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The single vitamin secret to cutting your risk of colds, flu, and pneumonia in HALF

Plus, my simple, inexpensive two-step plan for staying healthy all winter long

Just in time for cold and flu season, a major new global study found that a single, simple vitamin may be the key to fighting off all sorts of viral infections.

And it should come as no surprise to longtime readers of *Insiders' Cures* which nutrient boasts these powerful antiviral benefits. I'm referring, of course, to vitamin D.

In fact, researchers found that for people with low levels of D in their blood, taking the vitamin on a regular basis cuts the chances of getting colds, flu, and other dangerous viral infections like pneumonia in *half*.

And even for people with higher blood levels of the nutrient, daily vitamin D supplementation reduces colds, flu, and other viral infections by 10 percent.

So how does D do this? Well, it has to do with the way your body naturally fights colds and flu.

Two simple ways to stay healthy during cold and flu season

The key to *preventing* viral infections is to practice good hygiene. Viruses are spread primarily by touching contaminated surfaces with your hands, and then touching your face.

And if you do get a cold, flu, or other viral infection, the key to reducing their duration and severity is to support your immune system.

One of the best ways to boost your immunity is through basic vitamin and mineral supplements. And, of course, that includes vitamin D. But the researchers behind the study I just mentioned found *another* reason why the "sunshine vitamin" may help fight colds and flu. More about this important discovery in a moment.

But first, let's look at the role of hygiene and immunity in cold and flu prevention.

Why you should *always* wash your hands...and other hygiene tips

Practicing good hygiene goes a long way toward preventing viral infections. I recommend you do the following to help keep yourself healthy during cold and flu season… and every other season.

- Avoid crowded spaces when possible. When that's not an option, at least try to limit the amount of time you spend in crowds (Thomas Jefferson advised this over 200 years ago—and it remains good advice to this day.)
- Carry hand sanitizer (alcohol-based only) and use it when you can't wash your hands with soap and water.
- Carry your own pen and use it at banks, post offices, and retail stores.
- Wipe down the handles on your grocery cart.
- After pumping gas, wash or sanitize your hands immediately, before touching anything—especially your face.
- In a public bathroom, skip the "energy-efficient" hand dryers, and use a paper towel, or carry your own handkerchief. As I wrote in the February 2015 issue of *Insiders' Cures* ("The shocking source spreading cold and flu viruses"), research shows that hand dryers just blow viruses around the whole bathroom.
- Use a paper towel or handkerchief to open the bathroom door upon exiting.

Above all, don't take anything for granted about public hygiene.

I recently had a shocking experience that reinforced this point. I was visiting the little town where I grew

In this issue:

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up near Boston, on the road to Lexington and Concord, which is now a "high-end" suburb of the big city.

When I was a child, there were two choices in town for Italian food. One was Bellino's, a pizza parlor on the other side of the tracks—owned by the parents of Joe Bellino, a Heisman trophy winner from the U.S. Naval Academy. The other was called Simeone's White Spot, located in a strip shopping mall at a five-way intersection on the outskirts of town. (I always wondered about the name "white spot," because the only spots we ever got there were red splotches on our shirts from the tomato sauce.)

Today, there are two multiple-star Italian ristorantes—one, called La Tavola, features classic rustic fare, including wild game. The other, Lucia's, serves classic dishes from the provincial regions of middle Italy. Neither restaurant is inexpensive.

We were at Lucia's on a beautiful, early-fall Saturday night. While I was washing my hands in the restroom, I heard some distinctive sounds coming from a stall. The stall door opened, and I promptly stepped aside to make room at the sink.

But the satisfied customer (about 12 years old, wearing some kind of swim shorts and sports top—this at a Saturday night five-star dinner), sauntered straight out the door and back to his table to resume his fine-dining experience with his family.

I used the paper towel to get myself out the door, and went back to my table—where I had to have an extra glass of wine to recover from what I'd just seen. The food was very authentic, but this particular experience was a little more "*verismo*" than I could handle.

I can tell you that the parents and children at modest Bellino's or Simeone's in the 1960s would have known to wash their hands without having to post it (in three or four different languages) in the restrooms!

