

Health & Healing[®]

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE



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Can a Pill Make You Smarter?

In the 2011 movie *Limitless*, Bradley Cooper plays a struggling writer who gets a hold of an experimental drug that gives him laser focus, perfect recall, unbounded creativity, and a “four-digit IQ.” He writes a brilliant novel, becomes a wealthy financial wizard, gets the girl—and runs into a world of trouble. This action-thriller is a little over the top for my taste, but it poses an intriguing question: Is it possible to increase intelligence?

There are reports in the medical literature of people who developed extraordinary abilities after brain injuries. Jason Padgett barely made it through pre-algebra but became a mathematical savant following a brutal mugging. Then there are “memory athletes” like Nelson Dellis, who memorized the first 10,000 digits of pi and can recall over 200 names after hearing them just once.

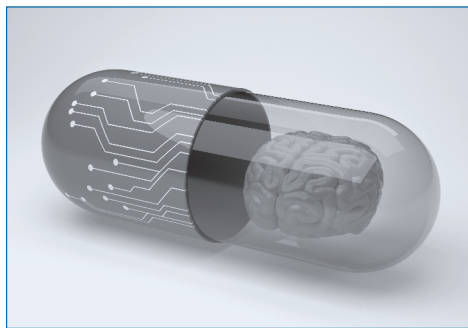
But what about the rest of us? Is there anything normal folks can do to boost intelligence? Is there a pill that can make you smarter?

Intelligence Can Be Increased

Experts attribute a significant percentage of a person's IQ to genetics, although environmental factors such as prenatal influences, early childhood stimulation and nutrition, and poverty figure in as well. IQ aside, hard work and dedication to learning play a significant role in honing our mental capabilities.

Other variables also have some bearing on “the ability to acquire and apply knowledge and skills,”

which is the dictionary definition of intelligence. We all know that fatigue, low blood sugar, anxiety, depression, and ill health can impair focus and performance on mentally challenging tasks. Some days when I'm working on the newsletter, the ideas flow and the words tumble out. Other days are an endless cycle of reworking paragraphs, taking coffee breaks, and hoping tomorrow will be better.



So, yes, we can increase intelligence in that sense of the word by getting enough sleep, eating a good diet, reducing stress, and tending to our overall health. Exercise also helps, as it boosts blood flow and the release of BDNF and other growth factors that increase neural connections. Studies link vigorous physical activity with

better scores on tests of memory and executive function (working memory, planning, mental flexibility, etc.) as well as reduced risk of age-related cognitive impairment.

Meditation, mindfulness, prayer, or anything else that reduces stress also improves cognition. The stress response to perceived danger is a powerful survival instinct that shunts resources away from the prefrontal cortex (the seat of higher executive functions). Stress management encourages earlier deactivation of the stress response and increased connectivity with the prefrontal cortex.

Boring, arduous, unfun lifestyle changes may not be what you were hoping for, but they are a requisite for improving all aspects of health. Now let's move on to the juicy stuff and look at other interventions

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for improving focus, sharpening memory, boosting motivation, and getting our creativity flowing—starting with “smart drugs.”

Nootropics = Smart Drugs

Although the bulk of the research on improving cognitive function focuses on drugs for Alzheimer’s and other forms of dementia, there’s a robust, albeit less prominent body of research exploring substances that benefit memory and learning in healthy people. These substances are called nootropics (from the Greek words for “mind” and “turning”) or smart drugs.

One of the best-known nootropics is piracetam. Hundreds of animal and human studies have demonstrated piracetam’s safety and benefits for short- and long-term memory, especially in older study subjects, as well as its neuroprotective effects against trauma, toxins, dementia, and oxygen deprivation (stroke). Although the data on its use by healthy people is limited, piracetam became the world’s first and most popular nootropic.

I learned about piracetam in the 1970s, but it was unavailable in the US, so I drove to Tijuana and bought 10 bottles. Big mistake. At the border, US customs agents noticed the bottles on my front seat and ransacked my car. They couldn’t figure out what piracetam was, but it wasn’t a trafficked drug so they let me go—after confiscating it.

