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My secret to a healthy work-life balance

How you can feel happier and more productive in the workforce

If you're like millions of people in the U.S. and around the world, you may be taking some time off from work this month. But imagine what it would be like to never have to go back to your office again…

No, I'm not talking about quitting your job. I mean joining the growing trend of people working from home. In fact, a recent Gallup survey found that *nearly half* of all employed Americans (43 percent) work from home at least part of the time.[1]

I know from personal experience that telecommuting—even as little as a day or two a week—has many physical, mental, and emotional benefits. And there's *plenty* of research backing me up.

So as your summer vacation winds down, consider making some changes in your work environment.

Here's what you need to know to convince yourself, your family, and your employer that working from home is a healthy choice.

Improve your health by staying at home

Research shows that working from home can boost your health in four key ways:

1. Diet. One of the biggest risks to your health anytime you're away from home is the inability to control your food sources *and* dietary choices. People who work outside the home may often find themselves grabbing fast or processed foods in order to save time and effort.

In fact, a new Centers for Disease Control (CDC) study found that the foods people typically eat at work are high in calories, sugar, fat, and refined grains.

The most common foods consumed from workplace vending machines, work meetings, or social events were pizza, soft drinks, cookies, cakes, brownies, pies, and candy.[2]

But when you work from home, your kitchen is right there. So if you need a snack, healthy options are just a stroll away. Plus, you can quickly and easily make your own lunch.

One recent British study showed that people who ate home-cooked meals had more adherence to a healthy Mediterranean diet and consumed more fruits and vegetables than people who ate out. They were also 24 percent less likely to be overweight.[3]

2. Exercise. A new, five-year study of more than 163,000 U.K. men and women found that those who were obese and commuted to work in a car had a 59 percent higher risk of heart disease and a 32 percent higher risk of early death than people of normal weight who walked or biked to work.[4]

Of course, biking or walking to work is ideal no matter how much you weigh. But how many people actually live close enough to the office for that to be a realistic possibility? The benefit of working from home isn't only eliminating a sedentary commute (or *any* commute for that matter), but the ability to set your own schedule—with built-in exercise breaks.

For instance, I like to take a short walk in the morning, do a few stretches during lunch, and practice a couple yoga poses in the afternoon—while meditating.

And if you think you're too busy to meditate, remember that you don't need to enter a Buddhist monastery. My colleague Don McCown and I wrote a book, *New World Mindfulness,* to show you how to meditate even during a hectic workday (when you may actually need it the most).

To order a copy, head over to www.Dr.Micozzi.com and shop the "Books" tab.

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3. Sleep. As I've written before, studies show that getting at least seven hours of sleep each night is vital for your health. And a new study shows this is particularly important as you age.

Researchers found that people in their 50s through 70s who sleep less than when they were younger may have higher levels of *tau* proteins in their brains—which can be associated with Alzheimer's disease.[5]

One simple way to increase your sleep time is to cut your commute. According to the U.S. Census Bureau, the average morning commute takes 26 minutes.[6]

So, think of how much healthier you'd be if you could spend that time asleep in your bed instead!

Plus, when you work from home, you have more opportunities for quick "power naps." Studies show afternoon naps are beneficial for your health—as long as they don't exceed 30 to 45 minutes.

4. Stress. When you work from home, you avoid the frustrations of commuting, the bad moods of your boss, and the machinations of co-workers. That's a big reason why one analysis of 46 studies on telecommuting found that people who work from home had better morale and work-life balance, which led to less overall stress.[7]

To sum it all up, one recent survey of people who work from home found that 45 percent slept more each day, 35 percent got more physical exercise, and 42 percent ate healthier than when they worked mainly in an office. Not to mention, 53 percent said they had less stress and a more positive attitude.[8]

Boost your productivity

So if you're working from home, you're eating better, exercising more, sleeping longer, and majorly reducing your stress—all of which help keep your immune system in good shape. Plus, you're not constantly exposed to germs in the office and in public spaces on the way to work.