Why supporting your immune system fights flu—and vaccines don't

In addition to practicing good hygiene, supporting your immune system is the other half of the cold and flu equation. Your immune system knows exactly how to target and eliminate each and every strain of each and every virus on the planet.

Your immune system also works against bacteria, as antibiotics do. But, unlike antibiotics, you don't have to worry about what kind of microbe you have and which antibiotic will treat it. Your immune system naturally knows which bacteria to target.

In fact, even when you get the right antibiotic for the right bacterial infection, for the "right amount of time" (which is typically too long), your immune system still has to fight off the infection. The antibiotic just gives your immune system time to get "caught up" so that it can finish the job.

Since antibiotics don't work for flu viruses, the mainstream tries to shoot you with vaccines. But one of the major problems with vaccines (even when they *actually* work) is that you need a different vaccine for every different strain of every different virus.

Of course, that's just fine with the crony-capitalist medical system, which grows their profit by making more and more vaccines. That's why they say you "need" a new shot of the influenza vaccine each year.

It's true that the amazing ecology of influenza means that new strains arise every year from China through the interaction of poultry, swine, and human populations, and then spread around the world. But these viruses are cleverer than the CDC, which runs to catch up every year, trying to figure which new strains of the virus are going to be the population's next villain. As I have described before, the CDC's "scientific" process looks to me more like the three witches'

brew-concocting contrivancies in Shakespeare's *Macbeth*.

Even worse is that the annual flu vaccines usually don't even work. And they haven't been shown to benefit older Americans, who the CDC insist should get these shots (as I wrote in a January 2015 *Daily Dispatch*, titled "Flu vaccine fails again…." You can access this by searching the article title at DrMicozzi.com*).* I've also written about reports of terrible reactions to the flu vaccine from European countries—whose medical statistics are quite reliable. Oddly, we don't hear much about side effects in the U.S.. (Whether that means there are fewer incidence of adverse events here, or that such reports are kept quiet is a topic for another day.)

Instead, I suggest natural, reliable remedies.

When you are coming down with a cold or flu, take immune-system supporters like Echinacea, elderberry, honey, ginger, and lemon. I am not impressed with the available scientific data on "dosages," so I recommend considering these ingredients more like foods. Infuse or add them, according to taste, to hot water and drink during the day as a beverage.

And, as I mentioned earlier, get plenty of vitamins and minerals. Which leads me back to the new study on vitamin D.

A one-time dose of D won't cut it

This study, which was published in the *British Medical Journal,* analyzed data from 25 clinical trials involving vitamin D and upper respiratory infections like colds, flu, bronchitis, and pneumonia. These trials included over 11,000 people from 14 different countries.[1]

The researchers discovered that studies, which previously found vitamin D to be ineffective in treating colds or flu only involved people who had been given a *single* dose of D, rather than regular daily supplements (as I always recommend).

But other studies showed a significant benefit for everyone who took vitamin D *daily*, or even weekly, and even more substantial benefits for those who began any given trial with low blood levels of vitamin D.

Among those with the lowest D levels (less than 25 nanomoles per liter), taking regular supplements cut the rate of respiratory infections like flu, bronchitis, and pneumonia in half. But even among those with the highest vitamin D levels, supplements reduced infections by 10 percent.

The researchers noted that previous studies had investigated whether the increase in colds and flu during winter is due to lack of sunlight and vitamin D. The conclusion was that colds and flu were more often due to people being cooped up together during the winter—which goes back to my (and Thomas Jefferson's) advice to avoid crowds.

But lack of sunshine and vitamin D certainly doesn't help the annual epidemic of colds and flu.

The unnecessary debate about vitamin D supplements needs to end

The authors of this study certainly didn't have a case of cold feet when it came to cold and flu prevention. They even recommended that foods be fortified with vitamin D, so that everyone gets this indispensable nutrient.

But just as it has with other vitamin D studies, the *British Medical Journal* inexplicably published an editorial in disagreement.

In a 2014 *Daily Dispatch* (titled, "Facts should always outweigh opinions, but they don't"), I reported on two large research reviews published in the *BMJ* that showed vitamin D supplementation improved health in both children and older adults.

