



Insider Expose!

Today's TRUE nutrient deficiencies may kill you

Jaw-dropping discrepancies between what the "experts" recommend, and what your body REALLY needs

This past June marked an important anniversary in the history of nutritional research. Ten years ago, two landmark studies were published in the *Journal of the American Medical Association (JAMA)*.^{1,2} They revealed that the dietary standards set by the U.S. government are grossly inadequate.

These two studies should have changed the way doctors viewed the role of optimal nutrition in preventing and treating chronic diseases.

Yet, here we are—a decade later. And the government recommended dietary allowances (RDAs) are still the only benchmark conventional doctors acknowledge and recommend.

The information on nutrition and health that the public is given (and not given) by the government sometimes reminds me of the book *Catch-22* by Joseph Heller. Really one scene in particular that depicts an aviator being hit by anti-aircraft flak. The protagonist, Yossarian (Alan Arkin in the movie), labors carefully to bandage the relatively superficial wounds on the injured flyer's arms and legs. Yet, when

he finishes, he opens the flyer's heavy flight jacket only to find his intestines spilling out through a fatal abdominal wound.

Bloody and graphic, yes. But not that far off from how the government handles its RDAs. Follow them, and we're all like poor, well-intentioned Yossarian. Applying Band-aids to potentially fatal health problems.

I pointed out in the *Daily Dispatch* "RDA to Nowhere" how most of the government guidelines on nutrient intakes are hopelessly outdated. They were designed to prevent frank vitamin and nutritional deficiencies. And diseases like beri-beri, kwashiorkor, pellagra, rickets, and scurvy.

So yes, the government is keeping us safe from some deadly scourges—of the 19th century. But what about what's killing us in the 21st century?

Will they ever move on to the true nutritional medicine proposed 10 years ago in those landmark *JAMA* articles?

Government RDAs don't even come close

In those decade-old *JAMA* articles, the researchers gathered

more than 150 studies. And after carefully examining all the data, they determined just how much of several common vitamins most people need each day to help prevent today's chronic diseases. Including heart disease, cancer, diabetes and osteoporosis, as well as infectious diseases.

But, in many cases, what they found was vastly different from even

Continued on page 2...

In this issue:

Another reason to think twice about being an organ donor 4

Protect yourself from the government's confusing, dangerous, and blatantly wrong "requirements" 5

Egyptian researchers cure cancer with the help of two herbal remedies ... 6

How to build a better brain right now—without even leaving your chair 7

Study shows three nutrients can reverse Alzheimer's 8

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the most current government RDAs. Which, by the way, were evaluated and revised just last month!

Take a look at the chart at the bottom of the page, which shows the current RDA of several specific nutrients, compared to the optimal amounts determined by the *JAMA* articles back in 2002.

Obviously, the government is still hopelessly out of touch with what the human body really needs for optimal health.

One step forward, two steps back

Today the government does (finally) recognize that vitamin D deficiency is a serious problem—even by their standards. Current estimates show that up to 30 percent of the population isn't getting the RDA. But the true dimensions of the worldwide vitamin D deficiency epidemic are likely a lot higher from the standpoint of optimal nutrition. Meanwhile, at the same time, they tell everyone to avoid sun exposure, which is critical for achieving and maintaining even the RDA vitamin D levels. (For the record, you should aim for 15-20 minutes of direct sun exposure—on the arms and legs—per day, at least three times per week. *Without* sunscreen.)

The government also continues to dwell on nutritional “problems” that don't really exist. For example, they still focus on iron deficiency as a “major” public health issue. (Despite the fact that it occurs only in 11 to 16 percent of *some* subgroups of children and child-bearing women.) Granted, they now recognize that their old iron measurement techniques leave a lot to be desired. Of course, they haven't done anything about their standards.

And one troubling new development that no one is currently talking about is the prevalence of iodine deficiency—especially in young women. We thought we had that problem licked by adding iodine to our salt supply. But with the CDC constantly telling people to lower their salt intake (to potentially dangerously low levels at that), it's really no wonder this problem has emerged. I'll tell you more about iodine deficiency in next month's issue.

