



Cleansing and Detoxing: What Works/What Doesn't

Cleansing and detoxing are all the rage. You can have fresh, organic juice cleanses delivered to your door, pick up a detox kit at your local health food store, or follow one of the many do-it-yourself programs endorsed by celebrities such as Dr. Oz, Gwyneth Paltrow, and Oprah.

Advocates claim detox cleanses eliminate “toxic buildup in the organs,” resulting in weight loss, energy, clear thinking, shiny hair, vibrant skin, and more. Supermodel Lily Aldridge calls BluePrintCleanse, which costs \$65 per day, an important part of her beauty regimen, and actress Julia Stiles raves about how much energy and mental clarity it gives her. Naysayers, on the other hand, say it's all a bunch of BS.

The truth lies somewhere in between. Let's look at the common components of these increasingly popular regimens and sort fact from fiction.



Juice Cleanses

Many detox/cleanse programs require foregoing food and drinking lots of juice. There's nothing wrong with laying off food for a few days. Fasting is a powerful therapy that gives your system a break, facilitates weight loss, and lowers blood pressure and blood sugar.

However, I wouldn't recommend any protocol that suggests as many as 12 cups of juice a day. I've looked at the nutritional information on some of these products, and a day's worth contains a massive amount of sugar, almost no fiber, very little protein and fat, and about 1,000 calories. Many home regimens also recommend lots of juice, and one popular program, the Master Cleanse, consists of six to 12 cups of water mixed with maple syrup (sugar), lemon juice, and cayenne pepper.

I'm all for taking a break from your normal diet, but don't count on it to “rid your body of impurities.” And if you want to go all-liquid, just drink water.

Detox Diets

Another common feature is an elimination diet, which calls for cutting out sugar, salt, alcohol, caffeine, sodas, grains, and processed foods; drinking lots of water; and emphasizing superfoods such as broccoli, kale, beets, and berries. These diets may also require purchasing special drinks or supplements.

This approach is much healthier, less Spartan, and provides many benefits, including weight loss and better blood sugar and blood pressure control. Best of all, it encourages what I consider to be the most valuable aspects of any diet—focusing on your health,

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, has practiced medicine for over 35 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. Dr. Whitaker is compensated on the sales of the supplements he formulates with Healthy Directions, LLC. He is not compensated for other companies' products that he recommends in this newsletter. He is the author of 14 health books including: *The Mini-Fast Diet*, *The Whitaker Wellness Weight Loss Program*, *Reversing Hypertension*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, and *Dr. Whitaker's Guide to Natural Healing*.

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Remember, you can read current and past issues of *Health & Healing* when you create or access your account at drwhitaker.com.

Dear Reader,

Every spring, 13,000 cardiologists and other professionals attend the annual scientific meeting of the American College of Cardiology, and a comparable number gather for the American Heart Association conference in the fall. So the worst time to have a heart attack would be during these periods, when many cardiologists are out of town and hospital staffing is lower, right?

That's what a Harvard research team tracking patient outcomes expected: that care would be compromised and patients would do worse when so many top cardiologists were absent. To their surprise, they found the exact opposite. High-risk patients with cardiac arrest or heart failure were much less likely to die if they were hospitalized during these meeting dates.

Similar scenarios have happened before. In 1976, when approximately half of the doctors in Los Angeles County went on strike for five weeks to protest skyrocketing malpractice insurance costs, death rates declined. During a four-month period in 2000 when Jerusalem physicians withheld everything but emergency services, fatalities fell. Once doctors returned to work, mortality rates bounced back.

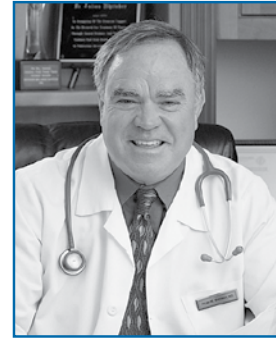
There's only one explanation for this. The first thing to go during physician shortages is elective and non-emergency surgeries. In the Harvard study, far fewer angioplasties and other interventions were performed when cardiologists were away, leading the researchers to conclude, "...the harms of this care may unexpectedly outweigh the benefits."

"Unexpectedly?" Scientific studies dating back decades clearly show that most angioplasties and bypass surgeries are unnecessary at best and deadly at worst.

