



## NEW BREAKTHROUGH

# The surprising way your gut can protect your brain against Alzheimer's

There are plenty of cockamamie, failed theories about what causes Alzheimer's disease and other types of dementia. But the evidence for one particular root cause is rock solid: chronic inflammation. And if you've been an avid reader of *Insiders' Cures*, or any health news outlet, I'm sure you've seen this term thrown around a lot...and for good reason.

Another concept we're hearing more about these days is the importance of probiotic bacteria, which live in the gastrointestinal (GI) tract—otherwise known as the GI microbiome. Increasing research shows the GI microbiome is linked to every part of our body and brain, and thus, involved in all aspects of health.

Now, an exciting new study details how you can use these two vital concepts to safeguard your brain against Alzheimer's.

This study was led by an international team of researchers and published in the prestigious journal *Nature*. And it found that brain inflammation is actually influenced by the GI microbiome. In other words, what happens in your gut directly influences what happens in your brain.

Later on, I'll tell you more about this study and how you can proactively prevent Alzheimer's disease and dementia in your day-to-day life. But first, let's back up and recap a bit...

### **Working backwards to find the *real* Alzheimer's culprit**

Several years ago I explained that sometimes the best way to figure out what causes a disease is to see what cures it...and work back from there. And that's part of what's finally happening with Alzheimer's.

The government has spent decades and billions of dollars on failed, far-fetched theories in an attempt to explain what causes the disease.

Meanwhile, the real cause—chronic inflammation—went largely ignored. And preventing it isn't as complicated as you'd think.

In fact, I recently came across two studies showing that ibuprofen (the popular over-the-counter drug) and curcumin (the natural powerhouse found in turmeric) both appear to prevent Alzheimer's disease, by reducing inflammation.

### **Ibuprofen's effect on cognitive decline**

The first study comes from a

team of Canadian neuroscientists. They found that a daily, non-prescription dose of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or aspirin can prevent Alzheimer's disease. The drugs appear to target inflammation in the brain linked to precursors of dementia.<sup>1</sup>

Now, I know all NSAIDs tend to get lumped together as "bad" drugs. And certainly some of them deserve that reputation. But ibuprofen remains one of my "approved" drugs (like metformin), because the vast benefits can outweigh the risks.

However, the scientists discovered aspirin and ibuprofen only help prevent Alzheimer's if you start taking them at least six months—and preferably five years—before

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you show any signs of dementia.

Taking a drug (no matter how “good” it might be) every day for that long doesn’t sound like a good prescription for overall health to me. And, as you know, I prefer natural approaches over drugs whenever possible.

Which leads me to a study on turmeric’s active ingredient, curcumin.

### **The exotic Alzheimer’s-fighting spice found in your kitchen cupboard**

Turmeric, the golden-orange spice that gives curry its vibrant taste and color, has an impressive track record. Population studies show that India (where curry is a dietary staple) has a shockingly low rate of cognitive disorders and dementia compared to the western world.

Here in the U.S., UCLA researchers have been at the forefront of researching natural approaches to Alzheimer’s disease. So it’s not surprising that they recently decided to dig deeper into the effect curcumin has on dementia.

Researchers gathered 40 men and women, ages 50 to 90, who had mild memory loss. The study participants were divided into two groups. For 18 months, the groups received either 90 mg of curcumin or a placebo, twice daily.<sup>2</sup>

Before I continue, I’d like to quickly note that this dose is a little below my recommended 400 to 500 mg of curcumin a day.

I also think the optimal way to take curcumin is in combination with two other powerful anti-inflammatory botanicals: boswellia

and ashwagandha. You should also take 400 to 500 mg daily of each for overall health.

But back to the study...after 18 months, the curcumin group averaged a 28 percent improvement in memory compared with the placebo group, and they also displayed better brain imaging results.

The researchers said they’re unsure exactly how curcumin achieves these results. Especially since it has low bioavailability. In other words, this compound isn’t easily absorbed from your gut to your bloodstream.

Yet thousands of studies (including this one) show that curcumin offers up a host of health benefits for your entire body and brain...

So how does curcumin work if it doesn’t get into the bloodstream?

### **Why “biome-availability” is just as important as bioavailability**

Instead of bioavailability, curcumin actually exhibits a phenomenon I refer to as “biome-availability.” Meaning, unlike most supplements or drugs, it doesn’t need to be absorbed into the bloodstream in order to effectively thwart inflammation.

