



DR. MICOZZI'S  
**INSIDERS' CURES**

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**BREAKING NEWS**

# New research identifies four early warning signs of Alzheimer's

*Here's what you can do about them, starting today*

Mainstream medical researchers have looked at all kinds of genetic and pathologic theories for how Alzheimer's disease (AD) and dementia develop. But they haven't had much success—except for reiterating what we already knew *decades ago...*

That old age is the No. 1 major risk factor for AD and dementia.

That's certainly not groundbreaking information. It dates all the way back to the idea of "senile dementia," which arose in the early 20<sup>th</sup> century.

Yet, in terms of prevention, the mainstream has come up virtually empty-handed since then. And they have failed to produce a single viable treatment—much less a cure.

But *I* haven't—nor have researchers who *really* understand just how much lifestyle and dietary factors influence your risk of these conditions.

In fact, I recently discovered compelling new research that identifies *four key early warning signs* of Alzheimer's or dementia.

Let's take a closer look at these signs, and what you can do to combat them. And then, I'll

share my dietary supplement recommendations for brain support no matter what your age—as well as the best tests to discover if you're likely to be diagnosed with AD or dementia now or in the future.

**Four early warning signs of AD and dementia**

**1.) Follow the money.** Problems paying bills and managing personal finances can simply be a sign of the times after a full year of coronavirus-related economic shutdowns. But a new study shows that even in normal times, these problems can often rear their heads *years before* doctors ultimately make a diagnosis of dementia.<sup>1</sup>

Researchers analyzed consumer credit reports from 1999 to 2018, along with medical claims for 81,364 Medicare recipients living in single-person households (meaning the participants were most likely the ones managing their own finances, without the aid of a spouse or other family member).

Overall, 27,302 of the study participants, with a mean age of 79 years, received a diagnosis of dementia between 1999 and 2014.

The researchers discovered that up to *six years before* these people were diagnosed, they were more likely to miss scheduled credit card payments—compared to their peers who weren't diagnosed with dementia. They were also more likely to have poor credit scores up to 2.5 years before diagnosis.

Plus, within three months following diagnosis, people with dementia were more likely to miss credit card payments and have poor credit ratings when compared with people without dementia. And these payment delinquency and credit score issues were likely to persist for at least 3.5 years *after* a dementia diagnosis.

**In this issue:**

**Getting to the heart of the omega-3 "controversy" ..... 5**

**Spring cleaning 101: 5 common—but toxic—household items to take to the curb ASAP ..... 6**

**The little "ugly" fruit that's really a prebiotic powerhouse ..... 8**



**Marc S. Micozzi, M.D., Ph.D.**, is a worldwide leader in nutritional and complementary/alternative medicine. He has had a distinguished career as a researcher and physician executive at the National Institutes of Health and Walter Reed National Military Medical Center in Washington, DC, and the College of Physicians in Philadelphia PA. He has published over 30 medical and trade books, and founded and edited the first scientific journal, and the first textbook, on complementary/alternative and nutritional medicine, now available in a 6th edition and continuously in print since 1995.

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Author: Marc S. Micozzi, M.D., Ph.D.  
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**What you can do:** This study shows that changes in judgment may occur *years* before clinical cognitive impairment can be picked up by medical evaluation. Which translates to potentially years of erratic bill payments, poor financial decisions, and victimization by fraud, as people struggle on their own, wondering what's wrong.

(In fact, in an editorial accompanying the study, Dr. Jason Karlawish of the University of Pennsylvania, my alma mater, made a powerful case about how the consumer credit industry is making money off of AD and dementia.<sup>2</sup>)

So if you or a loved one are having a hard time paying bills or managing credit scores, take it seriously. Ask your doctor about dementia and AD, and take advantage of the screenings I mention in the sidebar on page 4.

**2.) Location, location, location.** New studies are revealing that where you live may be a factor in whether you develop dementia, too. Researchers are looking at “hot spots” across the country where AD and dementia rates are inexplicably high.