Unfortunately, this research will not make a dent in the multibillion-dollar heart surgery industry. In an editorial accompanying this study, which was published in *JAMA Internal Medicine* in December 2014, Rita Redberg, MD, concedes the "possibility that more interventions in high-risk patients with heart failure and cardiac arrest leads to higher mortality." However, she concludes, "It is reassuring that patient outcomes do not suffer while many cardiologists are away." What?!

Aggressive cardiac interventions may be good for hospitals and cardiologists, but they're rarely in the best interest of patients. If you or a loved one is pressured to have an angioplasty or bypass, get a second opinion. Foregoing an "urgent" intervention could save your life.

To your health,

Julian Whitaker, MD

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

Detox (continued from page 1)

being conscious of what you put in your mouth, eating less, giving up junk food, and drinking more water and less alcohol—habits that hopefully will stick. But detox? I'm not so sure.

Because elimination diets are short term, usually a week to a month, most people return to their old ways. You should be eating a high-fiber, nutrient-dense, vegetable-rich diet every day. It needn't be as strict these detox diets.

At Whitaker Wellness, we recognize that in the real world, people drink coffee and alcohol and eat red meat, bread, and dessert. We just teach them how, in moderation, these can all be part of a healthy diet—not for days or weeks but for a lifetime.

Liver and Colon Cleanses

I am often asked about liver and colon cleanses. The former usually refers to a concoction of olive oil, Epsom salts, and citrus juice that's supposed to flush toxins from the liver and gallbladder. The latter involves fiber, laxatives, and, in some cases, enemas or colon irrigation to "remove accumulated wastes." I can find no research to support the liver flush or colonic irrigation, and taking laxatives for cleansing is a terrible idea.

That doesn't mean you shouldn't take steps to support your colon and liver. Fermented foods such as yogurt and probiotic supplements nurture beneficial gut bacteria, and high-fiber diets and supplements improve elimination and bind to toxins in the gut. To give your liver a break, go easy on alcohol and medications and get serious about weight loss. Non-alcoholic fatty liver disease, which can lead to serious liver dysfunction, is closely linked with obesity and diabetes, and diet and exercise are the only known therapies.

Supportive Supplements

I also recommend taking a really good multivitamin and mineral supplement. The liver doesn't filter out toxins but converts them into less-toxic compounds that can be eliminated by the kidneys and colon. This process requires glutathione, which

neutralizes toxins and protects the liver, and selenium and vitamins C and E help activate and recycle glutathione. Milk thistle and alpha lipoic acid also enhance liver health and are a must for anyone dealing with serious liver disease.

A multivitamin also helps protect against the ill effects of toxins throughout the body. Many heavy metals and chemical pollutants cause cellular damage via oxidative stress, so supplemental antioxidants are essential.

Cellular "housecleaning" requires folic acid and vitamins B6 and B12. Magnesium, calcium, and zinc reduce the absorption of heavy metals in the gut. Zinc helps negate cadmium toxicity, and a robust vitamin C status is associated with lower blood levels of lead. Other supplements that may help remove or protect against toxins include chlorella, garlic, cilantro, and citrus pectin.

For Serious Toxicity

For some people, serious heavy metal and chemical toxicity, caused by acute or chronic

exposure or an inability to efficiently clear toxins from the body, is an unrecognized cause of a wide range of physical and mental problems. At Whitaker Wellness, we test patients with stubborn health challenges that no one can get to the bottom of—and in many cases find they have sky-high levels of lead, mercury, or other toxins. Treatment with a course of chelation, which removes heavy metals from the body, is an underutilized therapy that can yield remarkable results.

Detox Is a Daily Affair

In summary, if a three-day cleanse (preferably a water fast) or a 10-day elimination diet makes you feel good, lose a little weight, and gets you on the road to a healthier lifestyle, I'm all for it. And chelation therapy can help turn around significant health problems.

But never forget that your body's remarkably effective detoxification system is working 24/7, whether you're cleansing/detoxing or not. It's the small steps you take every day to improve your health and support your all-important organs of detox that really make a difference.

