



My favorite morning brew packs **POWERFUL** health benefits

Pour yourself a cup (or more) and watch your health SOAR

This month, on our **10th anniversary** of publication, I'm going to be sharing new research on some of my favorite things—starting with my morning brew.

Coffee is one of the best natural pick-me-ups around. A few cups of joe can tighten your focus and have you ready to hit the ground running.

But it can do so much more than that.

I've written before about how science shows coffee can protect against metabolic diseases—like Type II diabetes, obesity, heart disease, and cancer. It can also improve liver health, cognition, and help alleviate depression.

But, as the old commercial goes: Wait—there's more!

Coffee can also protect against two debilitating diseases... a particularly painful condition... and **MUCH** more (we'll cover it all in just a moment).

So, pour yourself a cup of java, find a comfortable chair, and read up on this new research about how one of my favorite beverages can *significantly* enhance your health... for years to come.

Coffee compounds help you live longer?

Let's start with the most surprising benefit because the results are so striking—I can't hold them back any longer!

Researchers analyzed data from the long-term U.K. Biobank study. The data was collected between 2006 and 2016, from nearly 500,000 British men and women ages 38 to 73.¹

(This study sought to investigate the role of genetics and environmental factors—like diet and lifestyle—in disease development.)

Seventy-eight percent of participants drank coffee at least occasionally—a habit that ultimately **BOOSTED longevity!**

In fact, it was associated with a lower overall mortality (death) risk.

And it didn't even matter what *type* of coffee. In fact, decaffeinated coffee had the *same* longevity effects as its caffeinated cousin.

These findings suggest the importance of *all* of coffee's constituents (not just caffeine) in overall health.

Indeed, scientists have identified hundreds of beneficial compounds and nutrients in coffee beans.

For example, coffee is rich in certain B vitamins like riboflavin, and plant polyphenol compounds—which act as antioxidants. These antioxidants have been shown in reams of research to help lower the inflammation that contributes to many chronic diseases.

And, of course, fewer chronic diseases means a longer lifespan.

Calculating your mortality risk one cup at a time

Another impressive aspect of this study is that there was enough data for researchers to look at how mortality is affected literally cup-to-cup.

Compared to non-coffee drinkers, enjoying the following number of cups daily offered this protection against death, on average:

- Less than one cup: 6 percent lower risk
- One cup: 8 percent lower risk
- Two to three cups: 12 percent lower risk
- Four to five cups: 12 percent lower risk
- Six to seven cups: 16 percent lower risk
- Eight or more cups: 14 percent lower risk

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As you can see, the more coffee you drink, the greater the benefit... and the longer you may be able to live.

But just as with consumption of other beverages and food, I recommend moderation here. Coffee should be one part of a balanced diet.

In other words, don't rely on a heavy coffee indulgence alone to boost your longevity. Follow healthy lifestyle choices (like exercising daily and eating a balanced diet, both of which have a substantial impact on chronic disease and longevity).

Then, enjoy any added protection your morning cup of joe may extend.

In fact, most research has found that **one to four cups of coffee a day** confer the most health benefits. And this study shows that level of consumption can lower your risk of death by a substantial 8 to 12 percent, on average.

Which leads me to another new study on coffee and mortality risk...

Even more protection against death

This study also pulled data from the U.K. Biobank database.

Between 2009 and 2018, researchers analyzed data from 171,616 men and women. None of the participants had been diagnosed with cardiovascular disease or cancer at the study's onset.

During the seven-year study period, 1,725 of the participants died of cancer and 628 from cardiovascular disease.

The researchers found that compared to people who *didn't* drink coffee, those who drank unsweetened coffee were between 16 and 21 percent less likely to die from any cause. And this held true even when the researchers adjusted for lifestyle factors like diet and exercise, and demographic factors like education and income.

Another interesting aspect of the

study is that the people who drank between 1.5 and 3.5 cups of coffee a day—sweetened with an average of one teaspoon of sugar per cup—were still 29 to 31 percent less likely to die than non-coffee drinkers.