This means you're less likely to get sick and take days off from work. But that's not the only way working from home boosts productivity. Research shows that people simply get more done in their home office when they're not distracted by talkative co-workers, useless meetings, or other interruptions.

In a two-year Stanford study involving 500 employees of a Chinese travel agency, half of the employees worked from home, and half worked in the office.

Researchers found that the telecommuters increased their performance by 13 percent, thanks to taking fewer breaks and sick days.[9]

Additionally, the telecommuting group reported more job satisfaction than the office group. In fact, the home workers were 50 percent less likely to quit their jobs than their desk-jockey counterparts.

Get your employer on board too

These findings are echoed by a report based on over 4,000 studies and articles on telecommuting.[10] The report found that telecommuting reduced employee attrition by 46 percent and slashed unscheduled absences by 63 percent.

And contrary to the stereotype of workers lounging at home in their pajamas watching TV, companies reported that their telecommuters were a whopping 15 to 45 percent more productive than their office-based colleagues.

This is good news—for employees

and employers. What company wouldn't like more productivity from workers, fewer absences, and reduced costs for office space?

If your boss balks at letting you work from home, here are some handy stats from a 2018 report to help them reconsider:[11]

If those with compatible jobs and a desire to work from home did so just half the time, the national savings would total over *$700 billion* a year.

Plus:

- A typical business would save $11,000 per person per year.
- The telecommuters themselves would save between $2,000 and $7,000 per year.

Make your household happier

Working from home helps people with childcare or elder care responsibilities stay in the workforce. And it makes it easier to keep and care for pets—which has its own major health benefits, as I reported in the July issue of *Insiders' Cures*.

Plus, cutting out an office commute benefits older people and people with disabilities who have difficulty getting to a workplace, but are still perfectly capable of working from home.

All of these benefits can help improve your personal relationships. In fact, a study from Sweden found that commuting to a job can actually ruin marriages.[12]

When one partner commuted more than 90 minutes per day, researchers found that the couple had a 40 percent greater chance of getting a divorce.

The researchers reported that time away from loved ones, alongside the frustration and stress of commuting, makes it hard to maintain a positive mood—which may impact relationships.

(Of course, the researchers didn't mention what could happen to relationships when working in close proximity to other people in the office, or commuting on public transportation, day after day…)

Don't forget to socialize

One of the major benefits of working from home is that it often leads to greater personal freedom. You can get dressed the way you like (or not at all), and have more control over your daily routines and schedule. You may be able to work when you're most productive, energized, or inspired.

All of which means you'll likely be happier.

But there are a few caveats. Most people need social interactions to stay mentally and emotionally healthy. Isolation and loneliness can kill, as I've reported before. Some studies even show that the adverse health effects of loneliness may be almost as bad for your health as heavy smoking or obesity.

So even if it's just chatting with someone at the water cooler, working in an office provides social interactions you may not get when you telecommute.

That's why I recommend getting out of the house at least once a day. Go for a swim, take your dog to the park, or meet up with friends. Keep your social contacts intact, and remain part of your community.

Another option is to occasionally work at a quiet café or coffee shop, at the local library, or in the park. All of these venues will give you a chance to interact with others, and maybe even make new friends.

Leave your work at your home office door

Another peril of telecommuting is that you can end up working *too* much. Because working from home can mean your office is potentially "open" 24/7.

Setting boundaries between your work and personal life may be more difficult—and your recreation, relaxation, and relationships may suffer. Plus, always thinking about work may lead to dissatisfaction, fatigue, and even depression.

I personally deal with this in two ways:

1. Implementing a daily routine. We're ultimately creatures of habit, which helps create a sense of place and space. This helps us be more efficient and conserve energy.