These studies clearly showed that people should supplement with vitamin D every day. But in the very same issue where these studies were published, the *BMJ* editors wrote an editorial questioning the need for vitamin D supplementation. Say what?

And now they're at it again. The editors published an opinion piece in the same issue as the new vitamin D cold and flu study saying that "current evidence does not support the use of vitamin D supplementation to prevent disease."[2]

In one fell swoop, they just summarily dismissed all the other science showing how D helps prevent everything from the common cold to cancer.

Of course, skeptics will fight the idea of food fortification and supplementation tooth and nail (both body parts which rely on vitamin D, by the way). However, even the strongest skeptics tried—and failed—to find weaknesses in the new vitamin D study.

But after reading about all of the scientifically demonstrated benefits of vitamin D here in *Insiders' Cures* over the years, you're smarter than the editors at the *British Medical Journal*. You know not to deny the science on this essential nutrient. And based on all the available research, the case for universal vitamin D supplementation, or food fortification, is now undeniable.

So if you want to prevent cold, flu, and viral infections, simply follow the science and take a quality vitamin D supplement. I recommend 10,000 IU of vitamin D daily. In fact, I know excellent integrative medicine physicians who recommend their patients take 20,000 IU of D per day when they feel they are coming down with a cold or flu.

Vitamin D is available in convenient liquid form that can be added to warm (not hot) beverages or infusions. You can even add it to the virus-preventing "cocktail" I mentioned above, made with Echinacea, elderberry, ginger, honey, and lemon. For added benefits, look for Vitamin D with the added marine carotenoid Astaxanthin. IC

What to do throughout the "eat, drink, and be merry" holiday season

Try my go-to, natural hangover-prevention "cocktail"

Last month for Thanksgiving, I advised you to eat, drink, and be merry—with all of the benefits for your health and wellness that go along with it. We're still fully in the holiday season, so the eating, drinking, and merriment continues!

But what happens when you get a little *too* merry? Fortunately, there are dietary supplements that block the toxic effects of excess alcohol—better known as "hangover cures." Better yet, you can prevent a hangover from even happening.

I learned about these supplements from my friend and colleague, Dr. George Lundberg, former editor-in-chief of the *Journal of the American Medical Association (JAMA)* and founding editor of *Medscape.* Dr. Lundberg has always been a prominent proponent of scientific evidence in support of any form of healing.

As he wrote in the new edition of my medical textbook, *Fundamentals of Complementary & Alternative Medicine*, "What works is not complementary or alternative, it's just good medicine."

In fact, last month marked the 20th anniversary of his landmark issue of *JAMA,* which was devoted entirely to complementary and alternative medicine. For years, I had encouraged George to publish scientific evidence on natural approaches. And by 1997, there were so many research papers, that he put together an entire special issue of the journal.

He once came to see me at the College of Physicians of Philadelphia, which I nominally directed at the time, and visited our library to select a historical illustration for the cover of the special issue (which was fitting considering the long, time-tested history behind the issue's featured natural remedies).

George has always firmly believed that medicine is both an art and a science, and living well is an important part of *being* well. He practices what he preaches and remains vitally engaged, long after "retirement." (He even looks like a lean version of Father Christmas, sporting a beard that has recently grown longer and snowy white.)

The bottom line is that when George sends a recommendation about dietary supplements, I pay attention—and more importantly, so do *thousands* of other doctors.

In a moment, I'll share the list of natural hangover cures George recommends this holiday season. But first, let's look at why your body gets "hungover" after too many drinks—and also how the "nanny state" overreacts to completely reasonable levels of alcohol consumption.

What happens—both physically and politically—when you overindulge

According to the National Institutes of Health, among the 86 percent of American adults who drink alcohol, only about 6 percent (15 million) are considered to have clinical alcohol use disorder.[1]

And yet, as I have reported before, alcoholism experts typically try to discount their own data on the health benefits of moderate alcohol consumption for the more than 200 million American adult drinkers who *don't* have a problem with addiction. Instead, these so-called experts recommend prohibition for *everyone* to try to prevent problems in the 15 million people prone to addiction.

