



Blood Sugar and the Brain

Glucose is the primary energy source that fuels the body's cells. The brain is a voracious consumer of energy, hogging half of available glucose. So blood sugar (the concentration of glucose in the blood) obviously impacts brain function—but only in recent years have we discovered just how great that impact is.

When blood sugar falls too low (hypoglycemia), we feel unfocused, muddled, and irritable. On a more subtle level, the brain doesn't have enough energy for routine maintenance and repair. High blood sugar (hyperglycemia) also does a number on the brain, and diabetes significantly raises risk of memory problems and Alzheimer's disease.

But it's not just diabetics who need to be concerned. Even modestly elevated blood sugar—at levels not high enough to be classified as diabetes—are linked with increased risk of cognitive impairment and dementia. Eighty-four million Americans—one in three adults—have this condition (prediabetes), and if you are obese, odds are you're one of them.

How Hyperglycemia Harms

The harmful effects of hyperglycemia are well known. Diabetes is a leading cause of vision loss, neuropathy, kidney failure, amputations, atherosclerosis, heart attacks, and strokes—and there's a culprit common to them all. Chronically high blood sugar damages the blood vessels, which impairs

circulation and delivery of oxygen- and nutrient-rich blood to tissues throughout the body.

The brain is no exception. A decline in blood flow deprives neurons and other brain cells of life-sustaining oxygen and glucose. Serious interruptions such as strokes, which completely cut off blood supply to

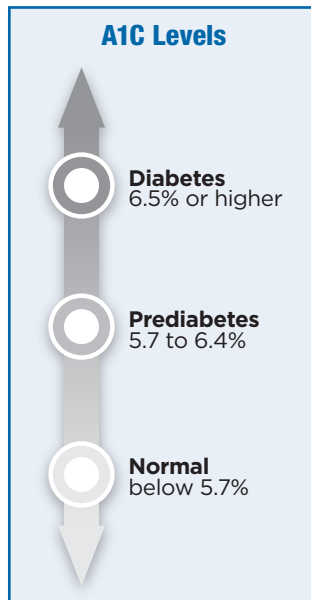
affected areas, have devastating effects on brain function. But poor circulation and "silent strokes," which often go unnoticed, also cause neurodegenerative changes that over time can contribute to vascular dementia and Alzheimer's.

The Insidious Effects of Insulin Resistance

Insulin resistance plays a central role as well. To review the basics, as glucose enters the bloodstream and blood sugar rises, the pancreas secretes insulin, which signals the cells to let glucose in. Sometimes, however, the cells don't get the message and blood sugar remains high. So the pancreas churns out more and more insulin in an effort to clear glucose out of the blood and into the cells, resulting in high levels of both glucose and insulin. This is the essence of insulin resistance, and it is the underlying problem in type 2 diabetes and prediabetes.

In addition to overworking the pancreas, insulin resistance promotes fat storage, high blood pressure, lipid abnormalities, and inflammation—all of which have adverse effects on the brain. Hypertension is a major risk factor for strokes and other brain pathology.

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, practiced medicine for over 40 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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Dear Reader,

Twenty-two years ago this Valentine's Day, I proposed to my wife. From a health perspective (among others), marrying Connie was one of the smartest things I've ever done. We all know about exercise, a good diet, supplements, etc., but marriage also confers health benefits.

A 2018 review of 34 studies involving more than 2 million participants found that unmarried men and women had a 42 percent higher risk of developing cardiovascular disease than married people. They were more likely to have heart attacks and strokes—and less likely to survive if they had one. Being married is also linked with better outcomes after surgery and cancer treatment.

Marriage provides a built-in support system. Compared to singles, married people (men especially) are more likely to seek medical care, and they're more compliant with doctors' orders. Financial security, which is a distinct marker of overall health status, is also statistically higher in married couples.

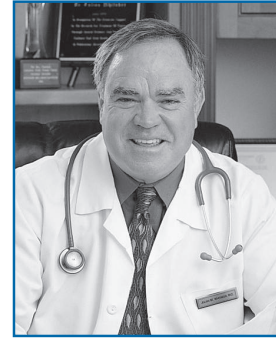
Spouses have a tremendous influence on health behaviors as well—for better and for worse. For example, studies have shown that when one spouse becomes obese, the other's risk of following suit nearly doubles. Conversely, partners also influence each other's positive habits.

To be clear, saying "I do" is no guarantee of robust health. Unhappy marriages take a tremendous toll, particularly on women. The stress of marital conflict can lead to anxiety and depression and increased risk of a range of medical challenges.