Healthy habits (like eating a good breakfast and taking a morning stroll) when starting the day will get you off to a good start. And a routine for ending the work day (like shutting off your electronic devices and closing the door to your home office) will help signal to your brain that it's time to turn off and relax.

2. Having a separate workspace. You can help keep your personal life private by separating where you work from where you sleep or relax.

If you can't dedicate a room in your house as your office, simply designating a specific workspace will do. The key is to ensure that your "work" area is separate from your "living" area.

The bottom line is this: There are many benefits that come with working from home. And these tips will help you make sure your mental and physical well-being profit the most from your work arrangement. IC

The safest ways to have fun in the sun

Everything you need to know about toxic sunscreens—and how to avoid them

This is a popular month for taking a much-needed break from the long, hot summer. But whether you head to the beach, take a hike through the woods, or simply relax by the pool, you just can't escape the relentless messages to slather on some sunscreen.

In fact, we're now to the point where people are afraid to even leave their houses in the summer without first "protecting" themselves from the "dangerous" sun.

This irrational fear dates back to the 1970s, when we began seeing ads for commercial sunscreen lotions and sprays similar to what's on the market today.

That's nearly half a century of massive use (and abuse) of these chemicals on your skin—yet in all that time, there's been a shocking lack of safety data provided by manufacturers.

But *finally,* the Food and Drug Administration (FDA) has demanded this data—and conducted a study on sunscreen ingredients themselves. Not surprisingly, the results show that applying these toxic chemicals to your skin isn't great for your health.

Fortunately, there are natural, safe, and effective ways to protect yourself from the (rare) type of sunburn that can lead to skin cancer. I'll tell you all about them in a moment, along with more information about the new FDA study.

First, let's take a look at how we were lead into this ridiculous reliance on dangerous, chemical sunscreens in the first place.

More use, less data

The FDA's meager, nonscientific regulations for chemical sunscreen ingredients have traditionally been based on the somewhat sensible practice of consumers only using these potent products for "special occasions". In other words, when they're exposed to high amounts of strong ultraviolet rays—like spending a day at the beach before you've acquired a protective tan.

But since there's no data, many people use these potions on a daily basis as some kind of "magical" protection against skin cancer and "aging," including blemishes, skin discoloration, and wrinkles—with no real knowledge about how they can affect your body.

Plus, it's even more common for other cosmetic products, like skin lotions, to contain sunscreen—despite a complete lack of scientific data that this added ingredient accomplishes anything.

The only thing that we now *do* know for sure is that the more you use sunscreens, the more the chemical ingredients are absorbed through the skin and into your bloodstream—with potential toxic effects throughout your body.

Can sunscreens really protect against skin cancer?

Most people use sunscreens to prevent sunburns that can potentially lead to skin cancer. (And yes, the FDA allows manufacturers to claim that sunscreens prevent skin cancer.) But there has *never* been any scientific data, or studies, showing that this is *actually* true...

In fact, as I wrote in a March 2017 *Daily Dispatch,* French investigators found that the increase in malignant skin cancer (melanoma) in the late 20th century was primarily due to the practice of zapping World War I- and II-era children with ultraviolet B (UVB) rays—in a misguided attempt to prevent disease. As those children became middle-aged and older, researchers discovered they had *higher* incidences of melanoma.

Surprisingly, these people from the earlier generation tended to have *more* melanoma diagnoses than the following generation—the "sun worshippers" who began baring more and more skin on beaches, and elsewhere, beginning in the late 1960s—with no apparent end in sight (although, paradoxically, many other ends remain apparent, and in plain sight).

Today, a real concern is the growing number of adolescents and young adults who are exposed to artificial UVB light in tanning beds and salons. (Not to mention the lotions and oils they're slathering on their skin in preparation.) And as I've often reported, the FDA (and plenty of doctors and researchers) warn that this practice can increase the risk of malignant skin cancer later in life.

So the *real* message is this: If you want to protect yourself against deadly melanoma, research shows it's more effective to avoid exposure to artificial UVB rays than it is to coat your skin in toxic sunscreens.

