



New scientific reasons to eat, drink, and be merry this holiday season

How Thanksgiving dinner can save your brain, your gut... and even your life

Many people tell me Thanksgiving is their favorite holiday of the year. It's a uniquely American holiday, but anyone and everyone can participate.

Beyond the "harvest home" traditions in which people give thanks for autumn crops, Thanksgiving is directly tied to American history... from George Washington observing a day of thanks during the American Revolution, to Abraham Lincoln naming an official observance during the Civil War, to FDR fixing an official date for a national holiday during World War II.

Perhaps we should give thanks for Thanksgiving itself, as the activities we typically associate with this holiday have some significant health benefits.

In fact, today I'd like to share some new research showing how eating, drinking, and being "merry" is a good prescription not only for Thanksgiving, but year round.

How you can keep a major "silent killer" from striking this holiday season

We've known for decades how important it is to stay connected

with friends and family. And some recent evidence shows, once again, why you should take the valuable opportunity presented by the holidays to gather with loved ones.

Earlier this year, a representative from The Gerontological Society of America testified during a U.S. Senate hearing on aging issues that social isolation in older Americans is a "silent killer."¹ (This same Society stated there's no reason to give toxic statin drugs to older Americans for health or longevity purposes, so I tend to pay attention to what they're saying.)

And now, scientists at my alma mater, the University of Pennsylvania (where I've been asked to help plan our 40th reunion), have found a mechanism to help explain why social isolation causes chronic illness.²

The Penn researchers studied fruit flies and found that social isolation leads to sleep loss, which in turn, leads to activation of a cellular defense mechanism—one that is found in virtually all animals (including humans and fruit flies).

Although short-term activation of this defense mechanism helps protect the cells, chronic activation

can actually contribute to the aging process and to age-related diseases like Alzheimer's.

The lead researcher stated, "we suspect that stresses from the combination of aging and social isolation create a double-whammy at the cellular and molecular level."

So, if you have the opportunity to share Thanksgiving dinner with friends or family this year, do it not just for the sake of being polite, but for the sake of your own health

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as well.

And if you're looking for a good host or hostess gift, a nice bottle of wine is always appropriate. Especially in light of some more new research...

A toast or two can boost cognition in older people

When it comes time to make a Thanksgiving toast, be thankful that reams of research show that alcohol consumption in moderation is beneficial for your health. Even despite the efforts of prohibitionists and politically correct "scientific" guidelines designed to make drinking a problem for everyone... because of problem drinkers.

Most studies on moderate alcohol consumption have focused on the heart health benefits (which in my view, is due to stress reduction). But new research shows that moderate drinking is also linked to cognitive health in older age.³

The study tracked alcohol consumption in 1,344 older adults in San Diego County from 1984 to 2013.

Researchers found that men and women over age 85 who consumed "moderate" or "heavy" amounts of alcohol five to seven days per week were *twice* as likely to be cognitively healthy compared to non-drinkers.

They defined moderate consumption as one drink per day for adult women of any age and men age 65 and older, and up to two drinks per day for men under 65. "Heavy" drinking was defined as up to three drinks per day for women and for men age 65 and older, and four drinks per day for men under 65.

Bottom line: It's beneficial to your body *and* brain to have a toast—or two, or even three, over the course of the day—especially in social circumstances like Thanksgiving.

Thanksgiving side dishes may hold the secret to ultimate health

When it comes time to sit down to Thanksgiving dinner, be sure to fill your plate with all the traditional side dishes: **pumpkin, squash, sweet potatoes, yams, carrots, spinach, leafy greens, and yellow corn.** (Be sure that the corn variety is "yellow corn," and not "sweet corn," which is often genetically-modified. Yellow corn also contains the carotenoid zeaxanthin, which I'll touch on momentarily.)

The yellow, orange, and red colors in these foods are due to a type of nutrient called carotenoids.

I remember Thanksgiving 1984, when I and my colleagues at the National Cancer Institute and the USDA had just discovered the role of red-orange-yellow carotenoids like lutein, lycopene, and zeaxanthin in human nutrition and metabolism. These nutrients act as antioxidants.

