



The Valentine's Day secret that could help you live to 100—and beyond

Plus, how it can help silence that nagging cough, deflate that "spare tire," derail diabetes...and MORE

I'm sure you'll be hearing all about the health benefits of eating chocolate with the celebration of Valentine's Day this month. Indeed, as I've often reported, just a few ounces of *dark* chocolate can lower your risk of cardiovascular disease, boost your mood, and even help improve your cognitive function.

But not many people know that another traditional Valentine's Day gift has just as many healthy qualities as chocolate—if not more. In fact, this symbol of love has a long history as a highly beneficial medicinal plant.

I'm talking, of course, about roses.

Science shows these blossoms have a wide variety of health benefits—from suppressing coughs, to regulating blood sugar, to sharpening memory, just to name a few.

So, let's dive right in...

One flower, 32 different medicinal uses

The rose is one of the oldest cultivated flowers. It was first mentioned nearly 5,000 years ago on clay tablets in ancient Mesopotamia.¹

And Pliny the Elder, the first-century Roman natural philosopher, may be the earliest known source on the medicinal properties of roses.

In fact, he described 32 different medicinal uses for the rose in his encyclopedia, *Natural History*.

In the next generation, the Greek physician Discorides wrote about using roses for headaches and as an external pain reliever.

In addition, physicians in ancient India and China used the rose medicinally. But it was the Persians and other Middle Easterners who truly embraced the flower's natural healing powers.

Indeed, roses are an important part of the mystical tradition in Islam known as Sufism. The famous Sufi poet Rumi wrote: "Rose is sent to earth by the gardeners of paradise for empowering the mind, the eye, and the spirit."

Ancient Islamic medicinal practitioners used rose oil to treat burns, ulcers, and hemorrhoids. And they used rose water to reduce fevers and alleviate drunkenness. They believed roses were such a powerful medicine that during rose blossom season, they instructed that the sick be carried to wells and immersed in rose pulp residues.

In the 11th century, the great Persian physician Avicenna first recognized the beneficial effects of the rose for the brain and the body. He

spoke of roses benefiting both the heart and the soul, like the mind-body approaches used today. He also described rose oil's effect on comprehension and memory, and how it could help alleviate anxiety and put the mind at rest.

(You can learn more about Avicenna and his approach to medicine in the translation I edited of his medical textbook, *Avicenna's Medicine*, found under the books tab of my website: www.DrMicozzi.com.)

But since Avicenna's time, modern medicine has found even more medicinal uses for roses...

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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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 Publisher: Katherine Wheeler
 Executive Editor: Amanda Angelini

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The delicate flower that fights some of today's deadliest epidemics

Research shows that roses have antioxidant, anti-inflammatory, and antibacterial properties, all of which help promote overall health.

But some interesting studies have pointed to some specific—and surprising—benefits of roses.

For instance, one study on guinea pigs conducted by researchers in Iran found that rose extract actually acts as a powerful **cough suppressant**.² It appears to work, at least in part, by reducing airway and bronchial inflammation.

Another study published in the journal *Phytomedicine* found that rose extract helps lower blood glucose levels, which could make it a powerful tool in managing **Type II diabetes**—a disease that has reached epidemic proportions in recent years.³

Plus, clinical trials demonstrate that rose extract has powerful effects on **brain function**. Laboratory studies in animals show that it supports strong brain cell growth.⁴ And one placebo-controlled, human clinical trial showed that combining rose extract with a common dementia drug significantly improved cognitive impairment, depression, and behavior issues in Alzheimer's patients.⁵ This finding is especially noteworthy considering the dismal failure of pharmaceutical approaches to treating Alzheimer's.

And, as Avicenna discovered long ago, recent research shows that roses appear to benefit the heart most notably by regulating **blood pressure**.^{6,7}

This shouldn't come as a surprise, as the rose hails from the same botanical family as hawthorn

(Rosaceae). Hawthorn has a long, established history as a safe and effective remedy for early-stage heart failure.

But perhaps most intriguing of all, a study conducted at the University of California found that rose extract significantly increased **lifespan** in fruit flies.^{8,9} Which may not sound like it has anything to do with you or me.

But the fact is, when I look for good scientific data from valid, well-designed studies on prolonging lifespan (versus the hype you typically hear from the “anti-aging” gurus), I often turn to research using animal models—particularly fruit flies. After all, scientists have been studying these insects for over a century, following their entire lifespans over multiple generations.

