, the beans add nitrogen to the soil to benefit the corn and squash.

Beans are from the legume family. All legumes have a type of bacteria on their root nodules that allow them to add and capture more nitrogen from the soil. This nitrogen is the building block of amino acids, which in turn, are the building blocks of protein and the nucleic acids that make DNA and RNA. This is why legumes are higher in protein than other plant sources. However, they don't contain all of the amino acids needed to make the “complete proteins” found in animal sources like fish, meat, and dairy. Nonetheless, they're still nutritional powerhouses, at least for plants.

Beans carry about 125 calories per half-cup, and provide 15% of your daily protein requirement. They're also rich in fiber (25% of your daily intake). They are key for lowering your blood fats, promote growth of probiotic bacteria in the gut, and can help you stay on a weight-loss diet by making you feel full.

As the Native Americans learned, beans can be dried and stored without losing their nutritional value. While I usually advise shopping for fresh foods on the perimeter of the grocery

store, you can venture into the center aisles to buy dried and canned black, red, kidney, and cannellini beans, along with black-eyed peas and garbanzo beans (chickpeas).

For a healthy, protein-packed breakfast, combine black beans, tomatoes, a little water, and a teaspoon of cumin in an oven-safe skillet, and simmer. Crack a few eggs on top of the mixture, and put the skillet in the oven. Bake at 425 degrees until the eggs are cooked to your liking.

For lunch, a handful of chickpeas adds texture to a salad, and ground chickpeas are the base of the popular Middle Eastern dish, *hoummus*. For dinner, beans make a great substitute for starchy side dishes like rice and potatoes. And as the nights grow colder, a hot bowl of chili or lentil soup can be a satisfying and filling dinner.

**Serving size:** ½ cup, twice a week

4. **Blueberries** are little nutrient powerhouses. They're high in antioxidants, fiber, and vitamins. They're also lower in fructose (fruit sugar) than other fruits. In fact, half a cup of blueberries has only 40 calories.

These tiny fruits also have anti-inflammatory and heart-health benefits. Studies show they can also boost your immunity and help protect against obesity and diabetes. They're even a potent protector against gum disease.

If that weren't enough, research shows that blueberries protect

against dementia, increase cognitive function, and improve short and long-term memory. To learn more about blueberries' brain-boosting benefits, refer to my online **Complete Alzheimer's Cure Protocol** (for more information or to enroll today, [click here](#) or call 1-866-747-9421 and ask for order code EOVS3TA00).

You can grow your own blueberries (as I discussed in the May 2017 issue of *Insiders' Cures*) and freeze them for later consumption. I like to add frozen blueberries to smoothies in place of ice. You can also combine blueberries with almonds and sprinkle them on your breakfast oatmeal or lunchtime salad. And, of course, a bowl of fresh berries is one of the best desserts you'll ever eat. You can also use a blueberry compote with turkey and dressing, just as you would cranberry sauce.

Another option is adding a dry powdered extract of blueberries to any beverage. Just be sure to look for a food-quantity dose (400 mg) of powdered blueberry.

**Serving size:** ½ cup of fresh or frozen blueberries per day, or 400 mg of blueberry powder

5. **Salmon** is loaded with vitamin D and omega-3 fatty acids. Plus, the rich pink color of salmon is attributed to healthy carotenoids, similar to those found in fruits and vegetables on land.

This tasty fish is a powerful anti-inflammatory and key for heart health. Salmon also helps protect against skin

damage from ultraviolet radiation, prevent eye disease, and reduce cognitive decline.


But you'll only get these health benefits from wild-caught salmon out of the Pacific Ocean. Virtually all Atlantic salmon is farmed, and studies show it only has about one-tenth the nutritional value of its wild cousin.

If you can't obtain or afford fresh, wild-caught Pacific salmon, frozen or canned salmon is a viable option. Ground salmon is also a good substitute for ground meats and poultry in just about any dish. Plus prices are finally coming down at Whole Foods (since they were acquired by Amazon), which has an excellent fresh fish selection.

While you can't go wrong with a simple grilled salmon filet, there are more exotic recipes as well. Try using ground salmon to make meatballs. Or add salmon to the avocado and egg dish I mentioned earlier.

And salmon makes a wonderful addition to any salad. Toss in some avocado slices, chickpeas, almond slivers, and blueberries, and you'll get your daily dose of all my "fabulous five superfoods" all in one meal!

