



Exploring the benefits of "spooky science"

How mind-body connections can help you control your health

Each October, in honor of All Hallows' Eve, I typically bring you some news about scientific studies on "paranormal" mind-body experiences and how they can affect your health.

When you think of paranormal phenomenon, *The Sixth Sense* may come to mind. I vividly remember when M. Night Shyamalan released this film, as many of the scenes were shot in Philadelphia. At the time, I was working as the Executive Director of The College of Physicians of Philadelphia—the oldest private medical society in the country.

As you can imagine, these historic campus buildings certainly felt a bit creepy from time to time—especially the infamous Mütter Museum of historical anatomy and pathology. Surely, there had to be some sort of paranormal activity nestled inside there (and it certainly seemed to affect some who came in contact with it)...

When *The Sixth Sense* was first released on August 2, 1999, I saw it in downtown Philadelphia with my friend and colleague Christine Vlahos, a physical therapist at Thomas Jefferson University. Christine is now practicing holistic physical therapy in New York, and a recent contact with her inspired me to address the topic in this month's newsletter. (You can learn about her practice in holistic physical therapy at www.TappanPhysicalTherapy.com.)

After the success of the *The Sixth Sense*, the topic of paranormal phenomenon saw a resurgence within popular culture. And thus, many more popular films based on the topic have been produced over the years.

Of course, any time I mention paranormal phenomenon, there are skeptics. But if scientific studies make these observations, are they really "paranormal"? Or do we need to expand our definition and boundaries for what is "normal"?

Those questions lingered in the back of my mind a decade later, as I helped my colleague, Mike Jawer, finish his first book: *The Spiritual Anatomy of Emotion: How Feelings Link the Mind, the Body and the Sixth Sense*.

This fascinating book examines modern scientific explanations for paranormal phenomena. As Mike and I were researching, we found that so-called "psychic" activities such as sensing a presence, seeing an apparition, or feeling energy around a "haunted" location may actually relate to the workings of the limbic system in your brain—also referred to as the "emotional brain."

As it turns out, your emotional brain can have an actual physical impact on your health. This is known as the "mind-body connection," and it has been scientifically documented in dozens of studies.

As I often report, your mind-body personality type influences the types

of health disorders to which you are most susceptible, as well as the kinds of treatments that will most likely work best for you. It also influences how likely you are to encounter "paranormal" activity.

Extrasensory experiences aren't uncommon

According to a number of surveys over the years, most people have witnessed something they can't explain based on accepted, conventional wisdom.

As Mike and I reviewed the research, we found that certain personality types—especially people who tend to experience their feelings more immediately and strongly—tend to feel particularly susceptible to these types of experiences.

Without a doubt, highly sensitive people react deeply to subliminal feelings and environmental nuances—meaning they can process

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

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

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stimuli more profoundly at reputedly “haunted” places.

They also have heightened sensitivity to light, sound, touch, and smell. And they can even experience **synesthesia** (a phenomenon that consists of overlapping senses, like “hearing” colors or “feeling” numbers).

However, many peer-reviewed scientific studies show that you don't have to be super-sensitive to feel physical precognition and premonition.

Experiments indicate that the human body can detect randomly delivered stimuli up to 10 seconds before they occur—through measurable changes in the heart, nervous system, and skin.²

In other words, our bodies appear to become aware of an event *before* it actually happens.

How your mind-body type influences your health

Interestingly, Mike and I found that people who have heightened sensitivity to paranormal phenomena also tend to be more susceptible to allergies, migraines, chronic fatigue, and irritable bowel or chronic pain syndromes.

Our book, *Your Emotional Type*, explains these and other mind-body connections—and tells you how you can use those connections to improve your health. It not only helps you determine your specific emotional type, but also explains when and how treatments like acupuncture, hypnosis, biofeedback, meditation, yoga, guided imagery, and relaxation techniques can work for your specific personality.

If you'd like to discover your personal Emotional Boundary type,

simply scroll down the homepage on my website, www.DrMicozzi.com, to take the short quiz.

The science of healing at a distance

Paranormal science applies to health in other ways as well.

In fact, as I discuss extensively in my textbook, *Fundamentals of Complementary and Alternative Medicine*, many experiments demonstrate the ability of a healer to influence patients—and even individual tissue cells (from a great distance)—simply by using the “intention” to heal.

