



My ABCs for brain and eye health

*Three simple—and delicious—ways to keep your vision
AND your mind sharp, no matter what your age*

Natural substances don't just have one, single mechanism of action. Rather, they have many different active constituents that act in synergy to help them survive and thrive.

That's why, unlike drugs—which use artificial compounds concocted in a pharmaceutical lab, and are designed to treat a single disease or symptom—foods and nutrients help keep you healthy from head to toe.

So it's no surprise that there's new research showing how a variety of nutrients and foods can support both healthy brain function *and* eyesight.

In fact, these studies suggest that the same nutrients that reach the brain also reach the eye. This makes sense, considering these organs are derived from the same kind of embryological tissue during fetal development.

Consequently, science is now showing that when we talk about preserving good cognitive function in the brain, the findings are typically relevant to preserving good eyesight, too.

And there are a variety of foods and nutrients that have been demonstrated to support both brain and eye health. I call them my ABCs for brain and eye health

because they're *that* fundamental to healthy function—especially as we age. (Not to be confused, of course, with my ABCs of joint health, that I've shared with you many times before.)

So, without further ado, let's take a look at some simple—and delicious—ways to keep your vision and your mind sharp, no matter what your age...

A is for avocados

Avocados contain monounsaturated fat, which supports heart health. Plus, they're packed with fiber, which feeds the probiotics in the gastrointestinal (GI) tract and promotes a healthy GI microbiome.

Avocados are also good sources of vitamins B, C, E, and K. They even have more potassium than bananas!

All of this makes avocados one of the original "health foods." (Remember those Angie Dickinson commercials in the 1970s?) And now, new research shows that these creamy fruits are particularly good for your brain and eyes.

That's because avocados are loaded with lutein—one of my favorite carotenoids. (Learn more about the health benefits of carotenoids on page 3.)

In fact, one new study showed that

the lutein in avocados can improve brain function, and specifically, attention span.¹ (That should be good news for all of those avocado toast fans—before they shift their attention on the next trendy food!)

The study looked at adults who were overweight or obese, which is estimated to affect 70 percent of the U.S. population. For 12 weeks, researchers prepared daily meals for the 84 study participants. Diets were identical in nutrients and calories, but half of the participants consumed an avocado each day, and half did not.

The researchers measured lutein levels in all participants' blood and eye fluids. (It's rare to measure nutrients within the eye itself, as often done in forensic sciences,

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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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but those levels are most relevant to determining eye function.) Participants also completed three tests to evaluate attention span and other cognitive functions.

Ultimately, the researchers found that the avocado group had better performance on their cognitive assessments. They also had markedly higher levels of lutein in their blood and eyes.

Other studies have found similar results. One 2017 study of nearly 50 men and women with an average age of 63 found that eating one avocado a day for six months increased lutein levels in the eye by 25 percent.² And that also translated into improvements in memory and attention span.

Recommended amount: Two to three avocados per week. And there are much healthier ways to eat them than as a spread on toast. Try an avocado chopped up in a salad, diced into an omelet, or as a tasty topping for grilled chicken.

B is for blueberries

A growing amount of research shows you really can “get your thrill on blueberry hill” (as originally sung by Fats Domino)—at least when it comes to brain and eye health.

As you know, blueberries have become the focus of a number of health investigations in recent years. Studies using both the fruit and blueberry dietary supplements have shown benefits for cancer, cardiovascular disease, cognitive function, and metabolic syndrome.

Initially, it was theorized that the antioxidant properties of blueberry flavonoids were primarily

responsible for these benefits. Blueberries are particularly high in anthocyanins—a flavonoid that gives them their deep blue color. (Interestingly, research shows that wild blueberries have three times more flavonoids than their cultivated cousins.)

But recent studies suggest other ways blueberries work to support brain and eye health. For instance, some lab studies show that blueberries reduce chronic inflammation in brain neural tissues. And chronic inflammation has been linked with cognitive decline and dementia, along with other chronic diseases.

Plus, one study on mice found that blueberry, strawberry, and spinach consumption for just eight weeks led to an actual *reversal* of aging changes in brain cells.³

In addition, studies consistently show that dietary intake of blueberries is associated with better cognitive function and memory.