In the meantime, let's get back to the topic at hand. How the current RDAs simply won't help you reach optimal levels of any nutrient. Let alone protect you from today's

Nutrient	Current government RDA	Optimal amount (via 2002 JAMA articles)
Folate	400 micrograms	800 micrograms
Vitamin A	3,000 IU for men 2,333 IU for women	15,000 IU
Vitamin B6	1.3 milligrams for adults up to 50 1.7 milligrams for men over 50 1.5 milligrams for women over 50	3 milligrams
Vitamin B12	2.4 micrograms	9 micrograms
Vitamin C	90 milligrams for men 75 milligrams for women	2,000 milligrams
Vitamin D	600 IU	2,000 IU (but safe in doses up to 30,000 IU)
Vitamin E	15 milligrams	70 milligrams

biggest health threats. And, more importantly, what *will*.

The best way to get everything you need for optimal health

Those landmark *JAMA* articles also pointed out, as I have for 30 years, that the stand-alone nutrients recognized by the RDAs actually fall short in yet another way when it comes to helping you get the optimal nutrition you need...

You see, on their own, these vitamins don't include the other critical nutritional components in healthy foods and vegetables (like lycopene and lutein, for instance).

It stands to reason that plants, which thrive outdoors, must have some built-in protection from the

elements. Indeed, they've developed antioxidants to protect them from oxidation and "free radicals" that are inevitable parts of constant exposure to oxygen in the atmosphere and to regular climatic events.

So eating a nutritious, balanced diet is truly the only way to get all the biologically-active and beneficial compounds you need for optimal health, whether the RDAs even recognize them or not.

Of course, I don't mean to diminish the importance of those RDA nutrients. It's just that you'll get even more benefits if you opt for whole foods that contain them. Because these food sources also offer other benefits that still aren't even on

the government's RDA radar screen yet.

Here are the best food sources for the RDA nutrients listed in the chart on page 2.

Folate dark green, leafy vegetables (like broccoli, Brussels sprouts, cabbage, kale, spinach); asparagus; avocados; bananas; beans; oranges; yeast

Vitamin A organ meats, fish, shellfish, egg yolks, fruits and vegetables (some carotenoids in fruits and vegetables are converted to

Continued on page 4...

The kids aren't alright

A new study in the *Journal of Pediatrics* finds that U.S. children aren't getting the missing nutrients they need most from vitamin supplements. And it turns out, the children taking supplements aren't the ones who need them in the first place.

The problem varies by age group. Most children under 8 appear to get several of the nutrients they need (to meet RDAs at least) from the foods they eat. However, even with the use of supplements, more than 1/3 still don't get enough calcium and vitamin D.

On the flip side, children who use supplements are getting too much vitamin A and iron. Nutrients that, in excess, can actually be toxic. Kids are getting excess amounts of folate and zinc, too.

This study also found that supplement use among children drops from 40 percent at ages 2 to 8 years to less than 30 percent at ages 9 to 13. And barely 25 percent of teenagers are taking supplements. So it's no wonder many kids between the ages of 8 and 18 have low levels of key nutrients.

But in another interesting twist, those who do use supplements were also more likely to get enough calcium, magnesium, phosphorus, and vitamins A and C from food alone. In other words, the kids using supplements aren't the ones who really need them.

And in a surprising statement to Reuters, one of the NIH researchers who authored this study suggested that manufacturers of children's supplements should consider reformulating their products to actually meet the real nutritional needs among children. Rather than not providing enough of some nutrients, and providing too much of others.

Of course, in true NIH form, she declined to elaborate on what specific changes should be made by manufacturers or consumers. Instead, she stated that the NIH is "here to help consumers; we do not make recommendations on supplement use."

This comes from a nutritional epidemiologist at the NIH Office of Dietary Supplements.

Memo to NIH: After hundreds of millions of dollars of research on nutrition and health over the past 30 years, the "help" that consumers need now **is just that**. Namely, real "recommendations on supplement use."