These 15 million problem drinkers are also the primary cause of motor vehicle fatalities. But instead of focusing on *this* problem, politically correct politicians keep ratcheting down blood alcohol limits on moderate drinkers, to the point where you're afraid to get behind the wheel after one or two drinks (otherwise recommended to improve health) in social settings. (At the same time, they liberalize marijuana use without any medical or law enforcement guidelines for driving while intoxicated, which has become a bigger problem in states where it's legal.)

That said, this time of year, some may cross over once or twice from moderate to excessive consumption—hopefully under safe social circumstances.

Beyond the acute intoxication, *why* does excess alcohol have the widespread metabolic effects commonly known as "a hangover?"

It starts with the fact that "drinking alcohol" (like other forms of alcohol not suitable for consumption) is a carbohydrate. It's metabolized in the liver into a natural chemical known as acetaldehyde—which is then metabolized into acetate, and then ultimately to carbon dioxide and water.

With other drugs and substances, the liver speeds up metabolism to match a higher concentration of the chemical in the blood. But with alcohol, metabolism occurs at a constant rate, regardless of how much you consume. So, that means if you have high blood alcohol levels, some of the acetaldehyde builds up and escapes from your liver back into the blood—where it acts as a metabolic toxin.

In fact, acetaldehyde is closely related to formaldehyde, which is used in the lab to literally "pickle" human tissues and organs. It's also a carcinogen and an allergen.

Unless you have a genetic deficiency called alcohol dehydrogenase, typically found in East Asian populations, you can properly metabolize about one drink per hour, depending upon your body weight, stomach contents, and the state of your liver.

More than that amount, and toxic acetaldehyde will build up. And that produces hangover symptoms like anxiety, chest pains, flushing, heart palpitations, nausea, thirst (dehydration), and vertigo.

Better than a Bloody Mary: The nutrient "cocktail" that can reverse hangover symptoms

Dr. Lundberg says there are several natural compounds the body can use to neutralize and block much of the toxicity of acetaldehyde—making them useful in reducing hangover symptoms.

For ultimate effectiveness, take these supplements in conjunction with one another and be sure to take the combination before *and* after you drink. And if you *really* want to play it safe, take one of the "hangover reversal cocktails" *during* your merriment as well.

Look for high-quality supplements that contain the following ingredients:

- **L-cysteine.** This amino acid helps break down acetaldehyde (the toxic byproduct your body creates from alcohol) into water and carbon dioxide, which is then eliminated through the urine and exhalation. For optimal hangover protection, it's best to also take this amino acid (about 200 mg) along with each drink you consume, in addition to including it in your hangover prevention and reversal cocktail.
- **Vitamin C**. You may take 600 mg per drink consumed. (This is higher than my recommended dose of 250 mg twice a day, in light of the extra oxidative stress alcohol induces.) This amplifies the body's ability to block the conversion of alcohol into aldehyde, the most hangover-causing metabolite. This increased dose also speeds up the metabolism of alcohol by the liver.
- **Vitamin B.** Take a high-quality vitamin B supplement for every drink consumed. Alcohol depletes this vitamin in particular, which is essential for eliminating alcohol from your body. This vitamin will also help with digestive health and replenish important nutrients the alcohol flushed from your system.
- **Aspal (otherwise known as red bush or rooibos)**. Since dehydration is a big part of the problem with hangovers, aspal hydrates at a cellular level, and is available in a powdered extract you can put in any hot or cold beverage. I recommend 400 mg.
- **Dandelion** supports liver and kidney function, which is essential for proper alcohol metabolism. Dandelion extract also goes great with an aspal infusion, which together with aspal can be found in my Core Vitality dietary supplement (just visit DrMicozzi.com via the "Shop" tab). I recommend 500 mg.

And finally, sleeping off the excess alcohol may—or may not—work. Frank Sinatra, who was known for his "extracurricular merriment," used to tell a joke during his concerts in Las Vegas (appropriately enough): "I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."

So during the festivities this season, put on Sinatra's holiday classics, keep the merriment flowing, and make sure the right supplements are handy IF you happen to need them.