Indeed, in the 1980s, my colleagues and I found dramatic differences between populations and countries around the world—and among succeeding generations of immigrants—that strongly pointed to location-based dietary risk factors for chronic diseases. Not to mention, early research links *diet* and chronic disease-risk, too.

And since AD is both a chronic disease *and* one influenced by diet, it makes sense that geographical location could play a role.

In fact, according to the Centers for Disease Control and Prevention

(CDC) data, out of the top 10 states with the highest AD death rates, seven are in the South (Alabama, Arkansas, Georgia, Louisiana, Mississippi, South Carolina, and Tennessee); two are in the West (Utah and Washington); and one is in the East (Vermont).<sup>3</sup>

Researchers don't believe that living in certain areas actually increases your risk of Alzheimer's. But the truth is, where people live may affect their access to healthcare and nutritious food—and even education about other AD risk factors.

Another study conducted within the state of Ohio showed that poorer, rural Appalachian residents had a 2 to 3 percent higher rate of AD than Ohioans who lived outside of Appalachia.<sup>4</sup>

This makes sense because rural areas often have less access to healthcare, which can contribute to gaps in Alzheimer's prevention and treatment. And, as another new study discovered, economic status can also play a key role in AD progression.

Researchers analyzed autopsy data from 951 people who were cognitively impaired when they died.<sup>5</sup> They found that the people who resided in the poorest neighborhoods at their time of death had *twice* the rate of brain changes associated with AD, compared to people in wealthier areas.

(Of course, autopsy studies are limited because the science shows that these so-called “typical” brain changes of dementia are *not* actually present in half of people with clinically diagnosed dementia—and half the people *with* these changes in their brains did not suffer from clinical dementia.)

Nevertheless, it's still an interesting study, as researchers and public health experts note that people who live in poorer neighborhoods can suffer from chronic stress, sleep disturbances, lack of exercise opportunities (it's hard to take a walk if you live in a dangerous area), air pollution, poor nutrition, and even toxic metals in the water supply—all of which are key risk factors for AD and dementia.

**What you can do:** The links between geography and AD tend not to do with your actual environment, but rather the socioeconomic factors present in your community.

So there's no need to pack up and move if you live in an area with higher incidences of Alzheimer's (unless you want to, of course).

Just continue to educate yourself about the risk factors for dementia (and continue reading *Insiders' Cures* and my *Daily Dispatch* e-letter for insight), and follow my core dietary and lifestyle recommendations—like engaging in regular exercise, communing with Nature as much as possible, and following a healthy, balanced diet full of fresh, whole foods.

**3.) Go with your gut.** In the past few years, medical science has increasingly discovered that the health of your gastrointestinal (GI) microbiome is linked to the risk of many chronic diseases. And it turns out, AD and dementia is no exception.

For a new study on this subject, a team of researchers from Italy and Switzerland recruited 89 men and women between the ages of 65 and 85 years.<sup>6</sup> Some of the people had been diagnosed with AD and related

dementias, and others had normal memory. The researchers performed brain scans on the study participants, and analyzed their blood for inflammatory markers and proteins produced by intestinal bacteria.

These tests found a correlation between imbalances in GI probiotics (“good” bacteria) and the appearance of dementia precursors in the brain. As a result, the researchers think proteins produced by certain GI microbes can influence interactions among the immune system and the brain and nervous system.

The researchers also discovered that “good” probiotic bacteria in the normal microbiome produce a fatty acid called butyrate that has anti-inflammatory properties and protects the brain.

Prior research has shown a strong association between specific intestinal bacteria and AD. In fact, research reveals the GI microbiome in people diagnosed with Alzheimer's is actually different than the microbiomes of people without AD. In fact, people *with* AD have less diversity of probiotics, among other factors.

In addition, since chronic inflammation is a suspected risk factor in dementia and AD (as with many other chronic diseases), inflammation in the blood could also provide a direct link between the GI microbiome and the brain.