Marriage is changing, as alternative relationships and living arrangements no longer face the stigma they once did. The US Census Bureau reports that single-person households make up 28 percent of the total, and 32 percent of adults of all ages have never been married. Only 29 percent of young adults aged 18–34 are married.

Although any intimate relationships, such as close friends, extended family, and solid social networks, can fulfill the universal human need for companionship and belonging, I'm still a fan of marriage. Like a significant percentage of Americans, I didn't get it right the first time, but with Connie I hit the jackpot. To quote Winston Churchill, "My most brilliant achievement was my ability to be able to persuade my wife to marry me."

Happy Valentine's Day,

Julian Whitaker, MD
 America's Wellness Doctor

Neuroinflammation is a common feature of all neurodegenerative diseases. And obesity ups the odds of developing dementia.

But there's more. Insulin receptors are present and active throughout the brain. Researchers have discovered that insulin signaling encourages the growth and repair of neurons and the formation of synapses. It also helps regulate beta-amyloid, the primary component of the plaques that litter the brains of individuals with Alzheimer's. So it's no surprise that insulin resistance in the brain, which disrupts insulin signaling and promotes degenerative changes, is bad news for cognitive function.

What About Hypoglycemia?

Because low blood sugar deprives neurons of energy, it also has adverse effects on the brain. When it occurs in individuals who do not have diabetes, it could be due to an underlying disease, but it's most likely reactive hypoglycemia.

Caused by overproduction of insulin that drives blood sugar too low, it generally comes on an hour or two after meals and can make you feel tired, shaky, sweaty, lightheaded, and hungry.

Reactive hypoglycemia, which is often triggered by simple carbohydrates that spike blood sugar, may be avoided by eating more protein and fiber-rich plant foods. Frequent bouts of reactive hypoglycemia could be indicative of diabetes or prediabetes and should be checked out.

Very low blood sugar is most common in people with diabetes, and it's usually a side effect of insulin or other drugs. As you can imagine, hypoglycemia poses real problems when episodes are frequent or severe and can even lead to seizures, coma, or death. In a 2018 study, Johns Hopkins researchers found that older people with diabetes who had a history of severe hypoglycemia had smaller brain volumes and a significantly greater incidence of dementia. And even mild episodes increase risk of falls and fractures.

Hypoglycemia sends at least 100,000 people to emergency rooms every year, and older people are particularly vulnerable. This is one of my biggest beefs with aggressive use of diabetes drugs. What good is maintaining target A1C and blood sugar levels if it increases your risk of dementia and death?

Not Diabetic? Not Off the Hook

This is a complex topic, and research is still unfolding. But the central role of high and low blood sugar in brain dysfunction is increasingly clear—and you don't have to have diabetes to suffer the consequences.

A 2018 study published in *Diabetologia* involved over 5,000 people, average age of 65, whose cognitive function and blood sugar levels were tested periodically over an eight-year period. The researchers found that the higher the A1C, the faster the rate of cognitive decline. And although some degree of brain shrinkage is considered to be a part of normal aging, atrophy was more significant in people with diabetes or prediabetes.

More than 100 million people in this country have diabetes or prediabetes, which puts them at greater risk of mild cognitive impairment and

dementia. Sure, age and genetics also contribute to memory loss, but insulin resistance is one risk factor you can tackle.

Eating lots of sugar and fast-burning carbohydrates wreaks metabolic havoc, and coupled with inactivity, it's the perfect storm for insulin resistance and obesity. You may not notice problems today—younger bodies are incredibly resilient. But studies suggest that people who are insulin resistant and/

or obese, especially in the abdominal area, during midlife are more likely to suffer with memory problems in old age.

Degenerative changes in the brain begin years—even decades—before symptoms become evident. Among the most important things you can do to preserve cognitive function throughout life is to adopt a healthy lifestyle, maintain your ideal weight, and control your blood sugar. After all, our memories make us who we are.

References

- Lee AK, et al. Severe hypoglycaemia, mild cognitive impairment, dementia and brain volumes in older adults with type 2 diabetes: the Atherosclerosis Risk in Communities (ARIC) cohort study. *Diabetologia*. 2018 Sep;61(9):1956–65.
- Zheng F, et al. HbA1c, diabetes and cognitive decline: the English Longitudinal Study of Ageing. *Diabetologia*. 2018 Apr;61(4):839–48.