My Recommendations

- ▶ Steer clear of obvious sources of toxins, eat a fiber- and vegetable-rich diet, and drink a lot of water. Suggested supplements include a potent daily multivitamin (look for one that contains selenium 200 mcg, zinc 30 mg, vitamin C at least 1,000 mg, vitamin E 200 IU), alpha lipoic acid 600 mg, and silymarin/milk thistle 900 mg.
- ▶ For more information about diagnosis and treatment of heavy metal toxicity at Whitaker Wellness, call 800-488-1500 or visit whitakerwellness.com. To locate a doctor in your area, visit acam.org.

Dear Dr. Whitaker

Q *I have been reading about how bad bread is, but I have to admit I love it. Is there any kind of bread you recommend for a healthy diet?*

— A.G., Seal Beach, CA

A The type of bread we serve to our patients at the clinic's Back to Health Program is sprouted grain. Made from whole sprouted grains—as opposed to flour like virtually all other breads, including whole-wheat—it's much lower on the glycemic index (GI), a measure of how quickly carbohydrates are converted into glucose in the body. While whole-wheat bread sounds good, its GI is similar to that of white bread: Both initiate a rapid spike in blood sugar and insulin response. Sprouted grains, on the other hand, are structurally intact, so they are absorbed more slowly and have a less dramatic impact on blood sugar. The brand we use is Food for Life's Ezekiel 4:9. It's available in many grocery stores, health food stores, and online. We limit servings to one slice per day, and I suggest you do the same. For maximum freshness, store in your freezer and defrost one slice at a time as needed.

Q *Do you know of anything I can do to get rid of raised bumps on the skin on the back of my arms? I've had them forever. They don't itch or anything but they're unattractive and bother me. Thanks.* — B.W., Chico, CA

A Keratosis pilaris (KP) is a benign condition often referred to as "chicken skin." Affecting roughly half of the world's population and particularly

common in adolescents, KP is caused by extra skin cell buildup around individual hair follicles, usually on the backs of the arms, thighs, cheeks, and buttocks. Gentle exfoliating scrubs, moisturizers, and creams or ointments containing vitamin A or alpha hydroxy acids (glycolic and lactic acid) may be helpful. If it really bothers you, I suggest you talk to a dermatologist, as prescription-strength retinol (vitamin A) or creams used for more serious skin conditions may be warranted. But be aware that KP is an inherited condition and may well return.

Q *I have fibromyalgia and rheumatoid arthritis, with the fibro causing the majority of my pain. I have severe chronic fatigue and most days, I feel like I've been hit by a Mack truck. Lyrica isn't an option and gabapentin isn't helping much. Any alternatives would be much appreciated.*

— Holly, via Facebook

A My number-one recommendation for fibromyalgia and autoimmune disorders is low-dose naltrexone (LDN). One of the few prescription drugs I ever recommend, LDN has been a godsend for many of my patients suffering with these conditions. LDN requires a prescription and must be obtained through a compounding pharmacy. The recommended dose is 3–4.5 mg at bedtime. If your doc isn't willing to prescribe it, come see us. For more information, refer to the May 2014 issue of *Health & Healing* or visit whitakerwellness.com.

 [Read more Q&As online at drwhitaker.com/featured-questions-and-answers](http://drwhitaker.com/featured-questions-and-answers). Send your own questions to drwhitakerquestions@drwhitaker.com.

From My Blog

CDC Admits Flu Vaccine Is a Dud

The Centers for Disease Control and Prevention (CDC) recently reported that the 2014–2015 flu vaccine isn't working very well. A very low percentage of the viruses making people sick this year match the strains the vaccine is supposed to prevent. And so far, as many vaccinated as unvaccinated people are showing up in doctors' offices with confirmed cases of the flu. Yet in the same report, the CDC urges all unvaccinated people age six months and older to get flu shots—and anyone suspected of having the flu to be treated with antiviral medications ASAP. Studies confirm that even in "good" years, flu vaccines aren't very effective, and pricey antiviral drugs curtail symptoms by half a day at best. For more information, including natural therapies for staving off viral infections, refer to the December 2014 newsletter or visit my blog.

 [Get the rest of the story—and share your opinion—by visiting my blog at "Connect with Dr. Whitaker" on drwhitaker.com.](#)



Works for Me...