One of the most compelling was the huge Nurse's Health Study, which analyzed the diets of just over 16,000 women, ages 70 and older, during a 20-year period. Researchers found that increased consumption of blueberries was related to a 2.5-year delay in cognitive decline.⁴

Another recent analysis reviewed 11 different studies on blueberries and cognition.⁵ Four studies looked at adults ages 60 and older. Four studies were on children ages 7 to 10. And three studies looked at adults with mild cognitive impairment (MCI), specifically.

In children, blueberry consumption

was associated with increased memory and executive function, like decision-making. In older adults, both with and without MCI, there were improvements in executive function and memory, as well as psychomotor function—which is strongly associated with increased lifespan and longevity.

These results are also particularly important for people without MCI. That's because most botanical supplements are used to help memory in older adults who *already* suffer from memory problems—but they don't boost cognitive function in people without memory problems.

Meanwhile, blueberries are beneficial to eye health, too. One new research review noted that our retinas have the highest cellular respiratory rate of any of our tissues, making our eyes particularly prone to damage from oxidative stress.

And guess what? Blueberries' anthocyanins may relieve that oxidative stress!

The review cited one study of more than 35,000 women, ages 45 and older, which found a significant association between blueberry intake and lower risk of age-related macular degeneration.⁶

Sadly, there currently aren't many other human studies on blueberries and vision—although animal and lab studies do look promising. (As always, I'll be sure to report on all of the latest research here in my newsletter, as well as in my *Daily Dispatch*.)

Recommended amount: Half a cup of fresh blueberries per day, or 400 mg of blueberry powder per

day (which can be added to water, tea, or smoothies).

C is for carotenoids

Earlier, I discussed the carotenoid lutein, which is found in avocados and other foods. Carotenoids are the pigments that make certain fruits and vegetables red, orange, or yellow. (Indeed, the word actually comes from carrots, which are bright orange.)

But carotenoids do more than just make fruits and vegetables colorful. They also help plants absorb light to use in photosynthesis. And they act as powerful antioxidants in the human body.

There are even a variety of studies linking carotenoids to cancer prevention. And they also have strong anti-inflammatory properties, which helps protect against a whole host of chronic diseases.

In fact, there are more than 600 types of carotenoids. The single most well-known is beta-carotene—even though my research years ago, with scientists at the Human Nutrition Research Lab at the USDA Agricultural Research Center, revealed that healthy foods had far more abundant sources of other carotenoids, besides just beta-carotene.

(But that doesn't mean you should overlook the health benefits of beta-carotene—or alpha-carotene—in the proper dosages and natural forms, or preferably from foods. Both are tried-and-true carotenoids for supporting healthy eyesight.)

Still, in recent years, there has been more research into some “new” carotenoids—like the lutein and avocado studies I mentioned earlier.

And along with lutein, astaxanthin and zeaxanthin also show intriguing evidence for brain and eye health. Thus far, most of the research focuses on combinations of these carotenoids rather than the individual compounds themselves. Let's take a look...

Astaxanthin. This potent carotenoid is found in sea plants, and is what gives crab, lobster, shrimp, and salmon (which eat these plants) their pinkish colors.

One new analysis of seven studies showed the benefits of both astaxanthin and lutein for cognitive function in healthy adults *without* memory impairment (like the blueberry study I mentioned earlier).

Five of the studies focused on lutein supplementation, and two analyzed astaxanthin supplementation.

Brain (and eye) food

The following foods are rich in the nutrients shown in studies to boost both brain and eye health. So, I recommend adding them to your healthy, balanced, Mediterranean-type diet, which is already full of fresh, whole foods. And always try to opt for organic produce whenever possible—which, by law, is free of pesticides, other artificial chemicals, and genetically modified organisms (GMOs), as I discussed in last month's issue of *Insiders' Cures*...

- Apricots
- Asparagus
- Avocados
- Beets
- Bell peppers
- Blueberries
- Broccoli
- Cantaloupe
- Carrots
- Corn
- Crab
- Eggs
- Grapefruit
- Guava
- Leafy green vegetables
- Lobster
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pumpkin
- Salmon
- Shrimp
- Squash (yellow and winter)
- Strawberries
- Spinach
- Sweet potatoes
- Tangerines
- Tomatoes
- Watermelon

Middle-aged and young adults who took 10 mg of lutein a day for 12 months had consistently improved memory, attention span, and focus. Astaxanthin also showed similar benefits in one of the studies.