This traumatic experience failed to curb my enthusiasm, and we used piracetam at the clinic for decades, primarily for older people with mild age-related memory decline but also for those simply looking for a mental boost. Several years ago, however, the FDA declared that piracetam was neither an approved drug nor an allowed supplement, and sources dried up. (Piracetam and related “racetams” are legal in other countries, and are available online.)

Pharmacological Cognitive Enhancement

Truth is, there are no prescription meds approved by the FDA specifically as nootropics. However, a handful of drugs are routinely used to enhance mental focus and performance—and they’re more popular than you might think. A 2018 review of the annual Global Drug Survey found that the use of “pharmacological cognitive enhancement” (PCE) has surged in the past couple of years.

The most popular PCEs in the US are stimulant medications prescribed for ADHD: Adderall (an amphetamine combo) and Ritalin (methylphenidate). A likely reason for their popularity is easy access, thanks to the glut of ADHD diagnoses. Forty-eight percent of respondents in the Global Drug Survey said they got their drugs through friends, many of whom received their “fix” from medical doctors, then doled them out to their buddies. These stimulants improve attention, concentration, motivation, wakefulness, and short-term memory, making them particularly popular on campuses and especially during finals week. But they can also cause jitteriness, anxiety, insomnia, heart problems, addiction, and, in rare cases, sudden death.

The leading smart drug in the UK—and an up-and-comer in the US—is modafinil (Provigil). Approved for the treatment of narcolepsy, sleep apnea, and shift work sleep disorder, this “wake-promoting drug” is quite effective at increasing alertness and energy. Because users also report improvements in decision-making, problem-solving, and mental acuity, it has gained a following among healthy people. Modafinil isn’t a stimulant per se, so it is better tolerated than the ADHD drugs and has less potential for addiction. Nevertheless, overuse and high doses can lead to dependence and withdrawal symptoms.

DR.WHITAKERS

Health & Healing
YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

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To be clear, I am not recommending these prescription drugs. They may provide short-term benefits, but all psychotropic meds alter brain chemistry in known and unknown ways, and long-term effects are yet to be determined. There are safer ways to boost brain function.

Natural Nootropics

Smart drugs aren't necessarily drugs. A number of natural substances are classified as nootropics—and one of them is used by most of us every day. Caffeine is widely recognized as a cognitive enhancer. Its molecular structure closely resembles adenosine, an inhibitory neurotransmitter that slows nerve cell activity and causes drowsiness. When you drink coffee, tea, Red Bull, or take NoDoz, caffeine binds to and blocks adenosine receptors, which gives excitatory, stimulating brain chemicals the upper hand.

In addition to waking you up and increasing alertness, caffeine also provides long-term benefits. A 2018 *Nature* study reported that it increases brain entropy, described as “an important trait of brain function... and high information processing capacity.”

Acetylcholine boosters are also effective nootropics. Levels of this neurotransmitter, which relays impulses from one nerve cell to another and plays a key role in attention, learning, and memory, decline with age and are severely depleted in Alzheimer's patients. Supplements that increase acetylcholine have been shown in controlled clinical trials to improve attention and short-term memory. They include alpha-GPC and CDP-choline (citicoline), which contain bioavailable forms of the acetylcholine precursor choline, and huperzine A, a botanical extract that blocks the enzyme that breaks down acetylcholine.

Other natural smart drugs include L-theanine, an amino acid in green tea that increases alpha-wave activity in the brain, which is associated with creativity. Creatine, a popular supplement used by

athletes to fuel muscle cells, also energizes brain cells and enhances short-term memory, especially in vegetarians, stressed individuals, and older people.

Ginkgo biloba has a reputation for boosting

memory, and *Bacopa monnieri*, an Ayurvedic herb, promotes dendrite growth and neuronal communication. Adaptogens such as ginseng, *Rhodiola rosea*, and ashwagandha increase resistance to the ill effects of stress. Bioavailable forms of curcumin (turmeric) that are able to cross the blood-brain barrier also qualify, and studies have found that extracts such as Longvida improved attention and working memory in healthy older people.

