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Your warm-weather guide for safe and effective outdoor exercise

Plus, my top 5 tips to keep you moving—no matter what your age

It happens around this time every year. People who've spent the entire winter on the couch suddenly decide they need to get a "beach body."

They lace up their overpriced running shoes and load up on noxious "sports" drinks and fake "energy" bars.

And then they go running—clogging up the sidewalks and trails where I like to take my daily walks. All in the quest to "get fit and healthy"—RIGHT NOW!

As you know, I'm not a fan of this type of "excess-ercise." In fact, I've been questioning the so-called benefits of excessive exercise since my health classes in high school and my life sciences courses in college, medical school, and PhD graduate school.

My education coincided with the beginning of the fitness craze in the early 1970s. Suddenly, there was no amount of exercise that was too much.

Even *I* participated in this excess-ercise fad. After a year-long prep program for my basic training at the U.S. Air Force Academy, I could run a mile in seven minutes flat, at 7,000 feet in elevation, with full uniform, backpack, and rifle.

Sure, I was fit, but this constant overexertion put too much stress on my body. And now, research is *finally* providing solid scientific evidence for my 40-years of observations.

How excess-ercise leads to life-threatening disease

The medical world began to realize that excessive exercise might not be as wonderful as everyone thought when, in 1984, the ultra-fit, long-distance runner and fitness guru Jim Fixx suddenly dropped dead of a heart attack at age 52.

At first, everyone from exercise gurus to clinical researchers dismissed his tragic death as a fluke. But in recent years, study after study has shown that excessive exercise can lead to long-term heart damage.

In fact, I recently discussed this very topic in a *Daily Dispatch*. I reported on a new study that tracked almost 22,000 men, with an average age of 52, from 1988 to 2013. The researchers found that the men who were highly active (think marathon runners), had an 11 percent *greater* risk of developing coronary artery calcification compared to men who were less active.[1]

And decades' worth of studies found that coronary artery calcification increases risk of death. In fact, it's the foundation of coronary artery disease and the cornerstone of cardiovascular disease. Meaning that running marathons might literally kill you.

Other research links excessive exercise with joint disease and internal organ damage. Studies also show that overexertion can harm the GI tract, strain the lungs, and raise blood pressure for prolonged periods of time. And it can break down exhausted muscle tissues, releasing toxic metabolic products that must inevitably be filtered out of the blood—leading to kidney failure.

In other words, getting too much of a "good" thing, like exercise, is actually *not* a good thing after all.

What a couple hours of moderate exercise a week can do for you

Of course, this doesn't mean you should stop exercising. Research shows that *moderate* physical activity can substantially lower your risk of chronic diseases like Type II diabetes, heart disease, cancer, Alzheimer's, depression, and more. It also reduces your risk of gastrointestinal diseases, such as gallbladder and liver disease, and acid reflux (GERD).

But how much exercise counts as "moderate"? Studies repeatedly show you only need about 2.5 hours per week to get these health benefits. In fact, a 2017 study found that moderate exercise reduces aging at the cellular level by a whopping *nine years*.[2]

In terms of intensity, you certainly

In this issue:

Three science-backed steps you can take TODAY to boost your brain and defy dementia 3

What's your wellness age? 5

REVEALED: The shocking reason why you should cancel your cardiologist appointment 6

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don't need to run a four-minute mile like Roger Bannister. In the February 2018 issue of *Insiders' Cures,* I wrote about a study of more than 62,000 men (with an average age of 71) and 77,000 women (with an average age of 69). Researchers found that the people who walked a total of two hours per week at a pace of 20 minutes per mile had a *20 percent* reduced risk of death. And that was even after taking into account chronic illnesses, obesity, smoking, and other risk factors.[3]

Completing a mile in 20 minutes isn't "power walking" by any stretch. It simply requires a little more exertion than a casual stroll. And you can get the same benefits from other moderate activities, like swimming, gardening, or even housework.

Why outside exercise is better

Sure, you can exercise anywhere. But research shows it's better to take your workouts outside, where you can get the mental, emotional, and physical benefits of being out in nature.