**What you can do:** Researchers are now trying to find an AD treatment that can be administered as a probiotic “bacterial cocktail” to feed good bacteria in the GI microbiome. But, as I often report, lots of other research shows that trying to make and take probiotic pills simply

### Key supplements for optimal brain health, no matter what your age

Studies show there are a variety of potent nutrients and botanicals that support the brain. I recommend the following:

- B vitamins, including:
  - B6 (5 mg a day)
  - B12 (20 mcg a day)
  - Folic acid (800 mcg a day)
  - Thiamin (2.5 mg a day)
- Berberine (500 mg a day)
- Lutein (12 mg a day)

I also like the following food extracts:

- Grape extract (600 mg a day)
- Turmeric extract (400 mg a day)

doesn't make sense, doesn't work, and can be dangerous.

Instead, I recommend nurturing the natural probiotic bacteria in your GI tract through prebiotic foods, such as fermented vegetables like sauerkraut, as well as apples, asparagus, avocados (see page 8), bananas, garlic, leeks, onions, whole grains like barley and oats, and full-fat cheeses and yogurts.

As an added benefit, prebiotic foods also help your gut produce the butyrate fatty acids that the researchers found help protect the brain.

**4.) Break the “rules”.** I recently came across a study with findings that run completely *contrary* to the mainstream, politically correct, anti-dairy and anti-meat “dietary experts,” and the neo-prohibitionist, total abstinence, “anti-alcohol” crowd who I frequently warn you about.

Iowa State University researchers analyzed data collected from 1,787 British men and women, ages 46 to 77 years.<sup>7</sup> The study participants

underwent cognitive tests over a period of 10 years. They also completed questionnaires about how often they ate a variety of foods and beverages.

In the end, there were four key findings:

- 1.) Cheese lowers the risk of age-related cognitive problems *far more than any other food*—even as you age.
- 2.) Daily consumption of alcohol, particularly red wine, helps improve cognitive function.
- 3.) Weekly consumption of lamb (a red meat) improves long-term cognitive function.
- 4.) People at risk for AD may need to watch their salt consumption to avoid cognitive problems as they age.

The researchers claim this study is the first large-scale analysis connecting specific foods to cognitive ability in later life. But, although their findings make a lot of sense, saying it's the “first,” as always, is just silly—and wrong.

First of all, how can they *not* be aware of the groundbreaking clinical research at UCLA, starting five years ago (and now being repeated at a dozen medical centers around the country) showing diet and nutritional factors can *prevent* and *rewire* AD and dementia?

I've written about this research several times, and even released my very own online learning tool on the topic, my *Complete Alzheimer's Fighting Protocol*. (To learn more, [click here](#) or call 1-866-747-9421 and ask for order code EO3X400.)

Secondly, after federal research programs devoted to two “decades of the brain,” and billions of dollars spent on dementia and AD studies, how is it possible that looking at something as fundamental as foods comes so little, so late?

**What you can do:** Don't listen to the nanny, ninny, neo-Prohibitionists who insist that *any* amount of alcohol at *any* age is “bad for the brain.” Instead, pay attention to the many studies linking moderate alcohol consumption—especially red wine—to improved cognitive function.


And remember, the “anti-cheese” dietary “experts” ignore the real science by conveniently omitting the fact that full-fat cheese and yogurt is consumed daily, essentially at every meal, as part of the Mediterranean Diet—the healthiest diet on the planet.

So, to help lower *your* risk of AD and dementia, eat a balanced diet that includes plenty of fresh, organic fruits and vegetables, a couple servings of full-fat dairy a day, wild-caught fish, and meat like lamb. (As an added bonus, the nutrient composition of lamb shows

the healthiest profile of fats of *any* meat...including the supposed benefits of chicken and turkey. It's also a key part of the healthy Mediterranean Diet, another fact neglected by the “experts”.)