And there's even more evidence on astaxanthin's effects on eye health. In fact, one new research review found that the carotenoid is effective for treating retinal diseases, cataracts, ocular surface disorders like dry eye syndrome, eye strain, and eye inflammation.⁷

Zeaxanthin. This carotenoid gives


corn, saffron, and other botanicals their distinctive yellow colors.

Several studies link zeaxanthin to lower risk of macular degeneration. And now, researchers are focusing on the link between zeaxanthin, lutein, and brain health.

One recent study involving 62 adults, with a median age of 74, found that taking 10 mg of lutein plus 2 mg of zeaxanthin for one year significantly increased the levels of both carotenoids in the study participants' eye fluid.

Those who took the carotenoid combination also had significant improvements in attention span, executive function, and memory.⁸

Recommended amount: See the sidebar on page 3 for wholesome foods that are rich in carotenoids.

If you take supplements, I suggest 10 mg a day of lutein, 2 mg daily of zeaxanthin, and 4-6 grams a day of astaxanthin. (Or you can look for liquid formulas that combine astaxanthin with vitamin D for a one-two health punch.) 

Five fruits that slash your risk of Alzheimer's and dementia

In the article on page 1, I shared some recent research on foods and nutrients that can support brain function (and vision) as you age. But there's certainly nothing new about the idea that diet and nutrition plays a key role in protecting you against Alzheimer's disease (AD) and dementia. For years, I've reported on studies showing that a healthy, balanced eating plan not only helps prevent AD, but can actually *reverse* it.

And one of the most groundbreaking clinical studies I've written about came from the nation's leading Alzheimer's research center at UCLA. This 2014 study showed that 90 percent of cases of AD were reversed with a healthy diet, supplementation, and lifestyle regimen.¹

Since then, other medical centers have signed onto the UCLA

protocol. And, of course, I have continued to beat the drum with my *Complete Alzheimer's Prevention and Repair Protocol*.

But this concerted effort to alert mainstream medical professionals about the effectiveness of natural approaches for AD and dementia continues to fall on deaf ears. And, as a result, these physicians fail to give hope to their patients.

Instead, the mainstream continues to cling to their faulty theories and drug treatments. (And you and I both know that if their theories are wrong, their drugs certainly can't get it right.)

But *suddenly this summer*, (with apologies to Tennessee Williams), there was big "news" about yet another study showing that some specific fruits—including apples, berries, and pears (oh, my!)—protect the brain against AD.

Of course, that's not really news to me or you. In fact, years ago, I put blueberries in one of my very first dietary supplements under my Smart Science Nutritionals line—a water-soluble powdered extract. And recently, I came out with a potent supplement in capsule form that incorporates concentrated whole foods (grape, turmeric, wild blueberry) with clinically verified brain benefits.

So why is this new study on berries and other fruits being touted as a brand new Alzheimer's breakthrough? Well, I have some theories about that. But first, let's take a closer look at the new study and its conclusions.

2,800 people can't be wrong

Scientists at Tufts University's Jean Mayer USDA Human Nutrition Research Center on Aging observed 2,800 men and women, ages 50

and older, for 20 years.² Every four years, the participants filled out a questionnaire on the types of foods they ate. The researchers also tracked whether the participants were diagnosed with AD or related dementias.

Results showed that the people who rarely ate foods with three related types of flavonoids had a heightened risk of dementia when compared to the people who regularly ate these foods.

Specifically, people who consumed the fewest **blueberries**, **grapes** (red wine), and **strawberries** (which all contain the flavonoid anthocyanin) had *quadruple the risk* of AD and dementia compared with the people who consumed the most.

And those who ate fewer **apples** and **pears** (which contain flavanol and flavonoid polymers) had *double the risk* of AD and dementia compared to those who ate the most.

But we're not even talking about large quantities of fruit here:

- The lowest-intake group consumed no berries, grapes (red wine), or pears—and just one and a half apples, per month
- The highest-intake group consumed seven to eight cups of blueberries, eight apples and pears, and 19 cups of grapes (red wine), per month

Meaning adding just a small quantity of these health foods can ultimately make a big difference—at least where brain

health is concerned.

(The best recommendations are to consume *at least* that many fruits per *week*—not per month. Just imagine the results if the study participants had eaten that much!)

