



Sweeping the floor and making the bed helps increase longevity and improve cognition!?

Start "spring cleaning" today!

Daffodils, tulips, and other spring flowers may be starting to pop up in your backyard. But it may be hard to tell, as the winter grime coating our windows can obscure the view.

Indeed, at this time of year, it's typical to think of spring cleaning. And beyond having a clear vista to admire Nature, there are many benefits to a spic-and-span indoor environment.

In fact, studies show that being in a clean and organized setting can lower your stress levels...and even improve your diet.

Not to mention, spring cleaning is an easy way to add more physical activity to your life. Plus, these daily, routine tasks help protect and preserve muscle mass and strength—which is key for longevity.

But let's face it: Cleaning windows, sweeping floors, and making beds can be tedious—and not exactly at the top of your long to-do list.

That's why I was pleased to see yet *another* reason why engaging in this type of activity is a good idea...

A new study shows that performing routine household chores can not only help keep older adults *physically* fit, but also *mentally* fit. And, as I often report, this benefit helps people live independently for longer periods of time.

Let's take a closer look.

The effects of housework on different age groups

The study investigated whether doing housework could contribute to health by supporting mental and physical activity among adults (including older adults) in a relatively high economic-status country like Singapore (where many people may have a choice not to perform their own household chores).¹

The researchers randomly selected 489 adults with no cognitive problems and four or fewer underlying health conditions. All participants were living on their own within one large residential area in Singapore.

The participants were divided into two age groups: 21 to 64 years old, with an average age of 44; and 65 to 90 years old, with an average age of 75.

The researchers began by assessing the participants' walking speed (gait) and the amount of time it took them to get up from being seated in a chair. (These measures are good indicators of leg strength and potential fall risk.) The researchers also assessed other physiological factors related to the risk of falling.

The study participants also underwent cognitive-function tests that evaluated attention span, language,

memory (short-term and delayed), and visual-spatial abilities.

Then, the participants reported how much physical activity they performed daily, including the frequency and intensity of their household chores.

These chores were divided into light and heavy housework. Light housework was defined as cooking, dusting, laundry, making beds, and general cleaning and washing up. Heavy housework included changing bedsheets, cleaning windows, and

In this issue:

Furry family members might just save your life3

Recipe of the Month: Shrimp Bisque4

Should you take B vitamins and low-dose aspirin together?.....5

This tasty, indulgent breakfast food could knock 7 points off your blood pressure reading7

The evolutionary reason to stay active as you age ...8

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vacuuming, as well as interior decorating and painting.

After assessing all of this data, the researchers found that 36 percent of the participants in the younger group and 48 percent in the older group met daily physical activity recommendations through recreational exercise alone. (See the sidebar on page 3 for more insight into how daily step counts contribute to good health, too.)

But, interestingly, most of the participants achieved the daily physical activity goals just by doing housework. This included 61 percent of the younger age group and 66 percent of the older age group.

A direct link between age and the benefits of housework

Along with assessing how frequently the study participants engaged in housework, the researchers also measured how different types of housework affected the two age groups' mental and physical strength.

After adjusting for other types of physical activity, the people in the older group who did heavy housework had an 8 percent improvement in cognitive function. And even light housework accounted for a 5 percent boost in cognitive function in the same group.

In addition, there were links between housework intensity and specific cognitive functions. In the older age group, heavy housework was associated with a 14 percent higher attention score, while light housework was associated with a 12 percent increase in short-term memory and an 8 percent increase in delayed memory.

On the physical front, sit-to-stand times in the older group improved by 8 percent. Plus, balance and coordination scores improved by 23 percent in the older, heavy

housework group. This resulted in better leg strength, which ultimately helps reduce falls and fractures.

Overall, the research revealed that doing household chores regularly helps keep memory and attention span sharp. And it shows that housework supports the fitness of older people *regardless* of any other kind of physical activity they may do throughout the day.

Of course, while spring cleaning and housework involve a lot of indoor activity, there are additional benefits to getting outdoors, too...

