

DR. MICHAEL MURRAY'S

NATURAL LIVING NEWS

EXPERT ADVICE FOR EVERYDAY LIVING

April/May 2013

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VITAL LIVING, NATURALLY

Creating a vibrant life full of passion and joy is not a chore; it should come naturally. The more we learn about ways to incorporate health-promoting dietary and lifestyle activities into our every day life, the more it becomes second nature—a lifelong habit.

This new magazine, *Dr. Michael Murray's Natural Living News*, is an extension of my life's work to empower people to create the vital, joyful lives they desire. While I promise to pack every issue with great information you can use right away, the attractive design and interesting articles will also make it fun to read.

My hope is that you will also share this valuable information with friends and family, so please spread the word. After all, information that improves the quality of our lives is a gift that enriches everyone it touches.

Remember, if you like these articles, you can also find more answers to health and healing on my website, www.DoctorMurray.com. Be sure to sign up for my free e-newsletter to stay informed about the latest scientific research on diet, lifestyle, and dietary supplements.

I hope you enjoy this premier issue of *Dr. Michael Murray's Natural Living News*. Congratulations on your continued enthusiasm for natural living!

—Dr. Michael T. Murray



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DR. MICHAEL MURRAY'S NATURAL LIVING NEWS

PUBLISHER

Karolyn A. Gazella

EDITOR-IN-CHIEF

Deirdre Shevlin Bell

COMMUNICATIONS SPECIALIST

Teresa M. Peterson

DESIGN

Karen Sperry

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NATURAL LIVING NEWS

APRIL/MAY 2013

CONTENTS

NATURAL FACTS

DIETARY DOs AND DON'Ts	4
SWEETENER UPS KIDS' HEART RISKS	6
FISH OILS & CoQ10	8
HOT FLASH RELIEF	9
LAUGH MORE	10

HEALING FOODS

CHOCOLATE	12
-----------------	----

NUTRIENT PROFILE

CURCUMIN	14
----------------	----

FEATURED CONDITION

INSOMNIA	17
----------------	----

INSPIRED LIVING

GRATITUDE	22
-----------------	----

ASK DR. MURRAY	24
----------------------	----

GUEST CONTRIBUTOR	26
-------------------------	----

HEALING FOODS

THE BEAUTY OF BERRIES

Berries like strawberries and blueberries are more than just delicious—they're also full of health benefits. And years of research proves it. A new study has found that when women eat more berries, they significantly reduce their risk of heart disease.

This latest study, published in the January 2013 issue of the journal *Circulation*, included data from the massive Nurses' Health Study II. When the researchers looked at food-frequency questionnaires,



Stay Healthy

DIETARY DOS AND DON'Ts:

- * **DO** eat more berries
- * **DO** eat more apples
- * **DON'T** drink diet soda
- * **DON'T** eat high fructose corn syrup



they found that women who ate three or more servings of strawberries or blueberries per week had a 34 percent decreased risk of having a heart attack compared to the women who ate the berries once a month or less.

So why are berries so healthful? Researchers point to flavonoids—the components that give berries their beautiful colors. Anthocyanins, a particular type of flavonoid, are exceptionally good at protecting the lining of blood vessels. And that's an important factor in preventing heart attacks.

DEPRESSING FACTS ABOUT DIET SODA

Diet soda is bad for the kidneys, metabolism, teeth ... And as if that weren't depressing enough, new research out of the National Institutes of Health finds it actually increases the risk of depression, too.

After looking at 264,000 people for 10 years, researchers found that the people who drank more than four cans or cups of diet soda or other diet beverages per day were 30 percent more likely to develop depression than those who did not drink diet drinks.

Of course sugar-sweetened beverages come with their own risks. But take heart: Nature is abundant in great low-calorie sweeteners like Stevia and sugar alcohols, such as xylitol, sorbitol, mannitol, and monk fruit extract.

Discover What's Missing From Your Bone Health!

Did you know that collagen makes up 30% of bones and is key to bone health.[†]
Discover what you should be doing – starting now.

Collagen Plus Calcium: The Ideal Bone Condition[†]

Your bones are approximately 30% collagen. Most bone health programs focus on calcium, yet it is the collagen portion of your bones that directly controls bone mineral density and gives your bones the flexibility to withstand stress.[†]

Collagen, Your Bones' "Calcium Binding Sites"[†]

What happens to all the calcium you take? Does it automatically become bone? In a word, no. You see, calcium must "bind to" bone collagen.

