

HEALTH REVELATIONS

# KITCHEN CURES



**17** SUPERFOODS  
MORE **POWERFUL**  
THAN PRESCRIPTION DRUGS



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## Fight cancer in 4 powerful ways with this miracle mushroom

**A**n increasing number of patients have been asking me about what the most “credible” supplements are for the integrative treatment of cancer.

Based on the most up-to-date research, one of the most powerful allies in the battle against cancer is maitake (my-TAH-key) mushroom.

Medicinal mushrooms have long been revered in Asia and other areas of the world for their many healing benefits, but so impressive are the effects of maitake that in Japan, it’s held a special status among medicinal mushrooms, long recognized as the “King of the Mushrooms.”

In fact, maitake was so revered in Japan that collectors would keep the forest locations of their foraging grounds a secret.

The botanical name for maitake is *Grifola* (“braided fungus”) *frondosa* (“leaf-like”). The mature mushroom has overlapping, large fleshy grayish-brown caps, so it’s also sometimes referred to as “hen of the woods,” as it resembles the feathered backside of a hen (and grows in the woods).

You may have seen it listed on more adventurous dinner menus or even at the farmers market or health food store—but you’d have to eat a whole lot for it to do much in terms of fighting cancer.

Fortunately, thanks to some ground-breaking research from one particularly diligent doctor, we now have a way to harness the cancer-killing benefits of this “magic” mushroom and provide it to patients in an easy-to-find supplement.

Maitake fills a void in conventional medicine for nontoxic agents that modify the way the immune system functions and responds in order to kill cancer cells.

### **One very special 'shroom**

The Japanese have long used maitake as a nutrient that helps to balance the various systems and functions of the body (known as an “adaptogen”).

As ancient as this remedy is, its current application to fighting disease is still relatively new science!

In the early 1980s, Dr. Hiroaki Nanba, an expert in the study of fungi and professor of microbiology at Kobe Pharmaceutical University, was intensively studying the medicinal properties of various mushrooms.

During this time, much of his attention was devoted to the popular shiitake mushroom. However, his attention was diverted when he discovered maitake's unique molecular structure—one that exhibited greater antitumor activity than other mushroom extracts he'd been working with.

Maitake was, he discovered, also unique in that it showed the greatest effectiveness of any mushroom when taken orally. This was extremely important, as most clinical studies on mushroom extracts up to that point had found injection to be the most efficacious route of administration.

An oral alternative would make medicinal mushrooms more easily taken and therefore much more accessible to a wider number of patients.

### **The four-pronged approach to fighting cancer from all sides**

Through their extensive and relentless work, Dr. Nanba and other researchers have determined that maitake can counter cancer by:

- 1) protecting healthy cells from becoming cancerous
- 2) helping to prevent metastasis (the spreading of the cancer)
- 3) slowing or stopping tumor growth, and
- 4) working in conjunction with chemotherapy.

In his research, Dr. Nanba worked with other Japanese scientists to extract various polysaccharides (high molecular weight compounds of connecting sugars) from maitake and test their ability to fight cancer AND act as an immunomodulator (that is, enhance the body's natural defense system or bring the immune system back into balance).

In 1984, Dr. Nanba discovered that the maitake's polysaccharides stimulated macrophages, the white blood cells that are essential to a powerful immune system.

But not all of its polysaccharides were equally as important.

A special extraction method isolated one particular type of polysaccharide—the “D-fraction,” as it was named. This compound was by far the most active of them all when taken orally. And isolating it from the other fractions (specifically, A through C) made it possible to produce a standardized form of it and allowed for more concentrated products to be developed.

That way, patients wouldn’t have to ingest massive quantities in order to get a therapeutic response.

In a 1995 study published in the *Annals of the New York Academy of Sciences*, Dr. Nanba stated that maitake was shown to have “the strongest antitumor activity and tumor growth inhibition both when administered orally and intraperitoneally [injection into the abdomen cavity].”<sup>1</sup>

The D fraction was then shown in animal studies to stop the spread of cancer cells, as well as to prevent cancer formation in normal cells.<sup>2</sup>

As well, Dr. Nanba developed a way to provide an even larger amount of the D-fraction in an advanced form for use in dietary supplements, now patented as “MD-fraction.”

### **Round up the troops and arm them for attack**

Specifically, maitake’s polysaccharides appear to activate and enhance the actions of macrophages AND lymphocytes known as natural killer cells (a.k.a. NK cells, killer T-cells, and killer cells)—both of which attack cancer cells, viruses, and other harmful intruders.

According to studies, MD-fraction has the ability to both directly enhance the damaging activity of NK cells against cancer cells and to change NK precursor cells into activated NK cells.<sup>3</sup>

In addition, they also stimulate chemicals in the body that enhance immune substances, such as interleukins (1 and 2) and lymphokines. This results in a potent defense mechanism within the body to prevent and fight off both cancer AND infections.

What’s more, maitake fractions seem to have a site-specific antitumor action, potentially slowing the growth of tumors in the breast, colon, lungs, stomach, liver, prostate, brain, and other organs.

Since MD-fraction demonstrated beneficial effects against cancer in animals, a non-randomized clinical trial using MD-fraction and maitake tablets (containing whole herb maitake rather than the distilled fraction) was also conducted to investigate a similar effectiveness with advanced cancer patients.

A total of 33 cancer patients in stages II, III, and IV, ages 33 to 68, were given either MD-fraction with tablets only, or MD-fraction and tablets in addition to chemotherapy.

Cancer regression or significant symptom improvement was observed in 11 out of 16 breast cancer patients, seven out of 12 liver cancer patients, and five out of eight lung cancer patients.<sup>4</sup>

Maitake also appears to make chemotherapy more effective.

In one mouse study that compared the effects of MD-fraction extract and the chemotherapy drug mitomycin (MMC), the MD-fraction alone inhibited tumor growth more effectively (80 percent) than MMC alone (45 percent).

However, the most effective tumor inhibition was observed with the combination of these two substances—with almost 98 percent inhibition.

This is an interesting partnership, as maitake supports immune function while the MMC directly kills tumor cells.<sup>5</sup>

Combining maitake with chemotherapy has also been shown to reduce adverse reactions to chemotherapy.

It can diminish the pain that comes with terminal stage cancer as well.<sup>6</sup>

## **A secret weapon from deep in the woods**

Currently, maitake extract has become a popular therapy for cancer (as well as hepatitis) not just in Japan, but around the globe.

### **How we benefit from maitake's survival skills**

To understand why maitake contains these powerful immune-enhancing compounds, we can look to the lifecycle of mushrooms.

Mushrooms are near the bottom of the ladder in the ecosystem. They survive where not much else could, living in a hostile environment on decayed material such as rotten wood and leaves.