Instead, it goes to work in your GI microbiome. And as a result, it cools the inflammation taking place in both the body and brain.

Which leads me to the *Nature* study I mentioned earlier...

### **Your brain’s immune response can spark inflammation**

Despite mounds of evidence, medical specialists (particularly

those focused on the immune system) had generally regarded the brain as a “no-man’s land” when it comes to understanding the roles of the immune system and chronic inflammation in brain health...

Traditionally, these specialists believed that immune cells simply “avoid” the brain. And they haven’t viewed it as a very promising avenue of research.

This is another huge reason why the mainstream has been overlooking the real causes (and cures) for Alzheimer’s disease and dementia all these years.

The fact is, the brain actually hosts vigorous immune-system activity. And there are two main types of cells in the brain with immune system functions: microglia and astrocytes.

There’s one catch though: This immune activity (thankfully) remains dormant until the brain is injured or attacked (like with Alzheimer’s or other types of dementia).

The *Nature* study shows that microglia and astrocytes are actually controlled by probiotics in the GI microbiome.

Essentially, the probiotic bacteria in the GI tract can send signals to your brain’s immune cells. These brain cells can either increase or reduce the immune response to brain inflammation.

And this is the point when diseases of the brain have the chance to develop. Of course, an overactive immune response within these brain cells can lead to the chronic brain inflammation responsible for cognitive issues.

The key here is to regulate this brain cell immune response, which is influenced by factors like stress, environmental toxins, illness, and—most importantly—diet and nutrition.

### The kitchen secrets to a stronger gut-brain connection

When it comes to your diet, there are three types of foods that directly impact this gut-brain connection—aside from anti-inflammatory herbs like turmeric, of course:

- **Brassica.** This vegetable family is particularly potent in regulating the immune response in the brain.

Brassica vegetables include foods like arugula, bok choy, Brussels sprouts, cabbage, cauliflower, kale, and turnips.

- **Short-chain fatty acids.** These fatty acids—activated by probiotic bacteria—can control brain inflammation.

Foods that promote the natural production of short-chain fatty acids in the body include apples, asparagus, artichokes, bananas, beans, carrots, garlic, and leeks.

- **Tryptophan.** Probiotic bacteria use tryptophan, an amino acid from food proteins, to produce the GI microbiome molecules that travel into the brain and help regulate the immune response, which mediates inflammation.

Tryptophan is best known as the substance in turkey that makes you sleepy after Thanksgiving dinner. But it’s also found in a variety of other foods, including beans, cheese, chicken, eggs, fish, nuts, oats, seeds, and shellfish.

### Putting it all together

The team of researchers who conducted the *Nature* study suggest that this probiotic pathway from the gut to the brain might be able to repair brain degeneration—like Alzheimer’s disease and dementia.

Of course, through clinical research at UCLA and elsewhere, integrative medicine is already aware of over a dozen nutritional approaches and natural remedies to help prevent or reverse these cognitive diseases.

Any guess which problem most of these natural approaches have in common?


You got it—they target chronic inflammation.

The discovery of this new pathway between the GI microbiome and the brain further explains how this cognitive domino effect happens.

While (sadly) these researchers note that their microbiome study may be useful for drug development, they also hope that diet’s role in neurological diseases will be formally examined.

Well, guess what? I’ve already done that myself.

In fact, in my online learning protocol, **Dr. Micozzi’s Complete Alzheimer’s Cure**, I offer detailed, step-by-step guidance on dietary interventions, lifestyle tips, and natural treatments clinically shown to prevent and reverse Alzheimer’s disease.

You can learn more about this comprehensive protocol—or enroll today—by [clicking here](#) or calling 1-866-747-9421 and asking for order code **EOV3U801**. 

# Natural blood sugar remedies are outdoing mainstream diabetes drugs

*The safer, more effective supplements you need in your medicine cabinet*

Despite mounting evidence showing that nutritional and natural approaches to healthy blood sugar trump diabetes drugs, many doctors still don't get it...

Sadly, they don't realize that relying on insulin-like drugs to deal with excess blood sugar is NOT the solution. Of course, insulin is a great approach for type 1 diabetes, and was a breakthrough when it was discovered nearly a century ago. But it's not the best solution for type 2 diabetes, which has since become a worldwide epidemic.

Unfortunately, the discovery of insulin halted the development of natural remedies for blood sugar dead in its tracks for decades.