Feed Your Brain

You would think nootropics would be more popular than they are. Who doesn't want a keener memory, sharper focus, more motivation, and the ability to grasp new information and learn new skills faster and more efficiently?

Smart drugs aren't going to turn you into a genius or significantly raise your IQ. However, decades of research prove they can boost concentration, recall, mental clarity, and cognitive performance. Moreover, because they enhance overall brain health, natural nootropics make the brain more resilient and resistant to the ravages of aging, which may help stave off problems down the road.

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My Recommendations

- ▶ Improving cognitive function requires optimizing sleep, diet, stress management, and overall health. I also recommend a daily multivitamin with plenty of neuroprotective B-vitamins and antioxidants plus fish oil 1,000–2,000 mg EPA/DHA.
- ▶ Piracetam (Nootropil, Lucetam) and other “racetams” (Noopept, aniracetam) are not approved in the US, but may be available for import online. Check out vendors before ordering and use as directed.
- ▶ Natural nootropics include alpha-GPC 400–1,200 mg, CDP-choline (citicoline) 500–2,000 mg, huperzine A 100–200 mg, *Ginkgo biloba* 120–240 mg, L-theanine 100–200 mg, creatine 5 g, *Bacopa monnieri* 300 mg, Panax ginseng 200–400 mg, *Rhodiola rosea* 200–300 mg, ashwagandha 300–500 mg, and bioavailable curcumin (Longvida) 400–800 mg. You'll find many of these ingredients in combo products.

Dear Dr. Whitaker

Q *I moved to Austin, Texas last year, and I seem to have a runny nose all the time. Longtime residents say it is probably an allergic reaction to cedar pollen, which apparently affects even people like me who have never had allergies. They told me eating a tablespoon of local honey every day can help. Do you think this would work? — Louise D., Texas*

A It can't hurt to try, but studies have not shown local honey to be particularly effective at reducing pollen allergies. Your best bet is to minimize exposure by staying indoors during peak pollen counts and using HEPA air filters. Saline or xylitol (Xlear) nasal rinses or sprays and "pollen blockers" like NasalGuard applied below the nostrils also help keep allergens out. Recommended supplements for countering allergic symptoms include Natural D-Hist (a combo of quercetin, bromelain, stinging nettles, N-acetyl cysteine, and vitamin C), Pycnogenol, MSM, and fish oil. Probiotics may also help, as they tone down the immune response to allergens.

Q *I have been taking resveratrol for several years based on your recommendation. I do not recall recent articles in the newsletter, nor does there seem to be much news about it. Do you still recommend it? — Bill, via email*

A Resveratrol may not enjoy the celebrity status it did a decade ago, when it was heralded as an anti-aging pill that promised weight loss, longevity, and other benefits of caloric restriction.

Nevertheless, it is a powerful antioxidant that has positive effects on insulin sensitivity, arterial health, and circulation. Ongoing research suggests it also has a role in the treatment of neurological disorders, cardiovascular disease, diabetes, and some types of cancer. Yes, I still recommend resveratrol, 100–200 mg per day, and I take it myself.

Q *What do you think about Bulletproof coffee? My son has been pestering me to drink it. He says it improves his mental focus and has helped him lose weight. I could use some help in these areas. I have tried it and it actually tastes okay, but adding butter and oil to coffee does not sound healthy. I want your opinion. Thanks. — J.S., Nebraska*

A Bulletproof coffee is a combination of 8–12 ounces strong coffee, 2 tablespoons salt-free butter or ghee (clarified butter), and 1–2 tablespoons medium-chain triglycerides (MCT) oil, mixed briefly in a blender to prevent oils from separating. It may, as claimed, help with weight loss when used as a replacement for breakfast in the Bulletproof Diet (a high-fat, low-carb ketogenic diet combined with intermittent fasting). It may also improve physical and mental energy, since it contains 450 calories plus caffeine and MCT oil, which are proven brain energy boosters. Coffee, MCT oil, intermittent fasting, keto diets, and even butter have their benefits. However, I'm not convinced that this particular combination or the coffees and oils sold at Bulletproof.com have any special magic.