During the stage when they spend most of their time actively digesting food and fighting competitors in the environment, digestive enzymes are excreted outside the cells, which work on cellulose and other material to break it down for food.

Before the digested food can be absorbed, the mushroom must first deactivate any disease-causing germs or toxins by releasing special polysaccharides.

So, mushrooms such as maitake have their own immune system just as we humans do.

Their survival depends on the efficiency of their immune system, as does our own survival depend on our immune system.

Moreover, it has been discovered that maitake polysaccharides, when ingested by humans, are both compatible with, and also have a beneficial effect on our human immune system.



Although it can be used to support the immune system for most cancers, maitake appears to be most effective against breast, bone marrow, prostate, liver, and lung cancers.

It's also shown some promise in treating hypertension, high cholesterol and triglycerides, weight loss, diabetes, malaria, chronic fatigue syndrome, HIV, and other chronic viral infections.

Maitake grows in the forests of Asia like Japan, but also in Europe, Canada, and parts of the Eastern United States, growing in heavy clumps (sometimes 100 pounds or more) at the base of stumps and on the roots of trees.

Up until 1979, maitake was harvested only in the wild. Since then, Japanese cultivation of maitake for distribution as a food and dietary supplement has been steadily increasing for worldwide export. This cultivation has made it possible to produce maitake in large enough quantities that now people around the world can enjoy the benefits of this important mushroom extract.

The patented version of the MD-fraction is now known as MaitakeGold 404®, available commercially in both liquid and capsule form from many supplement manufacturers.

The recommended dosage is 0.5 to 1 mg of MD-fraction per kilogram of body weight per day. I should note that this level represents the therapeutic dosage recommended for people with cancer or who need *substantial* immune support (for example, those fighting infection).

For maintenance or general support, the recommended dosage is 5 to 15 mg of the MD-fraction daily.

For best results, take MaitakeGold 404® twenty minutes before meals or on an empty stomach.

According to its maker, you can use it for immune support daily, much like your multi. You may find it as an ingredient in other immunity-boosting dietary supplements.<sup>7</sup>

Maitake has a remarkable safety record, with data showing it to be nontoxic.<sup>8</sup> In a small percentage of cases, it may cause loose stools that can be alleviated by cutting down on the dosage. It can also reduce blood sugar levels, so those on diabetic medications should monitor their glucose levels.

People who have had organ transplants and are on immunosuppressive medications should not use this product without the consent of their supervising physician.

# Ancient superfruit helps you fight modern illnesses, fast!

**I**t's a full-fledged epidemic. The number of Americans with prediabetes and diabetes has exploded. Even more shocking is the revelation that HALF of the adults in the United States will likely develop diabetes in his or her lifetime. Now, more than ever, we're in desperate need of natural, non-drug solutions to help bring this crisis under control. Sometimes, when we're lucky, we find that we don't need to look any further than our own refrigerator to find the solution we're seeking. If you have elevated blood sugar, heart disease, high blood pressure, elevated cholesterol, or prostate cancer there's one superfood you're going to want to make sure you stock up on.

## Pomegranate beat fasting for improving insulin resistance

A recent study published in *Nutrition Research* tracked 85 people with type 2 diabetes who were given 1.5 ml of pomegranate juice per 2.2 pounds of body weight. Just three hours after the volunteers drank the juice, researchers found a statistical *increase* in their insulin producing pancreatic cells (beta cells). They also found a significant *decrease* in insulin resistance, when compared to patients who fasted.<sup>1</sup>

When you suffer with type 2 diabetes your cells don't accept insulin readily (they're "insulin resistant") and this leads to higher blood sugar levels. While we don't know exactly why pomegranate is able to reduce this resistance, earlier research suggests that it may have something to do with the fruit's antioxidant properties.

## More antioxidants than 23 other fruits!

One study out of Norway found that pomegranates contained a higher concentration of antioxidants than 23 other fruits. Not only that, the delicious

fruit was found to have around ten times more antioxidants than those with the next highest levels, including grapes, oranges, plums, pineapples, lemons, dates, clementines, and grapefruits.<sup>2</sup>

There have been several other interesting pomegranate studies. Animal research has shown that the fruit can help reduce inflammation. A chemical compound called punicalagin, found in the skin of pomegranates, inhibits inflammation in specialized brain cells known as microglia.<sup>3</sup> Researchers are working on developing a drug that concentrates the phytochemical to help fight neurological inflammatory disorders such as Parkinson's disease and Alzheimer's disease.

Pomegranates are also great for your cardiovascular system. In a study of 19 people with severe atherosclerosis (plaque blocking build up) of the carotid arteries, ten of the volunteers supplemented their diets with 50 mL (close to 2 ounces) of pomegranate juice daily. Beyond the juice, participants didn't change their diet, lifestyle or prescription medications during the study.

### **Systolic blood pressure plummeted 21%**

Researchers assessed the participant's atherosclerosis by ultrasound at the beginning of the study and again one year later. In the group that did not consume pomegranate juice, the carotid artery thickness (plaque build-up) increased by 9 percent. But the pomegranate juice drinkers, on the other hand, saw the atherosclerosis in their carotid arteries shrink an average of 30 percent! And the good news didn't stop there. The pomegranate-juice group *also* lowered their systolic blood pressure by an impressive 21 percent.

Five of the ten juice drinkers continued drinking it for two more years. They all maintained their initial drops in atherosclerosis and blood pressure, and they all saw improvements in their antioxidant status. There isn't a drug that exists that can achieve those types of cardiovascular benefits!

### **Better blood flow and cholesterol with this delicious juice**

Researchers from The Preventive Medicine Research Institute, including Dr. Dean Ornish, were able to show that pomegranate juice improves blood

## **Benefits without blowing your low-sugar lifestyle**

Pomegranate juice is naturally high in sugar. To get the benefits of this super fruit, without all the sugar, try adding a few ounces (less than 4) to a tall glass of water. It's a delicious and nutritious splurge that you won't have to feel guilty about.

flow through the coronary arteries of those with heart disease. Participants who drank 8.5 ounces of the juice had approximately 17 percent better blood flow to the heart, while those taking a placebo had a decline in blood flow.<sup>4</sup>

As I've explained before, oxidized LDL cholesterol contributes to inflammation and plaque formation in the arteries. Pomegranate juice is unique because it can inhibit the oxidation (damage) by up to 40 percent.<sup>5</sup> The juice also significantly decreases total and LDL cholesterol in those who have diabetes.<sup>6</sup> And it stimulates the activity of an enzyme which helps to break down harmful oxidized cholesterol in atherosclerotic plaques.<sup>7</sup>

### **Pomegranate juice blocks prostate and breast cancer cells**

Pomegranate juice has specific benefits for men. In a preliminary study of men with recurrent prostate cancer and rising PSA levels, pomegranate juice lengthened patients' PSA doubling time (the longer the doubling time presumably the slower the tumor is growing) from 15 months before treatment to 54 months on the juice.<sup>8</sup> Test tube studies have also shown it can inhibit prostate cancer cells.<sup>9</sup>

Women get some targeted benefits too. Various cultures throughout history have used pomegranate to promote hormone balance and fertility. In test-tube studies different components of pomegranate were shown to inhibit estrogen dependent breast cancer cells.<sup>10</sup>

I've always been a pomegranate fan. In fact, I recently had a pomegranate tree planted in my backyard. For centuries the pomegranate has been a highly revered fruit, symbolizing prosperity. It's eaten all over the world, especially in Iran, Israel, India, Africa, Southeast Asia, the East Indies, and the United States. Many writers mention it as having flourished in the Garden of Eden, and although this is quite possible, there's no such biblical reference.