The good news is, plenty of new science has put the spotlight back on the benefits of using natural methods for healthy blood sugar.

And unlike drugs, these ingredients also have many other health benefits—and none of the dangerous side effects.

## **Powerful blood sugar benefits from an ancient "golden spice"**

One of my all-time favorite natural remedies is the ancient South Asian herb turmeric. As I discussed on page 2, this golden spice gives curry its trademark pungency and warmth as a popular and potent cooking spice. Thousands of studies now show one of turmeric's active ingredients, curcumin, can help prevent and reverse everything from arthritis to dementia.

As I wrote in a recent *Daily Dispatch* ("Popular cooking spice offers tremendous health boost"), curcumin has a potent ability to control chronic inflammation.

And of course, inflammation is the culprit in many serious health conditions—including diabetes.

Indeed, there are a number of very convincing studies on curcumin's effects on blood sugar and insulin sensitivity—both of which are key factors in type 2 diabetes.

In fact, one study showed that curcumin is 400 times more powerful than the popular diabetes drug metformin for lowering blood sugar.<sup>1</sup> If you have high blood sugar, I recommend working closely with your doctor to include curcumin in your daily regimen.

Another study showed that curcumin can delay or even prevent the onset of type 2 diabetes.<sup>2</sup> About 16 percent of the study participants who took a placebo were eventually diagnosed with type 2 diabetes within nine months. But none of the participants who took 250 mg of curcumin daily developed the disease.

In another recent animal study, those treated with curcumin experienced a near complete reversal of diabetes in just 10 months.<sup>3</sup>

Other research shows curcumin can also help prevent some of the most common and debilitating complications of diabetes, like neuropathy, eye problems, and erectile dysfunction.<sup>4</sup>

## **Curcumin's four-pronged attack against diabetes**

Researchers have discovered that curcumin suppresses the activity of certain white blood cells called macrophages. The presence of these cells indicates that you have chronic inflammation—which if left untreated, can lead to a host of chronic diseases like diabetes.

Curcumin also protects the beta islet cells of the pancreas, which produce, store, and release insulin—the key blood-sugar regulating hormone.

In people with type 1 diabetes, these cells are relentlessly attacked and destroyed, making it so that the pancreas is eventually unable to produce insulin. But in those with type 2 diabetes, the body loses its ability to respond to insulin and has trouble producing enough. So protecting these beta islet cells is of the utmost importance.

And an important lab study found that these pancreatic beta islet cells grew faster and lived longer in animals that were given curcumin.

Curcumin also improves insulin function by helping it get into your blood cells—thus reducing insulin resistance.

Best of all, curcumin can block sugar from getting into the blood in the first place. Curcumin makes this possible within your microbiome by eliminating the sugar you ingest while it's still in your GI tract—before it ever makes its way into

your bloodstream.

### Better together

Earlier, I mentioned how in one study, curcumin was much more effective than metformin in lowering blood sugar. And other studies show equally impressive head-to-head benefits between curcumin and other drugs.

For example, curcumin has been shown to be more effective than common drugs for arthritis pain, particularly when acting together with other botanical remedies like boswellia and ashwagandha.


Of course, that's one of the many advantages of botanicals. When taken in combination, the natural synergy between them improves their effectiveness and broadens their benefits.

Indeed, evidence also indicates that curcumin can be even more effective at supporting healthy blood sugar when combined with the following natural ingredients:

- **Ginger.** This herb benefits both digestion and metabolism, along with healthy blood sugar.
- **Chromium.** This essential trace mineral helps balance glucose levels by regulating the amount of sugar you take in and how your body uses insulin. It also decreases your body's insulin requirements, which is especially beneficial for those with insulin resistance.
- **Vanadium.** This mineral can improve insulin sensitivity in both type 1 and type 2 diabetics. It's also been shown to be highly effective in reducing blood sugar levels.

For years, I've shied away from making specific dosage recommendations for natural blood sugar remedies like these because the science just wasn't there.

But as I mentioned above, research is finally catching up. And I'm thrilled to announce that, thanks to these scientific advancements, I've finally been able to accomplish something I've been hoping to do for years: formulate a nutritional supplement that incorporates therapeutic doses of key, science-backed ingredients to support healthy blood sugar.