Just in time for holiday baking

The natural sweetener that can help you lose weight AND lower your risk of diabetes

As you know, I always advise everyone to avoid sugar. It's a metabolic disaster linked to diabetes, obesity, heart disease—and now cancer (as I will tell you all about in next month's *Insiders' Cures*).

And the idea promoted by some "experts" (aided and abetted by the sugar industry) that you just have to "balance calories" by "burning off" sugar is a metabolic myth.

You can't outrun a bad diet, but you *will* wear out your joints, heart, kidneys, and gastrointestinal tract by excessively exercising in a futile attempt to burn empty calories.

Using artificial sweeteners is no solution either. True, they're zero calories, but a variety of studies show they still result in a higher risk of diabetes, heart disease, and obesity—the very problems fake sweeteners are supposed to prevent.

Although scientists debate the mechanism, artificial sweeteners appear to stimulate our "sweet tooth" and the addiction centers of the brain

to crave sugar from other sources.

That's why I recommend learning to enjoy the flavors of natural foods like coffee and cacao (chocolate) without added sugar, or sweeteners of any kind. Eventually, you'll begin to lose that urge to satisfy your "sweet tooth."

Additionally, there are plants which stimulate your taste buds, but don't contain saccharides (sugars).

Instead, they have naturally occurring plant chemicals known as saponins, which are often used in cosmetics and soaps due their tendency to foam when mixed with water. But instead of a soapy taste, these plants have a sweet flavor.

One example of these sweet plants is a Chinese melon called lo han guo. In 1995, Proctor & Gamble (which knows something about soaps) patented the process to make lo han guo into a natural ingredient.

NEWS BRIEF

Dietary supplements prevent metabolic syndrome: Unlike mainstream recommendations, *science* backs it up!

In the November issue of *Insiders' Cures*, I shared some 19th century perspectives on dietary supplements brought to us by our "friendly" big pharma-cists who write for the Merck Manual of medical therapeutics.

They tried to tell us that supplements provide zero benefits when it comes to preventing and reversing diseases. They must have been thinking about those popular, but useless, one-a-day multivitamins. But what they don't know about using the right doses, forms, and combinations of dietary supplements could fill a book—just not the Merck Manual.

Among the out-of-control (thanks to mainstream medicine) health crises of our time, we have heart disease, Alzheimer's disease, dementia, opioid addiction, and metabolic syndrome (which I'll tell you more about in a moment).

But mainstream medicine (and the Merck Manual) won't tell you that there are natural, non-drug solutions available to prevent and reverse each and every one of these modern epidemics.

Mainstream is all wrong, all along

Among these medically "unmanageable" health problems, metabolic syndrome may be the most emblematic of our modern times—and the most obvious result of dietary failures and deficiencies.

It's a cluster of signs and symptoms that includes abdominal obesity, high blood pressure, high blood sugar, high triglycerides, and *low* HDL cholesterol. These factors are associated with increased risk of diabetes and heart disease.

Amazingly, the National Institutes of Health office charged with researching non-drug approaches to disease treatment tells us there's no reason to conduct research on the role of dietary supplements in preventing or reversing metabolic syndrome or diabetes. They couldn't be more off-base—both are diseases of diet and nutrition!

Fortunately, for the sake of science, South Korea is more enlightened in this area. A new study of 6,308 people, based on the Korea National Health and Nutrition Examination Survey, found that dietary supplement users had an 18 percent lower rate of metabolic syndrome, regardless of the doses taken.[1] And among those who took higher doses of supplements, the results really took off.

The study yielded some hefty results American medicine should really take note of:

Participants in the top third of **vitamin A** use had a 28 percent lower rate of metabolic syndrome, as compared to the lowest third.

Participants in the top third of **vitamin E** use had a 26 percent lower rate.

Participants in the top third of **antioxidant consumption** from diet and dietary supplements had a 28 percent lower risk of metabolic syndrome.

Overall, 31 percent of the study subjects' antioxidant nutrients and 38 percent of total antioxidant capacity came from taking dietary supplements like vitamins A, C, and E.

So when doctors try to tell you that you "should" or "can" get all of your nutrients from a balanced diet, they may be partially right—unless you're proactively trying to prevent metabolic syndrome, diabetes, and heart disease.