Flavonoids are also abundant in other healthy foods, such as dark chocolate and onions—although the researchers didn't study these specific foods' effects on AD and dementia. But you can—and should—add them to your healthy, balanced diet, too. (In moderation, of course, where dark chocolate is concerned.)

These results are great... but why all the hype now?

So, back to my original question: Why is this study considered “news”?

Well, I think there are several reasons. First, the study was conducted by a prestigious research center in a major medical institution in Boston.

I've personally met Jean Mayer, for whom the center is named. He was one of the first scientists to take diet and nutritional science seriously in relation to human health. He was well known and respected among anthropologists and human biologists—which is how I met him in the 1970s—long before mainstream medical researchers paid attention to his work and began to take it seriously.

Second, this new study features the idea of single-ingredient “magic bullets” that are responsible for fighting disease. As I've discussed before, this approach is much


simpler for the mainstream to wrap their minds around—rather than looking at whole foods, the entire diet, or a complete lifestyle (as was done in the earlier UCLA study, and as I outline in my own *Complete Alzheimer's Prevention and Repair Protocol*. To learn more about this comprehensive, online learning tool, [click here](#) or call 1-866-747-9421 and ask for order code EO3W800).

Not to mention, big pharma also likes these types of studies because they could potentially make an enormously profitable pill by isolating and creating a synthetic version of the single, isolated “active ingredient” (a totally flawed approach to natural medicine).

Third, the scientists' key finding is that greater consumption of foods with flavonoids during a 20-year period reduced the risk of AD by *two to four times*.

Now that's a real reduction in risk, in a world where drugs just need to show marginal-percent benefits in order to gain approval. So, in this case, big numbers mean big news.

So, to recap, blueberries, strawberries, apples, and pears are good for your brain. Which is *always* good news...even if it's not particularly newsworthy.

But oddly, the benefits of grapes and red wine—which were shown in the study to have just as much dementia protection as the other fruits—didn't make the headlines or get more than a mention in the report. But once again, you and I know the real story. (And if you need a quick refresher, take a look back at this year's January issue of *Insiders' Cures*.) 

How to get a taste of seaside Portugal this summer—without leaving home

Every late summer/early fall, I publish recipes for New England clambakes and/or Southern seafood boils. This is the perfect time for these dishes that are fun to prepare and festive to consume. Plus they're the epitome of healthy, balanced, one-pot meals.

This summer, I thought I'd switch things up a little by including a favorite dish among the local New England seafaring communities that originally hailed from Portugal and the Azores.

Of course, I've shared some of my favorite Portuguese *cataplans* before. These versions of Spanish *paellas* are delicious and nutritious blends of meat, seafood, rice, and vegetables. But as much as I love *cataplans*, I'm a bigger fan of the traditional Portuguese dish known as *Alentejana*.

Portuguese *Alentejana* didn't actually originate in Alentejo, Portugal, as its name would suggest. Instead, it's native to the Algarve region to the south, where cooks combine pork and clams as a kind of "surf and turf." Some people suggest the clams were originally added to mask the "fishy" flavor of Algarve pork—because pigs from this Atlantic region were often fed fish scraps, which changed the taste of the pork.

(In New England, Henry David Thoreau [1817 – 1862] even wrote about the fishy taste of milk from cows fed fish heads on Cape Cod, which he also said accounted for the superior clam chowder there.)

For this version of Portuguese *Alentejana*, steamed clams are mixed with potato cubes, and the pork is sautéed in a tangy pimento sauce. So, I hope you'll give it a try with family and friends this summer. *Delicioso!*

Portuguese Alentejana

Ingredients:

- 3 tablespoons paprika
- 3 garlic cloves, minced
- 1 ½ teaspoon salt
- 7 tablespoons olive oil (divided—you use it three times)
- 2 ¼ pounds boneless pork loin, cubed
- 1/2 cup white wine vinegar
- 2 bay leaves
- 1 onion, chopped
- 2-3 tablespoons tomato paste
- 1 cup white wine
- 2 ¼ pounds clams, scrubbed clean
- 3 large potatoes, peeled
- Salt
- Water
- 1 lemon, sliced into wedges (optional)
- Cilantro/coriander leaves (optional)

Instructions:

1. In a small bowl, make a thick paste with the paprika, garlic, salt, and 2 tablespoons of olive oil.
2. Place the pork in a deep bowl. Spread the paprika and garlic paste on the pork and massage it in with your fingers.
3. Add in the bay leaves and wine vinegar, and cover the bowl.