Much of the basic science of genetics, for example, was originally determined in inexpensive fruit fly experiments (long before the billion-dollar, big-science Human Genome Project, which was the big government medical research boondoggle in between its two “decades of the brain” redundant research).

In this case, the researchers found that rose extract extended the fruit flies' lifespan by as much as 32 percent, with no adverse effects. The average human life expectancy is currently 79 years. So if this research translates to humans, that could mean an additional 23 years of healthy longevity!

But what struck me most about this study was the potential mechanism of action suggested by the researchers. They believe rose extracts' life-extending benefits may be due, at least in part, to its ability to protect against the damaging

effects of excess iron—which I've discussed numerous times here in *Insiders' Cures* and in my *Daily Dispatch* e-letter.

Now, all of these studies used rose extracts made from rose petals. But there's another overlooked part of this plant that also confers a number of health benefits...

Get hip to rose hips

Rose hips form after the petals of the flower fall off. They are the fruits of the flower blossom and grow just below the petals. They also contain the seeds of the rose plant.

Fresh rose hips contain high levels of vitamin C. In fact, rose hips are the single-most potent sources of vitamin C occurring in Nature. And in olden times, when people couldn't get "greens" during the cold, winter months, they got their vitamin C by gathering rose hips in the wild and adding them to foods and beverages.

Perhaps it should come as no surprise, then, that rose hips offer many other health benefits...

In fact, research shows one of the flavonoids in rose hips reverses liver toxicity and suppresses fat accumulation in the liver.¹⁰

And in one clinical study, obese individuals ingested 40 grams per day of rose hip powder for six weeks. As a result, this reduced the

patients' blood pressure and blood lipids (fats), and improved their overall heart health profile.¹¹

Plus, rose hips could be a natural way to maintain a slim stomach.

In one animal study, rosehip extract promoted healthy weight and body fat accumulation in mice—without any changes in their diets or the number of calories they consumed.¹²

But the latest study involved 32 people who were divided into two groups. One group was given 100 mg of rosehip extract daily for 12 weeks, and the other group was given a placebo.¹³

All of the participants were asked to maintain their regular diets and lifestyle patterns. Throughout the study, the researchers observed that both groups had almost identical food-intake rates.

But at the end of the study, the researchers observed that total abdominal fat, visceral fat (fat around the internal organs), body weight, and body mass index (BMI) all decreased significantly in the rosehip group—even though they ate just as much as the placebo group!

Additional research suggests rose hips' weight loss benefits come from its ability to convert white fat (the "bad" kind) into brown fat (the "good" kind), so the body can burn

it rather than store it.¹⁴

So, take advantage of these benefits by looking for dried, powdered rose hips as a dietary supplement. I recommend 1,000 mg (or one gram) per day. This amount borders on a food quantity—so you may find it more convenient to use in a water-soluble powder, which can be added to any beverage of your choice.

You can also harvest wild rose hips, as they did in olden times. In fact, bright red rose-hip seedpods flourish during the winter. They stand out beautifully on stark, bare rosebush branches, especially against the contrast of a white blanket of snow. It's worth trekking into the cold to harvest them—as I do.

As for rose extract, you can often find it in baking supply stores, as it's often used as a flavoring for cakes and other confections. Or you can make your own rose water extract by pouring boiling water over fresh rose petals. Let the liquid cool, remove the petals, and store it in a glass jar in the refrigerator. You can then add a small amount to your food and drinks.

There are also many commercially available teas made from dried rose petals and blossoms. Choose an organic version and consider adding honey or ginger to the brewed tea for extra health benefits. **IC**

The missing link in medical school

What your doctor doesn't know about nutrition CAN hurt you

With the first edition of my medical textbook *Fundamentals of Complementary and Alternative Medicine* that was published 24 years ago (now in its 6th edition), I quickly

discerned that a natural approach to medicine was and remains a hugely popular consumer health movement.

It's a movement driven by Americans

who are voting with their feet and their pocketbooks to take their healthcare business elsewhere—outside of the crony-corporatist mainstream medical establishment

largely controlled by big pharma, big government, and medical specialty organizations and societies.