I'm currently in the final stages of developing this breakthrough formula, and it should be ready in the next few weeks. So stay tuned to my *Daily Dispatch* e-letter and Facebook page for the latest updates. 

## Shedding light on better skin protection

### Busting four common myths about skin cancer, SPF, and the sun's rays

Now that summer is in full swing, you're probably being bombarded with advice to slather yourself in sunscreen. But before you slap on the SPF 100, I'd like to expose some huge medical myths about sun exposure, sunscreen, and skin cancer.

#### Medical myth #1: Stay out of the sun as much as possible

A few years ago, a striking study about the importance of sun exposure came out of Sweden. Interestingly, Sweden is the land of the "midnight sun," a natural phenomenon where the sun never sets (north of the Arctic Circle) during the summer months. Let's take a look at their findings.

Researchers at the Karolinska Institute followed 30,000 women for over 20 years. And what they discovered turns "conventional medical wisdom" on its head. The researchers found that women who avoided sun exposure were twice as likely to succumb to all-cause mortality compared to women who got the most sun.<sup>1</sup>

In my opinion, the big reason these mortality rates differ so much is the fact that avoiding the sun blocks the body's natural ability to make vitamin D.

So especially in places like Sweden and the U.S., where vitamin D deficiency is at epidemic levels, not getting enough sun can put

you at risk for fatal diseases that vitamin D helps prevent—including cardiovascular disease, dementia, diabetes, tuberculosis and lung diseases, and more.

And we now know that the "sunshine vitamin," as it's often called, also protects against cancer—including skin cancer.

Which leads me to another myth...

#### Medical myth #2: Sun exposure gives you skin cancer

According to the American Cancer Society, you only have a 2.6 percent risk of getting melanoma—the truly deadly form of skin cancer—regardless of how long you stay out in the sun.<sup>2</sup>

In fact, Dr. Wally Clark once told me personally (while his granddaughter was attending grade school with my daughter) that melanoma is NOT caused by spending time in the sun.

If you're not familiar, he's best known for devising what is now a standard dermato-pathological examination method, called the "Clark's level." His system is used to classify the severity of malignant melanoma skin cancer based on how deeply it penetrates the layers of the skin. Needless to say, Dr. Clark really knows his stuff...

Furthermore, research shows that men and women with low blood levels of vitamin D are four to five times more likely to develop thicker, more dangerous, malignant melanoma tumors compared to men and women with higher levels.<sup>3</sup>

In other words, soaking up more sun can actually reduce your chances of getting the deadliest type of skin cancer.

Dr. Bernard Ackerman, another world expert on melanoma—whom I met when I was in medical and pathology training during the early 1980s—said as much in a 2004 *New York Times* article titled, "I beg to differ; A dermatologist who's not afraid to sit on the beach."<sup>4</sup>

Not only did Dr. Ackerman say the link between melanoma and sun exposure was "not proven," but he called the sun/melanoma research field "replete with nonsense."

He also made this important observation: "Anyone who argues that sun exposure causes melanoma needs to explain why blacks and Asians get melanoma almost exclusively on skin that is not exposed to sunlight: the

palms, soles, nails, and mucous membranes. Even in whites, the most common melanoma sites—the leg in women, the trunk in men—are hardly the most sun-exposed body parts."

Furthermore, Dr. Ackerman pointed out that there's no evidence that getting sunburned leads to skin cancer. He also had some salient points about sunscreen, which brings me to my third myth...

### **Medical myth #3: Sunscreen protects you from cancer**

In the *New York Times* article, Dr. Ackerman noted that no study has ever shown that using sunscreen reduces the risk of getting skin cancer (as others have also noted). And yet, the FDA allows manufacturers to make that claim only on the basis that sunscreens effectively block the sun's UV rays (even if they don't actually prevent skin cancer).

It's similar to the situation with statin drugs, which are FDA-approved on the basis of their (questionably beneficial) ability to effectively block cholesterol—but *not* on the basis of actually preventing heart disease!

On the other hand, there's evidence that sunscreen can actually make you more susceptible to melanoma.

In another Swedish study published back in 2000, researchers found that there was a link between sunscreen use and increased rates of melanoma. That finding doesn't seem surprising when you consider how many sunscreens contain toxic, carcinogenic, and endocrine-disrupting chemicals.<sup>5</sup>

Elizabeth Plourde, Ph.D., has conducted extensive research on

sunscreen chemicals documenting the parallel rise of skin cancers and the widespread use of sunscreens over the past 30 years. In fact, she's written a book on it aptly titled: *Sunscreens—Biohazard: Treat as Hazardous Waste*.<sup>6</sup>

One of the most disturbing findings Dr. Plourde reveals is that many sunscreens don't block UVA or infrared rays—the solar rays commonly linked with melanoma.