Walking or cycling on natural surfaces is different than using a treadmill or a stationary bike in a gym. That's because natural surfaces have different, changing textures, and can be soft or hard. Plus, they're not all flat.

So when you walk outside, you constantly flex your ankles and feet rather than pounding away on the same flat surface, which can actually harm your joints. You also use muscles differently outside, which reduces repetitive strain and injuries.

And, of course, exercising outside exposes you to sunlight, which helps your body produce the vitamin D it needs for virtually every metabolic process and function. In addition, studies show that working out in nature lowers levels of the stress hormone *cortisol*, which has been linked to many chronic diseases.

Plus, studies show that people who exercise in the fresh air perform better on psychological tests than those who exercise indoors. They also score higher on enthusiasm, pleasure, self-esteem, and vitality. And they score lower on depression, fatigue, and tension.

These effects are *especially* important as we get older. In one study of 754 men and women, ages 66 and older, researchers found that those who regularly exercised outdoors worked out more often and for longer periods of time when compared to their indoor-exercising peers.[5]

I think this is because exercising outside is more pleasurable than exercising inside. Outside, you can listen to the various sounds of nature (birds chirping, water flowing, wind in the trees) and breathe in fresh air—in place of the grunts and growls of hormone-charged zealots and the foul emissions of dank, sweaty gyms.

Not to mention, being in nature doesn't put pressure on you to constantly reach for physical perfection. Instead of comparing yourself to the person next to you in the gym, you can focus on yourself and live in the moment.

Incorporate exercise into your daily life

Other than exercising outdoors, there's no magic workout that's going to make you healthier in mind, body, and spirit. But that's actually good news.

Because it means that *you* can choose the type of exercise you like best—whether it's walking, swimming, dancing, playing tennis or volleyball, gardening, or simply enjoying time in the backyard with your kids, grandkids, or pets.

And that's why my number one exercise tip is to "just do *something*." As long as it's at moderate intensity and duration. (For more of my tips, see page 3.)

After all, like the old airline

commercial said, you have to "earn your wings every day." (To avoid getting your wings *permanently*, so to speak.) In fact, one study found that people over the age of 65 who continue to exercise have a lower death rate than those who stop.[6]

So what are you waiting for? Get out in the sunshine and enjoy the warmer temperatures. Take a walk under the trees, along the beach, or in a garden bursting with June blooms. In my opinion, there's nothing better for your mind, body, and soul. JC

My top 5 exercise tips

Try these science-backed solutions to improve your physical fitness, boost your mental and emotional health, and increase your longevity.

1. Start with a fitness self-check. Always ease yourself into a regular exercise routine in order to avoid injury. Here's a simple way to measure your fitness level….

From a seated position on the floor, stand up. If you have trouble doing this without support, try hiking or walking up hills to build your strength.

To assess your flexibility, sit on the edge of a chair with one leg extended straight out in front of you. Reach for the toes of your extended leg with both hands. Ideally, there should be less than 4 inches between your fingers and toes. If you have a bigger gap, yoga classes can help boost your flexibility.

You can also add balance exercises to improve strength and power, like walking heel to toe, marching in place, or standing on one leg while placing the sole of your other foot on the inside of the knee of your stationary leg, making a triangle shape. Try to balance in this position for as long as you can.

2. Find a fitness buddy. Exercise with other people who are at a comparable fitness level.

Fitness buddies give you motivation, allow you to share workout ideas and track your fitness progress, and give you someone to talk to, which can make your exercise time fly by. And you may even reduce your stress and improve your mental and emotional health.

3. Exercise like Tarzan. One outdoor option may be a program called MovNat. It was started by the French fitness enthusiast Erwan Le Corre, who trains elite athletes and U.S. Navy SEALS.

Le Corre's "modern-day Tarzan" philosophy involves spending time moving freely and instinctually outdoors in nature, including climbing over and through natural obstacles like rocks and trees.

It sounds similar to how I spent my free time as a child, running and playing in the woods and wetlands for hours. Yet it amazes me that with all of the emphasis on finding your "inner child," people always seem to overlook this type of healthy, "childish" behavior.