For example, evidence shows people who pray for others from a distant location can have a positive benefit on the prayer recipients' health.

Some studies show there's no difference whether or not the person being “healed” or prayed for is aware, or even a believer in religion. Other studies show the belief and expectations of the person in crisis are incredibly important when it comes to healing.

Of course, some observers attribute the “healing at a distance” phenomenon to the placebo effect, which is very real and potent in medicine—and rooted in physiology rather than psychology.

Still, skeptics dismiss the placebo effect as being “all in your head.” To which I say: So what? As I discuss in the sidebar on page 3, huge amounts of science show how the mind is connected to the body. Meaning a healing effect can be mental or emotional, as well as physical.

Understanding the mind-body connection

Although it's respected by

physicists, the mind-body connection garners little respect from mainstream medicine.

During the 20th century, doctors discounted the influence of “mind over matter” when it came to health. And even in this century, unenlightened doctors still don't believe (or even bother to look at) “paranormal” or mind-body science and human health.

However, the U.S. government acknowledges and even fosters emerging science and clinical research showing the real influence of paranormal activity and the mind-body connection.

Government mind control

For instance, there's documented evidence that the Central Intelligence Agency (CIA) and Department of Defense (DOD) have spent over half a century researching “paranormal activity” like extrasensory perception and telekinesis.

It all started with the Nazis during World War II.

Nazi leaders were obsessed with the occult, as you may recall from the hit movie *Raiders of the Lost Ark*. They raided historical sites and museums searching for the Holy Grail and the Holy Lance (the spear of the Roman centurion Longinus that was thrust into the side of Jesus Christ on the cross). And Nazis also conducted unethical experiments that pushed human physiology to extremes.

After World War II, the U.S. and Russia divided up whatever Nazi research they could find, and created the so-called “occult sciences.” But as the Cold War heated up, the two countries began looking for opportunities to gain an advantage over the other—whether

it was getting to the moon first or learning more about how to harness the mind's psychic power.

At the time, many believed that the Communists were practicing “mind control.” We now know that they did indeed try brainwashing prisoners. But it didn't necessarily involve anything “paranormal.” Videos from American prisoners of war reciting Communist propaganda during the Korean and Vietnam wars show the techniques the Soviets used.

The CIA countered with its own program, MK-ULTRA, which used “enhanced psychic functioning” with biological and chemical agents like LSD.³ (In fact, in the late 1990s, when I was directing the College of Physicians of Philadelphia, I saw a leading

neurosurgeon who had participated in MK-ULTRA slowly go “off the rails.” I always thought being administered LSD as a young Army physician was at least partially responsible for his sad situation...)

Meanwhile, declassified documents show the DOD established a “remote viewing program” in the 1970s that involved visualizing details of distant people and objects through telekinesis.⁴

According to Annie Jacobsen's 2017 blockbuster book *Phenomena: The Secret History of the U.S. Government's Investigations Into Extrasensory Perception and Psychokinesis*, a secretary at Wright Patterson Air Force Base in Ohio used “psychic powers” to locate a top-secret Soviet aircraft that had gone down in the African jungle

Researching the paranormal

Some paranormal science derives from quantum physics—which Einstein himself described as “spooky effects at a distance.”

For example, the famous “delayed choice” experiments of the 1970s and '80s (originally conducted by the father of one of my Penn professors) show that what happens in the present can change what happened in the past. These experiments illustrate how time can go backwards and how cause-and-effect can be reversed.

Quantum physics and other fundamental sciences open up entirely different vistas about what is “real.” Some people (or even animals) may “see” other dimensions that others can't.

Parapsychological researchers take this concept further through their investigations of paranormal phenomena and extended human capabilities, such as precognition and telepathy. This is known as psychical research, or simply “psi” (pronounced “sigh”).

These biologists, engineers, physicists, and psychologists are hardly crackpots. In fact, scientists at reputable institutions all over the world conduct psi studies.

Case in point: The Princeton Engineering Anomalies Research (PEAR) project, which took a comprehensive approach to paranormal science when it ran from 1979 to 2007. Researchers found highly statistically significant evidence for extrasensory perception (ESP) and “mind-matter interactions.”