More sunlight means more health benefits

A new study shows that women who have outdoor jobs are less likely to develop breast cancer—the No. 1 cancer in women.²

Of course, being outdoors involves exposure to sunshine. (Even when it's cloudy, there's still exposure to some ultraviolet rays.) And more sunlight means more vitamin D production—which is key for reducing the risk of virtually every chronic disease, including breast cancer.

Scientists at the University of Copenhagen and the Danish Cancer Society believe the rising incidence of breast cancer over the last half-century is due at least in part to increasing rates of vitamin D deficiency. They conducted what they said was the first study to investigate the association between workplace exposure to sunlight and breast cancer diagnoses.

The researchers identified 38,375 Danish women under the age of 70 who had been diagnosed with primary breast cancer. They then compared each of these cases with cancer-free women born in the same years.

The researchers assessed all of the women's employment histories, and

used a workplace exposure scale to evaluate how each woman's job gave her access to sunlight.

After taking into account influential risk factors like reproductive history, the researchers found that overall breast cancer risk after the age of 50 was significantly lower in the women who had long-term occupational exposure to sunlight.

In fact, workplace sun exposure for 20 or more years was associated with an impressive 17 percent lower risk of breast cancer. And the highest amount of cumulative sun exposure was associated with a 11 percent lower risk.

The researchers said outdoor activities like working, gardening, and walking the dog have long been known to expose people to more sunlight, greater vitamin D levels, and lower risk of cancer, infections, and other diseases, too. (These powerful health benefits simply get short shrift from [largely misplaced] concerns about sun and skin cancer, along with increasing use of computers and devices for both work and recreation.)

So even if you don't work outside professionally, you can—and should—add outdoor activity to that daily chore list to reap some major

health benefits. After all, cleaning your windows, mopping your floors, dusting your bookshelves, making your bed, or even just walking the dog have many health benefits. This

makes household chores an important part of the 140 to 150 minutes of moderate, *weekly* physical activity that study after study shows supports health and longevity, year-round.

[EXPOSED] The 10,000 steps per day myth

Research shows that people take about 2,000 steps a day doing routine physical activity, including household chores. And that number is significantly less than the 10,000 steps we keep hearing is best for good health.

Many people invoke 10,000 steps as some kind of medically established credo. But, as I've written before, this magic number doesn't come from research, scientific data, or medical observations. Nor does it come from doctors, health professionals, or even physical trainers.

Instead, it's based on a half-century-old marketing campaign for a Japanese pedometer.

Around the time of the Tokyo Olympics in 1964, when fitness was all the rage in Japan, a pedometer called *manpo-kei* was introduced. *Manpo-kei* loosely transliterates to "10,000 steps meter" in English. And the Japanese alphabet character for "10,000" roughly resembles a walking stick figure.

This launched a great marketing campaign whose 10,000-step premise persists to this day. There was no science behind it, but the message was that simply walking is good exercise (in

an era when people started thinking they needed to be running daily marathons, which actually turned out to be quite disastrous for good health, as I often report).

To bring some actual science into the picture, a new study recently analyzed seven prior studies in which participants' daily step counts were compared with their cardiovascular health.³

The studies involved 16,906 adults. Researchers tracked how many of those people were diagnosed with heart disease, heart failure, or a stroke over a median period of more than six years.

The analysis showed that the number of steps to create benefits for heart health and reduce the risk of cardiovascular disease is significantly lower than the "magic number" of 10,000 steps per day. Instead, it's around 5,000 to 6,000 steps per day. (And remember, you already get in a couple thousand just by doing routine daily living.)

Interestingly, that's the equivalent of about 150 minutes of moderate exercise per week, which other studies consistently show is optimal for health. Now that's a good step to take—and one I can stand behind.

Furry family members might just save your life (especially if the pandemic rages on)

If you've ever lived with a dog or a cat—or a hamster, fish, or reptile—you know how they can help keep you physically, mentally, and emotionally healthy.