4. Try interval training—the old-fashioned kind. Exercising in intervals of varying intensity can help lower chronic inflammation, improve heart function, lower blood pressure, and boost insulin response and metabolic function—all of which reduce the risk of chronic diseases and help slow aging at the cellular level.

And it's easy to do on your own. Alternate short intervals of fast walking with longer intervals of strolling at a regular pace.

5. Strengthen your core. Research shows that lower back pain is ubiquitous among older adults, affecting quality of life and longevity. In fact, one study of nearly 5,000 Danish twins over the age of 70 found that people with back pain had a reduced lifespan by a whopping 13 percent.[7]

One of the best ways to prevent, or reverse, back pain is to strengthen the core muscles in your abdomen. I often recommend swimming or tai chi.

Swimming exercises all the muscles in your body (including your core) while easing stress on your joints. Meanwhile, the fluid movements of tai chi are particularly good for your core muscles, and may also increase your lifespan.

Three science-backed steps you can take TODAY to boost your brain and defy dementia

Big pharma and mainstream medicine continue to throw around one drug after another, in a failed attempt to treat cognitive decline. But research has shown for *years* that simple lifestyle changes can prevent—and actually *reverse*—cognitive impairment, Alzheimer's disease, and dementia.

In fact, despite what you've heard, having dementia doesn't mean you're on a relentless, irreversible downhill course. Dementia and cognitive decline can be stopped, corrected and reversed—as I've discussed many times before. In fact, I even created a comprehensive *Complete Alzheimer's Cure Protocol* detailing the science-backed steps for reversing this supposedly "incurable" disease.

But the science on brain health continues to evolve.

So today, I'll be sharing a trio of new studies revealing even more advice on what to do—and what *not* to do—to improve mental function and keep

your brain healthy as you age.

The mental health workout that can shave 9 years off your brain's age

The first study looked at 160 men and women ages 55 or older with mild cognitive impairment and at least one risk factor for cardiovascular disease.[1] Participants were also sedentary, which was defined as exercising less than 30 minutes per week.

Researchers divided the participants into four groups.

The first group walked, biked, or jogged moderately for 45 minutes, three times a week, totaling about 2.5 hours of exercise weekly. And this falls in line with the new, science-backed recommendation for how much exercise you need for maximum health benefits—*without* risking damage to joints, heart, kidneys, and GI tract. (For more about this, see page 3).

The second group followed the Dietary Approaches to Stop Hypertension Diet (DASH), which includes high-fiber foods such as fruits and vegetables, legumes, nuts, and grains, dairy, and meat.

While the DASH diet is advertised as "low salt," all these foods contain natural amounts of sodium as well as other electrolytes and minerals.

The third group followed the DASH diet and participated in the first group's exercise routine.

And the fourth group was a "control" that only received health information through phone calls.

Researchers assessed the cognitive function of all four groups by measuring memory and reasoning skills (executive function) at the beginning and end of the six-month study period.

At the conclusion of the study, researchers found that the group that followed the DASH diet AND exercised had a five-point average increase in executive function compared to the other groups.

That's impressive enough.

But there's more...

At the start of the study, the executive function of the participants was equivalent to that of 93-year-olds, although their actual chronological ages were, on average, 28 years younger. But following six months of exercise, cognitive functions improved to that of 84-year-olds.

That's a *9-year improvement*. And all it took was moderate exercise for about 2.5 hours a week.

The DASH diet versus the MIND diet

I'd like to offer one caveat to this study. It's important to know there's nothing magical about the DASH diet. It's a decent-enough eating plan, but it's not one I recommend for optimum health.

Which brings me to another new study on a diet I *do* recommend. This eating plan combines the Mediterranean diet *and* the DASH diet. It's called the "Mediterranean Intervention for Neurodegenerative Delay" (MIND) diet.

You already know I'm a fan of the Mediterranean diet, which is rich in fruits, vegetables, full-fat dairy, cheese, fish, and healthy fats like olive oil. It's been shown in various studies to prevent chronic health conditions like heart disease, diabetes, and cancer, along with Alzheimer's disease and dementia.