Then, top it all off with a glass or two of red wine. And skip the sugary desserts and processed foods that cause inflammation, which plays a fundamental role in AD and dementia. (In the Mediterranean, diners often end the meal with cheese, instead of confections.)

Bottom line? While the mainstream medical research industry remains a half-century behind on AD and dementia, these new studies show there are scientific ways to effectively identify key risk factors for these chronic diseases.

But remember, just because you may have elevated risk doesn't mean you're doomed to a future of disease. There are many natural approaches that can *prevent* and *rewire* AD and dementia as I outlined here for you—and as I outline in my comprehensive, online learning tool, my *Complete Alzheimer's Fighting Protocol*. 

### My top-recommended AD and dementia screening tests

While there are plenty of high-tech, costly brain scans out there, I believe there's no substitute for clinical assessments for AD and dementia. (Not to mention, I have personally seen some doctors pay more attention to the images from their brain scans than they give to the patient!)

Some clinical cognitive evaluations of patients can be done quickly and easily by your doctor, either in their office or via your computer. They can even reveal much more significant information than thousands of dollars' worth of brain scans!

But, sadly, mainstream medicine will keep doing the scans to help pay for their

multimillion-dollar, high-tech machines.

That's why I recommend asking for these two evaluations by name: The University of Pennsylvania Smell Identification Test and the Blessed Orientation Memory Concentration Test.

As I wrote in the January 2020 issue of *Insiders' Cures*, researchers found that a whopping 97 percent of the people who performed well on both of these tests *didn't* get dementia during a four-year follow-up period. Meaning the tests were highly accurate at predicting current incidences of dementia *and* for predicting future risk of developing the disease.

# Getting to the heart of the omega-3 “controversy”

## *Here's why I always recommend fish and fish oil for good health*

There's no doubt that the omega-3 essential fats found in fish oil are good for the heart—as study after study consistently reveals their heart-saving benefits. And the truth is, omega-3s are important for *all* aspects of your health.

But over the years, there have also been what I call a “dirty dozen” studies on fish oil and/or omega-3s that failed to show these clear benefits.

How can that be? Well, first of all, as I've exposed before, all of these failed studies had one thing in common—they used doses that were way too low to show an effect.

Another problem is that omega-3 supplements are meant to be *added* to the fish oil that people are already supposed to get from eating seafood. (They're called supplements for that very reason—they're meant to *supplement* a healthy diet!)

So when researchers conduct studies without any knowledge of the participants' diets, or without actually controlling their diets, they really have no idea what doses of supplements are really needed to be effective in the first place.

Unfortunately, this ignorance from mainstream cardiologists and heart disease researchers is often proudly put on full display and paraded in the mainstream medical literature—and it's not going away any time soon.

### **Something's fishy**

I recently read a column by a cardiologist who said the heart

benefits of fish oil supplements had solid scientific and medical practice evidence...back in 2013. But he's looked “deeply” (down where the fish dwell) into the topic since then, and now takes his patients off fish oil!

But the truth of the matter is, what's *really* changed since 2013 is that more and more solid evidence on the benefits of omega-3s and fish oil has continued to accumulate—while the mainstream inexplicably attempts to overturn the weight of this science.

Yet every month (or even more frequently), I see a new study showing the benefits of omega-3s for heart and overall health. That's why I'd like to share an interesting new study demonstrating the *immediate* benefits of omega-3s for the heart...beyond their well-known long-term health benefits.

### **How fish oil keeps your heart healthy—even when it's stressed**

Researchers evaluated data from 13,912 people who had undergone comprehensive examinations at the Cooper Institute in Texas.<sup>1</sup> (The Cooper Institute was founded by Dr. Kenneth Cooper, whose 1968 book *Aerobics* is widely said to have helped transform how Americans see exercise and its role in supporting health—for better, or for worse).

The ages of the study participants ranged from 20 to 80 years, with an average age of 50. Most of the participants were in good health, and blood tests revealed they had a range of omega-3s that was slightly higher,

and healthier, than the national average.