Taking daily walks with Fido—especially out in Nature—can add years to your life. And a recent study shows that petting an animal provides positive sensory and tactile stimulation

that helps release the feel-good hormone oxytocin...and reduce levels of the stress hormone cortisol.¹

Plus, a recent 12-year study of nearly 35,000 Swedish people found that single people who lived with a dog had a lower risk of cardiovascular disease. And, overall, dog ownership was associated with a lower risk of death.²

Animals also provide social support. If you have pets, you've probably noticed the emotional support and self-esteem that comes from close interactions with animals.

And unlike some humans (ahem), pets can be attentive, responsive, predictable, and nonjudgmental. Not to mention, studies show that pets provide affection and emotional

support during times of grief, stress, or separation.

This has been especially true during the COVID-19 pandemic. In fact, the pandemic—and the government response to it—created conditions to better understand *just how* dogs provide social support; protect against anxiety, depression, and stress; and boost happiness.

The purr-fect pandemic support

In 2020-21, during pandemic

lockdowns, scientists from Nestlé Purina Research surveyed 768 dog owners and 767 people who were extremely interested in owning a dog in the future.³

Results showed that the dog owners had significantly less depression than the potential dog owners—perhaps because the owners felt their pets provided more social support. But both groups had about the same levels of anxiety and happiness.

Meanwhile, another survey

conducted in 2020 reported that nearly 75 percent of pet owners “would not have been able to get through” the pandemic without their pet. A whopping 91 percent said their pets were a significant source of emotional support, and 94 percent said their pets had a positive effect on their family.⁴

And no, those pets don’t have to be land animals. One study found that people who own aquarium fish feel that their fish provide companionship

Recipe of the Month: Shrimp Bisque

During the 40 days of Lent, my favorite recipe for shrimp bisque may be of special interest for those who practice the tradition of eating fish or seafood on Fridays.

But this bisque is so flavorful and easy to prepare that I imagine you’ll want to try it any day of the week. Especially when you see how many nutrients it contains—starting with its namesake ingredient...

Shrimp is a healthy source of protein, marine essential fats, vitamins, and minerals. A serving contains half your daily requirement of selenium, along with plenty of vitamin B12, niacin, iron, magnesium, phosphorus, and zinc. Plus, shrimp gets its pink color from ingesting marine carotenoids, including astaxanthin—a potent antioxidant.

Shrimp (and other kinds of shellfish) was once on the “do not eat” list because it has natural cholesterol content. But it’s long been established that any cholesterol in foods is totally broken down during digestion and *doesn’t* influence blood cholesterol levels. Meaning the advice to avoid shrimp is *not* based on the science. Not to mention, wild-caught shellfish (and fish) are part of the healthy, balanced, Mediterranean diet that I always recommend following.

Broccoli is also chock-full of a wide range of carotenoids. And it’s an excellent source of vitamins C and K. Plus, broccoli and its fellow cruciferous vegetables like cauliflower and cabbage have been shown in studies to have a wide range of health benefits—including reducing your risk of cancer,

heart disease, type 2 diabetes, and Alzheimer’s disease.

Onions are loaded with fiber and are good sources of vitamin C and phosphorus. Research shows that onions can help reduce your risk of cancer, regulate blood sugar, and fight osteoporosis.

Cayenne pepper is a potent spice that has been consistently shown to benefit health and longevity. Cayenne is one of the best sources of vitamin C outside of citrus fruits, and is rich in carotenoids.

Black pepper is a powerful anti-inflammatory that can help fight cancer and Alzheimer’s and Parkinson’s diseases. It contains vitamins B, C, E, and K, along with calcium, manganese, and potassium.

Milk and half and half are rich in calcium and protein, of course, but are also good sources of B vitamins, magnesium, phosphorus, potassium, and zinc. I always advise consuming full-fat milk, which has been shown in studies to be more effective than fat-free milk for lowering your risk of obesity, type 2 diabetes, and cardiovascular disease.

And of course, the **chicken broth** base for this bisque is legendary for boosting the immune system (the proverbial “chicken soup”).

