

Breast cancer? Read this before saying “yes” to unnecessary procedures or treatments

Plus, how to lower your risk in four simple steps

In recent years, the mainstream medical establishment has developed more and more cancer screening tools.

Some of these advancements may be beneficial. They can detect aggressive colon, prostate, or breast cancers early—before they become difficult to treat or even fatal.

But increasingly, these screenings are overused and even *abused*—leading to perhaps the most dangerous, unspoken epidemic in modern medicine...cancer overdiagnosis.

As a result, many patients undergo useless and even dangerous treatments for cancers that should actually be considered “fake”, minimal, or low risk.

This is especially true with **breast cancer screening and treatment.**

In fact, a new study examined treatment options for low-risk breast cancer.

Ultimately, researchers expressed concern that women are getting excess, unnecessary treatments...or even “overtreatment.”

They based this conclusion on their finding that the overall chance of low-risk cancer developing into a more serious form of cancer is *highly unlikely*. And this was found in women of ALL ages—*regardless* of whether they treat it.

For women ages 70 and older, the

treatments made NO significant difference in whether their abnormal or cancerous cells spread.

Which begs the question: Is no treatment for low-risk breast “cancer” better than some or even any treatment?

Let’s take a closer look. Then, I’ll share four simple ways you can proactively lower your breast cancer risk, starting today...

The DCIS controversy

The American Cancer Society (ACS) recommends that women ages 45 to 55 get annual mammograms. Then, women 55 and older should get screened every two years.

But these yearly screenings equate to more minimal or low-risk “cancers”—the type that’s *not* likely to spread into the breast or metastasize into other areas of the body.

One of the best-known examples is called ductal carcinoma in situ (DCIS).

DCIS is defined as abnormal or cancerous cells that line the interior of the ducts (tubes for milk) in the breasts. Most of the time, these cells stay inside the breast ducts and don’t spread beyond.

In the past, some studies reported long-term health risks, even after 20 years, if

a woman doesn’t undergo some kind of treatment for DCIS. These treatments can include lumpectomies, radiation, or even mastectomies.

But newer research is showing that these standard breast-cancer treatments don’t substantially improve long-term survival with DCIS. Which leads me to the new study I mentioned above...

To treat or not to treat

Researchers analyzed data from the National Cancer Institute’s Surveillance, Epidemiology and End-Results program (SEER), consisting of 13 different cancer registries around the

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Dr. Micozzi's *Insiders' Cures* is published monthly by OmniVista Health Media, L.L.C., 1117 Saint Paul St., Baltimore, MD 21202 for \$74 per year (\$6.16 an issue).

POSTMASTER: Send address changes to *Insiders' Cures*, 1117 Saint Paul St., Baltimore, MD 21202.

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 Publisher: Katherine Wheeler
 Editorial Director: Rachel Lewis

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country, from 1992 to 2017.

Specifically, the researchers looked at women 18 years or older with low-risk or intermediate-risk DCIS.

(These cancers were also positive for estrogen and progesterone hormone receptors. Meaning these hormones contribute to their growth.)

The researchers' goal was to determine whether treatment of the women's DCIS affected their risk of developing cancer that eventually invaded the breast where the DCIS had first been detected.

There were a total of 21,760 women in the analysis. Researchers divided them into three age groups:

- 22 percent of the study participants were ages 18 to 49.
- 5 percent were ages 50 to 69.
- 23 percent were age 70 or older.

(I should note that DCIS occurrences are most common in women 60 years of age or older.)

Among all participants, 3 percent didn't receive any treatment for their DCIS; 37 percent had surgery only; and 60 percent underwent both surgery and radiation treatments.

The researchers found that among the women who **had no treatment**:

- 7 percent of women younger than 50 eventually developed cancer that spread into the breast.
- 5 percent of the 50- to 69-year-old group eventually developed cancer that spread into the breast.
- 2 percent of those 70 and older eventually developed cancer that spread into the breast.