# Asian diet staple could be the heart-healthy key to controlling your cholesterol

**R**esearch continues to show that red yeast rice (RYR), a common dietary staple in several Asian countries, is good for your entire cardiovascular system. As a concentrated supplement, RYR has been shown in head-to-head comparisons to compete with cholesterol lowering statin drugs but without the risks of major side effects such as muscle and joint pain, liver and kidney damage, memory loss, weakened immunity, and increased risk of diabetes.

## LDL plunged 22%!

In a new double-blind, placebo-controlled randomized study out of Italy, RYR was tested on healthy people with mildly elevated cholesterol levels. The RYR group saw their total cholesterol drop by an average of 12.5% and their LDL cholesterol levels plunged an astounding 22%.<sup>1</sup>

Even more exciting, this study found that the marker of inflammation, C reactive protein, dropped by 24 percent. And two important inflammatory compounds you've probably never even heard of, matrix metalloproteinases MMP2 and MMP9, dropped by 28 and 27 percent respectively. This is important because chronic inflammation is what is really at the root of cardiovascular disease. Manipulating cholesterol numbers doesn't always lead to cardiovascular disease prevention.

## Produced results similar to statins

While you'll never hear about it in the mainstream media, a stack of studies have proven that RYR benefits heart health. In fact, a 2012 analysis of 22 trials

found that RYR “remarkably lowered total cholesterol, triglycerides, and LDL cholesterol compared with placebo and produced results similar to statins.”<sup>2</sup> So before you fill that prescription for a statin why not look into trying RYR instead? After a three month trial have your lipids and inflammatory markers reanalyzed and I think you will be happy with your results.

## Dementia protection... from an egg!?

**I**t's one of the diseases seniors fear most, because Alzheimer's disease isn't like anything else.

You can live a long time with conditions like cancer and heart disease.

If you play your cards right, you might not be any worse for the wear, either, despite those conditions.

But Alzheimer's is a different beast, because once the ball starts rolling, you could slowly lose everything: your memories, your personality, and your mind.

It's downright terrifying.

There's no drug that can cut the risk, but today I've got something even better as new research cracks one of the keys to brain health, revealing how you might be able to avoid this disease completely.

And it starts... with a delicious breakfast!

I know that sounds hard to believe. But what you eat plays a key role in your overall health, including your brain health.

Now, the new study shows how one food in particular is like a magic elixir for the mind.

Eggs can actually help your memory get stronger, even as you get older.

In this one, researchers were trying to look at the connection between cholesterol in the diet and the risk of developing dementia over the years.

Turns out, there isn't one.

Eating more cholesterol won't increase your risk of cognitive decline, dementia, or heart disease.

But then, the study went even further.

It also found that one often-villainized source of cholesterol not only won't increase your risk... it might actually help reduce it.

People who eat eggs every day actually did BETTER on tests of cognitive performance, when compared to other folks.

They did especially well on tests of executive function (or, the ability to plan and carry out those plans).

That's one of the earliest functions to slip when you have Alzheimer's disease. In fact, loss of executive function often starts BEFORE Alzheimer's is even diagnosed.

But an egg a day may be able to keep that loss of executive function away.

The study also confirms what we've seen before: Despite being high in cholesterol, eggs won't raise the levels of cholesterol in your blood.

In other words, if you gave up eggs because of all the bad publicity they've had over the years, it's time to put them back on the menu.

They're not just rich in the brain-boosting nutrient choline.

They're also a healthy source of protein—and so filling that eggs for breakfast can actually shut down the “hunger hormones” that start pestering you for a snack later in the morning.

Just be sure to shell out a little extra for organic eggs, which contain a better fat balance and higher levels of essential minerals and other nutrients, including vitamin D.



## Fish oil fights back against cancer.. and you win!

**I**n a recent issue of *Health Revelations* I warned readers about a bogus study that suggested fish-oil supplements cause prostate cancer. It contradicted most of what past research has found on a diet rich in fish and fish-oil supplements. But the media hype surrounding the study, known as the SELECT Trial, still had men tossing their fish oil supplements in the garbage.

As I've explained before, the science behind the claim was full of holes and no conclusion could be reached other than it was a poorly designed study. Now, over the past couple of months a growing number of researchers have come around to my way of thinking, and have declared that the study was, indeed, built on shoddy science.

But unlike the media frenzy that followed the study, the details of its flaws have hardly merited a peep from the mainstream media. And the news, unfortunately, hasn't reached many of the men who were scared into abandoning their fish oil in the first place. In fact, research reveals that fish oil consumption took a nosedive after the first study story broke, and it hasn't bounced all the way back yet.

### Fish oil slows the growth of cancer cells

I knew it wouldn't be very long before a positive study on fish oil's actions on prostate cancer would appear. This new study, published in *Cancer Prevention Research*, was a follow-up to an earlier clinical trial conducted by the same researchers, which found that a low-fat diet and fish oil supplements, taken for four to six weeks prior to prostate removal, slowed the growth of cancer cells, compared with men in the control group who ate a traditional high-fat Western diet.

They found that a low-fat diet and fish oil supplements were able to reduce pro-inflammatory substances in the blood of prostate cancer patients. In addition, the combo decreased the cell cycle progression (CCP) score, which is a marker used to predict cancer recurrence.<sup>1</sup>

### **Fish oil helps heart health and more**

And, of course, the benefits of fish oil extend well beyond the prostate. For example, another new study, this time published in the journal *Metabolism and Cardiovascular Diseases*, found that coronary heart disease (CHD) patients who supplemented with omega 3 fatty acid, found in fish oil, had a significant drop in their risk of dying from heart problems or any other causes during the study period. Not only that, a separate analysis looking at people with coronary artery disease who hadn't had a heart attack or heart failure revealed an incredible 51% nose-dive in the risk of major cardiovascular events for those taking omega-3 supplements as compared to a placebo.<sup>2</sup>

And the pro-fish oil news keeps rolling in! Another new study, published in the journal *Kidney International*, reported that early kidney dialysis patients that had higher omega 3 fatty acids levels had a reduced risk of sudden heart attack, the leading cause of death for people with this condition.<sup>3</sup>

So whether you have prostate cancer, heart disease, or are generally healthy and want to reduce your risk of a variety of diseases linked to low omega 3 fatty acids I recommend you take a high quality fish or krill oil supplement daily.