Of course, nutrition remains the keystone of most natural approaches to health. And yet, starting in medical school, doctors have a woefully inadequate understanding of human biology, diet, and nutrition.

In fact, as modern western biomedicine has circled the globe, it's become a worldwide problem. A new research analysis found that "nutrition is insufficiently incorporated into medical education," regardless of country, setting, or year in school.

As a result, most doctors are unable to guide their patients to true health because they know nothing about it. And that's truly a global health hazard.

I'll tell you more about this analysis in a moment. But first, let's look at the reasons why doctors remain so persistently ignorant of nutrition... and what you can do about it.

No nutrition leadership from the medical establishment

I was recently interviewed by a smart and seasoned journalist for *Time* magazine for the lead article in a special issue on natural medicine.

(I have a special fondness for *Time* because the co-founder, Henry Luce, established a program to send graduate students to work and study in Asia. I was in the second group of Luce Scholars, and got my first introduction to what's called "alternative" and natural medicine in the U.S. that way.)

The reporter asked me where the medical and healthcare leadership is coming from in natural approaches to medicine. I responded frankly:

There's no leadership from the medical establishment at all.

In fact, the medical research funding organizations—like the National Institutes of Health (NIH)—had to be dragged kicking and screaming to actually start doing the research they all demand on alternative/complementary medicine years ago, and only because Congress appropriated funds conditional on them doing it.

It reminds me of when I was director of the College of Physicians, and then Thomas Jefferson University Hospital Center for Integrative Medicine in Philadelphia. My senator from Pennsylvania, Arlen Specter, was chair of the Senate Appropriations Committee. I convinced him to budget funds for the NIH to study bioenergetics (a clear common denominator among natural approaches).

But the good senator told me that NIH didn't want the funds because "they don't believe in bioenergetics."

And if that weren't bad enough, there's the problem with medical specialty organizations, too...

I used to meet with former Congressman Ron Paul, who, like his son, Sen. Rand Paul (R-Kentucky), is a physician.

The Pauls, and others, believe that medical specialty societies practice illegal restraint of trade when it comes to not allowing doctors to offer certain kinds of care to their patients. They believe that federal anti-trust legislation should be employed to stop these abuses.

I've often reported about some of the worst medical specialties—the ones that actually pose a danger to your health due to their persistent ignorance of basic human diet and

nutrition. (For more about one of my least favorite medical specialties—cardiology—see last month's issue.)

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

Half of medical students flunk a basic "nutrition 101" quiz

Researchers in Australia, New Zealand and The Netherlands analyzed 24 studies on the nutrition knowledge (or lack thereof) among medical students, as well as students' skills and confidence about counseling patients on diet, nutrition, and health.¹

Eleven of the studies were from the U.S., seven from Australasia, four from Europe, and one each from Africa and the Middle East—making this truly a global analysis of nutrition education.

Researchers found that medical students don't think their education has adequately equipped them in nutrition, nor positioned them to gain additional knowledge in nutrition.

In fact, in one study, *50 percent* of medical students flunked a basic "nutrition 101" exam—but that didn't prevent them from graduating and being turned loose on patients.

Some of the blame went to medical school faculty's lack of interest and expertise in nutrition. And while researchers found a modest positive effect from new curriculum initiatives, they still concluded that "despite the centrality of nutrition to healthy lifestyles, medical students are not supported to provide high-quality, effective nutrition care."

The sad truth is that even though most doctors are ignorant of nutrition, they're still expected to provide nutrition recommendations

and care to their patients. So this ignorance actually makes them *dangerous* to our health.

Not to mention that decades of misdirected government dietary recommendations (formulated with doctors' "expertise") have clearly contributed to our modern epidemics of diabetes and heart disease...and potentially cancer and dementia as well. New research shows most of their dietary recommendations were tragically all wrong, all along.

How you can be a leader in your own healthcare

After reaching such conclusions, the researchers had some recommendations about how to enhance nutrition education in medical schools:

- The medical education industry should commit to making nutrition education compulsory in medical training.
- Those responsible for medical education need to establish nutrition competencies to provide benchmarks for nutrition knowledge and skills.

But who's going to step up and do that? If we're looking for "leadership" from the crony corporatist academic-government-medical complex, I'm afraid that would be the blind leading the blind.