Women younger than 50 who had surgery or surgery with radiation had between a 10 and 21 percent decreased risk of eventually developing cancer in the breast, compared to women in that age group who didn't receive treatment.

These slight, long-term benefits were

similar for 50- to 69-year-old women who had surgery or surgery with radiation, too.

But for women older than 70, there was *no significant difference* between no treatment at all, surgery only, or surgery and radiation.

So, to recap, the overall risk of DCIS developing into breast cancer was low across all age groups, regardless of treatments. And for the oldest age group, treatments made no significant difference.

Consider the “active surveillance” approach instead

Research findings like these are *finally* causing oncologists and scientists to rethink their “treatment at any cost” approach when it comes to low-risk cancer diagnoses like DCIS.

Several ongoing international studies are currently looking at whether simply following “active surveillance”—the “watch and wait” approach—would be beneficial compared to breast cancer surgery or radiation therapy. (Both of which, of course, have their own complications.)

This approach is similar to what has been suggested for prostate cancer. That is, basically doing nothing except “watching and waiting” to see if a more invasive cancer develops.

I understand that might sound scary, but it rids you of any treatments that may have harmful side effects without real, long-term benefits.

In fact, researchers noted that simply continuing to follow standard guidelines for surgical and radiation treatments in older women with DCIS may lead to surgical complications, impaired quality of life, and significant healthcare costs.

They concluded that serious consideration needs to be given to active surveillance as an approach to management of low-risk breast cancer.

And I agree.

Of course, “watching and waiting” doesn’t mean you can’t be proactive.

In fact, I’ve developed an easy but effective plan to lower your risk of *any* breast cancer diagnosis—before *or* after your screenings—and the procedures or treatments that many doctors still recommend, which may be useless.

It only takes four simple steps...

Four simple ways to be proactive against breast cancer

1.) Eat your produce. A study of 1,042 women found that carotenoids in fruits and vegetables—such as alpha-carotene, beta-carotene, lycopene, lutein, and zeaxanthin—may help prevent breast cancer.²

Carotenoids are powerful antioxidants that protect against DNA damage. And now, researchers believe they may keep normal cells from mutating into cancerous cells.

Alpha-carotene is found in orange foods like pumpkin and carrots. Beta-carotene is also found in carrots, along with leafy greens and peppers. Lycopene is what

gives foods like tomatoes, watermelon, and grapefruit their red color. And you can find high doses of lutein and zeaxanthin in leafy greens.

2.) Take the right vitamins daily. All of these carotenoid-rich fruits and vegetables are loaded with B and C vitamins. But I also recommend taking a high-quality B complex vitamin every day (with at least 55 mg of B6), along with 250 mg of C twice a day to support optimum health.

Plus, a variety of studies have shown that vitamin E can help prevent breast cancer. I recommend 50 mg per day, with a healthy, balanced diet.

And it’s no surprise that the wonder vitamin, D, has been shown in numerous studies to protect against breast cancer. I recommend 250 mcg (10,000 IU) of D3 every day.

3.) Eat calcium-rich foods. Studies show that calcium and vitamin D together are protective against breast cancer. But while you can (and should) supplement with vitamin D, you should avoid taking calcium supplements—which can be ineffective and even dangerous.

Instead, get calcium from your diet alone, from sources like wild-caught seafood, grass-fed and -finished meat, and organic, full-fat dairy.


4.) Supplement with selenium.

Research shows this mineral can help suppress a protein involved in tumor development, growth, and metastasis.

In fact, an analysis of nine studies involving more than 150,000 people found that selenium supplementation cut the risk of *all types* of cancer by an impressive 24 percent.³

That’s why I recommend 100 mcg of selenium daily. (For more about selenium, see page 8.)

Of course, in addition to these four, simple steps, there are *dozens* of natural approaches to help fight against all types of cancers, including breast cancer. All without toxic side effects.

I’ve outlined them in a groundbreaking online learning tool, my *Authentic Anti-Cancer Protocol*. To learn more about it, or to enroll today, call 1-866-747-9421 and ask for order code GOV3Y500. 