So it makes sense that a new study links higher lutein and zeaxanthin levels to a more agile and "youthful" brain.⁴

The study included 60 men and women, ages 25 to 45. Each participant was given a series of cognitive tasks and their brain activity was measured. The researchers found that the older people with higher lutein and zeaxanthin levels had similar brain activity to the younger participants.

Of course, no Thanksgiving dinner would be complete without **cranberries**. And, as luck would have it, they also play an integral role in the health-promoting properties of the traditional Thanksgiving meal...

In January 2013, in a breakthrough edition of *Insiders' Cures*, I reported on the emerging importance of the human microbiome—including probiotics in the GI tract—for nutrition and metabolism. I was also interviewed by a *Boston Globe* reporter on this topic.


Now, a new study demonstrated that a compound found in the cell walls

of cranberries acts as a prebiotic (food) for the beneficial bacteria in the human GI tract.⁵ This and other probiotics are key for energy production, which you need to not only digest your Thanksgiving dinner, but also take that long walk afterwards (see the article below).

And speaking of probiotic foods, one other item to consider including in your Thanksgiving meal: **walnuts**. Not only are they versatile and compliment a wide variety of dishes, but they also have many health benefits. In fact, recent research suggests the reason walnuts may be so healthy is because of their relationship with

the GI microbiome and probiotics.

A new study on animals found that walnuts markedly altered probiotic balance. In essence, walnuts spurred the animals' GI microbiomes to produce more beneficial probiotic bacteria and fewer harmful intestinal bacteria.⁶

So as the holiday season approaches, remember to fill your table with healthy foods, drink in moderation, and don't stint on the merriment with your loved ones. You'll be thankful for all of the beneficial effects this healthy philosophy has on your life and longevity. 

The shocking way prescription drugs slash your longevity

The ability to walk well is a sign of good health, independence, and mobility for older adults. In fact, I've reported on how studies indicate a good gait is the single best predictor of longevity (not all of the overhyped, high-tech, pseudo-scientific tests and measures you hear about).

But research shows that taking multiple prescription drugs together (a practice known as polypharmacy) can slow or hamper the ability to walk in older people.

Meanwhile, being able to walk and talk at the same time is a conventional measure of cognitive ability. And, not surprisingly, a new study found that polypharmacy can hamper this multitasking effort as well.

Frankly, I'm not sure I could walk or talk *at all* if I had to take a bunch of medications. And yet mainstream

doctors continue to whip out their prescription pads, especially as their patients age.

The irony is that natural approaches can not only prevent and reverse the chronic diseases that are associated with aging, but these approaches are also beneficial for both cognitive performance and gait—which ultimately improve longevity.

I'll tell you more in a moment about the supplements, diet, and lifestyle modifications I recommend to improve your mobility and cognitive health. But first, let's take a closer look at this new study and the practice of polypharmacy in general.

Taking just five different medications sets you up for over 100 potentially deadly interactions

Technically, polypharmacy is described as taking five or more medications at the same time.

And sadly, this is not unusual—especially for older people.

Back when I was in medical training during the 1970s, we typically encountered patients who were on as many as nine different drugs at the same time. When these patients developed cognitive deficits, instead of immediately diagnosing them with “senile dementia,” we would stop the drugs for a short period of time. In the majority of cases, cognitive functions cleared up in 24 to 36 hours.

Of course, this was before today's proliferation of drugs, designed not to treat actual health conditions, but to address putative “risk factors” like the cholesterol chimera.

Current research suggests that, for most older adults, taking as many as five different drugs at the same time may not be medically necessary. Not to mention that polypharmacy

multiplies the dangers of drug side effects.

It's impossible to know all of the side effects caused by interactions among different medications. There's data on the interaction of one drug with another, and one drug with an herbal remedy (which the mainstream is typically quick to point out).

But statistically, the number of possible interactions among five drugs is known as "five factorial," which means $5 \times 4 \times 3 \times 2$, or 120 possible interactions. With the nine drugs I saw in my medical school patients, this number goes up to 362,880!