I saw that firsthand when I last attended a meeting of the American Association of Medical Colleges in Washington D.C., ten years ago. I was part of a delegation, led by former Dean Arthur Rosenberg of the University of Pennsylvania, including medical faculty, alumni (me), and students.

We went to protest the proposal from big pharma that they pay millions of dollars to each medical school to add even more education and training about the use of prescription drugs. But, of course, there was no word about nutrition.

It reminded me of an ancient proverb, as recounted in a story by H.G. Wells: "In the country of the blind, the one-eyed man is king." Clearly, when it comes to *true* healthcare from many doctors, the consumer is king...and the mainstream remains blind.


The bottom line is that you need

to find ways to avoid nutritionally ignorant medical care, which, sadly, is all around us. Dr. Bernard Lown, a cardiologist who won the Nobel Prize for demonstrating the benefits of fewer treatments for heart patients, calls it "avoidable care."

Fortunately, there's plenty of scientific evidence on natural approaches to health—including diet and nutrition—that allow you to be your own leader in your own consumer movement for safe and effective natural health and healing.

Indeed, my *Insider's Ultimate Guide to Outsmarting "Old Age"* is a good place to start. This online learning tool focuses on simple, common-sense strategies for staying vibrant, youthful, and healthy well you're your 70s, 80s—and beyond.

To learn more, or to enroll today, [click here](#) or call 1-866-747-9421 and ask for order code EOV3W201.

And in the meantime, continue tuning into my *Daily Dispatch* e-letter and *Insiders' Cures* newsletter to continuously stay in the know, and to help take control of your own health. 

To sit or not to sit: What's best for your health?

Right now, during the middle of winter, you probably find yourself indoors more than usual.

And one of the things we tend to do more while indoors is *sit*.

Of course, we've all heard that sitting too much is bad for our health. But is the actual problem that sitting more simply correlates with less physical activity? Or is sitting itself the issue?

Well, a recent debate at the 2019 annual meetings of the European Association for the Study of Diabetes yielded some surprising conclusions about sedentary behavior (sitting).

What happens when you sit too much

The expert who presented what you might call the "anti-sitting" side of the debate cited studies showing

that sitting for more than nine hours per day is associated with increased risks of diabetes, heart disease, and other chronic conditions.

In fact, one study showed a "dose-response" effect of 22 percent increased risk of Type II diabetes for each additional hour spent sitting. And other research shows that one-third of people with diabetes don't engage in *any* form of physical activity.

The good news is, studies also show you can counteract the effects of prolonged periods of sitting with short intervals of light physical activity. Even a simple change in position, like standing up, is beneficial.

In one study, just three minutes of light physical activity (like stretching or walking), for each hour of sitting, improved daily blood sugar and insulin levels by an impressive 30 percent.

So maybe sitting isn't so bad after all?

On the other side of the debate, there are studies showing that the first eight hours of sitting per day is *not* associated with detrimental effects on health. And since the typical amount of time most people spend sitting is six to eight hours a day, there's really no need to urge them to sit less.

Plus, as I've reported before, most of the studies conducted on sitting have focused on time spent in front of a

television. And prolonged television watching *is* recognized as a risk factor for diabetes and obesity—but it's also associated with other risk factors, such as snacking, weight gain, and disturbing “mind-body” effects.

Either way, you can counteract “too much” sitting by being sufficiently active throughout the day. In fact, some research shows that walking for just 2.5 minutes each hour has an impact equal to sitting one hour less.

So, if you find yourself sitting more than eight hours a day, you can lower your risk of diabetes and other chronic diseases by simply walking around or engaging in other forms of light activity for two to three minutes each hour.

***How* you sit is as important as how MUCH you sit**

It's also important to note that your mental state while sitting is critically important. From a mind-body standpoint, *how* you sit can make a world of difference.

If you're sitting while meditating, for instance, that's much more healthful than “high-risk” sitting—i.e. watching television.

In my view, the whole “sitting vs. not sitting” debate boils down to the same conclusion as so many other aspects of health: Moderation is key.

Sitting all day every day will undoubtedly impact your health in a negative way. But there's no need to be afraid of settling into your favorite armchair for a few hours of rest and relaxation. And there's also no need to go to extremes, scheduling artificial “workouts” in artificial environments every day. (In fact, that's entirely counterproductive.)