Of course, you know I'm not a fan of consuming excess sugar, but this could be good news for people who simply don't like the taste of unsweetened coffee. Because, according to this study, a small amount of sugar doesn't appear to nix the longevity benefits of a cup (or three) of joe.

Slash risk of TWO dreaded diagnoses

Now, let's move on to coffee's protection against two debilitating diseases: **Alzheimer's** and **Parkinson's**.³

The researchers noted previous studies have found that drinking coffee lowers the risk of both conditions. But no one seems to understand exactly *why*.

To try and answer that question, researchers brewed three types of coffee—light roast, dark roast, and decaffeinated dark roast. They then conducted various lab tests on the coffee extracts.

The researchers found that both the caffeinated and decaffeinated dark roasts had the same positive effects on Alzheimer's, Parkinson's, and age-related cognitive decline.

So...they concluded yet again that it's not necessarily the caffeine in coffee that protects the brain.

Instead, they found that compounds in coffee beans called phenylindanes inhibit changes in the brain that some associate with Alzheimer's and Parkinson's patients.

Because phenylindanes only emerge during the coffee roasting process, the researchers concluded that dark roast blends are likely more protective against Alzheimer's and Parkinson's than lighter roasts.

The study didn't report how many cups of coffee you'd need to drink to have these benefits, but previous research has found that three to four cups a day seem to be best for brain health.

And this study shows that those cups should contain dark-roasted coffee, either caffeinated *or* decaf.

Kick kidney stones to the curb

Another new study focused on a particularly painful condition: **Kidney stones.**

(For anyone who's undergone the pain of passing a kidney stone—not to mention their effects on kidney health—these findings are vitally important.)

Once again, the U.K. Biobank database was involved. Researchers looked at data from nearly 400,000 people—6,436 of whom had suffered from kidney stones in the past. They also added data from 176,613 participants in Finland's FinnGen consortium (including 3,856 cases of kidney stones).⁴

After analyzing the data, the researchers found that a 50 percent increase in coffee consumption was associated with a whopping 40 percent decrease in risk of kidney stone formation.

Specifically, consuming 80 milligrams (mg) more of caffeine *lowered risk of kidney stones by 19 percent.*

(According to the U.S. Department of Agriculture [USDA], one 8-ounce cup of brewed coffee contains about 95 mg of caffeine—so drinking just one extra cup a day can have significant benefits for your kidney health.)

The researchers think the caffeine in coffee lowers risk of kidney stones in a couple of ways...

Because caffeine is a diuretic, it can increase the amount of urine you pass—which is key in preventing the development of kidney stones. Plus, it helps block *adhesion* of calcium

oxalate crystals (the most common type of kidney stone) inside the kidneys in the first place.

Turbocharge your daily walk

Of course, the caffeine in coffee can do more than just help prevent kidney stones. A new research review from the International Society of Sports Nutrition (ISSN) shows caffeine can also help enhance a daunting (yet vitally important) task: **Exercise.**

More specifically, research shows it helps boost overall exercise performance, including muscular endurance and strength.⁵

Now, caffeine has long been used by athletes to fuel their workouts. But this review shows that caffeine can also help recreational exercisers perform *better*—especially if you consume it about 60 minutes before physical activity.

That can be welcome news when the thought of simply taking a walk around the block is overwhelming. But—if you schedule your daily exercise in the morning, after your breakfast coffee, you may feel more energized...and able to walk or do other activities *longer.*

How much caffeine do you need to perform at your best?


Well, the research review reported that caffeine consistently supports physical performance when taken in doses of 3 to 6 mg per kilogram (kg) of body mass, with a minimum effective dose of 2 mg/kg.

So, first convert your body weight to kg. (Find your weight in pounds and divide by 2.205.) Next, multiply your body mass in kg by 3...then by 6...to find your range of caffeine.

For example, if you weigh 150 pounds, that's 68 kg. And you'll need between 204 to 408 mg of caffeine. That translates into two to four cups of brewed coffee a day—which is right in line with what other studies

show to be optimal for the most health benefits.