- vitamin A in the body)
- Vitamin B6** poultry, fish, shellfish, soybeans, bananas, nuts, peas
- Vitamin B12** poultry, fish, meat, eggs
- Vitamin C** broccoli, citrus fruits, melons, peppers, strawberries, tomatoes
- Vitamin D** saltwater fish, fish liver oil, liver, fortified milk (and while it's not a food, don't forget about a critical source of vitamin D: sunshine)
- Vitamin E** nuts, vegetable oils, wheat germ

One quick note for vegetarians and vegans. Take another look above at vitamins A, B6, B12, and D. Most of these key nutrients come from animal sources. Unfortunately, the average human just can't get optimal nutrition from a diet that doesn't include meat. So vegetarians and vegans should

always take high-quality supplements to achieve optimal levels.

Getting to the "guts" of the problem

Unfortunately, the government is no closer today to giving people truly sound nutritional advice than they were a decade ago. Like poor, misguided Yossarian from *Catch-22*, the "experts" can't seem to get at the real "guts" of the problem.

I remember exchanging communications a few years ago with one of the leading Ph.D. nutritional experts at Johns Hopkins in Baltimore. He's a very influential figure in the American Society for Clinical Nutrition and plays a big role in helping determine the RDAs. I asked him flat out why he still didn't accept that optimal nutrient intakes need to be higher than the established RDAs. He responded simply, "There is no evidence."

By what standard?

Maybe he and his colleagues haven't been reading the *Journal of the American Medical Association* for the past 10 years.

But if we wait for all the evidence sought by some of these non-medical, Ph.D., career scientists we'll all be dead. Probably from some preventable disease. (And don't forget that these ivory tower so-called "experts" live on salaries that are publicly funded by the credo that we always need more research anyway.)

This evidence is here—and has been for at least a decade. So do yourself, and your health, a favor and forget about the "bare minimum" RDAs. Instead, strive for optimal nutrition.

Focus your diet on the foods listed above, and fill in any gaps with good, high-quality nutritional supplements. 

Citations available online at www.DrMicozzi.com

NEWS BRIEF

Another reason to think twice about being an organ donor

The FDA remains ever-vigilant about "protecting" citizens from health claims about effective vitamin supplements. Yet, for years, they have been giving a pass to a dangerous surgical device. Faulty surgical clips that are outright killing some of the most generous people on the planet. Those who are donating a kidney to someone else in need.

CNN reported this scandal just a few months ago—on June 21st. But some transplant surgeons say that this has been going on for years. And that the FDA has been completely inadequate in warning surgeons and hospitals about the dangers of these surgical clips in kidney donors.

And what makes this scandal doubly a shame is that, for decades, kidney transplantation has been the one unequivocal organ donation success story. There's much more to say about the burgeoning "organ transplant industry." I'll give you the full story in a future issue of *Insiders' Cures*. But, for now, since there are no words to adequately express the irony here, I'll let my poetic instincts take over:

While FDA has plenty to say
about what not to say
about supplements,
their answer to this latest scandal
has been "no comment."

THE INSIDERS' GUIDE TO MINERAL MEDICINE

Protect yourself from the government's confusing, dangerous, and blatantly wrong "requirements"

You always hear the terms "vitamins and minerals" lumped together. But it's important to understand that minerals are very different from vitamins. And their unique complexities deserve individual attention.

Unfortunately, just like the nutrients I told you about in the previous article, the requirements for minerals set by the government are often confusing, misguided, and (in some cases) blatantly wrong.

So the general public is in constant danger of getting far too much of some potentially harmful minerals—and not enough of others.

The fact is, many of the essential minerals are really "heavy metals." And they can be toxic in the wrong amounts. The body does need small amounts of certain metals. But it has developed very sophisticated processes for absorbing, transporting, and using them. And it isn't easy to get rid of the excesses once you have too much. So supplementing with certain minerals raises some red flags that you need to know.

But today, let's start with a key mineral that many people are sorely lacking—calcium. (I'll cover the others in future issues.)

90 percent of the people who need it most aren't getting enough

Right now the Recommended Dietary Allowance (RDA) for calcium is 1,000 mg per day for all adults between 19 and 50, as well as for men over 50. That number increases slightly, to 1,200

mg per day, for women over 50. The government is continually considering raising these RDAs. But over two-thirds of the U.S. population fails to meet even the current requirements. (Let alone the optimal amount, which is at least 2,000 mg per day.)

