

Health & Healing®

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE



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Why Am I So Tired?

Depression and anxiety sap your energy and motivation. Cancer, heart disease, heart failure, COPD, and autoimmune disorders can make you tired and listless. Mononucleosis, hepatitis, Lyme disease, and other infections are often accompanied by unrelenting fatigue. Insomnia is obviously linked with sleepiness, and chronic fatigue syndrome—the name says it all.

As you can see, fatigue has many underlying causes, but unless there's an identifiable culprit, it may be hard to pin down. Therefore, I'm going to focus on common but overlooked factors that, once addressed, can restore energy and vitality and dramatically improve quality of life.

Drugs That Drain Energy

John's chief complaint when he arrived at Whitaker Wellness was low energy. "My get-up-and-go," he said, "has got up and gone." It didn't take long to get to the bottom of it. Extreme fatigue was a side effect of three of his medications (Benadryl, Crestor, and Paxil). Once we swapped them for safe, natural alternatives, his energy rebounded.

Lethargy, fatigue, and drowsiness are common side effects of many medications, especially those that affect the central nervous system (CNS). They include opiate painkillers; benzodiazepine tranquilizers/anti-anxiety drugs; sleeping pills, which are notorious for next-day "hangover" effects; and anti-psychotic drugs, formerly reserved for serious mental illness but now routinely used for depression.

Antihistamines, found in hundreds of over-the-counter medications for allergies, colds, insomnia,

motion sickness, and nausea, also depress the CNS. These drugs are particularly risky for older people, as they also increase the risk of falls and memory impairment. Other popular but problematic drugs include antidepressants, blood pressure meds (ACE inhibitors, beta-blockers, and diuretics), and acid-reducing proton pump inhibitors.

I'm especially concerned about cholesterol-lowering statins, which are recommended for half of men and women over age 40. Countless patients and subscribers have complained to me about statin-related fatigue and muscle weakness, which is due to the drugs' suppression of coenzyme Q10. Although an estimated 20 percent of statin users suffer with these side effects, most doctors ignore the obvious and remain devoted to these harmful medications.

Nutritional Deficiencies Slow You Down

S.M. brought her husband to the clinic in an effort to avoid the cardiac catheterization his doctors in Canada wanted to do because of his extreme fatigue and shortness of breath. A simple blood test revealed a critically low level of vitamin B12, so we started him on 5 mg of B12 daily. S.M. noted, "He is now his same old self. A whole year of specialists and all he needed was a vitamin!"

B12 deficiency is a well-known cause of fatigue that is especially common in older people, who have a harder time extracting this vitamin from food. Shortages of both B12 and folic acid can lead to a disorder of the red blood cells called megaloblastic anemia, which is characterized by fatigue, weakness, and mental fog.

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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,

The 2015 Nobel Prize in medicine was awarded to Tu Youyou for her discovery 40 years ago of a treatment for malaria.

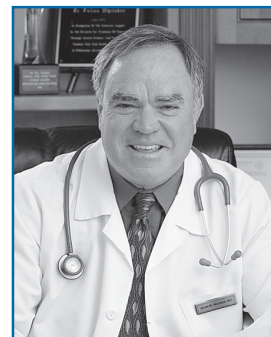
During the Vietnam War, malaria surpassed combat injuries as a cause of death among North Vietnamese soldiers. The parasites that cause this mosquito-borne infection had developed resistance to the drugs available at that time, and Tu Youyou, a Chinese pharmacologist with no PhD or foreign training, was tasked with heading up a team to find a treatment. This was during Mao's Cultural Revolution, when chaos reigned and equipment and support were scarce. She turned to centuries-old traditional Chinese medicine texts and began testing promising herbal remedies on mice. The team finally found a winner in *Artemisia annua* (sweet wormwood). To confirm its safety in humans, Tu Youyou took it herself, and artemisinin became and continues to be the most effective treatment for malaria.

Although newer methods of drug design have been developed, nature is still the leading laboratory for drug discovery. Over half of the medications on the market are derived from or patterned after natural compounds. They include common drugs such as antibiotics from mold, aspirin from white willow bark, morphine from opium poppies, and tamoxifen from yew trees.