## This indulgent snack can help you build stronger bones

**I**s there a better snack than a bowl of yogurt?

Packed with protein, a little yogurt with breakfast or as an afternoon snack can help you feel full so you're not tempted to eat junk food before your next meal.

It's also loaded with healthy nutrients, essential minerals and gut-balancing probiotic bacteria—all of which can help with digestion, mood, energy, and more.

And now, the latest research finds one more trick hidden in those little plastic cups: Yogurt can also give you stronger bone and slash your risk of fractures!

The new study on senior women finds a daily cup of yogurt will boost your bone mineral density at the lumbar spine (your lower back) by 4.4 percent when compared to women who don't eat the stuff.

It will also boost bone mineral density at the distal radius (your forearm, near the wrist) by 3.4 percent and tibia cortical area (your shin bone) by 5.3 percent.

Even more remarkably, the study finds eating yogurt could actually INCREASE your overall bone mineral density very slightly over three years.

As a result, it's not surprising that the study also finds women who eat yogurt are a third less likely to suffer a fracture.

Women who eat little to none, on the other hand, see the bone loss that's expected with aging.

One reason, of course, is that yogurt is a pretty good source of calcium.

But it's not the only reason.

Millions of women eat calcium chews daily—getting several times the levels you'll find in yogurt—yet most of them get almost no bone protection at all.

It's a huge con—and that's because calcium is absolutely useless if you don't absorb it.

The healthy probiotic bacteria in yogurt can help you absorb nutrients such as calcium more efficiently so your body can put them to use instead of letting them go to waste.

The only downside to yogurt is that much of what's out there is junk—loaded with sugar or chemical no-cal sweeteners, especially in the processed fruit goo lurking at the bottom of the cup.

If you want yogurt, stick to the real deal. Add your own fruit or oatmeal to plain organic yogurt. A little honey—just a touch—can also help sweeten it up, giving you good taste and plenty of benefits without the sugars and chemicals.

Of course don't count on yogurt alone to save your bone.

As you get older, it's more important than ever to make sure you're getting ALL the essential nutrients your bone needs to stay strong.

That means in addition to calcium, you need vitamin D, which helps put the mineral to work in your body. I also recommend a natural compound found in olives called oleuropien that can increase a key marker of bone formation by 32 percent.

A quality supplement will contain all three. Look for a blend from a maker you trust.

## Get 27% lower blood pressure readings with this “hypertension soup”

**H**ippocrates once said “Let food be thy medicine.” Now a new study allows us follow that sage advice when it comes to high blood pressure. Recent research has uncovered a food so powerful that it actually competes with the strongest of pharmaceutical hypertension medications. It’s the traditional Spanish cold vegetable soup called Gazpacho.

According to researchers, people who consume this soup on a regular basis have overall blood pressure readings that are 27% lower than people who eat little or no gazpacho.<sup>1</sup> The scientists believe the benefit comes from the nutrients found in the raw vegetables, namely carotenoids, vitamin C, and antioxidants that reduce the damage done by free radicals in other foods we eat and in the air we breathe.

I believe the soup is *also* effective because of the large amount of potassium it contains. Potassium is a proven blood pressure lowering nutrient. The researchers believe that the synergistic blend of the foods is more powerful than any one ingredient and I absolutely agree.

Elevated blood pressure is the leading risk factor for death worldwide. It affects one in four adults globally and is expected to increase by 60 percent between 2000 and 2025.<sup>2</sup> The statistics in America are even worse as this silent killer affects approximately one in three adults.<sup>3</sup> Approximately 70 percent of Americans with high blood pressure take drugs to treat the condition.<sup>4</sup>

I see patients all the time who are taking those medications and suffering their notorious side effects including fatigue, dizziness, and dry coughs. My

goal is always to reduce or eliminate their need for these drugs using natural therapies. I'm adding Gazpacho to my list of effective natural approaches.

Making gazpacho at home is easy. Just choose organic produce and use a light hand with the saltshaker. For a nutritional boost, you can garnish the soup with slices of ripe avocado.

## Heart Healthy Gazpacho

### Ingredients

- ▶ 4 cups tomato juice
- ▶ 1 onion, minced
- ▶ 1 green bell pepper, minced
- ▶ 1 cucumber, chopped
- ▶ 2 cups chopped tomatoes
- ▶ 2 green onions, chopped
- ▶ 1 clove garlic, minced
- ▶ 3 tablespoons fresh lemon juice
- ▶ 2 tablespoons red wine vinegar
- ▶ 1 teaspoon dried tarragon
- ▶ 1 teaspoon dried basil
- ▶ 1/4 cup chopped fresh parsley
- ▶ 1 teaspoon white sugar
- ▶ Salt (preferably low sodium salt substitute) and pepper to taste

### Directions

In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, tomatoes, green onions, garlic, lemon juice, red wine vinegar, tarragon, basil, parsley, sugar, salt, and pepper. Blend until well combined but still slightly chunky. Chill at least 2 hours before serving.

Makes 10 servings

## Thanksgiving spice packs powerful brain benefits

**I**t's the day even the most disciplined eater lets loose and makes a little extra room—because who can resist the temptation of turkey, stuffing, potatoes, and of course the pumpkin pie?

Thanksgiving might seem like one of the least healthy days of the year.

And if you overeat, it certainly is.

But it doesn't have to be. In fact, it's possible to have your pumpkin pie and eat it, too—because some of the Thanksgiving staples are perfectly healthy in moderation.

Turkey, for example, is an excellent protein, especially if you stick to the white meat. We'd probably all be a little healthier if we ate it more often the rest of the year instead of red meat.

Side dishes such Brussels sprouts, broccoli, and cauliflower—broiled or sautéed with herbs and olive oil—can help prevent heart disease, fight cancer, and reduce the damage caused by oxidative stress.

But the most powerful ingredient in your Thanksgiving dinner is the one that gets almost no attention at all, despite the fact that it's in nearly every course.

It's in the sweet potatoes... the pumpkin pie... and maybe even in the coffee.

It's cinnamon—and it's time to give the spice its due, because if you limit your consumption of it to just one day a year, you're doing it wrong.

Let me give you three BIG reasons to make cinnamon part of your regular diet:

- 1. It can boost your brain:** A study this summer found cinnamon speeds the learning process. In experiments on mice, the rodents were able to

find their way through mazes quicker after a dose of cinnamon. You're no mouse, but human studies have shown that cinnamon can give your gray matter a charge, too. In fact, just the SMELL of cinnamon is enough to get your brain cells fired up!