And the University of Virginia School of Medicine's Division of Perceptual Studies investigates near-death experiences, out-of-body experiences, precognition (*déjà vu*), and even reincarnation (perhaps the ultimate example of “been there, done that”).

As a result, we have many documented cases of people who were clinically brain dead, but regained consciousness and reported everything that happened to them while they were “dead.”

in 1976. The book also discusses the U.S. Army's Detachment G unit, which used remote viewing to investigate a Soviet naval base in 1979.

The program never really died, and made a resurgence during the war in Iraq. A soldier reportedly used precognition (the ability to envision something before it happens) to discover an explosive device planted in an Iraqi café.

Jacobsen says a similar program, Anomalous Mental Cognition, was launched in 2014 by the U.S. Office

of Naval Research to investigate whether precognition *really* exists.

Clearly, there's something to say about the government's involvement and interest in paranormal studies.

Unfortunately, I'm sure many of these findings will remain "classified"...

Listen to yourself and trust your instincts

The takeaway is this: You don't have to rely on the government or mainstream medicine to tell you what you may already "inexplicably" sense and feel in

your mind and body.

So while you're using good old-fashioned common sense regarding your health, don't forget your "sixth sense" as well.

After all, as Shakespeare wrote when Hamlet and Horatio encountered the ghost, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

If you'd like to learn more about the mind-body connection, mind-body treatments, or any of the books I mentioned here, simply visit www.DrMicozzi.com/books.

The hidden messages behind those stubborn food cravings

What your body really needs and when it's okay to "give in"

I regularly discuss the importance of a healthy, balanced diet—including a wide array of fruits and vegetables in every color of the rainbow. Not to mention animal protein and healthy fats (including the mainstream's favorite scapegoat—saturated fats). But even if you regularly eat a nutritious, balanced variety of fresh foods, you still might experience unshakable cravings from time to time. After all, we're only human...

So what do these cravings *really* tell us about ourselves?

The human design is quite miraculous if you think about it. You see, your body is built to know *exactly* what it needs, and sends signals to your brain telling you what to eat for nourishment.

In fact, when it comes to certain food cravings, I'd go so far as to say that you should pay more attention

to your body than to your doctor.

The culprits behind dangerous diet advice

As I reported in the April issue of *Insiders' Cures* ("Why an alarming number of doctors know *nothing* about nutrition"), most medical students and recent medical school graduates can't even pass a basic nutrition quiz. Yet they claim they're qualified to give us nutritional advice...

It reminds me of the old adage: "Often wrong, but never in doubt."

Then, there are registered dietitians and nutritionists. Balanced diets are supposed to be their specialty. But an international study found a whopping 77 percent of nutrition students felt that eating disorders were afflicting their classmates personally.¹ Which makes you wonder where their intense

interest in food *really* stems from. (Most likely from an unhealthy relationship with food...)

In any case, many dietitians and nutritionists dole out terrible advice and many aren't up to date on the real science...

Finally, there are the government's dietary guidelines, which are constantly in flux and also fail to consider all the research suggesting higher recommended daily intakes (RDIs) of specific vitamins and minerals. Nor do they follow basic science-backed principles like increasing healthy essential fats and cutting refined grains and carbs.

Of course, many people try to manage what they eat by following fad diets, counting calories, or adopting dietary restrictions. But none of this really works in the long run.

In fact, relying on advice from

any of these sources is a surefire way to set yourself up for nutrient deficiencies. And, in many cases, the main symptoms of nutritional deficiencies are food cravings.

With that in mind, let's take a closer look at what some of the most common food cravings are *really* trying to tell you.

Four common cravings—deciphered

Chocolate. Interestingly, the American Chemical Society reports that chocolate contains the cannabinoid molecule anandamide—which may actually spark cravings.² It's also worth noting that there are cannabinoid receptors located throughout the human body. So chocolate cravings may be your body and brain's way of saying that you need more anandamide.

Of course, another common culprit behind chocolate cravings is stress. Plenty of research shows that eating chocolate naturally boosts levels of the feel-good chemicals serotonin and dopamine in your brain. And other research shows that this sweet treat may decrease your stress hormones.