Drug makers argue that they improve upon nature by modifying and synthesizing natural substances. But in the quest to come up with unique molecules that can be patented and therefore profitable, they create unnatural substances that also inevitably have a host of unwanted side effects.

Tu Youyou calls her work "a gift for the world's people from traditional Chinese medicine." I call it a reminder of the power of all natural therapies: vitamins, minerals, herbs, probiotics, amino acids, and other nutritional supplements, along with diet, exercise, and noninvasive therapies that harness and boost the body's own healing potential. As medicine becomes more and more regimented and doctors are forced to follow predetermined drug-based protocols, it behooves us all to remember this.

To your health,

Julian Whitaker, MD
 America's Wellness Doctor
 Director of the Whitaker Wellness
 Institute, Newport Beach, California

**Happy Holidays from all of us at Whitaker Wellness,
 Health & Healing, and Healthy Directions**

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, and joy to fill your holidays!" — *D.M. Dellinger*

Tired (continued from page 1)

Iron deficiency is an even more frequent cause of anemia. This mineral is required for the production of hemoglobin, which carries oxygen on the red blood cells. Although iron-deficiency anemia is most common among very young children and women of childbearing age, it's surprisingly prevalent in older people, affecting 12–17 percent of men and women age 65 and older.

Vitamin D deficiencies are also linked with tiredness. In a 2014 study, increasing blood levels from an average of 20 ng/mL up to 52 ng/mL resulted in significant improvements in physical, mental, and emotional fatigue. Maintaining optimal levels of all these important nutrients can be easily achieved with therapeutic doses of nutritional supplements.

Perk Up With Hormones

Judy's primary health concern was her increasing weight and her lack of energy and motivation to do anything about it. When I suggested testing her thyroid hormones, she told me her primary care doctor had assured her they were normal. We checked them anyway, found she had subclinical hyperthyroidism (normal free T4 but mildly elevated TSH), and treated her with low-dose natural thyroid. When she returned to the clinic three months later, she was full of energy, exercising regularly, and 12 pounds lighter.

Every physician knows low thyroid function causes fatigue. Nevertheless, many are reluctant to treat subclinical hypothyroidism, which affects an estimated one in five women over age 60. In my opinion, everyone with signs and symptoms of low thyroid deserves a trial of natural thyroid.

Declines in testosterone, estrogen, progesterone, and adrenal hormones also drain energy and vitality, and bioidentical hormone replacement therapy often yields significant improvements.

A Hidden Energy Thief

Whitaker Wellness patient Carrie E. recently wrote, "For five long years, I struggled with exhaustion. I thought I was sleeping fine—eight hours

each night—but I was tired 24/7, which left me emotional, stressed, and unable to deal with anything that came my way. I would wake up in the morning already exhausted, and I felt like I was in a constant fog.

"I saw several doctors, who only prescribed sleep aids for nighttime and antidepressants during the day. About eight months ago, I went to Whitaker Wellness

and was recommended to have a sleep study, which had never occurred to me or any of the other doctors I had seen. It turns out I had terrible sleep apnea. I am now using an APAP machine at night, and it has been life changing for me. I am so grateful for such an incredible gift."

Sleep apnea goes undiagnosed in approximately 80 percent of sufferers, putting them at risk not only of exhaustion but also hypertension, weight gain, diabetes, and heart disease. If you're inexplicably tired and especially if you snore, get tested.

My Recommendations

- ▶ Request blood tests to rule out deficiencies of vitamins B12 and D, folic acid, and iron, and supplement accordingly. Everyone should take a potent daily multivitamin and extra vitamin D, but take iron only if recommended by your doctor.
- ▶ To learn more about the clinic's treatments for any of the health challenges mentioned in this article, visit whitakerwellness.com or call 800-488-1500.
- ▶ Extreme fatigue or sudden overwhelming tiredness should be evaluated by a physician.

Small Changes = Big Differences

Liz's afternoon slumps ended when she replaced her lunchtime chips, fries, and sandwiches with salad and lean protein, which eliminated the blood sugar swings that left her tired and listless. Kent marvels at how much his weight loss has improved his energy and endurance. Hal credits morning exercise with giving him a boost that lasts all day. Harry's meditation sessions calm his mind and increase his energy. Louise's 30-minute "power naps" keep her physically and mentally charged.