At the end of the day, these new studies (and plenty of previous research) consistently find that drinking *one to four cups of coffee a day* is a key factor in good health. And in most cases, that coffee can be caffeinated or decaffeinated...instant or ground...hot or cold...espresso or drip.

Of course, I always think the fresher the better. I like my morning coffee black, because it has minimal calories. But if you prefer a creamier version like my French relatives, try a *café au lait* with full-fat, organic milk for even *more* health benefits. 

How much is too much caffeine?

Caffeine is the most commonly consumed substance in the world that has psychoactive properties. In fact, research shows that about 90 percent of adults in the U.S. and other Western countries consume caffeine on a regular basis.⁵

And while we typically associate caffeine with coffee, there are more than *60 other plants* whose beans, leaves, or fruit contain varying levels of caffeine. Two of the best-known are tea and cacao.

There's also synthetic caffeine, which is used as an ingredient in some prescription and over-the-counter pain relievers. (Some athletes consume powdered caffeine from both natural and synthetic sources.)

But the overarching "rule" to caffeine consumption is to not overdo it. Like most things in life, moderation is key.

Of course, you'd have to consume quite a bit to put your health in danger. Studies show that around 400 mg of caffeine a day should be your limit. According to the USDA, that translates into about four 8-ounce cups of brewed coffee, 15 cups of tea, or a whopping 33 ounces of dark chocolate. Which I definitely *don't* recommend.

So, unless you're really overindulging, too much caffeine shouldn't be a problem in your daily, balanced diet.

DEMOLISH dementia risk with my TWO favorite fruits

Benefits across all ages, year-round

It's no secret that I'm a fruit fan. You could even say I'm "berry" fond of this healthy and delicious food group.

I start every day with a bowl of plain, full-fat, Greek yogurt topped with berries. This nutritious breakfast is filling...and has even helped me lose 35 pounds with almost no effort!

But, of course, that's not all that berries can do for you.

Research shows these colorful fruits help protect against cancer, heart disease, and Type II diabetes. Plus, many studies concluded that berries are one of the original brain foods.

In fact, new research shows that two particular berries not only help protect against dementia in older people, but in *middle-aged men and women* as well.

Meaning it's never too early to add these amazing fruits to your daily diet!

In a moment, I'll share the fascinating details of these new studies—and what they mean for your brain health.

But first, let's examine *why* these two berries are SO GOOD for your health...and offer head-to-toe protection.

Berry compounds FIGHT disease

Blueberries and **cranberries** (along with other types of berries) have high levels of polyphenols called anthocyanins. These are naturally occurring plant pigments that give berries their beautiful colors.

Anthocyanins are also natural antioxidants and anti-inflammatories. They defend plants from excess exposure to solar radiation, infections,

and other environmental threats.

This is particularly important for blueberries, which grow in rocky soil, and cranberries, which grow in bogs. Not many plants can survive in those conditions, but these berries' high anthocyanin content helps them thrive.

So it's no surprise they can work wonders for the those who consume them, too!

Research shows that the anthocyanins in berries protect people from health problems by supporting energy production in cells, reducing inflammation, and improving metabolic function.

Plus, they influence the gastrointestinal (GI) microbiome and support healthy probiotics ("good" bacteria). Many scientific studies show there's a potent connection between the GI system and the brain—referred to as the gut-brain axis.

As the term implies, the gut-brain access is KEY for supporting cognitive function, protecting the brain...and staving off dementia.

Never too early to protect yourself from dementia

Scientists have studied blueberries' and cranberries' effects on dementia for years—and I've written about many of those studies.

But, as I mentioned earlier, much of this research has focused on older adults. That's why I was intrigued when I came across two new studies showing that blueberries and cranberries can help protect against dementia in *middle-aged* people as well.

For the first study, investigators from

the University of Cincinnati focused on middle-aged men and women and the long-term risk of dementia.¹

The researchers said prior studies—showing benefits of blueberries for brain function in older adults—made sense in light of the fruit's metabolic effects.