**Serving size:** 3 ounces, twice a week

Bottom line: With these five foods in your refrigerator, freezer, or cupboard, you have the makings of meals and snacks that are both healthy and delicious year-round. 

## Why being a "weekend warrior" may actually be optimal for your health

For years, I've been telling you how both human biology and scientific research support moderate exercise. Note that I said *moderate*—not running marathons or mindlessly manipulating

machines in dank, dark gyms.

Of course, regular physical activity is good for the body and mind. But I've found—and research backs me

up—that the best activities, especially as we age, are walking, hiking, swimming, or house or yard work. Not only do you get moderate, whole-body exercise, but you also reap physical

and psychological advantages from doing it *outdoors*. And you can also get some productive work done.

So why do so many health and fitness “experts” disagree with this sensible advice? Because it hits them right in the pocketbook when the lemmings don’t slavishly report every day to their stinky, sweaty, insalubrious gyms. Not to mention how excessive exercise pumps up the profits of the ridiculous, overpriced, overhyped sports shoe, equipment, and apparel industries.

And it’s not like the “experts” can cite credible research showing that their theories about hard-core exercise are right. In fact, two large new studies reiterate the impressive health advantages of just moderate exercise.

One study shows there are big benefits to being a “weekend warrior,” despite all of the warnings against it. And another study reports that too much exercise can actually damage your gastrointestinal tract.

I’ll give you all of the details in a moment, but first, let’s look at the many ways that overdoing your workout can harm your health... especially as you age.

### Excessive exercise leads to excessive health issues

“Nothing succeeds like success,” said *The Three Musketeers* author Alexandre Dumas over 150 years ago. Near the dawn of the 20<sup>th</sup> century, British author Oscar Wilde responded with: “Moderation is a fatal thing. Nothing succeeds like excess.” Perhaps a suitable quote for that century?

But in Chinese medicine, there is a name for taking anything to extremes: “taxation fatigue.” Too much of anything taxes the body—and the mind.

That’s certainly true when it comes to exercise. For instance, I’ve written before about how excessive running

on hard surfaces leads to joint damage—and the modern industry of dangerous joint-replacement surgeries.

New research directly examined skeletal tissue in joints and showed that knee osteoarthritis has more than doubled since prehistoric, early farming, and early industrial eras—when there was more physical labor than there is today. What is it about our modern postindustrial society that has led to increased joint disease? The new study concluded the rise was not due to people living longer or having more body weight. It’s obvious to me it stems from excessive unnatural exercise like running on hard artificial surfaces. (For more on this, see my October 17 *Daily Dispatch*.)

And modern medicine has no more of a clue about the cure, than it does about the cause. In fact, as I pointed out in the January 2015 issue of *Insiders’ Cures*, research shows that a whopping 56% of joint-replacement surgeries are inappropriate or ineffective (you can access my newsletter archives by visiting the “Subscriber” section of [www.Dr.Micozzi.com](http://www.Dr.Micozzi.com) and logging in with your username and password).

Meanwhile, common joint supplement ingredients like chondroitin and glucosamine are useless. But if more people took my ABCs—ashwaganda, boswellia, and curcumin—for their joints, not to mention other health benefits, we would no longer have an epidemic of joint issues.

Excessive running (as with marathon runners, reported in the May 15, 2017 *Daily Dispatch*) also damages the kidneys—through a combination of dehydration and the break-down products of stressed, damaged muscle tissue, which are toxic to the kidneys.

And a variety of studies show that over-exercising also damages your heart muscle. Not the prescription we need

when heart disease remains the No. 1 killer, especially as we get older.

Standing still and engaging in excessive body building is not a solution either. Too much lean body mass (muscle) has its own negative metabolic impacts, just as excess body fat does.

### Why you shouldn’t “gut it out” when it comes to exercise

Research shows that moderate physical activity can substantially lower your risk of chronic diseases like type 2 diabetes, heart disease, cancer, Alzheimer’s, depression, and more. It also reduces your risk of gastrointestinal diseases, such as gallbladder and liver disease, and acid reflux (GERD).

Knowing all of this, I was surprised when I saw a recent review of eight studies that discussed the new phenomenon of “exercise-induced gastrointestinal syndrome.”<sup>1</sup>

But then I heard the cause of this syndrome, and it made perfect sense. The study authors say the syndrome results from prolonged, vigorous endurance exercise, like running and cycling.

The body and mind experience this type of exercise as severe stress. In addition to all of the other damage created by too much exercise, the severe stress it puts on the body causes gastrointestinal function to shut down.