My Recommendations

- ▶ A good diet, regular exercise, and weight loss improve insulin sensitivity and both prevent and treat prediabetes and diabetes. Helpful supplements include berberine, chromium, curcumin, antioxidants, B vitamins, and fish oil.
- ▶ To learn more about diabetes, prediabetes, insulin resistance, and Alzheimer's, visit drwhitaker.com.

Dear Dr. Whitaker

Q *Being living organisms, would the effects of probiotics not be lost if they are shipped to the customer in sub-zero temperatures or during periods of extremely hot weather? — Facebook inquiry*

A You're smart to be concerned about the viability of probiotics. They are delicate organisms that could die during shipment and storage. Fortunately, these days many commercial strains are freeze-dried and stabilized to give them a longer shelf life. Cold temperatures actually help probiotics retain potency, and they can also withstand relatively short times at higher temperatures, such as during shipping in the summer. Quality brands also include significant overage of beneficial bacteria at the time of manufacture to account for any degradation and ensure that products meet label claims.

Q *I live in Austin and last fall we had a mandatory boil-water notice when sediment from flooding overwhelmed the city's water treatment plant. This got me to thinking about the faucet-mounted Brita filter I use. How effective is it? — Allen B., Texas*

A Distillers, reverse osmosis, and carbon block filters with UV lights are the most effective water purification systems, but faucet-mounted filters are pretty good—and their low cost and ease of installation are a definite plus. Several of them have passed muster with NSF International, an independent accredited organization that helps set standards and tests and certifies consumer

products. Your Brita filter is certified for removing 60 contaminants: aesthetic (taste, odor, chlorine, particulates), health (lead, VOCs, Giardia, *Cryptosporidium*, and other contaminants that may be present in tap water), and “incidental contaminants” (medications, herbicides, pesticides, BPA, and other chemicals). Just be sure to change the filter as often as suggested. To learn more about water filtration systems, visit NSF.org.

Q *My daughter is expecting a baby (our first grandchild), and she is taking a prenatal vitamin from the drugstore. I am concerned that it does not contain enough vitamins and minerals. What do you think? — Elizabeth S., via email*

A I looked at several of the popular brands and agree that levels of some nutrients are low or missing. Most contain the RDA of basic vitamins and minerals, which is probably adequate, given that most pregnant women are careful about their diets. However, some prenatal vitamins skip iodine (150 mcg), and most lack choline (300–600 mg), which are required for brain development. Folic acid levels vary, but 800 mcg is a good dosage. Many experts recommend more than the usual 600 IU of vitamin D—the Vitamin D Council suggests 4,000–6,000 IU daily. Your daughter may also need additional iron, depending on blood tests, and calcium, if she's not getting enough from her diet. Finally, some (though not all) prenatsals now contain DHA, an essential omega-3 fatty acid. I suggest at least 300 mg per day.

 Read more at drwhitaker.com, and send your own questions to drwhitakerquestions@drwhitaker.com.

New Online: If at First You Don't Succeed...

By mid-February, most people have given up on their resolutions to embrace healthier habits. It's easy to get discouraged, especially if you're not seeing weight loss and other hoped-for results. Don't give up! You are reaping benefits that you can't see when you step on the scale—and they stack up faster than you think.

Researchers analyzed two randomized controlled “feeding trials,” which required participants to follow a healthy Mediterranean or DASH diet for five to six weeks, followed by a four-week period of unrestricted eating, then another stint on the initial diet. After just weeks on a healthy diet, average blood pressure decreased by 6 mmHg and cholesterol by 19 mg/dL, along with less significant drops in body and fat mass. Once participants went back to eating whatever they wanted, risk factors crept back up, and about half of the lost weight was regained. However, upon return to the healthy diet, they again made improvements.

This study illustrates three important points. First, diet changes can deliver significant health benefits fast. Second, don't get discouraged if results aren't visible. Third and most important, if you fall off the wagon, get up and hop back on.



Works for Me...