Along with multiple side effects, polypharmacy has also been linked to disability, falls, frailty, and even death. Which leads me to the new

study I mentioned earlier.

A direct link between polypharmacy and walking speed

Researchers examined data from 482 people over age 65 who were enrolled in the Central Control of Mobility in Aging Study. The main objective of this study was to determine how changes in the brain and central nervous system occur during aging, and how those changes impact the ability to walk.¹

None of the study participants used walking aids such as canes or walkers. A third of the participants took five or more prescription drugs or over-the-counter remedies each day, and 10 percent used nine or more.

People in these polypharmacy

groups were more likely to be overweight and have high blood pressure, congestive heart failure, a history of heart attacks, or diabetes. They were also more likely to have experienced a fall within the past year.

Once a year between 2011 and 2016, the researchers gave the subjects detailed examinations that assessed physical health, mental well-being, and mobility. Among other measures, the participants' walking speed and ability to walk and talk at the same time were measured.

After controlling for chronic health issues, those in the five-plus medication group had a slower walking speed compared with those taking fewer medications. And the study participants who took nine or more medications also had a slower

NEWS BRIEF

Is the secret to better blood sugar hiding in your gut?

More and more foods with beneficial health effects are being found to work through probiotic or prebiotic activities in the GI tract (cranberries and walnuts, for instance). And this mechanism may be key for influencing human digestion, metabolism, and nutrition—and ultimately health and longevity.

But stress hormones, inflammation, and some prescription drugs—especially antibiotics—can poison the normal GI microbiome. And, as I reported in the October issue of *Insiders' Cures*, there's also evidence that intolerance to wheat and other grains may not be due to gluten sensitivity, but rather from pesticides that poison the probiotics in our GI tracts.

On the other hand, Metformin

(originally an ancient European folk remedy called "French lilac") has recently been suggested to treat diabetes through its influence on the probiotics in the GI tract involved in carbohydrate and sugar metabolism.

Why is this important? Well, if a treatment can lower the amount of sugar in the GI tract and also reduce its absorption into the blood, this would be a great way to lower blood sugar—by never allowing it into the bloodstream in the first place.

Insulin and insulin-type drugs reduce sugar in the blood by driving it into tissues, where it creates more calories and has other metabolic effects—which can lead to weight gain and other negative health consequences.

Blocking sugar from even getting

into the blood in the first place, as Metformin now appears to do, would account for the lack of negative side effects widely observed with this "drug."

These probiotic connections serve to illustrate how closely our bodies are linked to the natural environment, both externally and internally, in ecological relationships. In fact, a metaphor in Chinese medicine views "the body as a garden." We must nurture it as such.

For more information on natural techniques for lowering blood sugar and commonsense strategies to prevent and reverse Type 2 diabetes, keep an eye out for my upcoming online learning protocol. I'll let you know as soon as it's ready, so stay tuned for more information!

gait while walking and talking.

My natural longevity Rx

Based on this and other research, it's a no-brainer that you should avoid unnecessary drugs—for many reasons. But you can also take some simple, natural steps (no pun intended) to increase your walking speed, boost your cognition, and improve your longevity.

Moderate exercise can reduce knee osteoarthritis. And alleviating the pain of osteoarthritis can, in turn, improve your gait.

The Ayurvedic herbal trio of


ashwaghandha, boswellia, and curcumin can also help protect and support your joints. I call them my ABCs for joint health, and they're the cornerstone of my Core Joint & Bone FX supplement.

I've also written about research showing that aspal (South African rooibos or red bush) and dandelion (either as a tea or supplement) can significantly improve gait in men. powdered Aspal extract combined with blueberry powder can also boost functional mobility.

And of course, we all know blueberries have remarkable short-

and long-term benefits for cognition and memory. As do vitamins B, D, and E... and the omega-3 fatty acids found in fish oil.

Also, don't forget my favorite healthy "vices"—chocolate (the darker the better) and coffee, not to mention alcohol in moderation (see page 2).