Marinate at least 6 hours—up to 24 hours. (The longer the better. Just be certain to stir the paste and massage the meat every so often.)

4. Heat 2 tablespoons of olive oil in a deep pan over high heat. Add in the marinated pork, reserving the marinade for later.
5. Brown the pork on all sides in a single layer, cooking it in batches if needed. Transfer cooked pork to a clean bowl.
6. Reduce heat to medium-low and add the onion and garlic to the pan, allowing it to brown lightly, about 2-3 minutes.
7. Pour in the white wine and scrape any bits of the mixture off the bottom of the pan with a spatula. Stir in the tomato paste and the reserved pork marinade. Allow it to cook about 10 minutes.
8. Add the pork back into the pan, stirring so that the meat is covered in the sauce. Reduce heat to low and cover with a lid to allow it to barely simmer for 1 ½ hours, checking occasionally.
9. Once the pork is nice and tender, turn the heat up to medium-low and bring the sauce to a gentle boil.
10. Add the clams to the pan, distributing them evenly throughout. Cover and cook an additional 20-30 minutes, or until the clams open.
11. While the clams are steaming in

the pork and sauce, prepare the potatoes.

12. Cut the potatoes, with skin on, into cubes. Put them in a pot of salted water and boil for 5-7 minutes, or until the outside is cooked but the potatoes are still firm.
13. Transfer the potatoes to a bowl of cold water to cool, then drain excess water.
14. Heat 3 tablespoons of olive oil in a clean pan over medium-high heat. Add the potatoes and cook until golden brown all over and tender in the middle, about 7-10 minutes.
15. To serve, place a scoop of potatoes in the bottom of a soup plate or shallow bowl. Add plenty of the pork and clams on top, with lots of sauce. Add wedges of lemon and cilantro leaves for garnish. **IC**

Don't skim the health benefits of dairy

Here's why I consume full-fat butter, cheese, milk, or yogurt at almost every meal

Banning dairy from a healthy, balanced diet has been one of the biggest, most flawed myths of so-called nutritional science. But you should also know that when it comes to good health, all dairy is not created equal.

More and more studies are showing that the key is consuming “full-fat” dairy... that is, natural dairy products in their unaltered forms—not artificial, “low fat” varieties.

You see, when dairy products are artificially processed to remove the fat content, their perfect natural balance is upended. Pure dairy products contain a naturally calibrated combination of protein, fat, and lactose (a form of sugar). So if you take out the fat, you inevitably increase the proportion of sugar.

Plus, the fat in dairy naturally slows the release of the lactose into your bloodstream. Meaning you can get a blood sugar spike when you consume low-fat milk, yogurt, cheese, butter, or other low-fat dairy products.

And there's plenty of evidence that this sugar rush can lead to metabolic syndrome, obesity, diabetes, and cardiovascular disease—not to mention lactose intolerance.

So it's no surprise that research is increasingly showing that full-fat dairy—not the low-fat versions—can actually help *prevent* these chronic, deadly health conditions.

Nutritional experts are calling this a “paradox” because the scientific evidence doesn't support their mythological theories that low-fat dairy is somehow supposed to be better for your health. And they struggle with the absolute fact that the healthy Mediterranean diet includes a lot of supposedly “unhealthy” dairy (like full-fat cheeses and yogurt) at most, if not all, meals.

But the science on the benefits of consuming natural, full-fat dairy just keeps rolling in. So, let's take a look at some of the most compelling research, including a new, multi-country study showing the impressive benefits of full-fat dairy for prevention of diabetes and high blood pressure.

How full-fat dairy helps reduce metabolic diseases

There are several large, long-term studies showing that full-fat dairy can *substantially* lower your risk of the following metabolic health conditions...

Cardiovascular disease. In a recent study, researchers evaluated the effects of fatty acids from dairy in 2,907 men and women with a median age of 74.¹

At various points during the 22-year study period, researchers analyzed the levels of three types of dairy-related fat in each of the participants' blood.

By the end of the study, most of the participants (2,428) had died. But only 833 died from heart disease (remember, heart disease is the No. 1 cause of death in the U.S., particularly in older people). And the researchers discovered that the study participants who had high blood levels of dairy-related fat were *less likely* to die from heart disease than those with lower levels.