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

New Online: Farewell to Frailty

When Hamlet said, "Frailty, thy name is woman," he wasn't talking about a medical condition, although older women are the group most often afflicted with frailty. Everyone experiences some slowdown, muscle loss, vulnerability to illness, and other changes as we get older. However, the exhaustion, weakness, slowness, limited activity, and unintentional weight loss that characterize frailty are not a normal part of aging—and research suggests it can be prevented.

Leading contenders for staving off frailty are exercise and nutrition. Inadequate protein intake and vitamin D deficiency are closely linked with increased risk of frailty, and low levels of calcium, folic acid, omega-3s, and vitamins B6, C, and E figure in as well. Start by eating a nutrient-rich diet with plenty of plant foods—a study published last year found that a Mediterranean diet significantly reduced frailty risk—and make sure you're getting 25–30 g of protein per day. Supplementing with 2,000–5,000 IU of vitamin D, along with a daily multivitamin and fish oil, is also a smart thing to do. And don't underestimate the importance of regular exercise for endurance, strength, balance, and overall physical and mental health.



Works for Me...

- **Numbness and Tingling** *For some time I was experiencing numbness and tingling in my arms and down into my fingers. It happened off and on during the day but was worse at night while I was in bed. It was very unpleasant, as if my hands were falling asleep. My friend told me about MSM, so I began taking it. The numbness and tingling are gone!* — Sandra, California

MSM (methylsulfonylmethane) is a sulfur compound with significant anti-inflammatory effects, which is probably why it helped your symptoms. It also boosts levels of the antioxidant glutathione. Studies have shown that MSM improves joint and muscle pain, speeds recovery from exercise-related muscle soreness, and reduces allergic symptoms. The usual daily dosage is 1.5–6 g, taken in divided doses.

- **Essential Oils** *I am a believer in the healing powers of essential oils. Clary Sage is an essential oil I use to calm, relax, balance, and soothe the skin. This oil can be diffused, taken internally, and/or used*

topically. Another one my husband and I use for healthy digestion and bloating, gas, and indigestion is ginger. It can also be applied topically or inhaled, and we like to put a drop in our water. There are also many other uses for essential oils. — Alycia P., California

Indeed, there are. Studies suggest that aromatherapy (the use of various essential oils to enhance health and well-being) can promote relaxation and sleep, decrease pain and anxiety, reduce agitation and postoperative nausea, and relieve congestion and constipation. Plus, essential oils smell great! Good brands include Aura Cacia, dōTERRA, and Plant Therapy.

- **Back Pain and Sciatica** *My son and daughter-in-law got me a Sable shiatsu massager with heat for Christmas, and I just love it. It's small enough to fit it behind my back while sitting in a chair or on the couch, and it is rechargeable so no more cords. The heat is also a wonderful feature. I have low back pain with sciatica in my right leg that acts up occasionally and prevents me from sitting for long stretches, but this massager has allowed me to comfortably work at my desk during flare-ups. I believe they bought it on Amazon.* — P.L., Oklahoma

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

Health Hack: Why You Need to Eat More Fiber

Low-carb diets are all the rage, and everyone should go easy on sugars and refined carbs. However, there's one type of carbohydrate that is necessary for optimal health: fiber. This was underscored in a 2019 meta-analysis published in *The Lancet* involving 243 studies and 4,635 individuals. The researchers concluded that a robust intake of fiber from vegetables, fruit, legumes, and whole grains was associated with a 15–30 percent reduced incidence of heart disease, stroke, diabetes, colorectal cancer, and death. Optimal daily intake was 25–29 g of fiber—nearly twice the US average of 16 g per day.