2. **It can help digestion:** Another recent study found cinnamon can lower the temperature in your gut by 3.6 degrees—a change that allows the bacteria in there to work more efficiently so you get the nutrients you need from your food.
3. **It can cut blood sugar:** Cinnamon is so powerful at blood sugar control that smart diabetics use supplements to help reduce their dependence on medication.

Of course, cinnamon isn't going to help much if it's mixed in with sugar, which is how it's often served.

Whether they're in coffee, pie, or sweet potatoes, it seems cinnamon and sugar are practically married!

It's time to give them a divorce.

Ditch the sugar, but hang onto the cinnamon. It's terrific in hot beverages even when they haven't been sweetened.

You can probably do without the potatoes, but if you want some pumpkin pie on Thanksgiving, I won't stand in your way—just be sure that slice of pie is an occasional treat and not part of a pattern.



## Pile this on your plate to turn back the clock and fight aging

**T**here's one issue that divides Americans like few others—and I'm not talking about politics.

Love it or hate it: It's broccoli.

But I've got some news today that could turn a die-hard broccoli hater into a full-time fan ready to eat this stuff at every meal.

And you might want to stock up now—because when word gets out on what broccoli can do, there might be a run on it at the supermarket!

According to new tests on mice, a compound locked inside every stalk and floret can do something no drug in the world can match.

It can slow, stop, and even REVERSE the aging process, cutting your risk of chronic disease. and maybe even delaying death itself.

The secret is an enzyme called nicotinamide mononucleotide, or NMN for short. In those experiments on mice, it was able to make the cells seem younger than they really are.

Once treated with NVM, the cell aging process slowed so much that all the problems that come with age ground to a halt.

The mice had stronger bone and muscle... better liver function... and improvements in vision.

Mice treated with this natural compound also didn't gain as much weight as they aged, and they had better blood sugar control.

They even had stronger immune function!

At least part of the reason for all those incredible benefits comes from the fact that this compound helps turn food into energy, and that can be used by the body in two ways.

The first is obvious: The mice had more actual energy, running around as if they were half their age.

The second one isn't so obvious: The actual cells in the mice got more energy, too, helping speed their metabolism.

NVM looks like it can turn the factory back on so effectively that the researchers want to begin human trials ASAP. The same process happens inside our own bodies: As we get older, the internal power plant begins to slow down, and we have less energy.

If the human studies are run like the study on mice, the NVM will be pumped straight into the body via injection.

But why wait for a study or experimental injections?

Broccoli isn't "experimental." It's good for you—and the researchers even admit you could get the human equivalent of the amounts used in the study from diet alone if you make a point of eating NVM-rich foods.

That means it's time to make peace with broccoli and find a place for it on your dinner plate as often as possible.

Other great sources of NVM include cabbage, cucumbers, edamame beans, and avocado.

# Cut osteoporosis fracture risk and protect your bones with olive oil

**I**t seems like an easy way to save a few bucks.

Most folks can't taste the difference between plain old olive oil and the pricey extra virgin stuff.

So just skip the fancy and get the ordinary, right?

Well, my friend, you may not be able to taste the difference. But your body knows the difference—and if you're willing to pay up for the real stuff, new research shows you can get more than just a fancier label for that extra money.

You can get big-time bone protection!

If you've got osteoporosis, that's some protection you could really use right about now, since you're already facing a higher risk of painful and potentially crippling fractures.

But if you shell out a little extra cash for extra-virgin olive oil, that risk could plunge.

And if you use EVOO often... if you cook with it, add it to your salads, and use it as much as you can... your risk of an osteoporosis fracture could drop by HALF!

The new study didn't find any benefit from plain old olive oil.

Just the EVOO.

The reason of course is that regular olive oil is so highly refined that it loses color, flavor and even the smell. It loses so much that a little EVOO has to be added back in to restore some of the flavor and smell.

But what's left is still about 80 percent refined oil, and it's not just lighter in color.

It's lighter in the essential nutrients that make olive oil such a healthy choice—including antioxidants such as oleuropein, tyrosol, and hydroxytyrosol.

Those might not be household names—yet—but they should be, especially that oleuropein.

When it comes to bone health, it might even be more important than calcium!

See, your bone is always being rebuilt by stem cells. But as you get older, some of them turn into fat instead of bone, which is part of what makes them weaker.

Oleuropein can increase the number of stem cells that form bone instead of fat, and that's why studies consistently show that the Mediterranean diet—naturally rich in both olives and EVOO—can cut the risk of bone breaks in seniors.

As a result, folks in the new study who had the highest EVOO intake had a 51 percent lower risk of an osteoporotic fracture, when compared to those with the lowest.

Of course, calcium is still important to bone, along with vitamin D and magnesium. Many folks get one or two of those nutrients, but few manage to get the right levels of all three.

You can often find them together in a single bone supplement, in some cases even with the oleuropein found in olives. And for best results, make that supplement part of a healthy Mediterranean diet.

## Destroy breast cancer cells with this spicy and delicious treat

**S**ome folks love spicy food so much they can't eat anything unless it tastes like it came out of a volcano.

Others will start crying at the slightest hint of pepper.

Turns out it's not just certain people who can't take the heat. Some cells can't handle it, either: They literally DROP DEAD when exposed to a compound found in spicy food.

And they're exactly the cells you want to burn, because new research confirms a key compound in chili peppers called capsaicin can kill off cancer cells.

Ladies, this one's especially important to you, since the new study focused on breast cancer cells. In lab experiments, scientists found that sprinkling triple negative cancer cells with a little capsaicin is like sprinkling salt on slugs.

They curl up and die.

The ones that don't die off divide more slowly, potentially slowing the growth of a tumor or even wiping it out completely.

That's in line with other studies, which also have shown that capsaicin can kill off cancer cells—in some cases by sticking to the walls and then ripping them apart.

Ironic, when you consider how that's what the cancer is trying to do to you!

The researchers behind the new study say you can't just eat more chili peppers and expect your cancer to be cured, and that's no doubt true.

They're hoping that this study will lead to new treatments down the road.

But there's still a way this can help you NOW.

Studies have shown time and time again that cancer cells of all types absolutely HATE the heat of capsaicin. So, while this compound may not be able to fight an advanced tumor by itself, it may be able to kill off cancer cells BEFORE they have a chance to form a tumor.

This isn't just a guess on my part.

Other studies have found that folks who eat more spicy foods live longer than people who like their meals a little on the bland side. A 2015 study found spicy foods daily (or almost daily) cuts your risk of an early death by 14 percent.

The main reason? Folks who eat spicy foods are less likely to die of any number of major diseases—but ESPECIALLY cancer.

The best ways to get capsaicin is by adding chili peppers, chili sauce, and chili oil to your meals... but if you can't take the heat, you don't have to stay out of this kitchen.