The MIND diet goes even further for cognitive health, focusing on the "brain foods" in the Mediterranean diet—including green leafy vegetables, berries, whole grains, olive oil, and red meat.

In the new study, Australian researchers followed 1,220 men and women, ages 60 and older, for 12 years. At the end of the study, the people whose dietary patterns were most like the MIND diet had a 19 percent reduction in developing mild cognitive impairment or dementia.[2]

So if you really want to improve your cognitive health, choose a sensible eating plan like the MIND or Mediterranean diet to accompany your moderate exercise routine. And while you're at it, there's one more lifestyle factor you may want to address…

Too much TV <u>will</u> rot your brain

The third study I want to share examined the effects of watching too much TV on cognitive function. And it turns out your mother was right… too much TV actually WILL rot your brain.[3]

British researchers looked at data from the English Longitudinal Study of Aging, which included 3,662 men and women, ages 50 and older.

The participants answered questions about the time they spent watching TV during 2008-2009, and again from 2014-2015. They also completed memory and language fluency tests.

Researchers found that the participants who watched more than 3.5 hours of TV daily had an 8 to 10 percent drop in memory during the six years of the study. But the study participants who watched less TV only experienced a 4 to 5 percent decrease.

Now, you might think that multiple hours of sitting and watching TV contributed to this cognitive decline. But researchers found the effect couldn't solely be explained by being sedentary.

Instead, they suggested that the paradoxical "alert-passive" nature of TV has direct and detrimental cognitive effects.

In other words, passively sitting while receiving rapidly changing sensory stimulation may wreak havoc with your cognitive reflexes.

Why screen time leads to cognitive decline

When I was child, I recall how FCC Commissioner Newton Minow described television as a "vast wasteland." And that appears to include wasting your mind. (In fact, an iconic television commercial by the United Negro College Fund stated, "A mind is a terrible thing to waste").

That said, the researchers note there are *some* benefits to watching a little bit of TV. Some educational programs may be good learning tools. And zoning out in front of the TV can help people relax and lower their stress levels.

But TV viewing also replaces healthier activities that preserve cognitive abilities—even if they're also sedentary activities.

Overall, I think it's better for your brain to do a crossword or Sudoku puzzle, or play a board game like chess or checkers, while interacting socially with another human being.

Of course, this is only one of the natural approaches I recommend to keep your brain healthy as you age. To learn about all of the simple and effective steps you can take to prevent, and even *reverse* Alzheimer's and dementia, check out my *Complete Alzheimer's Cure Protocol.* Readers can enroll in this innovative online learning course by **clicking here** or calling 1-866-747-9421 and asking for order code **EOV3V601**.

What's your wellness age?

Simple, science-backed ways to look and feel years younger

If you've been following the sensible, science-backed approaches I reveal in *Insiders' Cures* and my *Daily Dispatch* e-letter, I bet you're often told you look much younger than you really are.

I call this your "wellness age." And a new worldwide study has quantified how this type of aging can be measured.

For over 17 years, researchers collected data from every country around the world to determine the health profile of a typical person at age 65. Then they analyzed the chronological age in which people *actually looked and felt* as if they were 65.

Sadly, the results aren't particularly good for the average American. But they *do* reinforce what I've been telling you all along about how diet and lifestyle choices impact healthy aging.

America ranked between Algeria and Iran

The researchers analyzed health data in 195 countries from 1990 to 2017. They looked at how 92 different medical conditions impacted "disability life years"—which is a measurement of the loss of healthy life, including mental and physical abilities.

Then they ranked each countries' wellness age in terms of the health issues of an "average" 65-year-old.

This is especially important in the U.S. because 65 is the age we're all required to go on Medicare—when the government bears the brunt of medical care costs.

The bad news (for the federal budget) is that Americans aren't even in the top quarter of countries when it comes to wellness age.

The U.S. ranked 53rd in the study, between Algeria and Iran.

Researchers found that Americans have a "wellness age" of 68.5 years. Meaning that the average American doesn't experience a 65-year-old's age-related disease burden until they reach the age of 68.5. In other words, Americans delay aging, on average, by 3.5 years.