So, to summarize, in one simple soup you get the following nutrients:

- Calcium (which you should always get from your diet, NOT from supplements)
- Carotenoids
- Fiber
- Iron (which is also important to get from your diet rather than supplements)

- Magnesium
- Manganese
- Phosphorus
- Potassium
- Protein (complete protein, meaning all amino acids are included)
- Selenium
- Vitamins B, C, E, and K
- Zinc

Pretty impressive, right? So—let’s get cooking!

Shrimp Bisque (serves 4)

Ingredients:

- 1/4 cup chopped organic onion
- 3 tbsp organic butter
- 3 heaping tbsp flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper (because cayenne is spicy, adjust to suit your taste)
- 1/2 tsp thyme
- 1 pint (about 2 1/2 cups) organic half and half (warmed)
- 1 pint (about 2 1/2 cups) organic, full-fat milk
- 2 cubes chicken bouillon
- 1 pound peeled, uncooked, sustainably sourced shrimp, chopped and drained
- 2 cups fresh or frozen organic broccoli, chopped into small bits and drained

Directions:

In a large stockpot, sauté the onion in butter. Add the flour, salt, pepper, cayenne pepper, and thyme. Add the warmed half and half, very slowly, while stirring. Add the milk, and then stir in the chicken bouillon cubes. Add the shrimp and broccoli, and cook on medium heat (without letting the mixture come to a boil). Stir until thick, and serve.

and help them relax, too.⁵

Navigating the stress of pets

Of course, with all of the wagging tails, affectionate licks, purring, and overall companionship that comes along with pet ownership, there are some other things to consider as well. A few studies have observed that pet ownership may cause stress. Feeding and caring for a pet can be a financial hardship, for instance. (Remember to consider trips to the vet and monthly preventative treatments when analyzing how owning a pet may impact your financial situation.) There's also the need to make arrangements for pet care when you're away from home.

Plus, there may be stresses caused by neighbors or communities that don't appreciate pets. However, navigating those restrictive and punitive regulations regarding pets could turn into a positive, depending on how you approach it. That leads me to a recent experience my wife and I had...

As you know, many communities are establishing dedicated dog parks (green spaces or beaches) where dogs can run freely. One was created as part of a new waterfront recreational area in my little town in Florida. Residents soon discovered that in addition to the social support provided by the dogs, regular gatherings at the dog park also provided opportunities for social support among the dog owners. In fact, the new park got so much use

that the grass was gone within a year!

Our local group of dog owners, led by my wife, waged a campaign with the town to replant the grass—it was even featured on the front page of the local newspaper. The campaign got results, and I was able to personally thank the town mayor recently at the opening of our new natural healing center. Yet another way our pets can make us feel good!

So if you're still struggling with turmoil created by the pandemic, weigh the pros and cons of adopting a pet. Because as study after study shows—along with my own personal experiences—having a pet at home is a great investment for your overall health during the pandemic, and beyond.

Should you take B vitamins and low-dose aspirin together?

Breakthrough research reveals a potent effect on brain and heart health

Did you know that **B vitamins** are SO potent for brain health that in Europe, they're referred to as "neuro vitamins"?

But sadly, the mainstream U.S. medical establishment hasn't really embraced that moniker...despite reams of research showing their ability to boost mood, improve cognition, and lower stress.

Not to mention, a new analysis of two multinational studies found significant benefits of B vitamins for older people with mild cognitive impairment (MCI).¹ Of course, these studies have a kicker we don't often see in B vitamin research—which is why the analysis caught my eye.

In both studies, the researchers

looked at the effects of B vitamins and **aspirin** on MCI.

As you know, I recommend taking a daily low-dose aspirin for heart health. I also recommend taking B vitamins every day not only for brain health, but also for heart health, nerve health, cancer prevention, and overall energy—beginning at the cellular level.

So the findings in these new studies concerned me—as the data appeared to indicate that B vitamins don't work as well for the brain when taken with aspirin. That is, until I took a closer look...