So whether you're in the sun for five minutes or five hours, your sunscreen is likely useless at protecting you from the deadliest skin cancer.

Which leads me to my final myth...

### **Medical myth #4: Skin cancer is increasing because more people are sunbathing for longer**

Sun worshipping became a fad in the 1960s and continued until the 1980s—before the sunblock craze caught on. These generations have now entered the prime age for increased incidence of skin cancer.

So skin cancer rates should still be going up, right? Wrong. Skin cancer rates are actually decreasing.

Of course, sunscreen manufacturers want you to think this drop is due in part to their products, but the timing doesn't really work out for them.

A breakthrough French analysis (where they know a thing or two about baring skin on the beach) found that the sun-worshipping generation of the 1960s was behind a dramatic increase in melanoma years ago—not due to more sun exposure, but because they were exposed to (what were then recommended) medical ultraviolet radiation treatments when they were children.<sup>7</sup>

The French researchers showed that the increase in skin cancer observed during the late 20<sup>th</sup> century was not due to increased sun exposure on more exposed skin, but to these ridiculous medical treatments, which were fortunately stopped by the 1950s, during this particular generation's childhood years.

Now, we're seeing the rates of melanoma deaths leveling off among people 50 to 69 years old, who exposed even more skin when they were young adults. And decreasing in people younger than 50, who are baring more than ever.

(If you'd like to read more about this intriguing study, simply visit [www.DrMicozzi.com](http://www.DrMicozzi.com) and revisit my March 2017 *Daily Dispatch* titled, "Melanoma caused by mistaken medical beliefs." Just

type the article title into the top right search bar to access this breakthrough.)

### How to safely enjoy the benefits of a sun-kissed glow


Bottom line: When it comes to melanoma skin cancer, sun isn't the problem—and sunblock isn't the be-all, end-all solution.

Strive to spend 15 minutes in the sun without sunscreen. Add 15 minutes more each day, and expose as much of your skin as possible. Eventually, you'll develop a natural, healthy tan and will be able to stay out in the sun as long as you want.

You do, however, want to avoid getting a sunburn—not because of melanoma, but because it's painful and will end up limiting your time in the sun. You can tell if your skin is irritated by pressing down on a

red area and observing whether it blanches white. If you have red hair and the kind of skin pigmentation that shows freckles but just won't tan, sun protection is for you. You can make your own natural, non-toxic skin blocker, as I described last month in a *Daily Dispatch*.

So as the sunny days of summer continue, take a trip to the beach or the pool, and soak up the sun without fear. But don't forget to keep taking your vitamin D supplements especially since autumn is on its way.

Always supplement daily with 10,000 IU of vitamin D. Your body is able to store any excess D away for a rainy day (literally and metaphorically). That way, you'll enjoy the endless, lifesaving benefits of vitamin D not only now, but year-round. 

## How to survive seasonal hay fever

### My top 10 drug-free strategies to end your itching and sneezing

If, like me, you're one of the 20 million adults who are allergic to tree, grass, and/or weed pollen, your eyes may be so watery right now that you're having trouble reading this article.<sup>1</sup>

As the summer winds down, pollen can make life miserable for those of us who are prone to seasonal allergic rhinitis—better known as hay fever.

Of course, big pharma wants you to take antihistamines and decongestants to stop your sneezing, runny nose, and itchy, watery eyes. But as I've often reported, these drugs have terrible short-term and long-term side effects. Antihistamines can actually induce dementia-like

symptoms. Not to mention make you drowsy and dizzy—and disrupt your sleep (which can spark a whole host of additional serious health problems).

The good news is, there are plenty of safe, effective, and completely natural ways to reduce your seasonal allergy symptoms. Here are my top 10.

**1) Stay inside.** You know I'm a big proponent of getting outdoors as often as possible. But if you're an allergy sufferer, try to limit your time in Nature to the morning and evening on days when the pollen counts are high. Peak times for pollen dissemination are from 10 a.m. to 4 p.m.

Unfortunately, these are also the best times for soaking up the sun your body uses to make vitamin D. So as summer wanes and pollen waxes, make sure to also supplement with 10,000 IU of vitamin D3 a day.