▶ **Water** I try to start my day by drinking a liter of water first thing in the morning. I am not sure if it does everything some people say it does like kickstart your metabolism. But it does keep me hydrated, and my digestion and elimination have improved since I started this over a year ago. — B.I., California

▶ **Cholesterol** I have been battling diabetes for years, which is well controlled on oral medications. (I am very active and still fit in the suit I got married in 42 years ago). However, my cholesterol shot up so they started me on Zocor. After a year or two I realized I was having some memory loss, so I started looking for ways to get off Zocor and came across a cholesterol supplement that contains plant sterols, tocotrienols, and grape seed extract. Every three months, I would go for blood tests and after nine months they checked for cholesterol. It was 150 with LDL 55. The doctor told me to continue Zocor since it seemed to be working. I told her I was using a supplement instead. She was not too happy about

it but it's been several years now, and my cholesterol is still like a young man's. — Mike L., Connecticut

▶ **Diabetes Prevention** I am always concerned about my glucose reading as I have diabetes on both sides of my family. So I began taking supplemental biotin (Thorne's Biotin-8 once a day) at the age of 65. I am now 79, and since I began taking this supplement, my glucose reading has been a steady 99 all these years. I highly recommend it. — B.M., California

▶ **Longevity** My husband's grandfather passed away at the age of 99, and we were so hoping he would make it to 100. He was very healthy considering his age, and we actually thought he would make it to a century. But about halfway through his 99th year, he tripped on a sidewalk, fell, and broke his hip, and that started a rapid decline. He always said his secret to longevity was drinking two homemade whiskey sours a day and eating no vegetables!" — L.L., Florida

Not that I'd recommend this, but nothing succeeds like success!

Do you have a Health Tip to share? We'd love to hear it! Send it to worksforme@drwhitaker.com.

Health Hack: Bedtime Is Not Just for Kids

Few would argue the importance of a regular bedtime for children, but Duke researchers report that it's important for adults as well. Studying the sleeping patterns and health histories of nearly 2,000 older people, they found that those who went to sleep and woke up at irregular times were more likely to be obese, hypertensive, diabetic, and/or depressed. They also had a greater risk of cardiovascular disease. It didn't matter if they were early birds or night owls or how long they slept. Sleep irregularity was an independent risk factor.

Monthly Health Quiz:

Handedness: Right or Left? True or False

- A) Right-handed people live an average of nine years longer than lefties.
- B) Men are twice as likely as women to be left-handed.
- C) Southpaws are better at sports.
- D) Just 3% of Japanese are left-handed, compared to 12% of Americans.



Answer:

A is a myth stemming from faulty studies published 30 years ago. B is false, although slightly more men are lefties. C is true only for baseball, table tennis, and other sports that require very fast response time. D is true; Cultures that prize conformity have traditionally discouraged favoring the left hand.

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President's Day Quote:

“You cannot escape the responsibility of tomorrow by evading it today.”

— Abraham Lincoln, 16th President of the United States, February 12, 1809–April 15, 1865

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

Drugs That Should Be Deprescribed

Health care spending now accounts for 18.2 percent of the GDP—twice as much as other high-income countries—and the rising costs of prescription drugs are a major concern. Proposed solutions include allowing Medicare to negotiate drug prices, expanding access to generics and imported meds, and increasing price transparency.

I have another suggestion. How about reducing medication use? Yes, prices have risen, but so has usage. Nearly half of Americans take at least one prescription drug, 23 percent are on three or more, and 30 percent of people over age 65 take a minimum of five. And this doesn't count over-the-counter drugs, which rack up annual sales of \$34 billion.

Excessive drug use does more than drive up costs. Adverse drug reactions result in 3.5 million doctor visits and affect 2 million hospital stays per year. Opioid overdose deaths make headlines, but prescription medications, used as directed, kill 128,000 people annually—the equivalent of a jetliner carrying 350 passengers going down each and every day!

Stopping Inappropriate Drugs

I'll never forget a patient who came to my clinic on 16 prescription drugs. Sixteen! Several of them were redundant, others were expressly inappropriate for her age—and more than a few were prescribed to address side effects of other medications. The only reasonable thing a doctor can do for a patient like this is to start deprescribing.

Deprescribing is “the process of reducing or stopping medications that may no longer be of benefit or may be causing harm.” Three-quarters of doctor visits involve medications, but that almost always means prescribing—even though deprescribing is every bit as important for patients' well-being. Some medications are necessary, even lifesaving, and I am not making blanket recommendations. Nevertheless, there are dozens of medications that can and should be routinely deprescribed.

Benzodiazepines, Sleeping Pills...

Anxiety is awful, but the drugs used to treat it are downright dangerous. In addition to causing drowsiness, poor concentration, and confusion, benzodiazepines (Xanax, Valium) are highly addictive. “Benzos” are sometimes used for insomnia, but they've largely been replaced by sedative hypnotics (Ambien, Lunesta, Sonata). Both classes of drugs share many of the same side effects, which also include next-day driving impairment, increased risk of falls and accidents and, with long-term use, infections and dementia.