Finally, chocolate cravings may also indicate you have mineral deficiencies. Cacao is grown in tropical areas in soils that may be depleted of certain nutrients, but still contain essential minerals. The plants absorb those nutrients, and you get trace amounts of magnesium and zinc when you eat chocolate.

In addition to the trace minerals it contains, chocolate is rich in a type of plant antioxidant called flavonols. Several studies have found that chocolate flavonols can reduce your risk of cardiovascular disease by improving blood

circulation to your heart and brain. And flavonols have also been shown to boost brain health and cognitive function.

Make sure the chocolate you choose has at least 70 percent cacao, which has more of the beneficial ingredients, and less of the added sugar and fats. Just don't overdo it—one to two ounces a day is enough to reap the health benefits of eating chocolate.

And if you're having repeated chocolate cravings, make sure you're getting sufficient minerals like magnesium (200 to 400 mg daily) and zinc (40 mg daily).

Burgers or steak. Craving red meat may also signal a mineral deficiency. Meat is high in bioavailable iron, selenium, magnesium, calcium, and other minerals.

Meat cravings may also mean you aren't getting enough complete protein in your diet.

“Complete” protein contains all of the amino acids essential for human nutrition and health. Certain amino acids are missing from plant sources, so if you eat a vegetarian diet, you are likely lacking adequate levels of protein.

Regardless of your dietary preferences, it's important to get your iron, and your calcium, from food—not supplements. Calcium and iron supplements are downright dangerous for your health, as I've often reported.

Of course, you can still get some protein (as well as minerals) from plant sources such as beans, dried fruit, nuts, seeds, and whole grains. And taking 250 mg of vitamin C twice daily can help you increase absorption of iron from these non-meat foods.

So if you find yourself craving a burger or steak, fire up the grill and get the nutrients you need—straight from the source.

Chips, crackers, or other salty snacks. With all of the unscientific salt restrictions being pushed by the government and their codependent consumer health groups, you may have fallen victim to a “low-salt” diet.

Don't believe the hype. Your body needs salt. So this craving is as straightforward as they come.

Contrary to what misinformed organizations like the American Heart Association report, studies show that cutting salt is not a solution for high blood pressure or heart disease for most people. In fact, researchers have found that a lack of salt can actually create cardiovascular and metabolic problems.

And that's not all.

An interesting research review reported that salt deficiency can result in a condition called **anhedonia**—which refers to the inability to feel any joy or pleasure from activities that normally would make you happy.³

Anhedonia is one of the main symptoms of major depressive disorder. (So even if you're not craving it, consider boosting your salt intake if you're having mood issues.)

So how much salt should you consume per day?

The government's puny and dangerous recommendation of 2,300 mg a day isn't nearly enough. I suggest getting up to 4,000 mg a day (nearly two teaspoons).

As I wrote in the August 2017 issue

of *Insiders' Cures* (“The Great Salt Scam finally makes the ‘news’”), Koreans routinely eat this much salt—and have some of the world’s lowest rates of high blood pressure and heart disease.

Of course, cravings for salt typically come in the form of junk foods high in sodium. Needless to say, this isn’t the best way to get the salt your body needs.

Instead of giving in to that potato chip craving, try a handful of salted nuts, which are highly nutritious and great for your health.

And don’t be afraid to salt your foods to taste in moderation when you are having a salt craving.

Cookies, candy, and other sweet treats. If you’re craving sweets, your blood sugar may be low. But eating candy or cake can make your blood sugar spike—and then plummet. This puts you on a dangerous roller coaster that you can’t get off.

A better solution is to eat at least two servings a day of whole, fresh fruit. Fruit contains fructose (a natural sugar) and has fiber, which helps your body absorb the fructose more slowly—without the spikes associated with cane sugar. It will also help you meet the recommended six to eight daily servings of fruits and vegetables.

And, of course, fruits also contain

a range of nutrients, including carotenoids (pro-vitamin A), and vitamins B and C.

It’s important to note that if you have a constant craving for sugar, you should consider seeing your doctor to be evaluated for possible diabetes or an endocrine disorder like polycystic ovarian syndrome (PCOS).

The bottom line is that your body is constantly communicating with you. And food cravings are just one example. So pay attention to what it’s saying. “Giving in” to your cravings in a healthy way can help keep you well-nourished and satisfied.