▶ **Diabetes** *Instead of daily finger-stick testing, I do home A1c tests every month. This gives me a “rolling average” and allows me to see how my blood glucose levels are trending so I can make adjustments as needed. I use the kind you send in to a lab and then receive results online or by mail. Each test costs about \$9 at Walmart, and the whole process is easy and accurate. — Stacy R., via Facebook*

Daily finger-stick testing is pricey, painful, and has little clinical utility for type 2 diabetes. We test our patients' A1c levels at the clinic every three months to get average glucose readings. ReliOn A1c in-home tests appear to be reliable and are available at Walmart and online.

▶ **Weight Loss** *By far the most effective weight loss tool I've tried is hot yoga. I go two or three times a week, I feel amazing, and I've lost 16 pounds already! — Patty B., Garden Grove, CA*

▶ **Iron** *I've tried several brands of iron and my levels barely budged until my doctor at Whitaker Wellness*

recommended Trans/Mins 2 Iron 27+. It's the best iron I've ever taken! — Shelby S. via Facebook

We get great results with this iron supplement. It's chelated for better bioavailability, plus it includes fiber in the delivery system to alleviate constipation, a common side effect of iron supplements. To order, visit anrminerals.com or call the clinic at 800-810-6655.

▶ **Skin Infections** *I get regular skin infections that result in a week to 10 days of severe itching, swelling, weeping blisters, and usually a doctor's visit to get a steroid cream and antibiotics. Recently, an ingrown hair on my chest created the all-too-familiar symptoms. Fortunately, I had just returned from a week at Whitaker Wellness where I learned about healing wounds with sugar. I used a sugar and water paste on a 4x4 gauze bandage for 48 hours. I experienced almost no itching, swelling, or blistering. Thank you and your staff for all you do. — Dennis D., TX*

Most wounds respond beautifully to these dressings. For the full protocol, visit drwhitaker.com and search for “sugar dressings.”

📧 **Have a Health Tip to share? Send it to worksforme@drwhitaker.com. Read more tips at drwhitaker.com/works-for-me.**

Healing Tip

Want to lose weight? Step on that scale more often. Research reveals that dieters who weighed themselves every few days shed more pounds than those who avoided the scale. Furthermore, people who went more than a week without weighing in actually gained weight. Fun fact: Weight changes gradually over the week and people are generally at their lightest on Wednesdays.

📧 **Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.**

Monthly Health Quiz

Breakfast Sound Bites: True or False?

- A) People who skip breakfast eat more calories the rest of the day.
- B) Breakfast jumpstarts your metabolism.
- C) Skipping breakfast causes weight gain.
- D) A protein-rich breakfast tides you over better than carbohydrate foods.

Answer:

Only D is true. Research has proven that people who eat a protein-packed meal (eggs, lean meats, Greek yogurt, etc.) feel fuller and are less likely to be hungry before lunch than those who consume cereal, fruit, toast, pastries, and other high-carb foods.



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Notable Quote

“The two most important days in your life are when you're born and when you find out why.”

— Mark Twain

No computer? Mail your question or health tip to *Health & Healing*, 6710-A Rockledge Dr., Ste. 500, Bethesda, MD 20817.

What People Are Saying About Stem Cell Therapy

"I have had chronic neck pain for more than 10 years caused by bone spurs and arthritis, and I have had four epidural treatments to relieve the pain. Last year, I did stem cell therapy at Whitaker Wellness, and my neck has been pain free ever since." — Carol D., CA

"Since I had stem cell treatment to help control my Parkinson's disease, I feel stronger and more enthusiastic, and activities such as dressing myself, buttoning my shirts, and tying my shoes keep getting easier and easier." — Richard O., WA

"It has only been four weeks since my stem cell therapy, but my limp is improving, and I feel less pain in both of my hip joints." — Rich M., CA

"I've had multiple sclerosis for more than 20 years. I've been on every MS medication available, but there



Stem cell therapy reduced Stacie Richmond's MS symptoms

were still times when I was unable to get out of bed, walk, talk, or feed myself, and I had to give up working as a hospice nurse. My daughter and I flew to California for the procedure in September. The results are far more than I could have ever imagined! Today I am on no prescription medicine, and I have hardly any signs of MS. I am back working as an RN and enjoying my family. We are able to plan activities and travel now, which

is something we never could do before. I tell everyone about my experience with stem cells at Whitaker Wellness and highly recommend it to anyone with a chronic illness." — Stacie R., TN