Raise your glass to wine’s three unexpected health benefits

It does more than just raise your spirits

For centuries, poets have rhapsodized about the mental, emotional, and even spiritual benefits of wine.

In fact, Robert Louis Stevenson once wrote: “Wine is bottled poetry.”

Homer includes an ode to wine in *The Odyssey*: “Wine can of their wits the wise beguile, make the sage frolic, and the serious smile.”

And in Charles Baudelaire’s poem *The*

Soul of Wine, a bottle of wine sings “a song of love and light divine.”

But wine can do much more than just improve your spirit—or spirits, so to speak. Over the years, I’ve reported on studies showing that moderate consumption of wine (particularly red wine) has a host of physical benefits, including:

- Improving your heart health

- Lowering your risk of certain cancers
- Protecting against Type II diabetes
- Boosting your gut health
- Reducing your risk of dementia

Now, new research shows wine can also protect your health in three unexpected ways. I’ll tell you all about those findings in just a moment.

First, let’s look at what it is about wine that does a body (and brain, heart, and

soul) good...

The compounding effects of grapes

Wine, of course, is made from grapes. And like every other plant, grapes contain natural chemicals to protect themselves from physical harm from pests and diseases. (I'll tell you more about that plant ability in next month's newsletter.) But these compounds benefit people, too. Especially when it comes to polyphenols.

Research shows there are *thousands* of polyphenols in fruits, vegetables, herbs, spices, dark chocolate, tea...and yes, wine.

These compounds have been shown in hundreds of studies to have both antioxidant and anti-inflammatory properties—which is why they help fight so many plant *and* human diseases.

The best part? The ancient art and science of winemaking has brought these benefits to a new level...

These disease-fighting chemicals make their way into the bottle through the winemaking process. And you ingest them every time you take a sip.

In fact, red wine has several key polyphenols, including:

Quercetin and anthocyanin. These plant pigments belong to a class of polyphenols called flavonoids. They're some of the most abundant polyphenols found in foods, and many studies show they have a wide range of health benefits.

Procyanidins. These tannins are also widely found in plants and are in particularly high concentrations in red wine. Research shows procyanidins have heart health benefits.

Ellagic acid. In plants, this polyphenol serves many purposes, from protecting against infections to regulating growth. But it hasn't been researched

extensively in humans just yet. Some studies show that ellagic acid has a role in supporting liver health and regulating fat cells. Other experimental studies in mice have also found it may help regulate blood sugar.

Catechins. Catechins are natural antioxidants that have been shown in some studies to help prevent cell damage in humans. These polyphenols are most commonly found in tea, but they're also present in red wine—and white wine, at lower doses.

Of course, there's another popular polyphenol in wine called **resveratrol**. It's certainly one of the most widely studied. So, let's talk about it...

Reservations about resveratrol

In addition to wine, resveratrol is found naturally in other plant foods, such as blueberries, cacao, and peanuts.

Lab studies on resveratrol have found protective benefits against many human health risks. For instance, it appears to inhibit cancer cell growth as well as support the heart by preventing blood vessel damage and promoting healthy cholesterol levels.

Not to mention, some research shows resveratrol helps regulate insulin, protecting against Type II diabetes. It may also help slow the progression of neurological diseases such as Alzheimer's and dementia.

But, as always, dose is important. The doses used in resveratrol research don't always match what's found in the moderate servings of wine that confer the most health benefits.

Some studies have found that the actual amounts of resveratrol in just one or a few glasses of wine may offer *some* health benefits. But many other studies show you'd need to drink much more wine per day than can possibly be recommended (or that would even be possible to consume) to

gain these benefits.

Meanwhile, studies show that the ellagic acid, procyanidins, and catechins in a glass or two of wine actually *do* provide health benefits—unlike the same amount of resveratrol.

In other words, while there may be some benefit in the doses of resveratrol you get from moderate wine consumption, there's a lot more to the story...as usual. As with any plant-based food or beverage, trying to single out one "active ingredient" is not going to explain all of wine's impacts on health.