They also had resting heart rates of about 60 beats per minute for men, and 63 for women. (Most data shows that heart rates of 72 to 76 are normal for 50-year-old people in the U.S. And generally, the lower the heart rate, the better your health.)

The participants underwent “maximal” treadmill stress tests, and their heart rates were measured at one-minute, three-minute, and five-minute intervals. The tests revealed that the people with higher omega-3 levels had better recovery of heart rates—meaning that their elevated heart rates returned back to normal more quickly.

The researchers said the exact ways that the EPA and DHA fatty acids found in omega-3s protect the heart after strenuous exercise aren't fully known. But they did acknowledge that omega-3s show important effects on cell membranes, including the heart muscle.

It's also worth noting that many prior studies on omega-3s have focused on participants who had heart problems and who may have been taking statin drugs (which are definitely not beneficial for cell membranes). So it's remarkable that this new study found such strong benefits in people who were in relatively good health to begin with.

### **Quality matters when it comes to fish and fish oil**

This study, along with years of long-term studies, clearly shows

the benefits of omega-3s are real. In fact, the omega-3 DHA (which is a primary structural component of the brain, eyes, and skin) is so necessary to our health that if we don't get it from its main source—fish—our body will manufacture it from ALA, another omega-3 found in plant foods.

Of course, eating fish also provides important proteins, fat-soluble vitamins like D and E, and essential minerals like selenium. And it's widely recommended that people eat fish at least twice per week.

But my own analysis shows this is a bare minimum...and doesn't yield optimal (or even adequate) doses of omega-3s.

Hence the need for most people to take fish oil supplements.

But a key point that's often missed about fish oil doses is that they

should be on a sliding scale—the more fish and seafood you eat on a daily or weekly basis, the lower your required dose. (See the sidebar for my dosing recommendations.)

It's also important to note that the quality of fish and fish oil supplements are imperative. Because you only get safe and effective food sources and products when fish and seafood—and fish oil and omega-3 supplements—are properly sourced and prepared.

That's why I recommend consulting the nonprofit Environmental Defense Fund's Seafood Selector at [seafood.edf.org](http://seafood.edf.org), which rates a variety of species in terms of their sustainability, mercury levels, and omega-3 fatty acid content.

The bottom line is that when it comes to the health benefits of omega-3s and fish oil supplements, the only things to be skeptical

about are diet, dose, and quality—despite what you may hear in the mainstream press. **TC**

### My fish oil dosage recommendations based on diet

#### If you eat fish every day...

There's no need to take fish oil supplements.

#### If you eat fish four to six times a week...

Supplement with 1 to 3 grams of fish oil daily, containing 400-950 mg of EPA and 300-700 mg of DHA.

#### If you eat fish one to three times a week...

Supplement with 4 to 5 grams of fish oil every day, containing 1,400-1,800 mg of EPA and 1,000-1,300 mg of DHA.

#### If you don't eat any fish...

Supplement every day with 6 grams of fish oil, containing 2,000 mg of EPA and 1,500 mg of DHA.

## Spring Cleaning 101:

### 5 common—but toxic—household items to take to the curb ASAP

Spring is an excellent time to clean out your house and get rid of harmful products.

After all, a growing amount of research suggests chemical toxins in everyday household products increase the risk of autoimmune diseases, birth defects, cancer, infertility, and other health conditions.

In fact, the Centers for Disease Control and Prevention (CDC) has discovered that *more than 300* environmental chemicals can

accumulate in human tissues.<sup>1</sup>

So, without further ado, here are some key items to replace around your home this spring...

**1.) Plastic food containers.** Plastic breaks down over time—especially when exposed to heat in dishwashers or microwaves—and releases dangerous chemicals into food.

One recent study tested common household food-storage products and found that a whopping 74 percent contained some sort of toxin.<sup>2</sup>

Common chemicals found in plastics include bisphenol A (BPA) and phthalates, which can disrupt the endocrine system, potentially contributing to cancer and reproductive issues.