Furthermore, the people with high levels of one particular type of dairy fatty acid—called heptadecanoic acid—were a whopping *42 percent* less likely to die from a stroke during the study period.

This is only one of the recent studies showing that, contrary to what the so-called nutrition “experts” have touted for decades, the saturated fats in dairy *won't* increase your risk of cardiovascular disease. In fact, full-

fat dairy can actually substantially *decrease* your chance of having a heart attack or stroke.

Obesity. An increasing number of studies are finding that the fat in dairy does not lead to weight gain. In fact, full-fat dairy can actually help you lose weight—probably because the fat makes you feel more full, satisfied (satiated), and less likely to load up on empty calories.

In a 2016 study, researchers followed more than 18,400 women, ages 45 and older, for 18 years.² All of the women were of normal weight at the beginning of the study, but at the end, nearly half were overweight or obese.

The study specifically analyzed how much—and what type—of dairy the participants consumed. And guess what? The researchers found that the women who consumed the most full-fat dairy products had an 8 percent lower risk of becoming overweight or obese. *However*, the same was not true for the women who ate low-fat dairy—no matter how much.

Meaning, if you can consume low-fat dairy until the cows come home, it won't keep you from gaining weight—despite what those mainstream marketing ads may have you believe. Only full-fat dairy truly guards against obesity—which, as we all know, is a precursor for many metabolic diseases.

Which leads me to the new study I told you about earlier...

Full-fat dairy reduces your risk of diabetes and high blood pressure

Researchers analyzed the dairy intake of nearly 150,000 people, ages 35 to 70, who participated in the Prospective Urban Rural Epidemiology (PURE) study from

21 countries around the world.³

For nine years, the researchers looked at how much cheese, milk, and yogurt, as well as dishes and drinks prepared with dairy products, each participant ate. Dairy consumption was classified as full-fat (3.4 percent fat), or low-fat (1 to 2 percent).

Butter and cream consumption was assessed separately, as they're not commonly eaten in many of the countries included in the PURE study. (I remember hosting a dinner for a group of researchers from China in Bethesda, Maryland, in 1987. Butter dishes were placed on the table. Some of the Chinese researchers hadn't seen butter before and asked one of their colleagues, who had trained in the U.S., what it was. I later asked him to translate what he had responded in Chinese. He said he called it "animal secretion.")

At the end of the study, the researchers reported that the participants who ate at least two servings of full-fat dairy a day had a *28 percent lower risk* of metabolic syndrome (which includes obesity and/or high blood sugar, blood pressure, triglycerides, or cholesterol).

But the people who only ate low-fat dairy *were just as likely* to suffer from metabolic syndrome as the people who ate no dairy at all.

Plus, the study participants who ate two servings of full-fat dairy a day had an 11 to 12 percent lower risk of high blood pressure and diabetes, specifically. And those who ate three servings of full-fat dairy a day had a 13 to 14 percent lower risk.

Now, the study didn't separate out how different types of dairy

influenced these results, but the researchers noted that the associations were stronger for full-fat dairy consumption when compared to low-fat versions.


Why grass-fed, organic, free-range dairy is also important

One thing that these large, ongoing studies typically don't include is a differentiation between conventional and organic, grass-fed, free-range dairy sources. But those distinctions are of utmost importance, too!

Indeed, grass-fed, organic, free-range dairy is far better for you than dairy from poor, un-contented cows in industrial dairy production. There's plenty of science showing that the former contains more nutrients—particularly essential fatty acids, beta-carotene (as I discuss on page 3), and vitamin E. So I think it's a fair assumption that if these studies had used the healthiest, full-fat dairy sources available, they would have found even more compelling results!

Still, the results we already have are certainly convincing. Perhaps they're even enough to change the minds of some misguided "nutritionists" who insist on touting the fake benefits of low-fat, artificial dairy sources.

But you don't have to wait for that. You can protect your health—starting today—with two to three servings of full-fat dairy per day. That's just a cup of milk or yogurt, three to four tablespoons of butter, or an ounce or two of cheese, per serving.

You'll lower your risk of metabolic syndrome, obesity, heart disease, and diabetes, and you'll also get a healthy dose of protein, vitamin D, and bioavailable calcium. 

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