Capsaicin is also widely available as a supplement. Along with fighting cancer, it can protect your heart, ease digestion, and even help you drop a few pounds.

## Quick and easy diet tweak cuts risk of early death and protects your heart

**I**t just might be the easiest way yet to not only lose some weight, but also add years to your life—and you don't have to do anything difficult.

You might say it's easy-peasy, because peas are part of the equation!

Peas, lentils, beans, and more are all excellent sources of protein. And if you're willing to eat a little more of them, you could slash your risk of death from heart disease, cancer, and other life-threatening illnesses.

It's a small diet tweak anyone can make, and you don't even have to give up most of the foods you love.

All you have to do is cut back a little on meat—especially processed meat—as you boost your intake of vegetable protein.

I've seen the headlines claim this study proves being vegetarian is better than being a meat eater, but that's just not true.

The problem isn't the meat itself.

It's eating TOO MUCH meat—and the study finds that, on average, most Americans get about 14 percent of their calories from meat protein and just 4 percent from vegetable protein.

Just balance them out a little more—because every 3 percent boost in plant protein will cut your risk of an early death by 10 percent.

Think that's good? It is—but it gets even better, because not all meats are bad for you. The truly bad ones are processed meats.

Swap those for plant protein instead, while continuing to enjoy healthy cuts of meat, and your risk of an early death drops by more than a third!

On the flipside, lower plant proteins and higher meat intake—especially processed meats—will do just the opposite.

They could literally kill you, because every 10 percent jump in animal protein increases the risk of death from any cause by 2 percent and death from heart disease by 8 percent.

When it comes down to it, the study shows just what you've read right here and what I've shared with my own patients here at the Stengler Center.

Getting healthy doesn't have to mean a dramatic makeover of everything you do—and in most cases, that's a recipe for failure anyway since most folks can't sustain big changes over the long-term.

But small changes? Anyone can do that.

Even if you've tried every diet and failed, you can win big with these changes.

Just have a bigger salad and a smaller serving of meat. Make burger night salmon night. And don't forget peas, beans, and nuts. They're filling, healthy, and excellent plant-based sources of protein.

Easy-peasy.



## Forget fluoride—fight tooth decay with this this kitchen staple instead

I have to admit I got a laugh out of a campaign for water fluoridation in Oregon that claims the “benefits” include a 25 percent reduction in tooth decay.

Are these folks easily impressed or what?

Twenty-five percent is not worth the risk of thinning bone, discolored teeth, and brain damage, especially since there are much safer and far more effective ways to get rid of tooth decay.

And now, one new study points to what could be the tastiest cavity-beater yet.

Coconut oil, one of the healthiest plant oils around, has long been recognized for its antimicrobial and antibacterial powers, especially in the stomach. That’s because stomach enzymes break down the fatty acids, and the compound created by this process can kill bacteria.

The trick is unlocking that power without having to actually swallow the coconut oil first, and researchers accomplished that by treating the coconut oil with enzymes similar to the ones seen in digestion.

Then, they put this enzyme-treated coconut oil to the test against the *Streptococcus* bacteria.

Actually, it wasn’t much of a test. The bacteria never really had a chance—the enzyme-treated coconut oil wiped it out, including the acid-producing *Streptococcus mutans* strain that builds up inside the mouth and rots teeth.

The researchers carried out similar experiments with vegetable oil and olive oil, but only the coconut oil killed bacteria.

And for an encore, the enzyme-treated coconut oil also killed the yeast that causes thrush.

Of course, there's no way to get your hands on enzyme-treated coconut oil just yet without swallowing the oil yourself, and by then it's too late to expect it to kill off any bacteria clinging to your teeth.

But this definitely holds promise for toothpaste and mouthwash down the road... as long as they don't ruin it by combining it with fluoride.

## The ‘green’ secret to slashing cholesterol levels... naturally!

**I**t’s his way... or the highway.

If your doc says you have high cholesterol, he’ll absolutely insist you need to take cholesterol-lowering statin drugs.

Guidelines are guidelines, after all!

What he WON’T tell you is that even if you really do need to bring your cholesterol levels down, you don’t need a drug to get the job done.

In fact, all you might really need is a couple of cups of delicious green tea!

New research finds capsules that contain the main healthy compounds in green tea—EGCG, EG, EGC, and EC—can bring cholesterol levels down dramatically.

Over just one year, your LDL cholesterol can dip by 4.1 percent, while total cholesterol could fall by 2.1 percent.

That makes green tea between three and four times more effective than a placebo, according to the new study of older women.

The study doesn’t show which of those compounds did the trick. But if I were a betting man, my money would be on the EGCG, which is known to stop your body from synthesizing and absorbing cholesterol.

That means it passes right through you instead of sticking around and clogging up your arteries.

The women in the study were given supplements, but that’s unnecessary if you enjoy the taste of green tea. You can get the same levels of EGCG simply by drinking two or three cups a day.

Because of how it works, you'll probably see the biggest benefit by drinking your tea—or taking that supplement—right around mealtime.

Just be careful about where your tea comes from, as it's very sensitive to the soil in which it's grown. It can pull metals such as fluoride or lead out of the ground and right into the leaves.

Avoid any tea grown in China, and stick to blends grown either in Japan or right here in the United States.

Don't stop with green tea. While this delicious drink can help bring cholesterol down a little bit, it might not be enough for everyone—so make a few other healthy changes.

Eating more fiber-rich foods, for example, can also help make sure cholesterol passes through you instead of staying in your blood.

By combining natural therapies, you can bring your cholesterol levels down more slowly and carefully—as opposed to statin drugs, which can bring those levels down far too low.

Contrary to popular opinion, you actually need some of that cholesterol—even “bad” cholesterol—to transport fat-soluble nutrients, support your immune system and fight off cancer.

## Alzheimer's damage slowed with grapes

**Y**ou never know where the next great “medical miracle” will come from—because sometimes, the CURES for today’s most tragic diseases are found in the humblest of places.

Take the latest research on Alzheimer’s disease, one of the most devastating conditions facing older Americans.

The drug industry has spent billions trying to cook up a cure; and so far, they’ve come up empty.

But a new study finds one incredibly simple way to block this disease, especially if you start early: All you have to do is stock up on grapes.

Make them your daily snack, because over six months they can actually STOP the earliest damage of Alzheimer’s in the brain itself and even ENHANCE certain parts of your cognitive function.

The new study finds that grapes—yes, plain old grapes—can block the metabolic decline that slams the brain as the disease starts to take hold.

Good? Hold on, because this gets even BETTER. Those same grapes also can BOOST other parts of the brain affected by the disease.

The study included a placebo, but the folks who took it didn’t see any improvement. Just the opposite: Their gray matter practically melted away, according to scans.

Now, it’s one thing to see changes on bunch of brain scans, but it’s quite another to see improvements out in the real world.