Science indicates you can lower your risk of diabetes and other chronic conditions simply by enjoying the benefits of moderate and light physical activity as they naturally and normally accumulate during the course of the day.

So, just let that sit for a while... 

Four simple lifestyle changes that will naturally sharpen your vision and boost your hearing for years to come

Last month, while I was proofreading the latest issue of *Insiders' Cures*, I was reminded of the old joke about a man who goes to the doctor's office and asks why his arms are getting shorter.

Of course, the man's arms hadn't shrunk. He just had to hold his newspaper farther away to read it.

As we age, we're at risk for diminished vision—and hearing, smell, touch, and taste. This sensory

loss can have a great deal to do with how we perceive our environment and surroundings.

Plus, scientists are increasingly learning that our senses have important influences on the brain and nervous system.

In fact, some studies show that sensory losses increase the risk of cognitive decline, associated with reduced mental stimulation. And there's research underway to

evaluate how sensory perception can influence mental conditions like ADHD (attention-deficit hyperactivity disorder), dementia, and Parkinson's disease.

Which means it's absolutely vital to preserve our senses as we get older. Sadly, there's not much research on how to combat diminishing smell, touch, and taste.

But there's plenty of evidence showing that simple lifestyle

changes can improve our **vision** and **hearing** no matter what our age.

Here are my top four tips to help ensure you continue enjoying the sights and sounds around you...

1.) Eat a Mediterranean diet

I'm a big fan of an authentic, balanced, healthy Mediterranean-style diet—as it can slash your risk of virtually every chronic disease. This diet is rich in fresh fruits and vegetables, wild-caught fish and seafood, full-fat dairy (like butter, eggs, cheeses, and yogurt), free-range, grass-fed and –finished meats, nuts, seeds, and olive oil.

And now, new research shows it can also protect you from substantial hearing loss.¹

Researchers analyzed data from the huge Nurses' Health Study II Conservation of Hearing Study (CHEARS) during a three-year period. The median age of the women who participated in the study was 59.

Among the women who ate a Mediterranean or other type of healthy diet, researchers found:

- Mid-range hearing loss was almost 30 percent less frequent compared with women who ate less-healthy diets
- High-frequency hearing loss was up to 25 percent less prevalent

The researchers also noted that prior studies found higher intake of the following nutrients was particularly beneficial for hearing:

- **Carotenoids**, found in carrots, squash, citrus, and other yellow-orange fruits and vegetables
- **Folate** (B vitamin), found in leafy green vegetables, legumes, and meats

- **Omega-3 fatty acids**, found in fish and other seafood

Of course, all of these nutrients are a part of the Mediterranean diet. But if you're concerned about your hearing, it certainly can't hurt to increase your consumption of these foods.

2.) Indulge in these vision-friendly foods

The Mediterranean diet also contains plenty of foods that are good for your vision. But research shows the following three foods are particularly important for preserving your eyesight:

- **Blueberries** have been shown in many studies to help improve eyesight—particularly a disorder called tension glaucoma, which affects the optic nerve.
- **Dark chocolate** (at least 75 to 80 percent cacao) may help improve vision in people with glaucoma, as well as reduce the risk of macular degeneration. Plus, a 2018 study of 30 adults found that eating a bar of dark chocolate significantly improved eyesight just two hours after consumption.²
- **Fatty fish** like salmon and tuna contain omega-3 fatty acids, which have been linked to lower risk of macular degeneration and dry eye.

3.) Ditch the pain pills

My top 10 foods for vision and hearing

- Blueberries
- Carrots
- Citrus fruit
- Dark chocolate
- Leafy green vegetables
- Legumes
- Meat
- Salmon
- Squash
- Tuna

Of course, we all know how dangerous opiates are for our health. And I've told you about studies linking acetaminophen (also known in Europe as paracetamol, and by the brand name Tylenol®) to heart, liver, and kidney damage.³ All of these toxicities could add up to dramatically increased risks of deaths.

But research shows these pain relievers pose yet another hazard to your health, by increasing your risk of hearing loss.

A 2017 study shows that even supposedly innocuous over-the-counter pain relievers like ibuprofen and aspirin can affect hearing, too.⁴

The study involved data from nearly 56,000 women, ages 44 to 69, who were participating in the Nurses' Health Study. Researchers found that women who took ibuprofen twice daily for at least six years were 10 percent more likely to have hearing loss than women who took the same amount of ibuprofen for one year or less. And women who took Tylenol® had a 9 percent decrease in hearing.