Even worse, over 80 percent of middle-aged women, and nearly 90 percent of adolescent girls don't meet the current requirement. Doctors don't always understand the importance of calcium in older women to prevent osteoporosis. But the shortfall in younger women represents a real problem in girls who are still growing and young women still of childbearing age who may become pregnant with growing fetuses. (And the potentially harmful effect on bones is compounded by the widespread deficiency of vitamin D, as I mentioned in the previous article.)

But in this instance, supplementing isn't always sufficient.

Be careful with calcium supplements

Supplement sources of calcium come in many forms. And the calcium content varies in each. Most supplements only contain between 40 and 160 mg of calcium. Which makes it difficult to get even the RDA—let alone the optimal amount—with supplements.

But if you're going to take a supplement, calcium carbonate is the best choice. It contains the highest percentage of calcium (40 percent). And it's safer than some of the other common calcium

supplement options, like bone meal and dolomite. (Both of these may be contaminated with toxic metals such as cadmium and lead.)

But, as usual, it's better—and often necessary—to simply get calcium from food rather than supplements. The relatively large daily doses of calcium required make it difficult to pack it all into a pill. Plus, as I mentioned in the previous article, whole foods generally offer numerous health benefits, beyond what you could get from any single nutrient.

But there's one big misconception that persists when it comes to getting calcium from your diet...

How the Chinese get plenty of calcium—without eating ANY dairy

Despite the impression we've all been given, milk isn't the only source

Continued on page 6...

Warning! Some "calcium-rich" chewable antacids have a sinister hidden ingredient

If you or someone you know uses chewable antacids—especially as a source of calcium—beware!

While some chewable antacids do contain the preferred form of calcium—calcium carbonate—some also contain aluminum. And even in small doses, aluminum can cause calcium loss and harm bones. There are also concerns about possible long-term dementia risks.

of calcium. In fact, Chinese cooking doesn't use any dairy products at all. Yet, it appears the Chinese get plenty of calcium in their diets without it. Diseases we associate with low calcium (like osteoporosis) are remarkably rare in China.

Don't get me wrong—if you like dairy, by all means go ahead and keep it in your diet. But if you want to get the most calcium from the dairy you consume, don't choose the full-fat varieties. It's true that some

fat is absolutely essential to a healthy diet. But, in this instance, a little less fat is actually a good thing.

Believe it or not, skim, 2 percent, and buttermilk actually contain more calcium than whole milk. The same is true for low-fat yogurt and cheese.

But, again, these aren't the only sources of calcium.

Fish such as sardines, salmon, smelts, anchovies, and herring (especially canned with the bones)

are all terrific, healthy foods that are also high in calcium.

Dark green, leafy vegetables such as turnip greens, broccoli, kale, collard greens, bok choy (Chinese cabbage), mustard greens, and okra are also high in calcium. (And they're also largely the same vegetables that protect against cancer.)

You can also get a modest amount of calcium from seeds, tofu, and nuts (almonds, Brazil nuts and filberts are all good sources). **IC**

NEWS BRIEF

Breaking news: Egyptian researchers cure cancer with the help of two herbal remedies

The U.S. spends billions of dollars each year on researching cancer treatments. But one of the most promising new studies I've seen lately comes from the relatively poor country of Egypt (which is going through political upheaval to boot).

Egypt can't afford a \$31 billion-per-year NIH-style research program. They have to come up with safe, effective, affordable, available cures for their people.

And they have.

Researchers there have recently achieved a downright startling remission rate for patients with non-Hodgkin's lymphoma. By adding two natural, herbal extracts to modern chemotherapy treatment.

Curcumin (from the curry spice turmeric) and EGCG (from green tea) are safe, natural agents well known for their anti-cancer benefits. They've both been shown to block substances involved in tumor growth and metastasis (the spread of cancer to other areas of the body).

So this group of Egyptian researchers tested the effects of these herbal remedies in patients with non-Hodgkin's lymphoma.¹ They divided the subjects into three groups. The first received chemotherapy alone. The second received chemotherapy and curcumin. And the third received chemotherapy, curcumin, and EGCG.