Monthly Health Quiz

The Nose Knows...True or False?

- A) Men smell better than women.
- B) We secrete more than a quart of nasal mucus per day.
- C) Noses get bigger with age.
- D) Our noses shape the sound and resonance of our voices.

Answer:

All are true except A. Women smell better in every way, and their sense of smell is even sharper during pregnancy. A quart is a lot of mucus, but most of it is swallowed. Noses (and ears) do get larger as we age because of cartilage growth and changes in skin and muscle tone.



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Notable Quote

“When proud-pied April, dressed in all his trim
Hath put a spirit of youth in everything.”

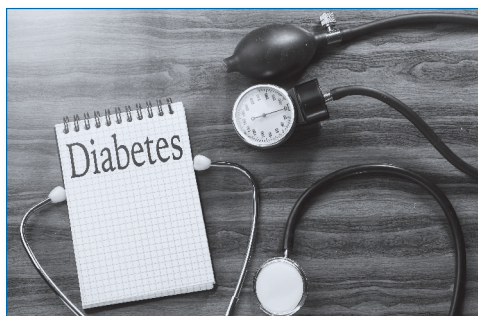
— From Sonnet 98, William Shakespeare, 1564–1616

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

Heart Disease & Diabetes: Two Sides of the Same Coin?

Giant strides have been made in the prevention and treatment of heart disease over the past 50 years. Although it is still America's leading cause of death, the mortality rate from cardiovascular disease has declined by 60 percent from its peak in the mid-1960s. But progress has plateaued, and deaths from stroke are creeping up.

Ongoing improvements in smoking rates, blood pressure and cholesterol control, and treatments for acute strokes and heart attacks are credited with this positive trend, so why has it stalled? All signs point to our meteoric rise in diabetes.



Indisputable Links

The links between diabetes and cardiovascular disease are indisputable. Individuals who have diabetes are two to four times more likely to develop heart disease than non-diabetics. Their life expectancy at age 50 is six years shorter, and most of these premature deaths are from cardiovascular causes. Seventy percent of older people with diabetes will succumb to some sort of heart disease, and one in six will die of a stroke.

Given the significance of diabetes as a cardiovascular risk factor, it's easy to see why progress has hit a wall. Nearly one in 10 Americans of all ages and one in four seniors have diabetes, and another 86 million have prediabetes (higher than optimal A1C/ blood sugar that often leads to diabetes).

I've been watching this catastrophe unfold for decades. My first two books, *Reversing Heart Disease* and *Reversing Diabetes*, which I wrote in the 1980s and later updated, warned about the pitfalls of conventional medicine's approach to these conditions. I stressed the importance of treating underlying risk factors with nutrition, exercise, and weight loss, rather than simply hammering away at blood sugar, cholesterol, and other disease markers with powerful drugs.

Of course, this advice was largely ignored. Thirty years later, the incidence of diabetes in the US has quadrupled, and cardiovascular deaths are on the rise.

A Weighty Threat

I hold firm in my belief that the only way to really get a handle on both diabetes and heart disease is to tackle common risk factors, and the most significant of these is obesity.

Excess fat, especially visceral fat in the abdominal area, releases free fatty acids, hormones, and inflammatory chemicals that interfere with the body's ability to properly utilize insulin. In this condition, called insulin resistance, the pancreas produces plenty of insulin, but the cells are deaf to its signals to let

glucose into the cells. So the pancreas churns out more and more insulin in an effort to clear glucose out of the blood. If this overworked organ fails to keep up, blood glucose levels remain high and you have diabetes. But that's not the worst of it.

Elevated glucose concentrations and compounds secreted by visceral fat cells also damage the endothelium, the protective inner lining of the blood vessels. This sets the stage for diabetic complications of the eyes, kidneys, and nerves, as well as the most deadly complication of all: cardiovascular disease. Endothelial dysfunction opens the doors for atherosclerosis (the buildup of plaque in the arteries) and the rupture of those plaques, which can lodge in an artery and cause a heart attack or stroke. It makes the arteries stiffer and less responsive, causing blood pressure to rise and the heart to work harder, thus increasing the risk of heart failure.