Other healthy aspects of wine

The healthy components of wine have a lot to do with what kind of grape is used, the thickness of the grape skin, where the grapes are grown, and the winemaking process.

Wines that are darker in color and higher in tannins naturally have higher levels of beneficial compounds. (That's because these compounds are concentrated in the skin.)

Then, where and how the grapes are grown will influence "doses" of beneficial compounds in the final product. (Different climates and growing conditions affect the amounts of polyphenol compounds that a plant needs to produce to protect itself.)

Finally, the winemaking process is important. What's different about wine, compared to other sources of polyphenols, is that it's fermented to produce alcohol. This fermentation has a positive effect on polyphenols.

Plus, alcohol itself appears to have its own health benefits when consumed in moderation (like reducing stress, for example).

So, the best benefits of wine come from consuming it, in its whole form, as part of a healthy, balanced diet. That way,

you ingest all the beneficial compounds it has to offer. (Like with most things in life, the whole is greater than the sum of its parts.)

This leads me to the new studies on red wine that I mentioned earlier—and those three unexpected health benefits.

Because even though the researchers attempted to classify wine's effects by its specific "parts," in the end, it just highlights the complexities of wine—and everything else that comes from Nature. Let's take a closer look...

Promoting healthy teeth and gums

The first study has to do with red wine's effects on **oral health**. I've been tracking this surprising aspect of wine since I read a study back in 2014 that found red wine can destroy various types of oral bacteria that can cause plaque on your teeth.¹

Of course, the alcohol in wine has antimicrobial properties. But these researchers dipped biofilms of oral bacteria in both regular red wine (pinot noir) and *non-alcoholic* red wine.

They found that both versions killed the bacteria more effectively than a solution of water and alcohol. So—it's *not* the alcohol in wine that zapped the plaque-building bacteria.

The researchers thought it might be the polyphenols, but concluded more studies were needed.

Well, fast forward to just a few months ago, when another group of researchers attempted to discover whether the resveratrol and quercetin in wine could alleviate apical periodontitis—inflammation of the gum around a tooth—in rats.²

These researchers divided rats into four groups. One group was given red wine; the second group was given a solution of resveratrol and quercetin in alcohol; and

the third group was given the amount of alcohol found in wine. The fourth group served as the control group.

After 15 days, the researchers discovered that both the red wine and the resveratrol and quercetin mixture reduced the inflammation associated with periodontitis. Both also helped limit destruction of the jawbone, when compared to the control or alcohol-only groups.

Here again, it's likely not the alcohol that helps promote oral health, but rather the plant compounds in the grapes.

Fighting COVID-19 infections

Another new study looked at how alcohol helps prevent infection—specifically, **COVID-19 infections**.

Researchers analyzed data from nearly 500,000 participants in the U.K. Biobank study.³ They found that those who drank red wine had a 10 to 17 percent lower chance of coming down with COVID-19 compared to non-drinkers.

And, interestingly, this finding was consistent whether the person drank as little as one glass of red wine a week or more than five glasses.

Meanwhile, people who drank five or fewer glasses of *white* wine per week had a seven to eight percent reduced risk of COVID—but if they drank more, that protective effect disappeared.

The researchers also found that people who drank five or more hard alcoholic drinks weekly had an increased risk of COVID infection compared to non-drinkers. And those who drank *any amount* of beer or cider had a seven to 28 percent *higher* risk of getting COVID than non-drinkers.

So, what is it about wine that appears to be so beneficial?

Once again, the researchers thought it may have something to do with its

polyphenols...

They believe those polyphenols may help protect against COVID by:

- Decreasing blood pressure
- Protecting the body's cells from oxidation by free radicals
- Helping improve function of the circulatory system
- Activating proteins that prevent cell death.