So, avoid storing foods in plastic containers. And *never* heat your food in a plastic container.

Instead, look for glass storage containers. Glass is always microwave safe and is free from chemical contamination.

The same is true when it comes



to beverages. Don't succumb to the lure of individual plastic water bottles. They're not only a waste of money, but they're also dangerous to your health *and* to the health of planet earth.

As I always recommend, drink filtered tap water, or mineral or spring water bottled in glass at the source. Some of my favorites are San Pellegrino (from the mountains where my ancestors resided in Italy), and Mountain Valley Spring Water (from Arkansas' Ouchita Mountains). Mountain Valley water has been bottled in glass since 1871, right here in the U.S.

**2.) Cooking pans.** Many non-stick cooking pans contain traces of perfluorooctanoic acid (PFOA), which has been linked to cancer in animal and human studies. That's not surprising, considering this non-stick, toxic lining can scratch and scrape right off into your food.

So don't stick with Teflon. Instead, use olive oil and/or full-fat butter in copper, stainless steel, or cast iron cookware to keep your food from sticking to the pan.

Just remember, when it comes to cast iron pans, you don't need to (and should *not*) scrub or wash them with soap and water. Just wipe them out with oil to "cure" and "season" the pan. If you do end up with burned-on foods that are difficult to remove, you'll be amazed at what a little, gently warmed vinegar will do to restore a nice interior surface.

And if you're debating between stainless steel or copper pans, it's worth noting that stainless steel is more difficult to "sanitize" because there are tiny imperfections in the surface. Copper, on the other hand,

is naturally antimicrobial and a favorite of chefs. I've found it to be the best-quality cookware, myself.

**3.) Air fresheners and artificially scented candles.** The Environmental Protection Agency (EPA) wants to shut down entire segments of our economy and restrict our freedoms in order to reduce outdoor air pollution. But *indoor* air pollution should be a much bigger concern than it is (particularly during a pandemic).

Two of the biggest culprits behind indoor air pollution are artificially scented candles and synthetic, plug-in scents, which often contain chemical phthalates. As you breathe them in, these endocrine-disrupting chemicals can end up in your blood and tissues.

So don't allow artificial air fresheners into your living and working environments (which, increasingly, are one and the same). Instead, try candles made with essential plant oils, dried flowers, and spices.

Or, even better, instead of covering up unwanted aromas around your home, use natural ingredients like baking soda and white vinegar to remove them at their source.

**4.) Cleaning products.** It amazes me how many harsh, chemical cleaning products I still see on store shelves, especially with the emphasis on disinfectants to help fight coronavirus. The government allows manufacturers to keep their chemical formulas a secret, so there's no real way to know just how dangerous your household cleaners really are.

But here's a good rule of thumb:

Don't choose a product to clean your kitchen, bathroom, or any other room in your home if you feel like you should wear gloves to use it.

Instead, clean with natural products like baking soda, borax, hot water, vinegar, lemon, or soap powders. They disinfect just as well (or even better than) their chemical cousins, and don't require spraying your home with toxins.

And just skip the upholstery-protection sprays. They often contain chemicals such as phthalates and surfactants that create a transparent plastic layer to "protect" your furniture. But when the plastic eventually wears off, it can release these toxins into the air.

**5.) Personal care products.**

Many soaps, shampoos, lotions, antiperspirants, cosmetics, skincare products, sunscreens, and perfumes pollute the air you (and others around you) breathe. And their toxic chemicals can be directly absorbed into your bloodstream through your skin.

In fact, according to the nonprofit Environmental Working Group (EWG), the average American uses nine personal care products a day, containing a total of *126 ingredients!*

That's why it's so important to read the labels of the products you put on your skin and hair. Some innocuous-sounding ingredients are quite toxic (like PEG in deodorants), while others with unpronounceable names are harmless or even good for you (like tocopherols, the major forms of vitamin E).