These study results are also consistent with not just taking minimalist RDAs of recommended nutrients. Clearly, the higher the intakes, the better the results. That's the difference between paying attention to the 21st science on optimal levels of nutrients to prevent and reverse the common chronic diseases of our time (instead of embracing the 19th century nutritional deficiency disease science our current RDAs are based on).

The bottom line: taking dietary supplements can get you nearly a third of the way to avoiding metabolic syndrome. And, of course, avoiding sugar and processed carbs is just as important as well. A great place to get started is to replace your sugar with natural sweeteners (in moderation!) — I discuss this on page 5.

But for full, step-by-step details on science-backed diabetes prevention and reversal techniques, be on the lookout for my upcoming online protocol, slated for release this month. Stay tuned to my free *Daily Dispatch* e-letter for the latest updates. (Subscribe now at DrMicozzi.com.)

I'm such a fan of lo han guo that I added it to my healthy aging dietary supplement, CoreForce BioBlend, to balance the flavor of another ingredient, rose hip powdered extract. (You learn more about CoreForce via the "Shop" tab at DrMicozzi.com.)

Of course, the bitter taste of any herb is frequently a sign of its strong health benefits. In fact, many bitter herbs are used in European aperitif and digestif drinks, before or after eating, to aid with digestion and stimulate the liver and gallbladder.

So while I caution that you avoid sweeteners in general, I do support the occasional use of natural sweeteners like lo han guo and stevia.

A sweet way to improve your health

Why stevia? Because there's research showing that this sweet herb (with a slightly licorice taste) may help reduce body weight, lower the risk of diabetes and metabolic syndrome, and slash blood pressure. (For more on metabolic syndrome, see page 6).

In a new study, researchers at the Autonomous University of Yucatan in Mexico (which has a strong tradition of medical herbalism as well as modern research on herbs) examined extracts of leaves, flowers, and roots of stevia plants.[1]

They found that these plant extracts contain phytochemicals that have beneficial effects for health, as well as vitamins B and C; carotenoids; and the minerals chromium, cobalt, iron, magnesium, phosphorus, potassium, and zinc.

Furthermore, in three studies, the researchers observed that rats and mice given stevia extract lost weight over a period of three to nine weeks. This backs up the results from previous studies showing stevia's role in weight reduction.

And a 2015 study found that stevia-sweetened beverages reduced blood glucose levels and insulin levels following a meal, unlike drinks containing sugar or artificial sweeteners.[2]

Another study showed that 250 mg daily of stevia extract reduced blood pressure after three months.[3]

The authors proposed that stevia be researched as an alternative treatment for diabetes.

My view is that stevia can be safely used as a sweetener (when you occasionally want to use one). Unlike some other natural sweeteners, it has the distinct ability to work well in recipes for both cooking and baking—including some of my holiday favorites, like brown-butter sweet potatoes, apple cinnamon crisp, and even apple caramel cheesecake.

Of course, you should eat sweet treats sparingly, if at all. But you can indulge in these kinds of dishes during the holidays when you use natural sweeteners like stevia and lo han guo.

And if you're preparing a dish, there are plenty of websites featuring modified recipes including these natural sweeteners.

I encourage you to make the switch from sugar as soon as possible. Not only will you reduce your risk of health complications, but you'll also be able to truly enjoy the holiday season without the health risks associated with sugar. IC

The shocking reason why knee arthritis has doubled since the mid-20th century

Plus, how to get the relief you need—without dangerous drugs or surgery

Osteoarthritis of the knee is becoming more and more common. In fact, a new study shows diagnoses have more than *doubled* since 1940.

It's assumed that this increase is occurring because people are living longer, and so their joints are subject to more wear and tear. And Americans' ballooning body mass indexes are also thought to put more stress on their knees.

But there has never been any real evidence for these assumptions. And a new study actually demonstrates how faulty this reasoning truly is.

6,000 years' worth of arthritis evidence

The researchers examined skeletal remains from 1,581 people over age 50 who died between 1905 and 1940. They also looked at the remains of 819 people who died between 1976 and 2015. All of these individuals had participated in cadaver donation programs for medical research, so there was medical data available as well. [1]

The study also included 176 archaeological specimens from Native Americans who died between 300 and 6,000 years ago.