Guarding against Parkinson's

The final new study looked specifically at how the polyphenols in wine—and other beverages and foods—affected the lifespans of people with **Parkinson's disease**.⁴

The researchers analyzed how polyphenol flavonoids, such as anthocyanin, affected more than 1,200 men and women who lived with Parkinson's for an average of 33 years.

They found that the people who ate three or four servings *per week* of foods or beverages high in flavonoids were healthier and lived longer, compared to the people who didn't eat as much. (Note that this is servings per week, while usual recommendations are to get at least three or four servings *per day*. So, in this study, a little bit went a long way.)

The researchers also found that the people who consumed more anthocyanin had a whopping *66 percent greater survival rate* than those who consumed the least amounts. This suggests that the anthocyanin content in red wine can be highly protective for people with Parkinson's.

The researchers noted that a prior study found that high flavonoid items could prevent against the future risk of Parkinson's, too—so these compounds might pull double duty.

But despite these findings, the

researchers held off recommending moderate red wine consumption for those who don't drink alcohol.

Specifically, there was some concern that even moderate consumption may be unsafe for those with Parkinson's who are unsteady on their feet and at risk of falls and injuries.

Of course, there appears to be a widespread bias against *any* alcohol consumption in many circles of medicine and public health (as I often report). So the researchers' tepid response to red wine isn't a surprise... although it certainly is a pity when you consider how much evidence there is about the health benefits of this

beverage in moderation.

How much should you drink?


It's important to realize that any food or drink can be harmful in excess. And that's certainly true when it comes to red wine.

As a former medical examiner, I'm all too aware of how often excess alcohol consumption can pose a real health problem (and dangers) for some people.

That's why I always recommend *moderate* drinking as part of a balanced diet. Most studies show that one or two 5-ounce glasses of red wine per day confers the most mental, emotional, and physical benefits.

If you indulge further...and further... you could be in danger of poor judgement, confusion, stupor, and even coma and death. And that's the very definition of *unhealthy* spirits!

So, I suggest raising **a glass or two** of red wine tonight at dinner and toasting your health...for years to come!

Of course, as a reader of mine, you already know that I stand behind other alcoholic beverages as well, in moderation. So if red wine isn't necessarily your drink of choice, you can still enjoy the health benefits of beer and spirits (see the November 2018 newsletter for more details). 

BOOST longevity with half a tablespoon of "liquid gold"

Simple, tasty ways to add it to your daily diet

People who live in Mediterranean countries have long been blessed by Nature's bounty. Fresh fruits and vegetables grow practically year-round. Fresh seafood is often just a fishing net away. And groves of olive trees ensure that one of Nature's healthiest foods is literally within reach for many residents.

These are all key components of the Mediterranean diet, which study after study shows is one of the world's healthiest diets. One component in particular—which we'll call "liquid gold"—is especially powerful.

It has strong anti-inflammatory and antioxidant properties, lowering your risk of chronic disease—including Alzheimer's, cardiovascular disease, cancer, Type II diabetes, and even arthritis.

And now, a long-term study of nearly 100,000 people found that consuming

just *half a tablespoon daily* of this "liquid gold" can increase your lifespan by an impressive 19 percent.

Let's take a closer look at this compelling study. Then I'll share the simple and delicious ways to add it to your daily diet.

The "golden" way to combat chronic diseases

Researchers analyzed diet information for 60,582 women and 31,801 men (with an average age of 56), who participated in various studies.¹ None of them had cardiovascular disease or cancer when the study began.

The researchers tracked the participants for 28 years. Data showed that even relatively low **olive oil** consumption—our "liquid gold"—was found to be *highly* beneficial for health and longevity.

(The amount used in this study differs remarkably from olive oil consumption in the Spanish PREDIMED study, which I've reported on before. That study found that the average Spaniard ingested a whopping 20 to 22 grams per day of extra virgin olive oil and 16 to 18 grams per day of refined/mixed olive oil.)

In fact, the study participants who consumed the greatest amounts of olive oil, at 7 grams or more a day (**about half a tablespoon**), lowered their mortality (death) risk by 19 percent!