(As I've reported before, dementia can be considered a metabolic disease—in fact, I refer to it as **Type III diabetes** because of the effect metabolic factors like body weight, diet, and exercise have on lifelong dementia risk reduction and prevention.)

The interesting thing about this study was that the subjects already had some of these metabolic risk factors. But blueberries improved dementia-related cognitive functions in the participants *and* their metabolic function.

Here's how...

Blueberries, the brain, and metabolism

The researchers gathered 33 Cincinnati-area men and women between the ages of 50 to 65 who were prediabetic, overweight, and had noticed mild memory decline as they aged.

The researchers judged these study participants had an increased risk of dementia and other metabolic conditions in later life.

During the study period of 12 weeks, all participants were given a packet of supplement powder to be mixed with water for consumption with either breakfast or dinner. They were also asked to abstain from berry and fruit consumption.

Half of the participants were given

powder that contained the equivalent of half a cup of whole blueberries, while the other half received a placebo.

The participants also took tests that measured cognitive functions like executive function, mental flexibility, and self-control. These particular brain functions have been shown to decline in older people with dementia.

The researchers found that the study participants who took the blueberry powder showed improvements **in all of these brain functions**.

They were also better able to focus during learning, and had better memory than the placebo group.

In addition, the blueberry powder group had lower fasting insulin (blood sugar) levels and metabolic function (the ability to burn fat for energy) compared to the placebo group.

And if that weren't enough, the blueberry group was also found to have additional cellular benefits associated with greater longevity, less fatigue and memory loss, and less overall stress on the cells.

Cranberry powder linked to better brain blood flow

The second study found similar effects for middle-aged and older people who consumed cranberry powder.

The study involved 60 healthy adults, ages 50 to 80 years. For 12 weeks, they drank a beverage with either cranberry powder (equal to about 1 cup of fresh cranberries) or a placebo.²

At the beginning and end of the study, the participants were given a series of cognitive tests. They also had biochemical measurements and neuroimaging assessments to observe changes in their blood levels, along with blood flow to various regions of the brain.

Results showed that the participants who took the cranberry powder had significant increases in the levels of anthocyanins in their blood, compared to no increases in the placebo group.

The cranberry group also had increases in blood flow to key areas of the brain that support cognitive function. The net result was improvements in memory.

And this was still the case even when the researchers accounted for the participants' age and education levels. Meaning that demographic factors like diet and exercise (that might influence cognitive-health risk factors) didn't have an impact on the results.

Enjoy blueberries daily

The most nutritious (and flavorful) blueberries are the lowbush variety—otherwise known as wild blueberries. And they're in season right now.

So, if you happen to live (or be on vacation) in their native habitats of New England, Appalachia, or the northeastern parts of the Midwest, consider taking a wild blueberry-picking excursion. Otherwise, I encourage you to find fresh blueberries at a local farmer's market.

Then, you can eat your harvest by the handful—or add the berries to salads, yogurt, and even salsa. They also pair well with cheese—especially brie.

I'll often make a sauce of blueberries, chicken stock, fresh orange juice, balsamic vinegar, chives, and a dab of honey to drizzle over salmon or pork.

Cranberries aren't just for the holidays

Harvesting cranberries isn't as easy as picking blueberries (bog boots, anyone?), but fortunately you can get them in-season in the fall at your

local grocer or farmer's market—or year-round as dried or frozen fruits.

Like blueberries, cranberries make a unique sauce for chicken, pork, and other meats.

And with the squash harvest just around the corner, baked acorn or butternut squash drizzled with cranberry sauce can be a tasty side dish—or even a main course.

Just be sure to avoid packaged or, worse, canned cranberry sauce—which are usually loaded with preservatives and sugar.

Instead, make your own, homemade cranberry sauce. It's easier than you might think!

For a simple sauce, mash cranberries with pure maple syrup. For a unique kick, I like to combine cranberries, oranges, olive oil, and chipotle or jalapeño peppers.

The benefits of powders

If you miss blueberry or cranberry season, don't despair. Both fruits keep their taste and nutrients when frozen. And, as we learned from the studies I just shared, they're also available in powder form.