The number one reason to avoid sunscreens

On the flip side, the campaign *against* the sun (partially designed to sell more chemical sunscreens)

has contributed to today's worldwide epidemics of vitamin D deficiency.

As I often report, studies show that regular, natural sun exposure is healthy—and necessary. In fact, it's required for the body to naturally and safely make adequate levels of vitamin D through photosynthesis in the skin.

Not only is D widely recognized as essential for bone health (another epidemic in older Americans), it's also associated with lower risks of virtually every chronic disease in the book. In fact, low vitamin D levels are linked to an increased risk of cancer—including, ironically, skin cancer.

But here's the Catch-22: Sunscreens block the ultraviolet rays that your body needs to make vitamin D. That's why I suggest spending 15 minutes in the sun every day in the summer without sunscreen, with as much skin exposed as possible. As you build up a natural base tan, you can gradually add more time outside each day—*without* sunscreen.

And while this natural sun exposure helps combat vitamin D deficiency, most people should *still* supplement with 10,000 IU of vitamin D daily—even in the summertime, as your body stores it away for a rainy day (literally and metaphorically). You can even find vitamin D in a convenient liquid form, together with the potent marine carotenoid astaxanthin. (To learn more about my personal recommendations, head over to my website www.DrMicozzi.com.)

FDA finally shines new light on old sunscreens

As I mentioned earlier, real science has accumulated on sunlight's beneficial effects for health. But cosmetic companies and the FDA have been exceedingly slow to meet their obligations to show whether sunscreens actually provide any real protection against skin cancer—and without harming us in the process (that is, beyond vitamin D deficiency).

But now, the FDA is finally acting. I guess their philosophy is better half a century late than never?

Early this year, the FDA issued proposed guidelines and regulatory requirements to better reflect what's actually known, and not known, about sunscreen ingredients, how (and if) they work, and how they really affect your health.

And just a couple of months ago, the FDA finally released the results of its own study on how specific sunscreen ingredients are absorbed into the human body.

These two actions reached similar conclusions, so let's look at them in order of occurrence.

Only two sunscreen ingredients are safe

In February, the FDA released the results of years of investigations into the 16 "active" ingredients in sunscreens.[1]

Only two of these ingredients—titanium dioxide and zinc oxide—were deemed "GRASE" (generally recognized as safe and effective). And this should come as no surprise, as both of these ingredients are minerals, and are therefore "natural."

Meanwhile, the chemical sunscreen ingredients didn't fare as well. In fact, PABA and trolamine salicylate were downright declared unsafe. And a dozen other ingredients had "insufficient safety data to allow a GRASE determination" to be made—*after up to 50 years of massive use!* These ingredients include:

- Avobenzone
- Cinoxate
- Dioxybenzone
- Ensulizole
- Homosalate
- Meradimate
- Octinoxate
- Octisalate
- Octocrylene
- Oxybenzone
- Padimate O
- Sulisobenzone

Of course, anyone who knows the basic biology behind sunscreens could have predicted these findings. Sunscreen ingredients work in two ways—they provide either a chemical or a physical barrier.

Physical barriers, like titanium dioxide and zinc oxide, sit on the outside surface of the skin and work by deflecting sunlight and ultraviolet radiation. Both of these ingredients are bright white—think of the cream on lifeguards' noses—which helps them to reflect light.

Chemical barriers are absorbed into your skin, where they then absorb harmful ultraviolet rays. But, of course, anything absorbed into your skin is likely to enter your bloodstream and be carried throughout your body. In fact, prior studies have found chemical sunscreen ingredients in blood, urine, and even breast milk.

So, the question is this: What happens once these chemicals are absorbed into your body? Which leads us to the FDA's tardy study...