Not only will these nutritional powerhouses help boost your health and cognition, but they'll give you a good reason to get off the couch and take a quick walk to the kitchen (or around the block after your Thanksgiving feast)! 

Who cares for the Alzheimer's caregivers?

I often write about what you can do to prevent and reverse Alzheimer's disease (AD). In fact, I created an entire online learning protocol on the subject—my *Complete Alzheimer's Cure*.

But what happens when you're not the one diagnosed with Alzheimer's—but a loved one is, and you're responsible for caring for him or her? Or one of your friends or family members is looking after someone with dementia?

The sad truth is that caregivers are the often-overlooked victims of Alzheimer's disease.

Caring for AD patients takes a tremendous toll on both people and the economy. According to new data from the Alzheimer's Association, a whopping *15 million* Americans give unpaid care to people with AD or dementia. And this care is valued at more than \$230 billion per year.¹

Alzheimer's care requires patience and clarity, and uses some of the same techniques that can be applied to other health problems...and most any given situation in life, for that matter.

Here are my top five tips for AD caregivers:

1. **Keep it simple.** Take things one step at a time, one day at a time, or even one hour at a time. As Jesus is quoted in the New Testament, "for the evil of the day is sufficient unto itself."

This philosophy will not only make things easier for you, but also for the person you're caring for. Multitasking may seem more efficient, but asking your Alzheimer's patient to do two things at once can be confusing for them, which can then become frustrating for you.

2. **Reduce distractions.** People

with AD have difficulty with distinguishing sounds from different sources. Don't talk while the TV is on, for example. Designate one person to speak to the AD patient and give instructions.

3. **Tell, don't ask.** Communication with AD patients should be as clear and specific as possible. You may need to say "Here is your coffee," rather than just hand a mug to your charge. And avoid asking questions, which may be too difficult for someone with AD to answer.

4. **Plan out the day.** Schedule difficult tasks, such as bathing or visiting the doctor, during the time of day when your charge is typically the most calm and reliable.

5. **Bend, but don't break.** Be flexible about rules when you


can. If your charge refuses to eat what had once been her or his favorite food, try something else. If he or she insists on wearing the same clothes every day, buy matching clothing, and switch out the clean for the dirty while your patient is sleeping or bathing. If he or she refuses to do something, leave it alone for awhile, and then try again later.

All in all, it's important to be

cognizant of the fact that people with dementia live *in the moment*. Caregivers must also learn how to do this as well. Once you adopt this mindset, the recommendations above will come to you more naturally and logically.

Another way to be present in the moment and reduce stress is to practice mindfulness meditation. You can discover helpful techniques in my book with Don McCown,

New World Mindfulness, which can be found via my website, DrMicozzi.com/books.

If you'd like to learn more about Alzheimer's and all-natural cutting edge treatments for brain recovery, 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 **EOV3TB00**. 

Big pharma brings you nutrition "news" from the 19th century

Big pharma is at it again.

In a recent article for the consumer version of the Merck Manual, a doctor happily reports that vitamin deficiency is rare in the U.S. today.

This seems inexplicable until you realize how Merck defines this "deficiency." Believe it or not, it involves diseases such as beriberi, kwashiorkor, pellagra, rickets, and scurvy.

If you've never heard of some of these diseases, it's because they've been virtually nonexistent in the U.S. for more than *100 years*. They resulted from abysmally low vitamin levels—so low, they caused their own specific nutritional "deficiency" diseases during the 19th century.

But here in the 21st century, Merck completely ignores the decades of mounting evidence regarding the "sufficient" or optimal levels of vitamins necessary to prevent and reverse the chronic diseases common *today*.

Of course, Merck is not alone.

The woefully low U.S. RDAs for vitamins are also designed to prevent outdated 19th century vitamin deficiencies, instead of the widespread insufficiencies of today.

So few words...so much misinformation

I'm sure you won't be surprised to learn that vitamin deficiencies aren't the only thing big pharma gets wrong when it comes to the latest nutritional science. In one short article, Merck manages to propagate the following questionable and flat-out *dangerous* myths¹.