I'm a particular fan of water-soluble powdered blueberry extract combined with other healthy ingredients like baobab, rose hips, and rooibos.

Of course, berry powders are only one of the many natural approaches for supporting brain health and preventing or even reversing Alzheimer's disease and dementia.

To learn more about my all-natural plan to restore brain health and fight memory loss, or to enroll today, check out my *Complete Alzheimer's Fighting Protocol*.

Click here or call 1-866-747-9421 and ask for order code EOY3Y800. 

Lack of sleep: A living “nightmare”

Simple steps to improve sleep and BOOST your health

Enjoying a refreshing, restorative **night of sleep** is one of life's most important things.

But let's be honest: Getting a full night's sleep (especially as an older adult) can be *hard*.

Aging can alter sleep patterns—including falling and staying asleep—and sleep quality often declines.

The reasons why are complex... influenced by a combination of factors (and the structure of the brain itself). But the upshot is that, as you age, you may not be getting enough sleep for tip-top mental and physical health.

Now, we all know the perils of too little sleep. Study after study shows our brains can't function properly. And an entire range of physical diseases or disorders can be attributed to lack of sleep.

Not to mention the havoc sleeplessness plays on our emotional and mental health.

So, how much sleep is enough? And how can you achieve *better* quality sleep?

Well, researchers conducted a large, new international study to try answer the former.

Ultimately, they found *you may not need as much sleep as you thought!* In fact, TOO MUCH sleep may be as detrimental to your cognitive and emotional health as TOO LITTLE.

Let's take a closer look at those findings. Then, I'll dive into my insiders' tips for achieving sounder sleep...

The link between sleeplessness and cognitive disorders

Scientists from Fudan University in China and Cambridge University in

the U.K. analyzed data from nearly 500,000 British men and women, ages 38 to 75.¹

Study participants were asked questions about their sleeping patterns, as well as their mental health and well-being. They also took a series of cognitive tests analyzing brain functions. About 40,000 of the participants underwent brain imaging studies.

Not surprisingly, researchers found that people who didn't sleep long enough had *impaired cognitive function*, including issues with memory, mental processing speed, problem-solving, and visual attention.

This dovetails with prior studies which found a link between lack of sleep and cognitive issues like Alzheimer's disease (AD) and dementia.

In fact, Professor Barbara Sahakian, one of the study co-authors, said: “Getting a good night's sleep is important at all stages of life, but particularly as we age. Finding ways to improve sleep for older people could be crucial for helping them maintain good mental health and well-being and avoiding cognitive decline, particularly for patients with psychiatric disorders and dementia.”²

That all makes sense.

But the surprising part is that researchers found *sleeping too much* was also associated with impaired cognitive function.

So, what was the “sleep sweet spot”?

Seven hours per night was linked to the best cognitive performance—and overall health.

In fact, when researchers looked at connections between the amount of sleep and differences in the structure of regions of the brain involved in

cognitive function and memory, they observed greater changes in the brains of people who slept either *more or less* than seven hours a night.

Sleeping more or less than seven hours a night was also associated with more anxiety and depression, and worse overall well-being.

Quality of sleep is as important as quantity

Of course, duration of sleep wasn't the only factor influencing the study participants' mental and emotional health. Consistency (or quality) of sleep also contributed.

Study results showed that regularly getting seven hours of sleep AND avoiding fluctuations in the amounts of sleep from one day to the next was important for cognitive performance, mental health, and overall well-being.

(Prior studies have also shown that interruptions in sleep patterns is associated with increased inflammation—which, in turn, is linked to an increased risk of age-related diseases.)

The researchers said the link between insufficient sleep and cognitive decline may tie back to the disruption of “deep sleep” (technically called “slow-wave” sleep, based on the appearance of brain waves).

Disruption of slow-wave deep sleep influences the formation of memories. There are also links between lack of deep sleep and formation of protein biomarkers in the brain that are associated with some forms of dementia.