No single solution works for everyone, but I hope that at least one of these suggestions will help restore your vim and vigor. As Norman Vincent Peale said, "The longer I live, the more I am convinced that neither age nor circumstance need deprive us of energy and vitality."

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Dear Dr. Whitaker

Q I read your short article “Beets for Health” and I have a question. What is the difference between nitrates in beets and those found in hot dogs, bacon, etc.? I thought they were supposed to be bad for you. Thanks.
— Donna L., Costa Mesa, CA

A It’s true that nitrates and nitrites, which are used as preservatives in processed meats, have been linked with stomach cancer in animals. However, scientists now believe that for humans, they’re beneficial. Nitrates are converted into nitrites by bacteria in the mouth. Nitrites increase the production of nitric oxide (NO), which dilates the arteries, lowers blood pressure, and improves circulation. Furthermore, food additives are an insignificant source of nitrites/nitrates. Our bodies produce large amounts of nitrites, and we get most of our dietary nitrates from vegetables, which take it up from the soil. Whether you eat beets—a particularly abundant source—or take beet juice powder or potassium nitrate capsules, which we use at Whitaker Wellness, anything that boosts NO is a boon to your health.

Q I have been taking your Berberine+ GlucoDefense and want to start taking your multivitamin Forward. If I take both supplements, will I be getting too much chromium? — A.P., FL

A I assure you that the 400 mcg of chromium you’ll get if you take both Forward and

Berberine+ GlucoDefense (200 mcg in each) is perfectly safe. Many studies have demonstrated the safety of up to 1,000 mcg of chromium per day. Chromium has gotten a bad rap in the press from time to time, but the “charges” have all been refuted. In fact, a significant body of research supports chromium’s benefits for blood sugar control and improving insulin sensitivity.

Q I am a stage IV cancer patient who is using your baking soda protocol, taking six teaspoons per day. I am in far less pain since I started this treatment. Are there any side effects or contradictions in using baking soda at such high doses? The directions on the box say the maximum dose should be 3.5 teaspoons for two weeks, stopped for a week, and then started over again. Should I be worried about depletion of potassium or other nutrients? Can I use the protocol indefinitely and without breaks? — Dan, via email

A I see no reason why high-dose baking soda would cause any nutrient depletion. Nor can I come up with any scientific basis for not using it continuously and indefinitely. Because it seems to be helping, I believe you should just keep doing what you are doing and not worry about potential side effects. I do recommend a good diet and daily multivitamin, just to cover your nutritional bases. To learn more about this and other medical uses for baking soda, visit my blog at drwhitaker.com.

 Read more Q&As online at drwhitaker.com/featured-questions-and-answers. Send your own questions to drwhitakerquestions@drwhitaker.com.

From My Blog

Banish Bad Breath

Bad breath is to be expected after eating onions, garlic, or a tuna sandwich, and it’s nothing a breath mint, a good brushing, or a shot of mouthwash can’t remedy. But if you’re one of the 40 million Americans who suffer with chronic bad breath, or halitosis, here are some tips for you. Brushing, flossing, tongue scraping, and professional cleanings and dental care reduce the buildup of bacteria that emit sulfur-containing compounds, which cause the foul smell of halitosis. You can also fight bad breath with probiotics. When you suck on lozenges that contain *Streptococcus salivarius* K12, these beneficial bacteria colonize the mouth, crowding out and inhibiting the growth of odor-producing bacteria. As an added bonus, probiotic lozenges also help stave off ear, nose, and throat infections. For complete details on how to banish bad breath, visit my blog. To order *S. salivarius* K12, call 800-722-8008.

 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...

- **Reflexology** *I went to Whitaker Wellness this summer to get my diabetes under control, which I did. While I was there, I was treated with reflexology. I had never had reflexology before. In fact, I've never even had anyone touch my feet! It was very soothing and relaxing. I tested my blood pressure and heart rate after my session, and it had gone down 20 points—from 90 to about 70. Reflexology reduces stress and is so very relaxing. — Clay B., Saskatchewan, Canada*

During a reflexology treatment, pressure points on the feet (and sometimes the hands and ears) that correspond to different organs and systems throughout the body are gently manipulated. As Clay notes, this therapy has profoundly relaxing effects, and patients with a wide variety of health concerns often report fast and lasting benefits. To learn more or to make an appointment at Whitaker Wellness, call 800-488-1500.