More specifically, compared to the study participants with the lowest olive oil intake, those who consumed at least 7 grams a day had a 19 percent lower risk of dying from cardiovascular disease and a 17 percent lower risk of dying from cancer.

But that's not all. There were two other

interesting findings linked to olive oil consumption ...

Protect your brain and lungs

First, researchers found an impressive 29 percent reduction in risk of dementia-related mortality for those who consumed the most olive oil.

In an editorial published with the study, Dr. Susanna C. Larsson of the Karolinska Institute in Stockholm wrote: “Considering the lack of preventive strategies of Alzheimer’s disease and the high morbidity and mortality related to this disease, this finding is of great public health importance.”²

And I quite agree.

The second notable finding was the protection for respiratory disease mortality. The study showed that those who ingested at least 7 grams a day of olive oil had an 18 percent lower risk of dying from respiratory disease.

The researchers believe more evidence is needed, but this finding could have major public health implications—especially in the wake of COVID-19.

Of course, natural approaches to lung

health are often ignored by mainstream doctors and “natural know-it-alls” alike. But in addition to adding olive oil to your balanced diet, there’s still a lot more you can do, as I explain in my *Breathe Better Lung Health Protocol*. (To learn more, or to enroll today, call 1-866-747-9421 and ask for order code GOV3Y501.)

A tasty addition to a healthy lifestyle

The researchers also discovered that the participants with the highest olive oil consumption were more physically active, followed a healthier diet, and were more likely to have southern European or Mediterranean ancestry.

Of course, these healthy lifestyle factors could influence the participants’ mortality risk.

But the lead study author said that even adjusting for these and other socioeconomic factors, the study results remained largely the same.

Meaning that olive oil *itself* helps improve your overall health and longevity—even if you already follow a balanced diet and exercise regularly.


And all it takes is half a tablespoon a day—which is easy to add to your daily diet. (I recommend opting for extra virgin olive oil varieties bottled in glass.)

For instance, olive oil has a high smoke point, meaning you can safely and easily cook with it. I like to combine olive oil and butter when I’m sautéing vegetables.

In fact, many Italian-American families I know make a simple but delicious sauté of olive oil, butter, red peppers, tomatoes, onions, garlic, and pasta right in the pan—and then serve it hot and fresh to top or accompany a protein.

Olive oil also makes an excellent salad dressing, combined with balsamic vinegar and, perhaps, a twist of lemon and some fresh herbs.

And, with summer just around the corner, olive oil is a staple for outdoor grilling. I like to drizzle extra virgin olive oil on grilled, wild-caught salmon—or even on fresh fruit like peaches for a healthy, grilled dessert.

So, as they say in the Mediterranean, add a little olive oil to your daily diet and *mangia!* 

This ancient practice improves mental and physical health

Meditation has been a common practice in Asia for centuries. But it wasn’t widespread in the western world until the 1960s, when maharajas and meditation gurus became all the rage among young hippies, “flower children,” and the “new age.”

Since then, we’ve seen meditation become more mainstream. Many people are taking breaks and spending time with their thoughts. Or they’re finding a virtual instructor to guide them.

Of course, there has been a growing number of studies on meditation’s positive health effects over the years, too.

It’s well known that meditation can help alleviate stress and anxiety. But there’s also evidence it can affect physical health as well. This includes reducing your risks of cancer, heart disease, chronic pain, irritable bowel syndrome, asthma, and insomnia.

Understanding exactly how meditation

does all this remains somewhat mysterious. Not much is really known about its effects on biological processes at the cellular level. That’s why a new study analyzing how meditation influences genes involved in the immune response caught my eye.

The study involved 106 men and women who participated in an eight-day meditation retreat in Tennessee.¹ The participants silently meditated for 10 hours daily and followed a regular

sleep schedule.

(They also ate a restrictive, vegan diet. But, not surprising, the researchers attributed the study results to the meditation practice rather than the diet.)