After controlling for longevity, BMI, and other variables, the researchers found that the rate of knee arthritis was 6 percent in the pre-industrial group, and 8 percent in the prehistoric people. But it was a whopping 16

percent in the postindustrial, modern sample.

This disproves the standard medical explanation that physical labor, which clearly was greater in the pre-Industrial Revolution days, can be associated with more osteoarthritis.

Today, the researchers say almost 20 percent of Americans over age 45 have some level of knee osteoarthritis. But if factors like age, weight, and physical labor aren't causing this arthritis epidemic, what is?

Being trained in medicine, epidemiology, pathology, and archaeology/anthropology (not to mention common sense), it has long seemed obvious to me that there are two main factors at work when it comes to osteoarthritis of the knees and other joints:

1) Excessive, abnormal patterns of exercise on unnatural surfaces.

2) Changing diets and increasingly sedentary lifestyles.

Why too many workouts will bring you to your knees

It's certainly no secret that there have been changes in diet, as well as declining nutritional content of foods, in the modern era.

And occupations have also become more sedentary.

Both of these alterations in daily habits can cause bones and joints to become less strong or "fit"—which can lead to arthritis.

But, as we can see from the new study, taking diet and exercise to the extreme (as is often the case in modern society) isn't helping our joints—or our overall health.

In fact, it's making things worse.

For decades, we've been repeatedly told that more and more exercise is better and better for your health.

But this is a classic medical myth.

Evidence *actually* shows that excessive exercise is associated over the long term with joint damage (not to mention the short-term risk of injuries), as well as damage to the heart muscle, nervous system, kidneys, and gastrointestinal tract.

And running on hard, artificial surfaces creates unnatural stress on knee joints—particularly when carried out to the limits of human tolerance.

So how much exercise is <u>really</u> enough?

In the October issue of *Insiders' Cures* ("Why being a 'weekend warrior' may actually be optimal for your health"), I reported on a study showing that working out at moderate intensity just 2.5 hours a week is as beneficial to your health and longevity as exercising 7.5 hours a week.

Stand up for improved knee health

Based on that evidence and this new study, it sounds like the old myths about causes of arthritis don't have a leg to stand on. And that means traditional treatments (like harmful drugs and useless glucosamine and chondroitin supplements) also won't be effective.

In my online learning protocol, *Arthritis Relief and Reversal Protocol*, I tell you what *really* works. You can learn more about this protocol or enroll today by **clicking here** or calling 1-866-747-9421 and asking for order code EOV3TC00. IC

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

The science of skeletal remains

In the study I just mentioned, the researchers assessed osteoarthritis in skeletons by visually examining the physical presence and degree of eburnation, or polish, from direct bone-on-bone contact.

Direct visual examination of skeletal remains opens new vistas when it comes to bone diseases, but is virtually ignored by medical researchers. Anthropological and archaeological studies on skeletal remains reveal many findings that aren't detected clinically or via x-rays or other imaging.

I learned this personally during the early 1980s, when a colleague and I conducted studies on skeletons in the Hamann-Todd collection at the Cleveland Museum of Natural History. Through our examination of ribs in skeletons of people who died during the 1800s and early 1900s, we found lesions associated with primary pulmonary tuberculosis that had never been observed before.

The curator of the Cleveland museum collections at the time was Donald Johansen, who had just become famous for finding partial skeletal remains from a 4 million-year-old hominid called Lucy, which were kept in a sealed vault.

Graduate students lined up to get a chance to work on Lucy with Dr. Johansen, while ignoring the work I was doing with my colleague as guest researchers. (One graduate student even brought in her pet raccoon, which caused havoc one day while we were trying to photograph our own findings.)

There was so much fuss about these fragmented remains of Lucy (which required a lot of imagination to resemble a human skeleton) that the other rich treasures in the museum's abundant research collections went ignored.

There's a rich wealth of information in remnants from the past—many of them hold the keys to treatment in modern day medicine… you just have to know where to look.