- **Natural Deodorant** *I recently started using organic coconut oil as underarm deodorant. It takes a little while for it to absorb, but it works*

better than any other natural deodorant I have ever tried. When I exercise it smells a little bit like coconut soup but it's not unpleasant. Even if I don't put it on for a couple days, I still only smell like coconut at the worst. I'm not sure how effective it would be for a man (since they don't typically shave), but it is really awesome for me. — S.M., Palm Springs, CA

Another great use for coconut oil!

- **Atrial Fibrillation** *I have had several heart problems, including atrial fibrillation, for which I have been on meds. I read about coenzyme Q10 and magnesium and started taking them. My Afib has gone away and no more atrial flutter. — E.H., CT*

Magnesium (500 mg) and coenzyme Q10 (200 mg) are excellent natural therapies for supporting overall heart function and maintaining normal cardiac rhythm. L-carnitine (2–4 g) and fish oil (1–2 g EPA/DHA) are also beneficial. These supplements should be taken daily in divided doses. I suggest you continue to see your doctor regularly because further treatment may eventually be needed.

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



Healing Tip

If you want to ward off colds this winter, make sure you get adequate sleep. Researchers recently revealed that people who sleep six or fewer hours per night are four times more likely to catch a cold than those who get more than seven hours nightly.



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

Monthly Health Quiz

What's the healthiest thing you can do after indulging in a big holiday meal?

- A) Eat nothing else for the rest of the day.
- B) Go for a walk.
- C) Use digestive enzymes.
- D) Take a nap.
- E) Loosen your belt a notch.

Answer:

Far and away the best thing you can do after a big meal is to take a brisk walk. Walking for at least 15 minutes after eating helps glucose out of the bloodstream, burns calories, and boosts energy. And regular post-meal walks are a great therapy for controlling blood sugar.



Now Available at drwhitaker.com

- Beating the Winter Blues
- 6 Ways to Overcome Holiday Stress

Visit today for these articles and more in-depth wellness advice to help you achieve optimal health.

Notable Quote

“People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.”

— Author Unknown

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

Liver Disease: What Works/What Doesn't

Mickey Mantle was one of my boyhood heroes. Even if you didn't like the Yankees, you had to love the gregarious blond switch-hitter, who knocked the ball out of the park 536 times and won seven World Series.

He played as hard off the field as on, and years of alcohol abuse eventually caught up with him.

In 1995, his liver damaged by cirrhosis, hepatitis C, and cancer, he underwent a liver transplant. But the cancer had spread, and he died a few months later at age 63.

Although relatively few suffer with the extent and severity of problems that plagued Mickey Mantle, one in four Americans have some degree of liver disease. It may go unnoticed, as in early stages there are no symptoms. However, liver disease is often progressive, and unless steps are taken to stop the damage and regenerate the liver, you could be facing serious challenges down the line.

Do You Have a Fat Liver?

The first stage, called fatty liver disease, is characterized by accumulation of fat in the liver. Virtually all heavy drinkers have these fatty deposits, but the primary cause in the US is our expanding waistlines. Insulin resistance, metabolic syndrome, and diabetes, which go hand-in-hand with obesity, also increase risk. Experts estimate that, due to soaring rates of obesity, 70 million Americans have nonalcoholic fatty liver disease (NAFLD).

The next stage, marked by inflammation and scarring, is when the real problems begin. It may progress to cirrhosis, advanced disease with excessive scar tissue, or fibrosis, which impairs function and often leads to liver failure. At that point, your only hope is a liver transplant.

Fortunately, the liver has a remarkable capacity to regenerate, provided that it's given a chance to heal. Alcohol-related fatty liver typically resolves within six weeks of stopping drinking, and lifestyle changes and nutritional therapies can reverse early-stage nonalcoholic liver disease.

Lifestyle and Your Liver

You're probably familiar with foie gras, a French culinary delicacy made by force-feeding ducks or geese large amounts of corn, which causes their livers to infiltrate with fat. That's an extreme version of what we're doing to ourselves with our epidemic of overeating and obesity. All that extra fat has to go somewhere, and the liver is a prime target.