It turns out that, like so many other studies on dietary supplementation, their conclusions are dependent on the nutrient doses the researchers

used. And—stop me if you've heard this before—*there are issues with the doses.*

So, with that in mind, let's look closely at what this new analysis found, didn't find, and *may* have found.

Two studies on two continents with similar results

To better understand the study analysis, it's helpful to begin with a definition of MCI. While some brain functioning naturally declines as we get older, people with MCI have changes in memory, decision-making, language skills, and some other brain functions that *aren't* due to normal aging.

Some people with MCI can go about their daily activities with minimal

problems. In others, MCI increases risk of dementia. And because we don't know exactly what causes MCI, it's an appropriate—and important—research topic.

Now, let's take a closer look at the two important studies included in the new analysis...

The first study, called VITACOG, was conducted in the U.K. and published in 2015. Researchers divided older men and women (with an average age of 77 years) with MCI into two groups. One group took what the researchers called "high dose" daily vitamin B supplements (B6, B12, and folic acid). The other group took a placebo.

After two years, results showed that the B vitamin group had an impressive *40 percent less* brain atrophy compared with the placebo group. The B group also had a modest improvement in memory and other brain functions that can be impaired by MCI.

But there were caveats: These beneficial results were only found in people who also had adequate omega-3 blood levels. And aspirin appeared to have a slightly negative effect on the B vitamin brain benefits.

The second study, conducted in Hong Kong and published in 2020, also evaluated vitamin B supplementation on men and women in their mid-70s with MCI. Like the U.K. study, the Hong Kong trial also lasted two years.

But unlike the U.K. study, the Hong Kong study used even *lower* doses of B vitamins, and participants weren't given any B6. Results showed reduction in brain atrophy, but no improvement in cognitive function in the vitamin B group versus the placebo group.

Plus, the researchers found that taking aspirin plus vitamin B had a *significant impact* on cognitive function.

So—what do these findings mean?

The B vitamin/aspirin link

Ultimately, the new analysis combined data from both the U.K. and Hong Kong studies, which allowed researchers to look at the vitamin B and MCI relationship more closely—in more people. (There were 545 older people with MCI from both studies.)

The combined analysis showed that B vitamins significantly reduced harmful brain changes (atrophy), for *both* aspirin users *and* non-users.

BUT, only the people who took both B vitamins *without* aspirin had significant improvement in dementia rating scores.

The researchers think it's possible that taking aspirin may have an effect on the ability of B vitamins to prevent cognitive impairment and dementia. Specifically, they think this is due to an interaction between aspirin and folic acid (a B vitamin).

There also appears to be a connection between B vitamins and the amino acid homocysteine. Some scientists think higher levels of homocysteine are connected to a greater degree of brain atrophy—and thus, cognitive impairment.

Of course, as I've reported for years, high homocysteine is also considered a key risk factor for heart disease. And the famous Framingham Heart Study also found that people with high homocysteine (above 14 micromoles per liter of blood serum) had TWICE the risk of dementia. Other studies have shown an association between high homocysteine levels and suspected or confirmed cases of dementia as well.

That's why supporting both brain and heart health usually goes together—through supplementation with high-quality B vitamins and by lowering

homocysteine.

Meanwhile, many people also take low-dose aspirin for heart health because it lowers the risk of blood clots, which can help protect against heart attacks and strokes (potentially causing vascular dementia). Of course, now, the new study analysis appears to cast doubts on aspirin use and the benefits of B vitamins for brain health (just as other reports have attempted to cast doubt on using low-dose aspirin for heart health).

We also know there's an anti-aspirin campaign going on out there, which should be taken into consideration when looking at the conclusions from the analysis. Plus, circling back to my original point, we must consider the *dosages* (of both B vitamins and aspirin) used in both studies included in the analysis...

Another example of dosages potentially skewing study results

The fact is, many big scientific trials simply don't use optimal doses of vitamins and nutrients.

For instance, the U.K. trial used 500 mcg of vitamin B12, 800 mcg of folic acid, and 20 mg of B6 daily. The Hong Kong trial didn't use any B6 and only 400 mcg of folic acid. (The B12 dosage was the same as the U.K. trial.)