Four sunscreen ingredients you should always avoid

The study, which was published in May in the *Journal of the American Medical Association,* found that the amount of toxic sunscreen ingredients absorbed into your blood and body are higher than what the FDA says is safe.[2]

Again, the FDA had to conduct this study itself after failing to get sunscreen manufacturers to supply their own data. And let me point out how exceedingly rare it is for the FDA to do its own research. So this nearly unprecedented step illustrates the seriousness of the sunscreen problem.

The study involved 24 healthy men and women who used two sunscreen

sprays, one sunscreen lotion, and one cream. For four days, participants applied each formulation to 75 percent of their body, for a total of four applications a day.

Researchers took 30 blood samples over seven days from each participant. The study was conducted under controlled, indoor conditions, without exposure to outdoor heat, humidity, sunlight, or water.

After only four applications, on the first day, all but one of the participants already had blood concentrations greater than the 0.5 nanograms per milliliter (ng/mL) safety limit set by the FDA for four active sunscreen ingredients: Avobenzone, oxybenzone, ecamsule, and octocrylene.

These concentrations are based on an index called threshold of toxicological concern (TCC). The TCC measures the level at which the cancer risk for a chemical is greater than 1 in 100,000 after a single dose.

And while 1 in 100,000 doesn't sound like much, consider this: After only four days of using the sunscreens, the study participants' cancer risk was one in 6,250. Plus, the sunscreen industry wants you to apply many, many more applications than that over your lifetime, so imagine how quickly your TCC threshold actually rises…

Equally disturbing is that concentrations higher than 0.5 ng/mL were reached within *six hours* after the first application of avobenzone and octocrylene, and just *two hours* after the first application of oxybenzone.

Concentrations also increased over time, with oxybenzone reaching as high as 210 ng/mL (42 times higher than the safety threshold) in 57 hours. This finding is particularly concerning when you consider that prior studies have also found oxybenzone to influence hormonal activity in animals.

FDA fails to rescue us once again

The editorial that was published with this shocking study explains that the FDA review and approval process for sunscreens follows standards from "before the modern era of drug evaluation."

The authors wrote: "Sunscreen users reasonably presume that companies that manufacture and sell sunscreens have conducted basic studies to support the safety and effectiveness of their products, and that the medical profession would demand high-quality evidence. However, sunscreens haven't been subjected to standard drug safety testing, and clinicians and consumers lack data on systemic drug levels despite decades of widespread use."

But is anyone really surprised about another government snafu regarding consumer health? Rather than rely on FDA fumblings and manufacturers' malfeasance, keep reading to see what I recommend to stay safe and healthy in the summer sun—*without* toxic sunscreens.

5 healthy ways to enjoy the summer sun

1. Build up a base tan. To help your body make optimal levels of vitamin D, I recommend exposing as much bare skin as possible to the sun. Start at 15 minutes a day—without sunscreen—and *slowly* increase that time until you're able to tan without burning.

2. Wear protective clothing. Until you've built up your base tan, wear lightweight, long-sleeved shirts and pants whenever you're out in the sun after your initial 15 minutes.

Additionally, you should wear sunglasses in bright sun, and on the water, to protect your retinas, and a hat to shield your eyes and the sensitive skin on your face from direct sun.

3. Always avoid these sunscreen ingredients. PABA, trolamine salicylate, avobenzone, oxybenzone, ecamsule, and octocrylene. FDA research has identified these ingredients as unsafe or high on the cancer-risk scale. So read all labels to make sure your sunscreen doesn't contain these toxic chemicals. In fact, you *only* want to see zinc oxide or titanium dioxide on the label…

4. Opt for zinc oxide or titanium dioxide sunscreens. FDA data shows these mineral-based sunscreens are safe. If you're going to spend a lot of time in the sun—like a day at the beach, or on the water—consider applying these sunscreens to avoid sunburns.