The best resource I've found to decipher personal care product labels is EWG's Skin Deep database at



[www.ewg.org](http://www.ewg.org). But there's an even simpler way—just choose products with ingredients labeled “organic”.


And be wary of the buzzword “natural,” as it's essentially meaningless. There's no legal definition for “natural” personal care ingredients—or food ingredients, for that matter.

(I recently learned about this when my daughter began producing safe, organic soaps, shampoos, body lotions and scrubs, lip balms, and

bath bombs. They're made with organic essential plant oils extracted directly from petals, seeds, and leaves like bayberry and wild beach rose; and organic coconut and olive oils. You can find them at [www.CozziFamilyFarm.com](http://www.CozziFamilyFarm.com).)

I also recommend simply looking for cosmetics made with mineral-based pigments, and moisturizers made with plant oils. And always avoid soaps and shampoos that contain synthetic fragrances and chemicals such as triclosan.

This spring, I hope you'll join me in making it a priority to throw out any and all chemical cleaning and personal care products around your home. Replace them with products as pure as you can find.

Then, open the windows and enjoy the natural, invigorating scents of the spring air and sunshine—two of the best natural disinfectants you can find! 

*Citations for all articles available online at [www.DrMicozzi.com](http://www.DrMicozzi.com)*

## NEWS BRIEF

### The little “ugly” fruit that's really a prebiotic powerhouse

Once upon a time, avocados were rare. The first time I saw one, back in the mid-1960s in New England, I didn't know what it was. But I remember how ugly and creepy it seemed to look to me.

Our neighbor was in the wholesale produce distribution business down at the Boston Market, and he occasionally brought us rare fruits like avocados. A few years later, when I lived in California, avocados were more common because they grew there. But they weren't popular, and it wasn't easy to make money growing them.

In fact, our next-door neighbor, a practicing physician, also grew avocados on his “ranch” in the California foothills as a tax shelter (because he could show a loss while getting some agricultural subsidies). He needed to irrigate constantly in that natural desert land, and he paid my brother and me to haul miles of irrigation pipes on a flatbed truck up to the ranch (resulting in a scar on my shin that still looks ugly today).

One reason avocados were so unpopular back then is because they were considered unhealthy. Unlike

other fruits, they contain fats. And in those “dark ages,” the medical myth was that all fats were the same: All fats had too many calories and all fats were “bad.”

Of course, it slowly became understood that avocados are rich in healthy, essential fats. And research now shows that regular avocado consumption lowers blood fats and makes you feel full without consuming excess calories, thanks to their fiber content.

Indeed, avocados are also loaded with fiber—a key prebiotic that feeds the probiotics (“good” bacteria) in your gastrointestinal (GI) microbiome. And probiotics are not only essential for cognitive health (as I explained on page 3), but for overall good health and immunity.

Plus, a new study shows that eating an avocado a day can actually increase the amount and diversity of probiotics in your microbiome.

(Perhaps because the human GI system can't break down healthy fiber on its own, but instead relies on probiotics to do so. And this study shows that avocados provide a double benefit by

supplying the fiber and supporting the probiotics that allow us to digest that fiber!)

Researchers recruited 163 adults, ages 25 to 45 years, who were overweight or obese but otherwise healthy. Participants were divided into two groups. And during a 12-week period, one group was fed a meal each day that included an avocado—whereas the other group consumed the same meal, without an avocado.

Samples of blood, feces, and urine were collected throughout the study period. Every four weeks, participants also recorded diaries of everything they ate.

At the end of the study, the researchers found that the group that ate the daily avocados had higher levels of three key probiotic strains in their feces. Strongly indicating that, along with their healthy fat, fiber, and potassium content, avocados also support healthy probiotics in the GI tract.

So, as I always recommend, skip the useless probiotic pills (they don't work anyway). Instead, eat a healthy, balanced diet with plenty of prebiotic foods—like the humble, “ugly” avocado.