Lifestyle changes can make a significant difference. Losing weight and replacing fructose (a key contributor to fatty liver disease) and other sugars and starches with lean protein, vegetables, and healthy fats "slim down" the liver and help it regenerate. Cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and kale as well as onions and garlic are especially beneficial as they contain sulfur, a mineral required for the production of glutathione, the dominant antioxidant in the liver. Studies suggest that coffee also protects

against damage in nonalcoholic fatty liver disease, and drinking more than two cups per day reduces risk of death in patients with cirrhosis.

Liver-Saving Supplements

On the supplement front, antioxidants are particularly important. The liver gets rid of toxins and waste products by converting them into safer substances that can be eliminated from the body. During this process, large amounts of free radicals are created, which must be neutralized by antioxidants. One reason why alcohol, viruses, acetaminophen, and other toxins are harmful to the liver is because they deplete the body of glutathione and other protective antioxidants.

I especially recommend vitamin C, alpha lipoic acid, and N-acetyl-cysteine because they boost production of glutathione. Vitamin E has also been shown to slow progression of fatty liver. And silymarin, a flavonoid in milk thistle with a long history

My Recommendations

- ▶ For optimal liver health, go very easy on alcohol, lose weight, drink coffee, avoid fructose and other sugars and starches, and eat lots of sulfur-rich cruciferous vegetables, onions, and garlic.
- ▶ Suggested supplements include alpha lipoic acid 600 mg, N-acetyl-cysteine 600 mg, silymarin (milk thistle extract) 900 mg, vitamin E 300–400 IU, vitamin C 1,000+ mg, and berberine 1,500 mg. Triple therapy for hepatitis consists of silymarin, alpha lipoic acid, and 400 mcg selenium per day. Take with meals in divided doses. These supplements are sold in stores, online, and at the clinic (800-810-6655).

of treating liver ailments, reduces inflammation and helps regenerate liver cells.

Berberine is garnering attention as well. Chinese researchers compared the effects of lifestyle changes alone or in combination with either pioglitazone (a diabetes drug) or berberine 500 mg three times a day. After four months, the berberine group had the best outcomes, with a 57 percent reduction in liver fat content and improvements in weight, insulin resistance, and lipids.

Hepatitis Breakthrough—At a Price

Hepatitis C, the most common viral infection of the liver, is another condition that often goes undetected for decades, which is why it's a leading cause of cirrhosis and liver failure. Until recently, conventional medicine had a dismal track record treating this disease.

In the past two years, however, several drugs have been approved that actually eradicate the hepatitis C virus in over 90 percent of patients—at the cost of \$1,125 per pill, or \$94,500 for a 12-week course. Insurance companies are understandably balking at reimbursement and withholding approval except for advanced cases on the verge of liver transplant.

If you were my patient, I'd start you on triple therapy instead—a combination of alpha lipoic acid (IV and/or oral), which is also necessary for cellular energy production, silymarin, and selenium, an antioxidant that suppresses the replication of the hepatitis virus.

This protocol is the brainchild of Burt Berkson, MD, who has treated thousands of patients with hepatitis and other serious liver diseases. We have had similarly good results at the Whitaker Wellness Institute, and I have patients who have longstanding hepatitis C with near-normal blood tests and excellent quality of life.

“If I Knew I Was Going to Live This Long...”

Mickey Mantle once said, “If I knew I was going to live this long, I'd have taken better care of myself.” Take his advice. It's never too late—or too early—to take steps to protect and regenerate your liver.

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- Yan HM, et al. Efficacy of berberine in patients with non-alcoholic fatty liver disease. *PLoS One*. 2015 Aug 7;10(8):e0134172.

Whitaker Wellness Success Story

The Dangers of Carbon Monoxide

“John and I were exposed to carbon monoxide (CO) in our leaky van for well over a year. Months after our diagnosis, I continued to have significant problems with my digestive system, and John was bleeding from the membranes in his nasal passages and sinuses. Because we have received your newsletters for over 20 years and live our daily lives with your lessons on health and healing, John was convinced you could help us.”