Because of benzos' potential for abuse, they should be prescribed judiciously. Yet my patient Sarah got routine Xanax

refills from her OB-GYN for three years. Sleeping pills are also recommended for short-term use, but a recent JAMA article reports that 68 percent of the millions who use Ambien take it over the long term.

...And Antidepressants

One in eight Americans over age 12 are on antidepressants—and one in four of them have been taking the drugs for 10 years or longer. These are shocking statistics, given that the clinical trials on antidepressants for major depression averaged only eight weeks in duration and demonstrated only slight improvements over placebo. There's even less evidence of their effectiveness for mild to moderate depression, which is why most people take them.

Not only do antidepressants not work very well, they are riddled with side effects. In addition to “minor” problems like nausea, diarrhea, headache, dizziness, weight changes, sexual dysfunction, and emotional numbing, antidepressants raise risk of suicide, violent behavior, hospitalization, and death. In a review of studies on SSRI antidepressants, Danish researchers concluded that “potential small beneficial effects” are “outweighed by harmful effects.”

Osteoporosis and Dementia Drugs

Bisphosphonates (Boniva, Actonel, Fosamax) are prescribed to millions of older women whose

“Inertia is a powerful force... Ineffective or potentially harmful treatments are often not stopped, even years after they have been started, and effective treatments are too often not started at all. Once started, medications can be difficult to stop.”

— Steinman MA, et al. *Overcoming Inertia to Improve Medication Use and Deprescribing.* JAMA 2018;320(18):1867–9

DEXA scans suggest reduced bone mineral density. As it turns out, DEXA scans are not a great predictor of fracture risk. Most women with lower scores who are diagnosed with osteopenia never have fractures. Furthermore, although these drugs do increase bone density, research reveals “disappointing” effects on hip fractures, the most devastating of bone breaks.

Cholinesterase inhibitors (Aricept/donepezil, Exelon/rivastigmine) are popular drugs for patients with Alzheimer’s. These medications may slow the progression of dementia in earlier stages, but they eventually lose effectiveness. Yet unless side effects such as incontinence, diarrhea, nausea, poor appetite, and weight loss are intolerable, doctors keep prescribing them because they have little else to offer.

Antibiotics and Antivirals

According to the CDC, a third to half of all antibiotic prescriptions are inappropriate. When taken for viral infections, these meds can only cause problems. Fluoroquinolones (Cipro, Levaquin, Avelox) are particularly dangerous. These drugs are linked with devastating side effects, including tendinitis and tendon rupture, irreversible nerve damage, blood sugar disruptions, and psychiatric symptoms. Although the FDA advises that they be reserved for serious bacterial infections, fluoroquinolones are routinely prescribed for urinary tract infections, bronchitis, sinusitis, and other illnesses that respond to safer antibiotics.

Antivirals (Tamiflu, Relenza) shorten flu symptom duration by about a day, but contrary to the hype, there is no evidence that they protect against pneumonia or other complications. Nausea and vomiting are common side effects, and there are increasing reports of agitation, hallucinations, and other psychiatric side effects, especially in children.

The FDA recently approved a new single-dose flu medication, Xofluza. Like other antivirals, it must be taken within 48 hours of symptom onset. It’s too early to make a call on this drug, but I can tell you it was approved on the basis of two clinical trials involving 1,832 participants, it worked

no better than other antivirals, and side effects included diarrhea and bronchitis.

Statins Drugs

Statin drugs are taken by 20 percent of Americans over age 40 for primary prevention (preventing an initial heart attack or stroke).

Although there’s some support for statins for secondary prevention (recurring heart attacks or strokes in patients with established heart disease), most prescriptions are for low-risk patients. Few will benefit, but all will face a significant risk of muscle pain and weakness, diabetes, cognitive problems, CoQ10 deficiency, and other side effects.

Older people should be particularly wary of statins. The long-running multicenter ALL-HAT clinical trial, which involved nearly 3,000 people age 65 and older with elevated cholesterol and hypertension,

found that pravastatin (Pravachol) conferred no cardiovascular benefits. But it did cause side effects—and in participants over age 74 increased risk of death.

Lighten Your Load

You can lighten your medication load if and only if you are willing to research your options and talk to your doctor about lowering dosages, deprescribing problematic drugs, and replacing them with safer alternatives. There is no quick fix for many health challenges, but a good diet, regular exercise, stress management, and targeted supplements are surprisingly powerful therapies.