And no, you don't have to worry that these pasty white creams will make you look like Casper the Friendly

Safe, natural SPF straight from the produce department

Here are my favorite plant oils and their sun protection factors (SPF):

20 SPF: Carrot seed, red raspberry, and wheat germ oils. Carrot seed oil gives your skin a natural light orange-tan color, and has an earthy and nutty aroma that can be a little strong. Red raspberry oil is high in skin-healing vitamin E. Wheat germ oil is less oily than the others and has no scent.

10-15 SPF: Avocado and non-genetically modified soybean oils.

2-8 SPF: Almond, coconut, hemp seed, jojoba, macadamia, olive, and sesame seed oils, plus shea butter.

For extra protection, try combining some of the lower and higher SPF oils. Experiment until you find a texture and scent that's right for you. You can find these oils at your local grocery or natural food store, or farmer's market.

Ghost—manufacturers have figured out how to formulate the minerals into nanoparticles that are virtually colorless on the skin.

5. Make your own sunscreen.

If you're only going to be in the sun for part of the day, there are many natural plant oils that provide different amounts protection (see the sidebar on pg. 6 for my top recommendations).

And they still allow sufficient sunlight to reach your skin so you can produce vitamin D naturally. Plus, they contain vitamins and antioxidants that help your skin feel smooth.

Boost your lifespan in just 30 minutes a day

It's no secret that sitting for long periods of time can harm your health. Research has linked being sedentary with obesity, diabetes, cardiovascular disease, and even cancer.

And new research shows that Americans are sitting more than ever before.

Data from the National Health and Nutrition Examination Survey found that from 2001 to 2016, people of all ages sat and watched TV or videos for an average of two hours a day.[1] Which doesn't sound too awful until you consider that adolescents and adults also spent another hour a day sitting and using their computers, tablets, or phones outside of work.

That adds up to an average of three hours of leisure time spent sitting—every day! And considering that most Americans also spend most of their work or school day sitting at desks (not to mention more sitting during their commutes), it's not unusual for the average person to spend *half a day or more* on their rear ends.

Fortunately, a major new study shows that there's a simple way to counterbalance all of this sedentary behavior. Not surprisingly, it all comes down to moderation—as do most things in life and health.

Moderate exercise can combat excessive sitting

The study involved about 150,000 Australian men and women over the age of 45.[2] Each participant answered surveys over at least a seven-year period about how often they sat and stood, how much they exercised, and other health-related information.

And a major finding surfaced: The people who sat more than six hours *per day* and got less than 150 minutes of physical activity *per week* had the highest risk of early death (specifically death from heart disease).

This finding is in line with all the recent science showing the health benefits of moderate weekly exercise.

Another interesting finding was that *no matter how much* participants sat each day, those who were active 150 to 299 minutes a week were still substantially protected against early death.

But the participants who had zero to 149 minutes of physical activity a week had increased death rates *no matter how much, or how little, they sat per day.*

Also, for the people who sat less than six hours per day, swapping out an hour of sitting for an hour of high-level physical activity still had *only marginal* benefits on mortality.

However, people who sat more than six hours a day lowered their risk of premature death simply by trading one extra hour of activity for one hour of sitting. And that activity was beneficial whether it was rigorous, moderate, or slow (like an evening stroll).

Less than an hour a day keeps the reaper away

What this study shows is that even if you sit all day at your job (and during some of your leisure time), staying healthy is easier than you think. Here are your options on what you need to do:

1. Get between 2.5 and five hours a week of moderate physical activity like swimming, gardening, or walking at a pace during which you're increasing your breathing rate.

2. If you don't get that level of activity, reduce your daily sitting time to four hours or less.

Of course, I highly recommend option number one, because exercise has countless additional benefits for your body and brain.

Bottom line: Get off your bottom for even just an hour a day, and replace it with an hour (or even just 30 minutes) of moderate physical activity.

And there's no better time to start than during the summer. Why not take the whole family for an after-dinner walk tonight?