“Our two weeks at your clinic were a life-altering experience. Thanks to hyperbaric oxygen therapy (HBOT), we are now free of CO symptoms. Chelation and IV therapies removed many toxins, and John, a Vietnam vet, has seen the lipomas he developed as a result of his exposure to Agent Orange dramatically reduced in size. Neurofeedback lessened his anxiety and stress levels, and he feels better than he has felt in many years.

“Thank you for pioneering work, which has changed medicine, and your positive attitude. John and I look forward to our next ‘tune-up’ and connecting with all our new friends at Whitaker Wellness.” — *John and Vicki Shimer, The Villages, FL*

Chronic low-level exposure often goes undetected because symptoms such as flu-like illness, headache, fatigue, weakness, nausea, and diarrhea are nonspecific. Carbon monoxide replaces oxygen in the red blood cells, so HBOT, which saturates the cells with oxygen, is the perfect antidote. Prevention, however, is the best medicine. Most accidental poisonings by this colorless, odorless gas occur during winter, usually from undetected emissions from leaky or improperly vented heaters. Make sure your heaters, fireplace, and gas appliances are in good condition, and consider installing an inexpensive battery-operated carbon monoxide detector in your home.



John and Vicki Shimer

To make an appointment at the Whitaker Wellness Institute, call 800-488-1500 or visit whitakerwellness.com.

Innovations in Wellness Medicine

Dilantin for Multiple Sclerosis

Multiple sclerosis (MS) is an autoimmune disease that attacks the myelin sheaths that surround the nerves in the brain and spinal cord. Current treatments focus on curbing inflammation and delaying relapses, but recent research has a new target: protecting the nerves themselves. And one of the most exciting therapies is Dilantin (phenytoin). A 2015 placebo-controlled study looked at its effects on nerve damage associated with optic neuritis (inflammation of the optic nerve), which is often the first sign of MS. Taking Dilantin for three months after an acute optic neuritis attack reduced optic nerve degeneration by 30 percent. Researchers expect Dilantin to prevent damage to other nerves as well.

We've prescribed Dilantin at the clinic for 30 years to rapidly relieve depression, anxiety, irritability, worrying, and obsessive thoughts, and it's also a proven, though neglected, therapy for countless other conditions. I'm glad to see this remarkable drug getting the attention it deserves. Dilantin is just one of the effective therapies we use at Whitaker Wellness for MS and other autoimmune diseases. For more information, call us at 800-488-1500.

Health Benefits of Walnuts

Walnuts are the oldest known tree nuts and have been a valued food source since 10,000 BC. Native to Central Asia but grown primarily in California today, these tasty nuts are a healthy addition to snacks, salads, cereals, and more. And according to research presented at the 2015 Experimental Biology scientific sessions, you'd be nuts not to incorporate walnuts into your diet. Scientists from Tufts University reported on the benefits of walnuts' omega-3 and omega-6 essential fatty acids, minerals, and unique phytonutrients for the aging brain. Korean researchers presented results of a study showing that walnut extract significantly slowed the survival time of colon cancer stem cells, specialized cells that orchestrate cancer growth. Other research teams demonstrated positive effects of walnuts on gut bacteria and on vascular function in postmenopausal women.

One caveat: Be mindful of your portions. A small handful (1–1.5 ounces) per day will provide all of these health benefits without driving up your calorie count. Of course shelled walnuts are an option, but I rather enjoy shelling them myself—plus it's so much effort that it limits how many nuts you eat. Get cracking!

Did You Know?

- In a recent analysis of statin trials, average survival time was just 3.2–4.1 days longer than placebo. In other words, no benefit at all!
- Pycnogenol at a dose of 100 mg per day was shown to reduce the duration and severity of colds.
- Kids who spend 14+ hours a week outdoors are three times less likely to need glasses for nearsightedness.
- Melatonin led to better sleep than earplugs and eye masks in a simulated hospital environment.
- It costs the US Mint 1.7 cents to make a penny and 8 cents to make a nickel.
- Exposure to secondhand smoke is linked with behavioral problems in children.
- McDonald's has pledged to use only antibiotic-free chicken moving forward.
- A quarter of men and 2 percent of women will develop an inguinal hernia during their lifetime.
- Washing dishes in a "mindful" manner, focusing on the task at hand, reduces stress and calms the mind.
- Smokers' average lifespan is more than 10 years shorter than nonsmokers'.

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