How? The study notes that over-exercising muscles shifts blood flow away from the GI system, starving it of oxygen and energy. This insufficient blood supply may cause cell death and inflammation that damages the protective cell lining in the GI tract. Intestinal bacteria may also enter the bloodstream and travel to parts of the body where they don’t belong (essentially causing a blood infection).

The researchers found that the risk of

GI injury and impaired GI function appears to increase with the duration and intensity of exercise. Heat stress also seems to be an exacerbating factor. And people already struggling with GI disorders and diseases appear to be more susceptible to exercise-induced gastrointestinal syndrome.

So how do you guard against this dangerous syndrome? Inexplicably, none of the study authors gave the simple, commonsense recommendation to *just stop over-exercising and practice moderation.*

Instead, they offered all kinds of advice, including maintaining proper hydration. Of course, this is always key, but “experts” who go on about fluid and electrolytes miss the importance of hydration at the *cellular* level, which I’ve discussed many times before.

The study authors also suggested that people avoid taking NSAIDs (aspirin, ibuprofen) before working out. These painkillers may damage the same organs that are harmed by excessive exercise.

And they recommended consuming small amounts of carbs and proteins before and during exercise—along with following a special diet called “FODMAP” (fermentable oligosaccharides, disaccharides, monosaccharides and polyols—or sugars).

But of course, they say you will need a dietician to create a FODMAP diet just for you. Dieticians are the same geniuses who continue parroting the useless government dietary recommendations, even two years after the government itself admitted they were all wrong, all along. But try telling that to a dietician still wondering how many eggs you can “get away with eating.”

The study authors don’t seem to get the irony of telling you to eat *more*

(*unhealthy*) carbs and sugar, just so you can continue getting *too much* (*unhealthy*) exercise.

Which leads me to the second new study I mentioned earlier.

### **Want to live longer? Exercise just once or twice a week**

For years, health and fitness experts have derided people who only get exercise on weekends, labeling them “weekend warriors.”

Never mind that these are sensible people, who I’m sure have better, more productive uses of their time and money than to report for a daily dose of abuse in a stinky, sweaty gym.

They often feel like they’re running on a treadmill every day at work, where they actually get paid. So why would they want to spend time every day, before or after work, running on a real treadmill at a gym—where they have to pay for the “privilege”?

And yet, they’re criticized for this quite reasonable approach.

For years, “experts” have warned that people who exercise “irregularly” (meaning when they actually *have* time) will likely suffer muscle strains, heart attacks, and worse. And they won’t derive any health benefits from their weekend workouts.

But a new study in *JAMA Internal Medicine* reveals there are actually substantial health benefits for people who only exercise on weekends.<sup>2</sup>

The study was conducted on 63,000 adults in the U.K., with an average age of 58, from 1994-2012.

The researchers found that those who worked out only once or twice a week still accumulated at least 2.5 hours total exercise per week. And they had 30% lower mortality compared to those who didn’t exercise at all. Rates of cancer and heart disease were also lower in this “weekend warrior”

group, and similar benefits were reported in both men and women.

A sub-group of these sensible subjects were considered to be “insufficient” exercisers, since they only accumulated a total of one hour of exercise per week. But this group had even *lower* risk of mortality than the main group (31%).


What about those who worked out three or more times per week (dubbed the “regularly active” group by the researchers)? They pushed themselves to spend a total of 7.5 hours per week exercising (a full work day). And yet, they only had a 35% reduced mortality risk. That’s 4% improvement over the one-hour-per-week group. Or about one half of a percent, for each extra hour of exercising.

The bigger issue is that a whopping 63% of people in the study reported no exercise at all, which is not good. But, clearly, you don’t need to be like the 11% of subjects who followed the guidelines for regular exercise of three or more days per week.

### **My exercise Rx**

All of this makes me wonder: What good are “regular exercise” guidelines when they are wrong—and when the vast majority of people simply don’t, can’t, or won’t follow them?

Here’s what I think you should you do instead. Get outdoors and exercise, preferably in the sunshine and in nature. Don’t worry about the daily grind. Just make sure to get about of 2.5 hours per week total of moderate exercise like walking, hiking, swimming, or gardening.

If you feel you must go to the gym, walk there... and then, immediately turn around and walk back home or to work. You’ll feel great, save money, and improve your health and longevity to boot. 

*Citations for all articles available online at [www.DrMicozzi.com](http://www.DrMicozzi.com)*