1. The myth of vitamins and illness.

As evidence of vitamins' so-called "ineffectiveness," Merck cleverly slips in this misleading statement: "Vitamins have not been shown to have an impact on most short-term illnesses."

As you know, the nature of vitamins and other nutritional supplements is that they impact your health more *gradually* than drugs. You need to give them at least two to

three months to reach their full effectiveness. So, of course, that could not apply to "most short-term illnesses," by definition.

But then again, we have the examples of honey, echinacea, elderberry, ginger, goldenseal, turmeric, vitamin C, and zinc—all of which have been shown in studies to reduce the intensity and duration of a cold or flu when taken immediately after you experience your first symptoms.

And that's just one example of the quick impact nutritional supplements can have on various "short-term" health conditions.

For instance, powdered blueberry supplements have been shown to immediately improve short-term memory—as well as produce long-term cognitive benefits (see page 5).

2. The myth of inflammation.

Merck is also confused about inflammation, saying it's always a "good thing." Say, what?

This is true when it comes to *acute*

inflammation, which helps heal acute injury. But Merck's "expert" ignores all of the evidence about *chronic* inflammation's primary roles in deadly health conditions such as heart disease, diabetes, Alzheimer's, some cancers, and on and on.

This allows Merck to conveniently dismiss the reams of research linking chronic inflammation to insufficient levels of vitamins B and D.

3. The myth of balanced diets.

Merck is half right about recommending a balanced diet with plenty of fruits *and* vegetables. But they overlook convincing evidence showing that a healthy diet should minimize grains and other refined carbohydrates.

They are correct in pointing out that vegans typically require more B and D vitamin supplements, due to the lack of vitamin-rich dairy and meat in their diets.

4. The myth of calcium supplements.

It's inexplicable to me that despite the rapidly growing evidence, Merck's doctor and others continue to recommend calcium supplements, which may contribute to hardening of the arteries and other dangerous health conditions.

Ironically, many mainstream doctors have been quick to push the two supplements that are truly dangerous—calcium and iron—while discounting all of the others that people really do need to take.

The two things big pharma (surprisingly) got right


Of course, I must give credit where credit is due.

The Merck Manual article does correctly state that daily multivitamin pills are useless. Instead, I always recommend you take key nutrients individually or in concentrated forms of combination

supplements (such as powdered drink mixes or liquids), which enable you to receive larger, more effective doses of what you actually need.

The article also correctly points out that we need more vitamins as we get older. Particularly vitamin D. As we age, our skin is less able to make sufficient quantities of this vital nutrient, which is why I recommend taking 10,000 IU of D3 in supplement form every day.

But overall, the Merck doctors seem to think it's fine to patronize us like kindergarten students when it comes to their formulaic and outdated recommendations regarding vitamins and other nutritional supplements.

In fact, ignoring the 21st century epidemic of vitamin insufficiency makes it seem like the last time these doctors studied nutritional science was when they were actually in kindergarten themselves... using data from the 19th century. 

Fish reduces arthritis symptoms

By now, you're well aware of the benefits of eating fish—especially for lowering your risk of heart disease, Alzheimer's, and other chronic, inflammatory diseases.

But surprisingly, until recently, there had never been a study on how effective fish is at reducing symptoms of one of the most common inflammatory diseases—rheumatoid arthritis.

While some studies have shown the benefits of fish oil or omega-3 essential fatty acid supplements for reducing rheumatoid arthritis

symptoms of pain and swelling, a new study focused solely on fish consumption.

Researchers found those who ate at least two servings of fish a week reported less arthritis-associated pain and swelling.

And what was really amazing is the majority of these people were *already* taking medications to reduce inflammation and try to improve their arthritis symptoms.

More fish equals less pain

Researchers gathered 176 men and

women with rheumatoid arthritis (RA) and tracked how often they ate baked, broiled, steamed, or raw fish over the course of one year.¹ Fried fish, fish in mixed dishes, and shellfish were not included because they tend to have fewer anti-inflammatory omega-3s than the other types of fish.