I am not suggesting you stop medications on your own—you could run into serious problems. Nor am I saying these drugs should never be used, but they are proven examples of medications that are often prescribed inappropriately and excessively. It’s important to work with your doctors and follow their advice, which may well include taking some medications.

Although the concept of deprescribing is gaining ground, even among conventional physicians, don’t forget that prescribing is what doctors know best and do most. The impetus for deprescribing may have to come from you.

My Recommendations

- ▶ Review your medications with your doctor, discussing their necessity, dosages, potential side effects, interactions, and safer alternatives. Do not stop prescription drugs on your own. Some meds require slow tapering under medical supervision.
- ▶ Ask the same questions about any new prescriptions. Start with the lowest dosage possible and pay attention to any new symptoms. They are likely side effects.
- ▶ For natural alternatives to prescription drugs and links to pertinent studies, visit drwhitaker.com.

Innovations in Wellness Medicine

Olive Oil for Heart Disease

After reviewing all the scientific research on oleic acid, the monounsaturated omega-9 fatty acid that is most abundant in olive oil, the FDA has approved a “qualified” health claim (“supportive but not conclusive evidence”). Oils that contain at least 70 percent oleic acid may now state on their labels that consuming one and a half tablespoons per day may reduce the risk of coronary heart disease.

This is a good move. Olive oil has a sordid history of mislabeling, counterfeit products, and adulteration with cheap oils. Even bona fide, minimally processed extra virgin olive oil doesn’t always contain high levels of oleic acid and other healthful compounds. Consumerlab.com tested several popular brands a couple of years ago for percentage of oleic acid and levels of polyphenols, which also have cardiovascular benefits. Costco’s Kirkland Signature Organic and Trader Joe’s Premium, among others, scored high. To ensure quality and freshness, buy olive oil in dark glass bottles that have a pressing/harvest and a use-by date. Store in a cool, dark place or, if it takes you a while to go through a bottle, in the refrigerator. And look for this new label claim.

Pycnogenol for Prostate Enlargement

Most men over age 60 have some degree of benign prostatic hyperplasia (BPH): enlargement of the prostate that can lead to extra bathroom visits, incomplete emptying, and other symptoms. Saw palmetto, the best-studied natural therapy for BPH, is my number-one recommendation, but if you need extra help, try adding Pycnogenol.

In a 2018 study, Italian researchers followed three groups of men, ages 55–75, with symptomatic BPH who were taking prescription drugs (finasteride/Proscar and Propecia, or dutasteride/Avodart), making lifestyle changes such as exercise and a healthy diet, or making lifestyle changes plus taking 150 mg of Pycnogenol per day. When they were re-evaluated after eight weeks, the men who had been taking Pycnogenol had the best results—even better than those on BPH drugs. They reported significant improvements in bladder emptying, urinary flow, straining, starting and stopping, and frequency of daytime and nighttime urination. Pycnogenol, an extract from French maritime pine, is one of the best-researched natural ingredients and has extraordinary antioxidant, anti-inflammatory, and nitric oxide-boosting effects. And unlike Proscar and similar BPH drugs, it does not cause erectile and ejaculation problems. In fact, Pycnogenol improves erections—and has multiple other health benefits to boot.

Did You Know?

- NASA astronaut Scott Kelly grew two inches taller during his year in the International Space Station.
- Cocoa flavanols in dark chocolate increase blood flow in the brain and have positive effects on cognitive function.
- Research suggests that curcumin supplements protect against noise-induced hearing loss.
- A new study found that people who ate three tablespoons of walnuts daily were 47 percent less likely to have diabetes.
- US life expectancy has dropped slightly to 78.6 years due to increases in drug overdose deaths and suicides.
- Experts say that 65–68 degrees is the ideal sleep temperature.
- Beet juice or supplements containing 300–600 mg nitrates have been shown to increase exercise endurance.
- Repeat studies show that stepping on the scale every day helps with weight loss.
- *The Wizard of Oz*, *Star Wars*, and *Psycho* were recently named the most influential films of all time.
- Vitamin D supplements reduced risk of dying from cancer by 25 percent in a recent study.
- Heart attack death rates peak in December and January and are lowest in July and August.
- Milk of Magnesia applied to the skin overnight is a popular home remedy for rosacea.
- Cat-cow, a yoga pose done on hands and knees that involves alternating between arching and rounding your spine, is good for back pain.

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