Overall, researchers determined that 16 percent of the study participants' hearing loss could be attributed to regular painkiller usage.

Not to mention, the researchers also noted that these results are similar to a study they did in men—which linked Tylenol®, ibuprofen, *and* aspirin to hearing loss.

All in all, researchers think painkillers can affect hearing by interfering with blood supply to the inner ear and damaging the tiny hairs that protect the inner ear.

And that makes sense to me. But what really struck me about this study is the high usage of painkillers in some of the participants. Twice a day for at least six years? No wonder

those poor women had hearing loss. I'm actually surprised it was only 16 percent...

Imagine how much you could preserve your hearing if you rarely—or never—took painkillers. (You can find out how to manage your pain naturally, safely, and effectively with my special report, *The Insider's Ultimate Guide to Pill-Free Pain Cures*. You can learn more by [clicking here](#) or calling 1-866-747-9421 and asking for order code EO2W200.)

4.) Get moving

Now, I mentioned earlier that researchers are analyzing how hearing, vision, and other sensory loss affects cognitive decline and other disorders of the brain. But I haven't yet mentioned that these studies are typically done while participants are sitting or lying down (for example, while performing brain imaging using MRI).


And that's important, because the way the brain processes sensory input differs depending upon whether your head and body are unnaturally still, or whether you are walking around.

When your body is on the move, your brain's processing of peripheral vision (to either side) is enhanced compared to what you're seeing in the central part of your visual field.

This makes sense because when our ancestors were moving around in nature, finding food and escaping danger, they relied on seeing what was on either side of them (since we don't actually have "eyes in the back of our heads").

In animal studies, more body movement leads to more sensory input into the visual areas of the brain. So it may very well be that, in humans, movement is associated with better sensory output like vision and hearing.

Plus, as I often report, moderate daily exercise is vital for your health. (I always recommend 20 minutes of moderate physical activity like walking, hiking, gardening, or simple housework, or a total of 150 minutes per week.) So getting out and enjoying the sights and sounds in Nature, especially, may very well help preserve your hearing and vision—naturally, for years to come.

For more information on how to keep your vision and hearing sharp well into your golden years, check out my *Insider's Ultimate Guide to Outsmarting "Old Age."* This comprehensive online learning protocol offers dozens of simple, common-sense strategies for staying vibrant, youthful, and HEALTHY well into your 70s, 80s—and beyond. You can learn more about it or enroll today by [clicking here](#) or calling 1-866-747-9421 and asking for code EO3W201. 

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NEWS BRIEF

Prevent cognitive decline with this deep sea secret

Over the past few years, I've written quite a bit about what seems like a campaign to discredit one of the most potent foods and dietary supplements there is. One that science shows really does work wonders...

I'm talking about fish oil and its omega-3 essential fatty acids.

There have been numerous recent studies claiming that fish oil is somehow not effective at preventing heart disease. But the basic problem, among others, was that many of these studies used fish oil or omega-3 doses that the researchers should have already known were way too low to show benefits (especially in smaller, limited studies).

But there's finally some good news. A new study that uses a reasonable amount of omega-3s found that, in addition to heart benefits, these essential fatty acids show potential to keep memory intact as we age.¹

The study analyzed 250 people with coronary artery disease, but without cognitive decline. This is important because this type of heart disease results in reduced blood flow in the arteries, which deprives the brain of oxygen and nutrients. And that can lead to vascular dementia.

During a period of 30 months, half of the people in the study took 3.4 grams a day of the type of omega-3s found in fish oil—EPA and DHA—and half took a placebo.

Compared with the placebo group, those taking omega-3s had better coordination, memory, reaction time, and recall after one year, and still continued to improve after 30 months.

Prior studies analyzed the effects of omega-3 supplements on people who already had cognitive impairment or dementia. But this new study shows benefits to taking omega-3s to prevent the onset of cognitive decline.

You can get omega-3s by eating fatty fish like salmon. But very few people eat enough fish, which is why I recommend supplementing with 4 to 5 grams of a high-quality fish oil every day. Look for a product that contains 1,400 to 1,800 mg of EPA and 1,000 to 1,300 mg of DHA fatty acids.