But the latest scientific research on vitamin B doses recommends much *more* B6 (55 mg) than either trial—and much *less* folic acid (250 mcg).

Now, remember how the researchers who conducted the analysis of these trials linked folic acid and aspirin with the failure of B vitamins in preventing cognitive impairment and dementia? Well...these dosages bear out their theory. But they also suggest taking *less* folic acid (but still an adequate amount for health) may

counteract the effects aspirin had in the studies.

Plus, we need to consider aspirin dosages as well. Neither the U.K. nor Hong Kong studies tracked how much aspirin participants took. The daily recommendation of low-dose of aspirin for heart health is 81 mg. But standard aspirin pills (for pain and headache, for example) can carry doses of 325 mg...and you take two at a time, multiple times per day (just not every day).

But since we don't know how much aspirin the study participants took, it's difficult to know whether *low-dose* aspirin has the same effect on B vitamins and brain health as *high-dose* aspirin.

That's why if you're taking low-dose aspirin for heart health and have any questions about it, I urge you to consult with a doctor who's knowledgeable about nutrition and dietary supplementation.

The analysis also pointed out how critical it is that omega-3 levels are high for B vitamins to work best—and other studies show that standard recommendations for omega-3s are too low. Meaning that with dietary supplementation, it's a “team effort,” just as it is with following a balanced diet with diverse food groups.

That's why I interpret ALL of the science when recommending vitamin B doses—not just one or two analyses. And I have found that the dosages I suggest (see the sidebar) deliver optimum potency, helping to ensure the vitamins work at the best of their ability for brain health (and overall health), under almost all conditions.

For other natural approaches for brain health, I encourage you to check out my *Complete Alzheimer's Fighting Protocol*. This comprehensive, online learning tool outlines an all-natural approach to protecting and restoring brain health—and fighting memory loss. To learn more, or to enroll today,

[click here](#) or call 1-866-747-9421 and ask for order code EOY3Y301.

My science-backed recommendations for B vitamin doses

Vitamin B is not just a single vitamin, but rather a group of eight vitamins that work synergistically. The best way to get an optimum amount of each of these vitamins is to take a high-quality **vitamin B complex** every day.

According to the latest science, I recommend a daily B complex that contains:

- Thiamin (vitamin B1): 55 mg
- Riboflavin (B2): 55 mg
- Niacin (B3): 55 mg
- Pantothenic acid (B5): 55 mg
- Pyridoxine (B6): 55 mg
- Biotin (B7): 100 mcg
- Folate (B9): 250 mcg
- Cobalamin (B12): 12 mcg

In addition, your B complex should also contain the following compounds that are related to B vitamins:

- Choline: 55 mg
- Inositol: 55 mg
- ABA: 55 mg

This tasty, indulgent breakfast food could knock 7 points off your blood pressure reading (It has even helped me to effortlessly lose 30 pounds!)

You may have heard stories about how people in the mountains of central Asia subsist on yogurt made from goat or sheep milk...and live to be 120 years old.

Of course, much of that area was temporarily part of the Soviet Union until 1991, so we definitely need to consider the possibility of a propaganda factor!

But, Cold War lore aside, when you sort through all of the actual science, yogurt looks like one of the healthiest foods on the planet. (As long as it's full-fat, plain Greek or Icelandic-style

yogurt, with only one ingredient and no additives.)

We all know yogurt is an excellent source of protein and calcium. It's also loaded with B vitamins (see page 5) and key minerals, including magnesium, phosphorus, and potassium.

But beyond its beneficial nutrient content, yogurt is jam-packed with probiotics. And there's more and more evidence of the key role of probiotics in the gastrointestinal (GI) microbiome—and their importance for virtually every aspect of health.

Plus, new research shows yogurt may be one of the BEST foods for people trying to manage their blood pressure...