It's a vicious cycle that leads to higher blood pressure, cholesterol and triglyceride abnormalities, additional fat storage and weight gain, and worsening insulin resistance. This cluster of risk factors, known as metabolic syndrome, goes hand-in-hand with both diabetes and heart disease. And it usually begins with obesity. Seventy percent of Americans are overweight. Even more shocking, 40 percent of adults and nearly 19 percent of children are obese (BMI 30 or higher). It's an unprecedented increase that parallels the rise in type 2 diabetes, stymies progress in cardiovascular disease, and is considered by many experts to be our greatest public health threat.

Solution: Back to Basics

The Centers for Disease Control and Prevention (CDC) predicts that by 2050, diabetes will affect as many as one in three adults—and this will inevitably translate into a steep increase in heart disease. Dire as this forecast is, it is not inevitable.

In a 2018 briefing on the CDC's Million Hearts campaign to improve the nation's cardiovascular health, Anne Schuchat, MD, blamed the plateau in death rates on obesity, inactivity, and diabetes. She stated, "The solution to this national challenge does not depend on a major new discovery or a breakthrough in science." She also noted, "About 80 percent of deaths from premature heart disease and stroke could be prevented by changes in physical activity, diet, smoking and management of common medical conditions."

The medical literature is teeming with studies on exercise, a healthy diet, and weight loss, and they all come to the same conclusion: Lifestyle changes are the most effective therapies for preventing and treating obesity, diabetes, and heart disease.

One can argue the relative merits of aerobic exercise versus weight training, Mediterranean versus vegetarian diets, high-carb versus low-carb, intermittent fasting versus frequent meals, organized weight loss programs versus going it on your own. No single approach works for everybody. The best strategy is the one you can stick with—which leads to the million-dollar question.

Why Don't We Eat Right and Exercise?

I've been trying to figure out how to motivate patients to eat right and exercise since I first opened my clinic in 1979. It isn't a question of knowledge. Everyone knows overeating an unhealthy diet causes

weight gain and inactivity results in poor physical conditioning. You're well aware of the downside of letting yourself get fat and out of shape, and you understand the serious ramifications of obesity, diabetes, and cardiovascular disease.

Personal trainers, cooking classes, health care professionals, support groups, etc., can help you make lifestyle changes, but that doesn't mean you'll be compliant over the long term. Fear isn't a particularly effective motivator either, although I've had patients who got "scared straight" after a heart attack or serious diabetic complication. Financial incentives—rewards for hitting health-related goals or payments for missing them—sometimes help, but good luck finding someone to foot the bill.

I wish I had some brilliant new suggestions for putting the brakes on this looming health crisis. Supplements like berberine help (see below), but it really boils down to developing healthier daily habits. Don't sit around waiting for a cure. There is already a solution for these health challenges. Commit to it today.

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One Supplement for Diabetes, Heart Disease, and Obesity?

I've been a proponent of berberine for 10 years, since I first came across research showing that this plant alkaloid lowered blood sugar as effectively as metformin, the leading diabetes drug. I began using it with my patients, and it quickly became my go-to supplement for diabetes.

We also started seeing improvements in cholesterol, triglycerides, and blood pressure, along with weight loss—findings that were bolstered by a study demonstrating that berberine lowered LDL cholesterol by an average of 21 percent, triglycerides by 36 percent, and blood pressure by 7/5 mm Hg, along with modest drops in weight and abdominal fat. So I started prescribing it for patients with metabolic syndrome, with predictably good results.

How can a single substance address all these diverse conditions? Because it improves insulin resistance, which underlies them all. In a placebo-controlled study of patients with metabolic

syndrome, those who took 1,500 mg of berberine daily for three months had a 36 percent remission in markers of insulin resistance.