Cool burning inflammation with this simple, cost-effective home remedy

Whenever I travel to Baltimore to meet with the *Insiders' Cures* editorial team, I always take a moment to admire the Bromo Seltzer Tower, which stands illuminated near the Inner Harbor’s iconic skyline. This monument pays tribute to the simple (and often overlooked) sodium bicarbonate—otherwise known as baking soda.

I’ve sung the praises of baking soda many times over. This natural antacid is the right solution for “heartburn,” instead of those terrible proton-pump inhibitors and other drugs that sound just as dangerous as they are.

That’s because baking soda works to ease heartburn and acid reflux by triggering the stomach to make more acid. That may sound counter-intuitive, but more acid actually

promotes better digestion.

Despite what those antacid commercials tell you, not having enough stomach acid is actually the real cause of indigestion. And that’s why PPIs—which suppress stomach acid—cause even more damage in the long run.

But baking soda does more than just relieve gastrointestinal upset. New research shows this old kitchen standby may help reduce the harmful chronic inflammation associated with autoimmune diseases such as rheumatoid arthritis and multiple sclerosis.

Of course, inflammation lies at the root of many common chronic diseases—not just autoimmune diseases. So a daily dose of baking soda (with its inflammation-fighting properties) could ultimately

prove useful for a whole host of ailments—including heart disease, kidney disease, cancer, diabetes, and obesity.

How baking soda switches off cellular inflammation

To understand how baking soda affects inflammation, you first need to know a little about the specialized connective tissue cells (called mesothelial cells) that line your internal organs and body cavities.

These cells have little fingers, called **microvilli**. Microvilli get a sense for the surrounding environment and warn organs when there’s a microbial invader. This triggers the immune system to mount a protective inflammatory response.

But in people with autoimmune diseases, mesothelial cells may sense

threats when there aren't any. As a result, these cells may signal the body to attack a nonexistent invader through an inflammatory response.

This reaction can worsen rheumatoid arthritis or MS—or increase the risk of developing additional inflammation-related diseases.

Which leads me to this new study.

The “baking soda shift” to good health

Scientists at the Medical College of Georgia found that after study participants drank a solution of sodium bicarbonate, mesothelial cells in the spleen no longer triggered an inflammatory response.¹

In fact, the researchers found that drinking a water and baking soda solution daily for two weeks caused the immune cells in the spleen, blood, and kidneys to actually stop promoting inflammation. Instead, they started reducing it. And this “baking soda shift” can last for at

least four hours.

This is crucial in controlling chronic inflammation—which, as I mentioned, lies at the root of so many common diseases.

The simple solution to soothe what ails you

As this study shows, simple baking soda is leading to some profound breakthroughs about the basic anatomy and physiology of the human body.

During the 1980s, I heard arrogant scientists at NIH conclude that they already knew everything about the human body.

But in the last few years, researchers have actually uncovered new, basic anatomical discoveries. In fact, the mesothelial cells and connective tissues were recently “officially” recognized as a “new” organ within the body, due to their vital functions and roles.

So as it turns out, those conceited NIH scientists were wrong to scoff at the idea of funding any studies

into basic anatomy and physiology.

After all, thanks to one of these investigations, we now know that preventing chronic inflammation—and the diseases associated with it—may be as simple as a daily dose of baking soda and water.

My go-to baking soda remedy

To make your own inflammation-thwarting concoction, here's all you need:

Ingredients:

- ½ to 1 teaspoon of baking soda
- 8 ounce glass of lukewarm, filtered water (This temperature will help the baking soda dissolve faster.)

Directions:

- Mix baking soda into water, stirring until it's fully dissolved.
- Drink the entire glass quickly.
- Repeat this every two hours, up to six times a day.
- Add a twist of lemon to enhance the taste.

Why you should eat more of this “forbidden” food

Plus, the powerful ways it improves gut health and wards off diabetes

I've warned you before about doctors who recommend cutting fruit out of your diet to help you manage your blood sugar and lower your risk of Type II diabetes.

These ill-informed mainstreamers think fruit is bad for you because it contains “sugar.” It's obvious they aren't familiar with all the research showing that the natural sugar in fruit doesn't pose a problem for your metabolism, risk of chronic inflammation, blood sugar balance,

nor any of the other factors associated with diabetes.