Curcumin doses ranged from 0.9 to 5.4 g per day. And patients received 9 g per day of whole green tea extract (each capsule contained 1,000 mg of whole green tea extract and 200 mg of EGCG doses).

Within the 9-month trial period and 12-month follow-up, nearly **two-thirds of the patients** had complete remission. And another third had partial remission.

Even more astonishing, these patients remained cancer-free for nearly nine years after the combination therapy.

And there were no further side effects with the addition of curcumin and EGCG to the chemotherapy.

The authors concluded that the combination of curcumin and EGCG resulted in synergistic antitumor activity. And that this therapy led to the suppression of angiogenesis (the growth of new blood vessels in the tumor) and metastasis. Not to mention it also led to complete remission in so many patients. Which certainly indicates that these two safe and effective herbal remedies can improve the effectiveness of chemotherapy. And perhaps even lower the doses of toxic chemotherapy agents.

So, what is being done about these discoveries in the rich, politically stable U.S., with our tens of thousands of cancer researchers? In a word, **nothing**.

These new studies from North Africa show that "De Nile" is not just a river in Egypt, but that "denial" is still alive and well among the U.S. cancer industry.

For more information on curcumin, as well as many other natural cancer fighters, refer back to my report *Classified Cancer Answers*, which you received when you subscribed to *Insiders' Cures*. If you don't still have your copy, you can download and view it for free at www.drMicozzi.com.

Citations available online at www.DrMicozzi.com

How to build a better brain right now—*without even leaving your chair*

Over the past decade, it's been well established that meditation has real effects for the mind and body (which are not really separate in the first place—for more on this subject, see my books *Your Emotional Type* and *The Spiritual Anatomy of Emotion*, available at www.drmicozzi.com).

And indeed, one of my favorite approaches to meditation—something called mindfulness meditation—has been shown to produce positive effects on well-being that extend well beyond the actual time spent in meditation. With benefits for anxiety, depression, blood pressure, addictions, eating disorders, and even chronic pain.

Now, two new reputable studies may explain how these long-lasting benefits are achieved...

Researchers have shown that meditation does in fact affect the *actual structure* of the brain. It can shrink certain areas of the brain that generate “alarm” signals. And expand other areas that relate to “connectivity.”¹

In fact, my colleague, Dr. Sara W. Lazar and her research team at Harvard just demonstrated that practicing mindfulness techniques increases the density of actual gray matter in different regions of the brain.² And one of the primary functions of gray matter is memory.

In other words, you can sharpen your memory and literally build a better brain simply by meditating.

Dozens of variations all offer the same benefits

My Harvard colleagues worked

with the best mindfulness program in the country here at the University of Massachusetts. However, what I find interesting is that it doesn't seem to matter which particular mindfulness

Researchers have shown that you can sharpen your memory and literally build a better brain simply by meditating.

meditation technique you use.

The real benefits of mindfulness meditation can be attained in many ways, among many traditions. And there are dozens of variations including—Insight, Zen, Tibetan, Buddhist, Zazen, Vipassana, and Samatha, just to name a few. They *all* appear to be able to alter the brain's actual structure, by increasing gray matter.

This observation fits with my long-held view that it's not the particular technique or tradition of any one health practice that provides the most benefit. They have all discovered ways to help the body heal itself.

And getting started with mindfulness meditation can really be very simple. *In fact, you can get started right this second.*

Your step-by-step guide to becoming more “mindful”

When most people think of meditation, they picture the stereotypical cross-legged pose, eyes

closed, repeating the word “Om” over and over again.

But mindfulness meditation

Continued on page 8...

For the record... Integrative Chinese Mindfulness? There's no such thing!

Last month, I told you about a new study associated with a “new” technique that the researchers dubbed *Integrative Body Mind Training*. One of the primary objections I had with the study was the use of the word “integrative” as applied to a form of Chinese meditation.

To be honest, the term “Integrative BMT Chinese mindfulness meditation” seems more like a marketing slogan to me than a scientific concept.

So I got in touch with colleagues of my friend at the University of Massachusetts, Jon Kabat-Zinn, a founder of mindfulness in America. And they agreed with my assessment.