"I was involved in a motorcycle accident in 1989 and sustained a spinal cord injury. With therapy I was able to walk again, but the right side of my body had limited mobility and use. After doing stem cell therapy, I have more strength and can stand for longer periods of time. Other gains, which surprised me, include improvements in my hearing and eyesight." — Craig C., CA

"During the first year after our son's traumatic brain injury, everyone kept saying he would hit a



James Vogelsang with his parents, Robert and Marcia, and Dr. Whitaker in the clinic's hyperbaric oxygen department

plateau, but we refused to accept that. Now James is on year four, and he's still getting better and learning more every day. He is more independent and able to express himself better, and his medication doses have been cut in half. He is also much happier and less depressed. We attribute this to his hard work in physical therapy and the stem cell therapy, hyperbaric oxygen, and other treatments he has received at Whitaker Wellness." — James, Robert, and Marcia V., TX

"In 2001, a pulmonologist diagnosed my shortness of breath as COPD. I was on oxygen at night and Advair by day, but my resting O₂ was falling below 90, and my energy was low. In May 2014, I had stem cell treatment and hyperbaric oxygen therapy at Whitaker Wellness. To summarize: Stem cell therapy has boosted my oxygen, raised my energy level, and allows me at age 81 to continue living on my own with confidence and competence." — Janet N., AZ

"I suffered from bone-on-bone bilateral knee pain, as well as leg pain caused by MS. The pain kept me awake most nights, and every time I walked I was in agony. Some days the pain was so bad I didn't think I would make it down the hallways at school where I teach. Almost three months after having stem cell therapy, I can walk all over the school building with little or no pain. I sleep much better, and I'm a much happier person." — Susan N., SD

"I have a lot of problems due to multiple system atrophy. Stem cell therapy has helped me with my breathing, which is almost back to normal. I no longer wake up during the night unable to breathe. I now have feeling in the bottom of my feet, and my kidney disease has improved." — Bruce D., Canada

One Therapy Treats Multiple Conditions

Chronic pain, Parkinson's disease, osteoarthritis, lung and kidney disease, multiple sclerosis, brain and spinal cord injuries, vision and hearing loss... It's rare that a single treatment can provide dramatic improvements across such a broad range of health challenges.

But that's what makes stem cell therapy so powerful and unique. It simply unleashes the regenerative power of your body's own stem cells, which are responsible for healing, growth, and replacement of cells damaged or worn out by injury, illness, aging, and normal wear and tear. And because stem cells are unspecialized and have the ability to change into various cell types, they can target a wide variety of tissues and organs.

Therapeutic use of stem cells has rapidly advanced in the past few years. It got off to a rocky start because of ethical issues related to embryonic cells, which were used in early research. Today, adult mesenchymal stem cells are used because they are free of controversy, safe, and able to differentiate into bone, cartilage, muscle, fat, neuron-like cells, and more. Furthermore, they're easily isolated, concentrated, and administered.

Healing Power Hidden in Fat

Stem cells are located in tissues throughout the body, but the most abundant source is fat. That's right—your own fat is a treasure trove of rejuvenating stem cells! Bone marrow also contains reasonable numbers of stem cells, though far fewer than fat, but harvesting them is more invasive, and extensive incubation is required to obtain acceptable concentrations. Fat, on the other hand, is right there for the taking, and most of us have plenty to spare.

At Whitaker Wellness, we remove a small amount of fat (about 50 cc), usually from the abdominal area, through a minimal liposuction procedure performed under light sedation in a certified outpatient surgical suite. The stem cells are then

separated from the fat, concentrated and counted, and returned back into the patient via an intravenous infusion or, in some cases, injection directly into problematic areas.

Regenerative Medicine at Its Best

Once these concentrated cells are redeployed, the body's own innate wisdom takes over. Signaled by inflammation, stem cells home in on damaged tissues, where they produce growth factors and other compounds necessary for repair and regeneration.

Some, such as vascular endothelial growth factors and angiogenesis mediators, stimulate the production of new blood vessels to restore circulation and oxygen supply. Others prevent apoptosis (programmed cell death) or boost the forma-

tion of various cell types. Stem cells also curb excessive inflammation and help regulate the immune response, which is key to the therapy's benefits for inflammatory conditions and autoimmune diseases.