You'll meet your neighbors (at least the active ones), learn about your community, and reconnect with nature. These are priceless benefits for your physical, mental, and emotional health and well-being that you're just not getting while watching TV or playing a video game.

The battle against opioid addiction continues

Here's how you can take control of your pain—without drugs

It looks like the national opioid drug epidemic is about to claim another victim. But this time, it may actually be a victory for the millions of people who are addicted to deadly pain pills.

The American Pain Society (APS) is poised to file for bankruptcy and cease operations, according to several published reports. This follows the recent demise of the Academy of Integrative Pain Management (AIPM).

On the surface, these two groups *seem* like good guys—organizations dedicated to the advancement of science for pain management. APS says it "brings together a diverse group of scientists, clinicians, and other professionals to increase the knowledge of pain and transform public policy and clinical practice to reduce pain-related suffering."[1]

But some people who've been seriously harmed by opioids think that's a load of codswallop. In fact, a 2018 lawsuit filed by the state of Illinois' workers' compensation fund lumps APS in with a long list of opioid manufacturers.[2]

The lawsuit alleges that APS takes money from companies that make and sell opioids. In fact, this is backed by a U.S. Senate committee report, which found that between 2012 and 2017, APS received nearly *$1 million in funding from big pharma*—and more than half of that came from big opioid manufacturer Purdue Pharma.[3]

And the Illinois lawsuit doesn't stop there. It claims that APS and other nonprofit organizations "deceptively" encourage doctors to prescribe opioids for chronic pain, and thus legally qualify as "front groups" for opioid manufacturers.

The suit also points out that APS invented the concept of pain as the "fifth vital sign" of people's health. So what sounds like a harmless PR soundbite has actually contributed to excessive opioid overprescribing, according to the lawsuit.

And this isn't the only lawsuit marrying big pharma to APS. In a recent letter, APS President William Maixner cited the high costs of fighting lawsuits as a reason for his organization's financial problems.[4]

What you really need to know about pain management

So what does this news mean for you and me? Well, as you know, chronic pain is a difficult condition to manage, for both patients and physicians. Not only are there obvious physical aspects, but chronic pain carries plenty of psychological implications as well.

Organizations like APS also conduct some good research into non-opioid alternatives for pain relief. For instance, a recent study published in the APS *Journal of Pain* reported that physical activity and regular social engagement can help prevent chronic pain in older people.[5]

But that's certainly not rocket science. I've been writing about studies like this (and thousands more) for the last 25 years as primary sources for my textbook, *Fundamentals of Complementary & Alternative Medicine*, which is now in its 6th edition. (Order a copy today from the "books" tab on www.DrMicozzi.com.) In fact, a few years ago, my book was the number one most requested textbook from my book publisher at the APS annual meeting.

While *Journal of Pain* has some studies on non-drug solutions for pain, it also publishes plenty of research on opioids and other drugs. Supposedly this is an integrative approach to pain management—another reason why I'm so skeptical of the word "integrative." Because it *should* imply the use of natural, non-drug alternatives, but really, it can mean anything—or nothing at all—in actual practice.

The upshot is that if these "integrative" pain societies and scientific journals go belly-up, it might not be much of a loss for the real researchers who actually continue to produce groundbreaking science on safe and effective non-drug treatments for pain.

As always, I'll report these findings in my weekly newsletter, *Daily Dispatch*, as soon as they're available. And, of course, you'll find the latest science on natural pain management in my *Insider's Ultimate Guide to PILL-FREE Pain Cures*, which you can download for free from the Subscribers Sign-In tab on my website.

And remember, inflammation is often the underlying cause of pain. By controlling inflammation, you can actually *stop* pain instead of just masking it with opioid drugs.

So I urge you to check out my *Protocol for Eliminating Deadly Inflammation*. This online learning tool provides remarkably fast and easy ways to reverse this No. 1 cause of disease and aging. To learn more, or to enroll today, call 1-866-747-9421 and ask for order code **GOV3V800**.

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