Plus, inadequate sleep can hamper the brain's ability to clear toxins and other cellular waste products—which can lead to both mental and physical disease.

Too much of a good thing?

These findings certainly help us understand why insufficient or poor-quality sleep is a problem for brain function.

But it's less clear—and somewhat puzzling—why **getting “too much” sleep** is also a problem. (The reason wasn't discussed in the reports I analyzed.)

In my view, there could be a “cause-and-effect” explanation for the link between excess sleep and mental and emotional health.

That is, feelings of low mood and depression can influence people to get more sleep. This could create a Catch-22 effect in which too much sleep is associated with worse overall well-being.

Meanwhile, another new study looked closely at the association between inadequate sleep and the *inability* to sleep (insomnia) with stress and mental health...

The stress and sleep correlation

This study included 40 men and women with an average age of 39 years. All participants underwent tests that showed they each had at least moderate stress and poor sleep quality.³

Researchers noted that lab experiments found that natural, herbal remedies—like lemon verbena—reduce anxiety and promote sleep in mice. So, they decided to conduct the first clinical study in humans to examine these effects.

Participants were divided into two groups. Twenty participants took 400 mg of lemon verbena supplements once a day, one to two hours before bedtime. The other 20 participants took a placebo. All wore a “Fitbit” wristband tracker to monitor their sleep quality.

After two months, the lemon verbena group had **significant improvements**

in their stress tests. (The average decline in stress was 11 percent.) And one month after that, the average decrease jumped to 21 percent.

The researchers also measured both groups' cortisol levels (a key indicator of stress). The lemon verbena group experienced a 16 percent drop after two months. But the placebo group had no significant changes in their stress levels.

Meanwhile, the lemon verbena group also had a 12 percent improvement in their sleep quality scores after two months. Yet another month later, they had an average of 26 percent improvement in sleep.

This group also reported waking up fewer times during the night compared to the placebo group. Tests showed they had an increase in deep, slow-wave sleep and REM sleep—the most restorative type of sleep, when short-term memory is processed.

The safe, natural, botanical way to improve sleep

So, what does all of this mean for you?

First of all, it appears that higher stress levels are linked to lower *amount* and *quality* of sleep. And this study shows that lemon verbena improves both stress AND sleep.

Of course, lemon verbena isn't the *only* botanical linked to better sleep quality and quantity...

Aromatherapy, which involves inhaling essential plant oils or applying them to the skin, has shown, in a variety of studies, to induce relaxation and sleep.

Extensive research reveals that the most potent plant oils for aromatherapy (to promote restful sleep) are chamomile, lavender, orange, and peppermint. You can even find all of these plant oils in the right doses and combinations in an

easy-to-use roll-on applicator.

Along with plant-based sleep remedies, the following lifestyle changes have also been found to be beneficial for boosting both the quality and length of your nightly shuteye...

Four *Insider* tips for sleeping sounder...and longer

Cognitive behavioral therapy (CBT) can focus on changing poor sleep habits, inconsistent sleep schedules, and the ways people think about and experience poor sleep. CBT for sleep issues typically involves six to eight weekly sessions with a trained specialist.

Recent research shows this method can be highly effective, with 70 to 80 percent of patients reporting they spent less time falling asleep, more time sleeping, and woke up fewer times during the night.⁴ And, unlike dangerous sleep medications, most people tend to sleep better even *after* CBT treatment ends.

Scaling back on screen time has shown to have a direct effect on sleep. Researchers report that the blue light emitted from a TV, computer, phone, or other electronic screen interferes with the body's production of melatonin—a hormone that helps you sleep.

So, try turning off your electronic devices at least a couple hours before bedtime. Instead, read a book, listen to music, take a bath, or do something else restful and relaxing in preparation for sleep.

Watching your diet can have a direct impact on how well you sleep. For example, research shows you should wait at least two to three hours after your last meal before going to bed, to allow your digestive system to slow down and prepare for sleep.

It's also a good idea to stop drinking both alcohol and caffeine a few hours before bedtime (for more about

caffeine, see page 3).