Once again, it’s grapes to the rescue.

The folks who got the supplements had boosts in both attention and that all-important working memory so essential to your overall cognitive function.

Obviously, we need to see more research before we get too excited over this. But the early word is clearly encouraging—even exciting.

And if you're at risk, there's no harm in boosting your intake of these great grape nutrients.

The jury might still be out on their brain benefits, but we know they can help protect the heart, improve circulation, and fight the damage of oxidative stress.

The only downside to the new study is that you've got to eat A LOT of grapes to see these results, as the amounts used were equal to 2.5 cups per day, or nearly a pound of grapes daily.

That's a lot for anyone, so the study actually used a powdered form to make it easier—but there were no magic ingredients.

It was literally powdered grape.

You can find similar supplements easily yourself, or you can consider an antioxidant blend that combines the best of the nutrients found in grapes—including age-fighting resveratrol—with other essential vitamins.

# Blood sugar spiking?

## Unleash the power of your pantry with this secret superfood

**V**inegar. Just seeing the word brings back the smell of Granny's kitchen. She'd use it for everything from clearing a clogged drain... to cleaning the linoleum tile... to pickling veggies.

It's one of the safest and most versatile substances around. And not just for cooking and cleaning—but for your health, too.

Vinegar has been used as an old-time “folk” remedy for a variety of health conditions, including weight management, skin rashes, digestive ailments, high blood pressure, leg cramps, arthritis, and even jellyfish stings.

And it's helped so many people with their ailments, some have even gone so far as to call it a “superfood.”

Today, vinegar is *still* turning heads in the medical world—because it's actually been PROVEN to reduce blood sugar levels. After being used as a popular treatment for diabetes way before the development of blood sugar-lowering drugs like metformin, this so-called “folk” cure now has REAL science backing it.

So if you've been diagnosed with type 2 diabetes... or even prediabetes... or you'd just like to control your blood sugar before it becomes a problem... step into the pantry and pull out a bottle of vinegar from the back of the shelf.

I'm about to tell you what it can do—and how to get the most out of it.

### **Carbs happen, but they don't have to derail your blood sugar**

The basic process of making vinegar involves fermenting fruit juices with yeast into wine. But it doesn't stop there, because further fermentation by bac-

teria is then needed to convert acetic acid into “sour wine,” or what we know today as vinegar.

The FDA requires a product to contain at least 4 percent acetic acid to be labeled “vinegar”—and it’s that acetic acid that blocks the absorption of starch into the bloodstream to keep your blood sugar under control.

The most noticeable benefits are for people with type 1 or type 2 diabetes... especially when the meal has a high glycemic index. There are a number of studies that have shown that consuming vinegar before a meal can reduce blood glucose levels by 20 to 33 percent.<sup>1</sup> (Of course, it would help if you also reduced the glycemic index of your meals.)

Supplementation with this “food” has also been shown to decrease insulin and triglycerides in addition to blood sugar levels, as published in the journal of the American Diabetes Association, *Diabetes Care*.<sup>2</sup> And, as you may already know, too much insulin is just as bad as not enough of it.

As a bonus of improved blood sugar control, vinegar might help you lose weight (as the old “wives tale” says) if you’ve got diabetes, but science hasn’t yet proven that it actually directly causes weight loss. It does seem, anecdotally at least, to act as an appetite suppressant.

### **Just a spoonful of (diluted) vinegar...**

Vinegars can also be made from sugar (cane vinegar), grains such as barley (malt vinegar), and other products. Distilled vinegar (white vinegar) is fermented from dilute distilled alcohol—and that’s the stuff that’s usually used in the pickling process (and also for cleaning). It can be pretty high in acetic acid (upwards of 6 to 10 percent), and it doesn’t taste very good on its own.

A popular vinegar in the health food world is Bragg’s Organic Apple Cider Vinegar, which contains 5.14% acetic acid.<sup>3</sup> It can especially help diabetics who have a condition known as gastroparesis, which causes nausea and a full feeling even after little food is eaten (because the emptying of the stomach in the small intestine is delayed).

A typical dosage is one tablespoon diluted in eight ounces of water before each meal, or at least before the two larger meals of a day.

No matter how much your blood sugar levels are out of whack, you won’t want to have any more than that, because excessive intake may cause stomach irritation and nausea. Remember, vinegar is an *acid*—and it’s strong enough to remove anything from grease to glue. That means that you should never drink it straight, and even ingesting diluted liquid vinegar may also erode your dental enamel, which you can prevent by drinking it through a straw.



You can also dilute your vinegar by combining it with olive oil to make a salad dressing. In addition to getting the health benefits of the vinegar, starting a meal with a salad helps to reduce your appetite, which can help you manage your weight (something that's critically important if you're struggling to control your blood sugar).

As well, there are supplement manufacturers that carry apple cider vinegar in capsule form. Two good brands include Natural Factors and Now Foods. A typical dose is two to three capsules taken with water before each meal.

If you're already on diabetic medication, start with a lower dose of vinegar, and monitor your blood sugar levels with your doctor as you gradually increase your dose.

# Beat high blood pressure naturally with this misunderstood root veggie—and see the results in just 10 days!

**I**f you're of a certain age, you may remember when beets were dreaded—and considered DREADFUL.

The smell of it boiling would waft through the house. Come mealtime, there it was—that bright red vegetable that bled onto everything else on your plate.

True, this so-called “blood turnip” has a way of staining everything in its path... so well that it's actually been used as a red dye since the 16<sup>th</sup> century.

But people have actually used the humble beet to treat illnesses relating to the circulatory system since the Middle Ages—giving it a “bloody” reputation way beyond its deep color.

And we now know that beetroot can actually keep your blood vessels healthy and lower your blood pressure, without the use of drugs.

Modern chefs have found a way to make beets a bit more fashionable these days, with fancy restaurants charging an arm and a leg for dishes that once came out of grandma's kitchen.

But if you still wince at the thought of actually *eating* beets... if their widely-praised “earthy” flavor just tastes like dirt to you... then you may want to consider an easy and relatively painless way of drinking your beets with beetroot shots.

You won't even have to hold your nose!

## The signal that tells your cells to relax

Beetroot is very high in a naturally-occurring substance called nitrate. Your body converts the nitrate in beetroot to nitrite, and then the nitrite gets converted to something called “nitric oxide.”

Nitric oxide has been big in the scientific community for more than 25 years. It’s a small molecule made up of one part of nitrogen and one part of oxygen—the two substances that form most of the air we breathe.

In 1998, three American scientists were awarded a Nobel Prize for their research on nitric oxide six years prior,<sup>1</sup> which earned it the title of “Molecule of the Year” in the journal *Science* in 1992.<sup>2</sup>

Nitric oxide is what scientists call a cell-communication molecule—although, technically, it’s a gas. It tells cells in the body, specifically the endothelial cells that line blood vessels, to relax and stay flexible instead of stiffening up.