In fact, a recent seven-year Chinese study, including nearly 500,000 people, found that those who regularly ate fresh fruit had a lower incidence of diabetes than the people who rarely or never ate fruit.¹

Because that was an observational study, it didn't show how fruit actually accomplishes this feat. But a new study reveals that fruit works

in the body through supporting “good” probiotic bacteria in the GI microbiome—which is similar to the way we've found the best diabetes treatments to work.

The researchers found that a healthy microbiome not only influences blood sugar levels, but also the chronic inflammation that can lead to diabetes and many other diseases. (And one fruit is particularly good for your gut, which I'll discuss a little later.)

Fruit's double whammy against diabetes

This new 12-week study observed the effects of two types of diets in people with Type II diabetes. One group ate a low-carb, low-fat diet, while a second group ate a high-fiber diet with fruits, nuts, seeds, vegetables, and whole grains.²

Researchers found that a whopping 89 percent of people on the diet with more fruits and fiber had better regulation of blood sugar, compared to only 50 percent in the low-carb, low-fat group. The fruit diet group also lost more weight and had better blood lipid levels (including cholesterol and triglycerides).

There are a couple reasons why the fruit diet was so successful.

First of all, the researchers found that the fiber in fruit (along with vegetables, nuts, seeds, and whole grains) helps prevent and treat diabetes.

And that's because fiber helps your body slow the absorption of sugar—including the sugar that naturally occurs in fruit. And, of course, this helps regulate your blood sugar levels.

The researchers also found that people in the fruit group produced more than 15 strains of probiotic bacteria that boost the production of insulin and decrease blood sugar levels.

They concluded that fruit is beneficial for your GI microbiome. And as we're continuing to learn, that's beneficial for virtually *every* aspect of your health—including the prevention of chronic diseases like diabetes.

The tiny but mighty fruit that improves insulin response

Both of the aforementioned studies found that any type of fruit can help improve your gut health and lower your risk of diabetes. But a new animal study shows that a particular type of fruit may be your best bet.

I'm talking about the small, but miraculous, blueberry.

Researchers at the University of Georgia fed rats either a low-fat diet, a high-fat diet, or a high-fat diet supplemented with dried blueberry powder. After eight weeks, the rats in the blueberry group had significantly positive changes in their GI microbiome and reduced "leakage" of endotoxins from the GI tract into the blood.³

This not only boosted the rats' gastrointestinal health, but also reduced chronic inflammation and improved insulin response in their livers.

This finding is important because, as I've explained before, the answer to insulin-resistant (Type II) diabetes is not to keep pumping more insulin or "insulin-like" drugs into the body. Instead, the solution is to *improve* insulin response—especially when it can be done naturally with blueberry powder.

So during this harvest season, don't skimp on the blueberries... or the apples, pears, persimmons, and other autumn fruits. You can always pick a large amount and freeze them for later use. They can liven up a smoothie, add a little zing to a glass of water, or dress up your yogurt or oatmeal.

And, even better, these naturally sweet treats will boost your gut

My all-natural way to lower your risk of diabetes

Eating fruit is just one way to manage blood sugar and lower chronic inflammation. I also recommend a daily supplement regimen that includes the following:

- **Chromium:** 200 mcg
- **Curcumin:** 1,000 mg daily
- **Ginger:** 120 mg
- **Piperine:** 10 mg
- **Vanadium:** 5 mg

Note: You should always consult with your primary care physician before starting or modifying your supplement routine.

To learn more about natural solutions for preventing and reversing Type II diabetes, I encourage you to check out my *Integrative Protocol for Defeating Diabetes*—an easy-to-follow learning tool. For more information, or to enroll today, simply **click here** or call 1-866-747-9421 and mention the order code EO3UA00.

Additionally, I'm in the midst of authoring an extensive protocol on inflammation and ways to support gut health.

Of course, my readers will be the first to know when this will be available. Be sure to stay tuned to my *Daily Dispatch* e-letter or Facebook page for the most current updates.

health, fight chronic inflammation, and protect against diabetes and many other diseases.

You can find blueberry powder online, in your local health supplement shop, or at most major retailers or pharmacies. You can also find it together with other potent health powders, like baobab, rooibos and rose hips. To read more about these beneficial ingredients, visit my website, www.DrMicozzi.com.

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