The breakfast food that helps lower your blood pressure reading

Researchers looked at the yogurt consumption of 915 adults in the northeastern U.S. Most of the study participants (564 people) had high blood pressure (defined as 140/90 mm Hg or more). The rest had normal blood pressure.

The study showed that consuming even small amounts of yogurt lowered blood pressure in the high blood pressure group. And in those who consumed yogurt regularly, the results were even stronger. The regular yogurt eaters had blood pressure readings *7 points lower* than those who didn't consume yogurt.

The researchers said there are several good reasons why dairy foods, especially yogurt, can lower blood pressure.

First of all, the calcium, magnesium, and potassium content in yogurt are all intricately involved in regulation of blood pressure. In fact, studies show that getting *more* magnesium and potassium is more important for healthy blood pressure than

consuming *less* sodium.

Calcium is also critical for cells that line the blood vessels, and is closely related to Vitamin D—which has its own benefits for cardiovascular health. (Of course, it's important to only ever get your calcium from foods like yogurt...and NOT from supplements).

The researchers also noted that the probiotics in yogurt include certain bacteria that promote the release of proteins that lower blood pressure.

Health benefits like these are why full-fat, plain, Greek-style yogurt is part of my daily diet. It mixes perfectly with berries for a great breakfast—and for any meal or snack during the day.

In fact, yogurt with berries or other

fruit is the only thing I eat until later in the day. And I consider it to be quite an indulgence. Plus, it soothes my stomach, and has had a great effect on my digestion and metabolism. I've also lost about 30 pounds (and four or five notches on my belt) without even thinking about it!

So, if you're not regularly eating yogurt, I suggest you start. Your blood vessels—and every other part of your body and brain—will thank you.

For additional ways to keep your heart healthy, check out my *Heart Attack Prevention and Repair Protocol*. To learn more about this online learning tool, [click here](#) or call 1-866-747-9421 and ask for order code EOV3Y300.

Citations for all articles available online at www.DrMicozzi.com

NEWS BRIEF

The evolutionary reason to stay active as you age (surprising)

My doctoral studies at the University of Pennsylvania were, on the surface, in divergent fields—anthropology and medicine. But, as I've discovered throughout my career, these disciplines are much more related than they may first appear.

Take, for example, a new article written by a team of anthropologists, medical researchers, and human biologists from Harvard University.¹ Together, they make the case that human beings aren't designed to simply camp out on the couch (or the savanna) as they get older.

In fact, this diverse group of researchers concluded that being physically active as you age directs energy toward brain and body processes that SUPPORT health... and away from processes that may compromise health.

The article shows that humans are designed to live many decades after they stop having children. And anthropologists have long discussed what they call the "post-reproductive" role of humans in society—meaning

that people are evolutionarily designed to help raise not only their children, but also their grandchildren. (I'm a living example of this, currently, with my nearly 20-month-old granddaughter.)

Because of this important role for older generations in caring for young offspring, the human lifespan was biologically programmed to be relatively longer than that of other animals.

Taking all of this into account, the researchers examined two pathways by which physical activity reallocates energy to improve health.

The first involves directing excess energy away from potentially harmful health effects like excess fat storage.

The second relates to how physical activity directs energy to the body's repair and maintenance processes.

The researchers describe how physical activity is stressful to the body, causing damage at the molecular, cellular, and tissue levels. But the body can actually

repair this damage on its own, too—which can help it "build back stronger."

However, the researchers note that TOO MUCH physical activity can actually impair this repair-and-rebuild process. And they explain how moderation is key to help ensure any damage to the body doesn't exceed the ability to fix the damage.

Dr. Daniel E. Lieberman, the lead study author, stated: "The key is to do something, and to try to make it enjoyable so you'll keep doing it. The good news is that you don't need to be as active as a hunter-gatherer. Even small amounts of physical activity—just 10 or 20 minutes a day—substantially lower your risk of mortality."²

That finding fits right in with the science I've reported before, showing a total of 140 to 150 minutes per week of physical activity is optimal for health as you get older. And as I just reported on page 1, even daily housework counts toward that weekly goal.