The result: healthier, wider, and more flexible blood vessels... and, as a result, lower blood pressure.<sup>3</sup>

Don’t confuse it, though, with NITROUS oxide, the so-called laughing gas dentists sometimes use as an anesthetic. That’s a whole other level of relaxation!

### Now you’re cooking with gas!

Just recently, I’ve seen a surge in really great research on beetroot “shots” and juice for lowering blood pressure.

This is an important advancement, since one in every three American adults has high blood pressure.<sup>4</sup>

Based on the research, I’m going to say that beetroot shots (which are sold in small 2.4-ounce bottles) might very well be one of the best natural treatments for hypertension.

In one of the studies, researchers in London asked 68 people to drink a cup of either beetroot juice or nitrate-free beetroot juice daily. In the end, the researchers found that the regular beetroot juice lowered blood pressure, but the nitrate-depleted beetroot juice did not.<sup>5</sup>

The same researchers reported similar benefits among people who had elevated cholesterol levels. After six weeks, beetroot juice led to almost a 25 percent improvement in blood vessel flexibility, along with a slightly lower risk of blood clots. People in the placebo group (those taking nitrate-depleted beetroot juice) actually worsened.<sup>6</sup>

Most studies have shown clinically meaningful reductions in both systolic blood pressure (the upper number) than in diastolic blood pressure (the lower number).<sup>7</sup> For example, a small study in Brazil found that beetroot concen-

trate reduced systolic blood pressure by 6.2 mm Hg and diastolic blood pressure by 5.2 mm Hg. Furthermore, the subjects' heart rate decreased by seven beats per minute, another sign of a healthier heart.<sup>8</sup>

### Beets have got the competition beat

You'll find plenty of nitrate in celery, lettuce, arugula, and spinach—but beetroot is, hands down, the richest source and, studies have shown, the most effective in protecting your heart health.

It not only works better... but its effects also last longer.

Researchers in the Netherlands tested four different nitrate-rich drinks on healthy and physically active men and women with normal blood pressure over the course of five weeks. Each drink contained 800 mg of nitrate:

1. concentrated beetroot juice
2. fresh arugula
3. fresh spinach
4. sodium nitrate

The drinks lowered systolic blood pressure anywhere from 3 to 6 mm Hg during the same time, except for the drink with sodium nitrate.<sup>9</sup>

But it gets interesting when you consider that while all of the drinks reduced diastolic blood pressure by several points, beetroot concentrate had the *greatest* effect—7.5 mm Hg lower.

Not only that, but the beetroot juice kept blood pressure lower for *at least five hours*.

### Go beet red to stay sharp

Beetroot might also be able to help people with type 2 diabetes who have subtle cognitive problems.

In diabetics, those issues get worse with age—at a faster rate than among people without diabetes—putting them at greater risk for developing Alzheimer's disease.

At the University of Exeter Medical School in the UK, researchers tested seniors with type 2 diabetes, giving them either nitrate-rich or nitrate-depleted beetroot juice.

The subjects underwent cognitive tests before and after drinking beetroot juice daily for two weeks.

By the end of the study, people drinking nitrate-rich beet juice had a significant improvement in their reaction time.<sup>15</sup>

## Improve physical performance... on and off the field

You don't need to have blood pressure issues in order to benefit from beetroot shots—because there's also good research showing that the biologically-active ingredient in beetroot might even help improve energy and exercise performance.

For example, people with heart failure typically experience a serious reduction in muscle strength, poorer exercise capacity, and a lower overall quality of life.

The heart just doesn't have enough energy pump enough blood.

With that in mind, a team of physicians and researchers in St. Louis asked nine patients with heart failure to drink either nitrate-rich beetroot juice or beetroot juice with the nitrate removed.

The patients had about a 10 percent improvement in leg strength just two hours after taking the nitrate-rich beetroot—and that's pretty significant for people with heart failure.<sup>10</sup>

Nitrate and beetroot has also taken many professional and college sports teams by storm, because the nitrate in beetroot enables blood vessels to flex under strenuous physical activity.

For example, England's underdog Leicester City soccer team won a major title in 2016, and the Auburn Tigers football team in Alabama had unexpected winning streaks—all apparently because the players had started taking nitrate-rich beetroot shots.<sup>11</sup>

Now, I suspect a lot of hard training and team play went into their victories as well, but the nitrate in beetroot does appear to increase the efficiency of mitochondria, the energy factories of our cells.

### The benefits of beetroot can be eye-opening!

Another study suggests that nitrate-rich foods might reduce the risk of open-angle glaucoma, the most common form of this eye disease.

Researchers at the Harvard Medical School analyzed data collected from over 100,000 male and female subjects every two years, from the mid-1980s through 2012.

Those with the highest daily intake of nitrate—approximately 240 mg daily—had a 21 percent lower risk of open-angle glaucoma and a 44 percent lower risk of glaucoma with the early stages of vision loss.<sup>16</sup>

Now, this study focused on nitrate-rich vegetables, and most of the subjects got their nitrate from leafy green vegetables and not specifically beetroot.

But considering how much more nitrate beetroot has than those other vegetables, imagine what it could do for the eyes as well as the heart!

It also helps athletes use less oxygen, which makes for more efficient exercise and better endurance.<sup>12,13</sup>

Even recreational athletes can benefit, based on the studies done so far.

### **A double shot of energy (without the caffeine)**

Note that the beets we're talking about are *not* the genetically-modified sugar beets used for making table sugar.

Instead, the juice is squeezed out of the red beetroots you cook with, use in salads, or have in beet soup (also known as borscht).

But it appears that most of the studies used either Beet It® Sport Shots or Beet It® juice. The 2.4-ounce shots (the equivalent of about two mouthfuls) contain a standardized 400 mg of nitric oxide, which can be taken in two doses (on two subsequent days) to lower blood pressure.

Taking more than 400 mg daily has no additional benefits.

Beetroot is an acquired taste, so I recommend the shots because you have to consume less than the juice, which contains approximately 180 mg of nitrate in an eight-ounce glass.

You can buy Beet It® online or at many natural foods stores. The shots do contain some lemon juice to improve the flavor, but if it's still a little too "beet-y" for you, you can pour the contents into a glass and then add a little stevia to sweeten the flavor.

Research has shown that blood nitrate levels reach their peak two or three hours after drinking beetroot, and those levels remain high for six to nine hours. So, the key would seem to be drinking beetroot shots or juice a couple hours or so before exercising.<sup>14</sup>

What's more, you should see a reduction in blood pressure within 10 days of consistently taking the product.

Note that drinking beetroot—just like eating lots of beets—might turn your urine pink. This isn't harmful, but you should advise your doctor if you happen to give a sample, because he might otherwise think the pink color is blood in your urine!

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