Researchers took blood samples from the participants five to eight weeks before the retreat, just before the retreat began, and three months after it ended. Those samples showed that 220 genes involved in regulating the immune system were more active *after* participants completed the meditation retreat.

Among those 220 genes, 68 have a role in signaling interferon—which has been found in other studies to help the body fight cancer, multiple sclerosis, and viruses...including COVID-19.

The researchers said this is the first study showing how meditation can boost interferon signaling, and thus influence the immune system.

How you can meditate without going on a retreat

Of course, as you were reading about this study, you probably noticed the proverbial elephant in the room...the participants meditated 10 hours a day, for eight days.

Let's face it: That's excessive and unachievable for most people.

The good news is, the researchers think less extensive daily meditation programs, carried out over a longer period of time, could have similar benefits on genetic regulation of the immune system.


More research is needed, but in the meantime, you really can't go wrong with incorporating short meditation sessions into your daily lifestyle. It's actually quite simple to do—here's what I recommend...

Sit in a comfortable position with your eyes closed. Take in a few deep breaths.

Think of what you want for your life. Is it health? Peace? Love? Hold onto that thought and repeat to yourself silently, "May I be healthy (or happy, or peaceful, etc.)"

Repeat the same practice, except this time, picture someone you care about. Next, imagine someone you don't have any feelings about or connections to. Then, think of someone you don't have positive feelings toward. And finally, direct the wish toward the whole world.

Slowly open your eyes and return to your day, keeping this expansive feeling of benevolence with you in all that you do.

For more details on how to incorporate meditation into your daily life, please see my book with Don McCown: "*New World Mindfulness*." You can order yourself a copy from the "books" tab on my website, www.DrMicozzi.com. 

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

Mineral of the Month: Selenium

Over the years, I've warned you how conventional agriculture's reliance on pesticides, chemical fertilizers, and other toxins is relentlessly sucking nutrients out of the crops we eat.

But factory farming is doing worse than that. Poor stewardship of farmlands is actually depleting the soil itself.

And that's a big deal when it comes to selenium—an essential, key nutrient found in soil.

Plants get selenium from soil, and animals get selenium from eating those plants. We, in turn, get selenium from consuming plant and animal products in a balanced diet.

Of course, different soils contain different amounts of selenium. Not to mention, naturally occurring pH and organic material influence selenium amounts in the soil—meaning that, along with agricultural toxins, geography is also a factor in how much of this trace mineral you can get from plant and animal sources.

(I learned this early in my career, when I was awarded a grant by the National Cancer Institute to study the role of selenium supplementation in reducing the risk of cancer in a region of China where the soil was extremely low in the mineral.)

Brazil nuts, seafood, and meat are the richest sources of selenium. Whole grains, dairy products, poultry, and eggs are also good sources.

But I also advise supplementing with selenium to ensure you get optimal amounts. I recommend 100 mcg per day to help reduce your risk of the following health conditions...

Viruses. Selenium is a powerful antioxidant that has been shown to boost immune-cell function. That's why it's often included in immune-boosting supplements (like for the common cold and flu). It's even been called "birth control" for viruses, as it blocks a virus' ability to multiply—which allows your immune system to catch up and eliminate the infection.

Cancer. As I and other researchers have found, selenium's natural ability to reduce oxidation in cells helps it fight certain cancers. Studies have found that people with high blood levels of selenium have a lower risk of breast, lung, colon, rectum, and prostate cancers.

Heart disease. Selenium has anti-inflammatory effects, and research shows it lowers the amount of the inflammatory marker C-reactive protein in your body—a key indicator of heart disease. Studies show that selenium can also reduce your risk of cardiomyopathy (abnormality of the heart muscle) that leads to heart disease and heart failure.

Alzheimer's and dementia. Some evidence suggests that selenium can lower your risk of Alzheimer's disease and age-related memory loss.

And finally, as I reported in the August 2021 issue of *Insiders' Cures*, research shows selenium can even **boost your longevity**. Which is really no surprise when you consider all of the ways this essential mineral can protect your health!