The top "wellness" countries

It's no surprise to me that the healthy Japanese lifestyle resulted in the best wellness age in the world. In fact, in Japan, 76-year-olds experience the health pattern of 65-year-olds.

The other countries making up the top 10 in terms of wellness age included:

- Switzerland
- France
- Singapore
- Kuwait
- South Korea
- Spain
- Italy
- Puerto Rico
- Peru

I have no doubt that the Mediterranean diet (which I recommend no matter where you live because it's rich in fruits, vegetables, full-fat dairy and cheese, fish, and healthy fats) boosts the health profiles of the French, Italians, and Spanish.

And Singapore and South Korea not only benefit from an Asian diet rich in fish, probiotic foods, and healthy greens, but also higher per capita incomes—which researchers found to be a factor across all high-ranking countries. This could certainly help account for the high wellness profile in wealthy countries like Switzerland and Kuwait, too.

South Pacific and Africa bring up the rear

The bottom 10 "wellness" countries were:

- Papua New Guinea
- Marshall Islands
- Afghanistan
- Vanuatu
- Solomon Islands
- Central African Republic
- Lesotho
- Kiribati
- Guinea-Bissau
- Micronesia

The gap between Japan and Papua New Guinea is noteworthy. In Papua New Guinea, 46-year-olds look like they're 65 in terms of health—which translates to a wellness age *30 years older* than the Japanese.

Papua New Guinea is one of the most remote locations on the planet, with isolated populations residing in deep valleys, separated by high mountains and surrounded by dense jungles. Not only is healthcare minimal, but knowledge about disease prevention is also limited.

It was here that one of my mentors at National Institutes of Health (NIH), Carlton Gajdusek, found the "slow virus" responsible for *kuru*—an early-onset, infectious version of dementia. So this finding isn't too surprising.

Many of the other low-ranking countries are also in the South Pacific, and have always been places where it's difficult for people to simply exist—let alone worry about healthy living.

The idea that the South Pacific is a tropical island paradise is influenced by the stories of Herman Melville and Somerset Maugham, along with the art of Paul Gaugin in the 19th century. But the rough reality is better reflected in the more recent travelogue by the modern author Paul Theroux, ironically entitled *The Happy Isles of Oceania: Paddling the Pacific.*

Simple ways to boost your wellness age

There is good news though. The study showed that the amount of age-related death and disease decreased from 1990 to 2017 in all regions of the world.

Globally, heart disease, stroke, and chronic obstructive lung disease accounted for the greatest amount of death and disease burdens. Sadly, these "big three" diseases are all too familiar in the U.S.

But they *are* preventable.

I discuss natural medicine's most cutting-edge techniques for avoiding heart disease and stroke in my *Heart Attack Prevention and Repair Protocol*.

And I offer a comprehensive plan for improving your longevity—and combatting all the side effects of aging—in my *Insider's Ultimate Guide to Outsmarting "Old Age"* protocol.

(You can learn more about these learning tools, or enroll today by calling 1-866-747-9421 and asking for order code **EOV3V602** for my heart protocol, and order code **EOV3V600** for my longevity protocol.)

And soon, I'm planning to release my newest online learning protocol for *Preventing and Reversing Lung Disease*. I'll let you know as soon as it's available, in my *Daily Dispatch*.

In the meantime, you can get a head start on dialing back your "wellness age" by simply following the other common sense advice I've shared here in this issue on diet and exercise.

Bottom line: It's never too late to make healthy changes.

REVEALED: The shocking reason why you should cancel your cardiologist appointment

We spend tens of *billions* of dollars each year researching heart disease—which is the leading cause of death worldwide. Yet I remain completely amazed and dismayed by the "standard" modern medical practices for managing this condition.

There are numerous doctors who specialize in treating heart disease (called cardiologists). And their clinical decisions are *supposed* to be based on evidence generated by the highest-quality scientific studies.

So you would think that standard cardiology procedures, practices, and treatments would also be based on top-notch research findings.

But a new study reports that only a *tiny proportion* of cardiology guidelines recommended by "leading" heart health organizations are based on this type of research.[1]

And that's a real travesty when it comes to the "evidence-based" medicine that mainstream medicine supposedly relies on.