Jon does say that much of mindfulness-based stress reduction originally comes from the Zen tradition of China. But the term “mindfulness” actually distinguishes this sort of meditation from yet other Asian traditions, such as Transcendental Meditation (TM).

And as for the new, mongrel term “integrative,” that's a much bigger subject. One I'll address in an upcoming issue of *Insiders' Cures*.

doesn't have to include any of those things. In fact, you can practice it right now. And you don't even have to get up out of your chair to do it.

Start simply by sitting still, trying not to move. Then, focus your attention on your breath. Be aware of the thoughts, emotions, and environmental changes (sounds, sensations, etc.) that arise from

moment to moment. If your thoughts drift, try to bring your attention back to the present. Refocus on your breathing and what is occurring in the moment.

Really, that is the essence of mindfulness meditation—being “present.” Not thinking ahead to the future or back to the past. But just being fully aware of everything in the

moment. It always reminds me of the old adage “The past is history. The future is mystery. But now is a gift. That's why we call it the ‘present.’”

It's a very simple concept. But one that, as you've read here, has some astonishing—and proven—benefits. (For more details consult my book, *New World Mindfulness*, available at www.drnicozzi.com.) 

Citations available online at www.DrMicozzi.com

NEWS BRIEF

Study shows three nutrients can reverse Alzheimer's

So much of the mainstream approach to dementia seems to be characterized by fear and hopelessness. For decades they've believed that, unlike other tissues in the body, brain and nerve tissue can never grow or be replaced once we reach adulthood. But as you've seen already in this issue (in “How to build a better brain right now—without even leaving your chair”) the brain can heal itself.

And like so many other chronic diseases for which the mainstream has no good answers, nutrition can significantly benefit Alzheimer's Disease—even after it has set in.

In fact, a brand new study published in July in the *Journal of Alzheimer's Disease* found that a formula that includes three specific nutrients can improve memory in Alzheimer's patients.¹

This nutrient combo consists of 1,200 mg of DHA (and omega-3 fatty acid), 400 mg of choline (a B-vitamin), and 625 mg of uridine (a substance produced naturally by the liver and kidneys).

Researchers combined these nutrients into a beverage formula called Souvenaid. And they found that, when patients drank it, it appeared to stimulate growth of new synapses in the brain. They also found that roughly half of the patients who took Souvenaid had improvements in verbal memory. Patients in the control group, on the other hand, had declines in this marker.

Overall, the researchers found that over the course of the study, patients taking Souvenaid actually began to shift to normal brain activity. In other words, it actually began to reverse Alzheimer's disease in the patients who took it.

Obviously, this is quite a remarkable finding.

Unfortunately, the Souvenaid beverage formula is still in clinical trials. And its developers say they have no immediate plans to make it available to the public in the U.S. But the good news is, all three of the nutrients Souvenaid contains ARE readily available—right in your supermarket.

You see, they're all present in some very common foods. And, as you know by now, I almost always recommend getting nutrients from their whole food sources over supplements whenever possible.

Here are some of the best food sources of the dynamic Alzheimer's-fighting nutrient combination:

- DHA—fish, eggs, flaxseed and meat from grass-fed animals
- Choline—eggs, meats, and nuts
- Uridine—tomatoes, beer, broccoli, and organ meats like liver

But I would add one more natural remedy to this already-powerful trio—berberine.

As I wrote in my report *The Insider's Answer for Dodging Dementia*, new experimental results have found that berberine can safeguard your brain from the dangerous oxidation damage that can “eat away” at brain tissue. It also targets and destroys memory-killing enzymes that play a major role in the development of Alzheimer's. And berberine promotes healthy blood flow directly to the brain—an essential element to combatting dementia.

In order to get enough of this breakthrough natural healer, this is one of those instances where I do recommend taking a supplement. I recommend a daily dose of 500 mg of berberine, taken two or three times per day to achieve steady levels.

And one more thing to consider: Other current research shows that caffeine can be helpful for Alzheimer's. So have that cup of coffee, which is also loaded with beneficial anti-oxidants that are important for many chronic diseases, including dementia.

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