Research shows higher blood alcohol levels can disturb the restorative REM sleep cycle. And caffeine can metabolically block biochemicals that are important for inducing sleep. Depending on your sensitivity to caffeine, wait up to six hours after consuming coffee or tea before bedtime.

And, of course, always stay away from sugar—it will delay your sleep (after a quick boost in energy). This sets off a vicious cycle...lack of sleep leads to increased production of a hormone called ghrelin—which stimulates appetite and cravings for sugar and calories.

In other words, sugar is the ultimate metabolic disrupter, which is why I recommend avoiding it. But if you do succumb, avoid sugary foods or drinks at least two to three hours before turning in for the night.

Meditation and (surprisingly!) exercise can also boost your sleep quality and duration.


Research shows that moderate exercise during the day can help you sleep better at night.

A good form of exercise to reap these rewards is yoga, which naturally helps reduce stress and promotes relaxation. Plus, simple yoga poses can get you back to sleep if you wake

up during the night. Just don't overdo it—strenuous exercise can rev you up rather than slow you down.

Meditation and other stress-reduction approaches during the day can also help you fall asleep at night.

The bottom line is that even if you find your sleep quality decreasing with age, that doesn't mean you're relegated to a future of tossing and turning—and making yourself more susceptible to chronic disease.

Follow my simple steps outlined here to get **seven hours of quality sleep each night**, and eventually you'll find that bedtime doesn't have to be a nightmare after all. 

Prescription of the month: Make time for gratitude

What my 10-year anniversary means to me

This month, on my 10th anniversary of researching and writing *Insiders' Cures*, I'm feeling quite nostalgic... reminiscent...and grateful.

I've learned a lot through my editorial ventures with you, my dear reader. And I've very much appreciated the outlet (and platform) this newsletter has provided me.

I get to share new scientific discoveries, the shocking truths behind headlines, my own personal experiences and anecdotes, and more. All while helping you live your healthiest life. That alone fills my heart with gratitude.

So, I invite you to take some time to reflect on the blessings in *your* life, too. That's where this month's "prescription" of **gratitude** comes into play.

The ancient Roman statesman Cicero said, "Gratitude is the greatest of all virtues and the parent of all the others."

Indeed, expressing gratitude regularly can help you build positive, lasting relationships with your friends, spouse, family members, and community...and improve your health as well.

Better yet, gratitude works *even if you don't speak it*. And I think that's an important, often overlooked aspect...

I'll let you in on a personal secret: I've

had quite a few struggles over the past year. But expressing gratitude through *writing* has helped tremendously.

And the science backs me up.

In fact, recent research found those who wrote gratitude letters still experienced significant boosts in mental health compared to those receiving psychotherapy or who wrote expressively in a personal journal.¹

In other words, it doesn't necessarily matter *how* you express gratitude. All that matters is that you EXPRESS it!

Here are some ideas for how you can express the "greatest of all virtues," starting TODAY:

- Write gratitude letters, even if you don't actually send them.
- Keep a daily gratitude journal.
- Spend more time volunteering for a cause that's close to your heart.
- Smile and laugh more.
- Say thank you regularly to people you interact with during the day, and especially your family members.
- Give at least one compliment to someone daily.

- Pay it forward, if you can, by footing the bill for a stranger's coffee, lunch, or gasoline.

- Stop to notice and appreciate the beauty of the world around you when exercising out in Nature.

And on days you're *really* struggling, do what I do:

- Fill a jar with notes about things for which you're grateful. Then, on a bad day, take a note out of the jar to remind you.
- Look back on old photographs, books, memories, and writings that evoke a sense of calm and thankfulness.
- Practice daily mindfulness meditation that expresses gratitude. (Check out my book with Don McCown, *New World Mindfulness*, for some practical guidance. You can find it under the "books" tab of my website, www.DrMicozzi.com.)

In the end, it's been an amazing 10 years together. We've analyzed thousands of studies and busted hundreds of medical myths. Best of all? We still have a lot of ground to cover. And for that, I'm very grateful.