Naysayers may point out that these studies are small and more research is needed, and I agree. However, this natural compound cannot be patented so there's little profit motive spurring research. Furthermore, it's up against diabetes drugs, antihypertensives, statins, and other pharmaceutical powerhouses.

There is no silver bullet, no supplement or drug that can take the place of lifestyle changes for fending off and reining in metabolic syndrome, diabetes, and cardiovascular disease, but berberine can give you a leg up. The suggested dosage is 500 mg two or three times a day before meals. Buy from a reputable manufacturer. Consumerlab.com tested a number of products and a quarter of them failed to contain the amount of berberine listed on the label.

Innovations in Wellness Medicine

DHEA for Female Sexual Function

According to the University of Michigan's 2018 National Poll on Healthy Aging, two-thirds of the 1,002 men and women ages 65–80 surveyed are interested in sex and half say it matters for their quality of life. Yet only 40 percent are sexually active. Lack of a partner accounts for some of this discrepancy, but age-related decline in sexual function is another factor. A majority of older men have some degree of erectile dysfunction, and postmenopausal drops in estrogen can cause vaginal dryness and atrophy that often make sex downright painful. Estrogen replacement therapy and lubricants certainly help, but I want to tell you about another solution: vaginal DHEA.

In a clinical trial conducted last year, researchers treated postmenopausal women who had moderate to severe dyspareunia (painful intercourse) with prasterone/Intrarosa, a DHEA preparation inserted into the vagina, or a placebo every day for 12 weeks. When they were re-evaluated, the group using DHEA had marked improvements in vaginal dryness, atrophy, and pain with sexual activity, without significant effects on blood hormone levels. Intrarosa requires a prescription, but small studies—and a number of my patients—report that over-the-counter DHEA supplements, 25 mg orally per day, also help.

Phosphates Harm Cardiovascular, Kidney Health

Phosphorus is an essential mineral abundant in protein-rich foods that is required for bone building, energy production, muscle and nerve function, and tissue repair. People with kidney disease, which limits phosphorus clearance from the body, need to limit their intake, but for everyone else, organic phosphorus is rarely problematic.

Inorganic phosphates (phosphorus compounds added to colas, processed meats and cheeses, and a boatload of packaged and prepared foods) are another story. Because they are present in so many processed foods and are much better absorbed than organic phosphorus, these additives drive up daily intake well beyond the recommended 700 mg per day—which poses health hazards and not just for patients with kidney disease. Research over the past few years has linked elevated blood phosphate levels with an increased risk of atherosclerosis (hardening of the arteries), heart attack, hypertension, and death from all causes. Additional studies suggest adverse effects on the bones and gut as well. To reduce your phosphate load, eat a whole foods diet, avoid fast food and prepared items loaded with additives, and read labels carefully. If phosphoric acid, trisodium phosphate, or another “phos-” ingredient is listed, steer clear.

Did You Know?

- Cilantro, coriander, and Chinese parsley are all the same herb, and genetics determine whether you like it or you think it tastes like soap.
- Women outnumber men by a ratio of 2 to 1 after age 85.
- Cold-brewed coffee has similar levels of acidity but lower concentrations of antioxidants than normal hot brewed.
- TV is Americans' main news source, followed by news websites, radio, and social media, and trailed by print newspapers.
- Studies link low levels of zinc with an increased risk of hypertension.
- Census data shows that Americans move an average of 11 times in their lifetime.
- Costco has a fast-selling new item: 27-pound tubs of macaroni and cheese.
- You'd have to drink 6–8 cups of vitamin D-fortified milk to get the RDA of 600–800 IU.
- A new trend in the beauty industry is facial training, which works out the facial muscles to lift, tone, and firm the skin.
- The CDC reports that a quarter of adults get some food or drinks at work, and it averages 1,300 calories a week.
- High-dose fish oil has been shown to improve recovery from traumatic brain injuries.
- Only 10% of Americans get enough choline, a essential nutrient for brain health. Good sources are liver, eggs, meat, and soybeans.

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Coming In Future Issues:

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- Help for Common Eye Problems