But it certainly explains why studies in the U.S. and Canada show that people with heart disease are healthier in locations where there are fewer cardiologists. And for

emergency treatment of heart disease, other studies show outcomes are better when cardiologists are *not on duty* at the hospital.

Mainstream is clueless about treating heart disease in older people

As I read this new study, I thought about a major scientific statement published in 2016 in one of the leading medical journals, *Circulation,* revealing that there are "significant gaps in knowledge when it comes to cardiovascular care in the older adult population."[2]

And yet, it's a known fact that the risk of heart disease and other cardiovascular diseases increases as we age. According to the American Heart Association (AHA), a whopping *70 percent* of men and women in their 60s and 70s have some form of heart disease.

Plus, people over the age of 65 account for *more than half* of all cardiovascular procedures and hospitalizations, and two-thirds of all cardiovascular deaths occur in men and women age 75 and older.[3]

So despite a heavy emphasis on "evidence-based" medicine, it turns out there's actually little or no real scientific evidence for medical prevention or treatment of heart disease—*especially* for the majority of people who actually need it.

That's the bad news. But the *good* news is that the mainstream has been barking up the wrong tree when it comes to treatment and prevention of heart disease anyway.

So you're not really missing much of anything—as long as you know what you *really* need to do to keep your heart healthy as you age.

I'll share my top natural approaches for heart health in a moment. But first, let's take a closer look at the scientific conclusions I mentioned earlier…and why mainstream medicine's obsession with "evidence" may be all wrong, all along.

Why clinical trials aren't useful for natural approaches to heart health

As I've discussed before, mainstream medical minions insist on research that meets the "gold standard" of studies. These are technically referred to as randomized, blinded, controlled clinical trials.

This means that study participants are randomly selected to represent a sample of the general population. The administered treatment is compared to a placebo control group in the same study, and both researchers and participants are blinded as to who's getting the treatment and who's

My top 10 supplements for heart health

To slash your risk of heart disease, you need to focus on three key factors:

- Controlling your blood pressure
- Lowering your homocysteine levels
- Stopping chronic inflammation

The following supplements can help you achieve all of these factors naturally, without dangerous statin drugs.

Vitamin D. Research shows that this vitamin may be the world's most potent blood pressure protector. It also reduces inflammation. I recommend 10,000 IUs a day of D3, (the most bioavailable form). And some formulations even contain the marine carotenoid *astaxanthin*, which is loaded with antioxidants, and helps promote proper inflammatory responses in your body.

Coenzyme Q10. Several studies show that this nutrient provides energy for your heart muscles, and helps maintain healthy blood pressure. I recommend 200 mg a day.

Magnesium. This mineral is crucial for muscle and nerve function—including your heart muscles. And it relaxes your blood vessels, which means your heart doesn't have to work as hard to pump blood throughout your cardiovascular system. I recommend 400 mg a day of magnesium citrate (the most bioavailable form).

B vitamins. A meta-analysis of 12 studies including over 34,000 people found that vitamins B6, folate (B9), and B12 significantly reduced participants' homocysteine levels.[4] I recommend 30 mg of vitamin B6, 800 mcg of folate (B9), and 1,000 mcg of B12 every day.

Trimethylglycine. Also known as betaine, this amino acid has been shown in some studies to be even more powerful than folate (B9) for healthy homocysteine levels. I recommend 500 mg daily.

Ashwaganda, boswellia, and curcumin. These herbs have been shown to effectively reduce chronic inflammation. I recommend dietary supplements that include 400-500 mg a day of each of these three ingredients.

L-carnitine. A review of 13 clinical trials found that taking L-carnitine resulted in an astonishing 65 percent reduction in ventricular arrhythmias—which can lead to sudden cardiac death.[5] I recommend 500 mg daily.

Fish oil. The omega-3 fatty acids in fish oil have been shown to be effective for lowering blood pressure and triglyceride levels. Your dose will depend on your fish intake:

If you eat fatty fish or seafood at least 3 to 5 times a week, I recommend 1-3 grams of high-quality fish oil daily. Choose a product that contains 400-950 mg of EPA fatty acids and 300-700 mg of DHA fatty acids.