In addition to the improvements reported by patients at Whitaker Wellness, fat-derived stem cells have been shown to help patients with cirrhosis and hepatitis, bone and skin defects, heart attacks and heart failure, diabetes, cornea damage, tissue transplants, and radiation injury. Hundreds of registered clinical trials are currently underway to further study the use of fat-derived stem cells for many of our most debilitating and devastating disorders.

If you ask your conventional doctor about stem cell therapy, you may be told it's promising, the future of medicine even, but not ready for prime time. That may be an acceptable answer for healthy young people. But if you're suffering with a chronic, intractable condition and need help now, I urge you to consider stem cell therapy. It's safe, effective, and available right now.

Reference

Wei X, et al. Mesenchymal stem cells: a new trend for cell therapy. *Acta Pharmacol Sin.* 2013 Jun;34(6):747-54.

My Recommendations

- ▶ Fat-derived stem cell therapy is an excellent treatment for musculoskeletal, cardiovascular, neurological, respiratory, and inflammatory conditions.
- ▶ To learn more about stem cell therapy at the Whitaker Wellness Institute, call 800-488-1500.

Don't Forget to Submit Your Entry for the 2015 Health Achievement Awards!

The deadline to submit your entry for this year's Health Achievement Awards is April 30. For more information, refer to the form enclosed with last month's issue or visit drwhitaker.com/health-achievement-awards, where you can read official rules and send us your story.

Innovations in Wellness Medicine

Natural Solutions for Stress Relief

In our fast-paced world, excessive stress is epidemic, and a key player in feelings of anxiety and unease is cortisol. Often referred to as the “stress hormone,” cortisol is part of the normal stress response. Unfortunately, for many people cortisol levels remain chronically elevated, and this is decidedly detrimental to physical and mental health.

For years, my go-to recommendation for anxiety and stress has been GABA (gamma-aminobutyric acid), an amino acid that acts as a calming neurotransmitter. But another natural product has recently caught my attention: Relora, a blend of two botanical extracts (*Magnolia officinalis* and *Phellodendron amurense*) that helps reduce cortisol levels and promotes feelings of relaxation. In a randomized, placebo-controlled study, people who took 500 mg of Relora daily for four weeks had lower levels of salivary cortisol, better mood, and reduced tension and overall stress. Both GABA and Relora are available in combination and standalone supplements. To order, visit drwhitaker.com or call 800-722-8008.

Cancer Prevention

“Two-Thirds of Cancer Cases Simply Bad Luck” and similar headlines created quite the stir earlier this year. According to Johns Hopkins researchers, just 35 percent of cancers are due to inherited or environmental factors. Random gene mutations are to blame for most types, and some folks just get the short end of the stick. Be that as it may, there are proven measures you can take to reduce your risk of cancer.

First, get your vitamin D level into the optimal range of 50–80 ng/mL. Experts estimate that if people worldwide took this step, cancer death rates could be reduced by as much as 30 percent. Maintain your ideal weight and keep your insulin and blood sugar levels in check by eliminating sugars, flour, and processed foods and focusing on a nutrient-rich, veggie-filled, whole-food diet. Increase your omega-3 intake with high-quality fish and krill oil. Exercise regularly, 30–60 minutes most days of the week, and get adequate sleep. Finally, do what you can to limit your exposure to environmental toxins such as cigarette smoke, pesticides, and household and industrial chemicals. These steps aren’t foolproof but they can go a long way toward improving your overall health and giving you the best possible defense.

Did You Know?

- Chronic exposure to loud noises increases risk of cardiovascular disease.
- In an eight-week study, blueberry powder, equivalent to one cup of berries per day, lowered blood pressure and significantly raised nitric oxide levels.
- Optimism is associated with better cardiovascular health.
- The computing power of an iPhone 5s would have cost \$3.56 million in 1991.
- Nutrient-packed broccoli leaves are expected to be the next “superfood” trend.
- Sulforaphane, a compound in cruciferous vegetables, is being studied as a treatment for advanced prostate cancer.
- Kids who get adequate sleep tend to do better in school, especially in math and languages.
- HI, VT, MA, CT, and UT are the healthiest states, according to the 2014 *America’s Health Rankings*. The bottom five are MS, AR, LA, KY, and OK.
- The average ages of brides and grooms in the US are 29 and 31, respectively.
- A high intake of yogurt is linked with a reduced risk of developing diabetes.

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