**2) Try my "nose jelly" trick.** When I have to venture outside on high-pollen days, I put some petroleum jelly on the skin under my nose and on the outside of my nostrils to trap pollen before it gets inside my nasal passages. I also wear sunglasses to keep wind from blowing pollen directly into my eyes.

When I want to be outside gardening or doing other activities in my yard, I wet a bandana and place it over my nose and mouth,

tying it behind my ears, or tucking it under a cap with a visor. Another option is to wear a dust mask, which you can find at your local hardware store for relatively cheap.

I also make sure the rest of my body is covered to keep pollen from collecting on my skin.

**3) Crank up the AC.** If you have central air conditioning, keep the indoor air pollen-free by closing your windows and doors. Or just install a high-efficiency window unit in your bedroom, and close the door to the rest of the house. This will keep your sleeping area pollen-free and help promote a good night's rest.

Make sure your air conditioner filters are clean and rated well for high efficiency particulate air (HEPA) filtration, which helps reduce pollen. You should also regularly use a vacuum with a HEPA filter to more effectively remove pollen from carpet, curtains, and furniture.

**4) Make every day laundry day.** Wash outdoor clothing as soon as you come inside, and don't hang laundry outdoors to dry. Change your sheets and pillowcases frequently to prevent build-up from any pollen residue on your skin or hair.

**5) Step up your daily cleansing routine.** Fill a clean sink or bowl with lukewarm water, and add a little sea salt. Then submerge your face, up to your ears, into the water (holding your breath, of course). Blink several times and then blow air out through your nostrils. This will trap and flush pollen away.

On high pollen days, you might also want to shower and wash your hair more than once—depending on how much time you've spent outside.

**6) Eat a hay fever-banishing diet.**

Foods with natural antihistamine properties include asparagus, broccoli, cherries, garlic, kiwi, onions, and pineapple.

You should also cut out sugar, which adds to the inflammation your pollen allergy is already creating. And limit dairy, which may contribute to mucus congestion.

**7) Drink herbal tea.** Ginger, honey, licorice, and nettle tea naturally counter respiratory tract inflammation, reducing congestion and itchiness. Steep the herbs (together or separately) for at least eight minutes, and drink the tea with throat-soothing organic honey.

Drinking coffee in the morning will also help open your respiratory passages and decongest you. Look for details on the benefits of coffee in the next issue.

**8) Use herbal lozenges.** Herbal cough drops and lozenges that contain natural extracts of eucalyptus, licorice, or menthol can help clear mucus out of your respiratory tract.

They also stimulate the production of saliva, which can help relieve any symptoms of dry mouth or throat, preventing further irritation.

**9) Build an allergy-fighting spa right in your kitchen.** Enjoy the symptom-soothing vapors from essential oils.

Add a couple drops of eucalyptus oil (which can be found in most major pharmacies) to a pot of steaming water. Turn off the heat and then carefully lean over the pot with a small towel over the back of your head. This will help to trap the vapors under your handmade "tent." Then breathe in deeply, hold for a few second seconds, and exhale

slowly through your nose and mouth. Repeat this process several times until your respiratory tract feels clearer.

*One note of caution:* Never ingest essential oils like eucalyptus internally—they're toxic.


**10) Get away.** When all else fails, escape to another climate where hay fever allergies aren't in season. It's a great reason to take a vacation!

If you've ever had the "itch," so to speak, to visit South America, Southern Africa, or Australia, now's the time to go. In the Southern Hemisphere, their spring season is only beginning so hay fever pollen isn't a problem.

(Although, if you're battling respiratory congestion, be sure to see your doctor before taking off. Flying with this condition can be much more painful and debilitating experience.)

If you'd like a more practical, less expensive option, travel to the nearest mountain range or down to the seashore for a few days. Pick a location with little ragweed or late-summer grasses... your nose will thank you for it.

These ten tips should do the trick to help you breathe a little easier during this change of seasons. I use these natural remedies to allow me to enjoy the sights, tastes, and sounds during this otherwise beautiful time of year.

Have your own go-to allergy remedies? I'd love to hear from you! Email them to: [DrMicozzi@DrMicozzi.com](mailto:DrMicozzi@DrMicozzi.com) or find me on Facebook by searching "Dr. Micozzi's *Insiders' Cures*." 

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