Almost 20 percent of the study participants ate fish less than once a month, while about the same amount consumed fish more than twice per week—at the other end of the "scale," so to speak. Researchers found that the

more fish a person ate, the fewer symptoms he or she had.

While fish consumption didn't relieve arthritis symptoms as much as the arthritis drug methotrexate (brand names are Rheumatrex and Trexall), it was still statistically significant. And fish doesn't have the side effects of this highly potent, toxic drug. (Not only can methotrexate damage the liver, it's even used in chemotherapy!)

Make sure you're eating the best fish

I always recommend eating at least two 3-ounce servings of fish a week. To ensure you consume the freshest, most nutritious fish, follow these tips:

- **Know when something's fishy.** Fish should not actually smell "fishy." That smell is a sign that the rich nitrogen sources of amino acids, nucleic acids, and proteins in the fish have begun to break down and started to spoil.
- **Save money with frozen fish.** There's nothing wrong with freezing fish to keep it fresh—it preserves the nutrient content and flavor. In fact, most "fresh" fish and seafood at the grocer have already been frozen at some point along the way (unless you get it on ice at the dock or from open fish markets).

To freeze fresh fish, begin by placing it on a baking sheet. Make sure the pieces aren't touching, so they don't freeze together. Place the baking sheet in your freezer and leave in overnight. Then transfer the fish to freezer-safe containers (avoid plastic, which can contain toxic BPA) or aluminum foil. Label the package

or container with the date and type of fish then consume within six months.

- **Don't be afraid of shellfish.** Although shellfish aren't as rich in omega-3s as finned fish, they are low in calories and a great source of protein, as well as bioavailable minerals (particularly clams, crabs, mussels, and oysters). It's a great alternative if you're not a fan of fresh finned fish.


When you're shopping for shellfish, choose dry-packed sea scallops (not bay scallops) that are sized U/10 or U/15 (you may ask for this at the fish counter).

Live clams and oysters should have closed shells. If they're open, give them a tap. If they don't close, don't buy or eat them.

When you're buying shrimp,

make sure it's in the shell, with the heads off. This saves you money on the price per pound. Plus, the shrimp will stay fresh longer without the head. Remember, "fish rots from the head down."

For some of my favorite fish recipes, take a look at my August 22, 2017 *Daily Dispatch*, titled, "Try my healthy versions of popular seafood dishes." (You can access it by visiting www.DrMicozzi.com and searching the archives.)

To learn more natural methods, foods, and supplements that can help ease—and even eliminate—arthritis pain, check out my **Arthritis Relief & Reversal Protocol**. To learn more or enroll today, [click here](#) or call 1-866-747-9421 and ask for order code: **EOV3TB01**. 

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

Other pain-relieving ways to fill your plate

Of course, fish is a staple in the Mediterranean diet, which has been shown to have numerous health benefits—including easing rheumatoid arthritis.

As I've mentioned many times before, this diet is rich in protein and strictly limits the intake of processed foods. The Mediterranean diet focuses on the consumption of fruits, vegetables, high levels of extra virgin olive oil, and seafood—particularly fish. Fatty fish, rich in omega-3 fatty acids are optimal, which include cod, tilapia, salmon, lake trout, herring, mackerel, and albacore tuna.

The common denominator for the multiple health benefits of this diet could be the presence of monounsaturated fatty acids (MUFAs). Previous research has indicated that the abundant MUFA content of olive oil and avocados

(main staples in the Mediterranean diet) reduced RA activity.

New research from Japan's TOMORROW study analyzed data from over 400 people—half of the group suffered from RA and the remaining half were healthy age- and gender-matched volunteers. They found the consumption of MUFAs, meat, vegetables, milk, alcohol, and dairy products (all key components in of the diet) were *significantly* lowered in the RA group. They determined that increased MUFA intake may suppress disease activity in patients.

Most areas of the country have access to a majority of the staples in the Mediterranean Diet, year-round. So there are no excuses when it comes to stocking up on fresh fish (as well as avocados and olive oil) each week in the name of joint health.

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