If you eat fish or seafood 2 to 3 times a week, I recommend 4-5 grams per day. Choose a product that contains 1,400-1,800 mg of EPA and 1,000-1,300 mg of DHA.

If you never eat any fish or seafood, I recommend 6 grams daily. Choose a product that contains 2,000 mg of EPA and 1,500 mg of DHA.

Don't forget to visit my website (www.DrMicozzi.com) and browse the "shop" tab!

getting the placebo.

And once the results of these "gold standard" studies are released, clinical scientific standards typically insist that such findings are replicated in subsequent studies.

This kind of clinical trial design is ideal for studying drugs. But it often isn't useful for natural approaches, which aren't as regimented as popping a pill.

And yet, mainstream hypocrites hyperventilate about the need for any and all natural approaches to first undergo the same repeated, controlled clinical trials before even potentially allowing them to be used for patients.

But if cardiologists would stop being blinded by drug advertisements, they would see that when it comes to dietary supplement "pills," there are *plenty* of clinical trials on natural approaches to treating and preventing heart disease.

Cardiologists often ignore scientific evidence

If all of the above weren't hypocritical enough, the study on standard cardiology practice guidelines I mentioned earlier reveals that cardiologists are woefully inept when it comes to following *their own rules* of evidence and standards of proof.

The study looked at the cardiology guidelines recommended by the AHA, the American College of Cardiology, and the European Society of Cardiology between 2008 and 2018.

Researchers examined 51 current guideline documents from these organizations, which included 6,329 recommendations. They found that only a measly *7.9 percent* of these recommendations were supported by research from multiple randomized, clinical trials.

And if that weren't bad enough, when the researchers compared the latest guidelines with earlier versions, the proportion that met scientific standards *didn't* increase—despite another decade of research, billions of dollars devoted to studies, and countless hours and money spent by cardiologists on required continuing education courses (largely sponsored by drug companies).

...mainstream medicine doesn't really know what it's doing when it comes to providing cardiovascular care, especially for older people...

So here's my take on all of this: If only 7.9 percent of what cardiologists do is actually supported by real science, then you and I may be better off without them 92.1 percent of the time—if not *always*.

How "standard" cardiology practice fails older adults

My conclusion is reinforced by the scientific statement about cardiovascular care for older adults that was published in *Circulation*.

And I know *Circulation* didn't publish the statement lightly. It has long been a leading medical journal, and in circulation, so to speak, for many years. In fact, my own very first scientific study was published in *Circulation*, from research I performed as a second-year medical student.

As the *Circulation* statement notes, clinical cardiology trials have either specifically excluded older adults, or have only admitted relatively healthy older patients with few complications or impairments related to cardiovascular disease.

This is important because aging impacts cardiovascular anatomy and physiology. There are also age-related changes in other organ systems, including the brain, kidneys, liver, and muscles, that influence the effectiveness of drugs and other heart disease treatments—and increase their risks of complications.

So, basically, research on younger people with heart disease may not even apply to older people. Meaning those tens of billions of dollars' worth of studies *may not actually be relevant to the people who need it the most.*

Natural approaches deliver what you need, no matter what your age

The bottom line is that mainstream medicine doesn't really know what it's doing when it comes to providing cardiovascular care, *especially* for older people—who are at the highest risk for heart disease.

In the meantime, big pharma will continue doling out trillions of pills to treat presumed "risk factors" in healthy, younger adults—most of whom will *never* have a heart problem.

But if they do, it'll most likely happen when they become much older—and the mainstream will have no guidance to offer.

But I do. My *Heart Attack Prevention and Repair Protocol* discusses the latest, most effective, and safest natural approaches you can take to help support heart health as you age. You can order this innovative online learning tool by **clicking here** or calling 1-866-747-9421 and asking for order code **EOV3V602**.

And in the meantime, check out my top 10 dietary supplements that, as plenty of scientific research shows, are potent protectors for your heart. After all, who needs questionable "standard" cardiology protocols when natural medicine has so much more to offer?

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