"Bone ... is made mostly of collagen, a protein that provides a soft framework, and calcium phosphate, a mineral that adds strength and hardens the framework. This combination of collagen and calcium makes bone both flexible and strong, which in turn helps bone to withstand stress"

NAIMS Division of the
National Institutes of Health

That's why insufficient collagen directly leads to diminished bone mineral density. And it's easy to see why simply ingesting more and more calcium does little or nothing.

Collagen Gives Your Bones Vital Flexibility[†]

Collagen-deficient bone is brittle. Brittle bone is vulnerable to fracture. But with optimal collagen content, your bones have the ability to withstand physical stress, as from sudden impact.[†]

How You Can Increase Bone Collagen Formation

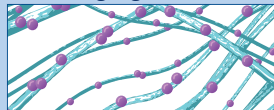
Unlike calcium that you ingest and receive the benefits, you cannot eat collagen and expect to add bone collagen. The key is activating the cells in your body that naturally generate bone collagen, called osteoblasts. Today, there's only one compound that's been clinically proven to increase bone collagen formation. It's named ch-OSA®, or choline-stabilized orthosilicic acid.[†] How do you find it?

Increase Collagen with New Bone Collagenizer Matrix™[†]

A new product called Bone Collagenizer Matrix™ with ch-OSA®, along with Bone Mineralizer Matrix™, has been clinically proven to increase bone collagen formation by 22.20% and increase bone mineral density by 200% over the mark of clinical relevance.[†]

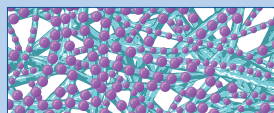


Aging Bone

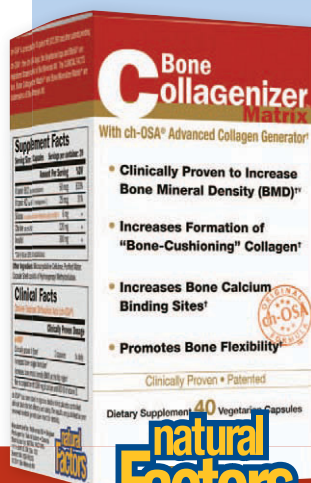


Brittle Bones
Weak Collagen Matrix
Insufficient Calcium Binding Sites
Low BMD

BioSil® Generated Bone



Strong and Flexible Bones[†]
Strong Collagen Matrix[†]
Increased Calcium Binding Sites[†]
Increased BMD[†]



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POPULAR SWEETENER RISKS KIDS' HEARTS

High fructose corn syrup (HFCS) is everywhere. And that makes it hard to avoid. Still, recent research confirms it has no place in the diet—especially for kids.

A study published last year in the *Journal of Nutrition* found HFCS consumption was associated with several heart disease risk factors in kids 14 to 18 years old. Those who consumed the highest levels of the sweetener were more likely to have high blood pressure, high blood sugar levels, and increased levels of C-reactive protein, a marker of inflammation.

And adults aren't immune either. Another study from around the same time found a diet high in corn syrup boosts uric acid levels and worsens gout, a painful inflammatory condition. What's more, the researchers alluded to the “growing body of literature tying sugar-

sweetened soda consumption to higher rates of chronic diseases such as obesity, hypertension and diabetes.”

High fructose corn syrup consumption is up a whopping 2,000 percent over the past 30 years. Is it a coincidence that the rise parallels this country's increase in obesity and heart disease?



AN APPLE A DAY KEEPS THE HEART DOCTOR AWAY!

Whether it's an old wives' tale or a time-tested proverb, new science is confirming that apples actually may help keep the cardiologist away.

According to a study in the October 2012 issue of the *Journal of Functional Foods*, one apple a day can reduce LDL (“bad”) cholesterol levels by 40 percent. Not an apple fan? You can also try a polyphenol supplement, which researchers found to have positive, but less powerful, effects.

Apples most likely trump pills because of their fiber and other nutrients. In addition to being good for you on their own, those constituents may also help you absorb apples' polyphenols.



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- More bioavailable than regular curcumin powder
- Supports the body's natural inflammatory response
- Supports joint health and function

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NUTRIENTS

FISH OILS FOR MOM= IMMUNITY FOR BABY



It's never too early to protect babies from colds, according to a 2011 study in the journal *Pediatrics*. Supplementing with fish oil during pregnancy means fewer colds in baby's early months, the study found. Plus, the babies who did get colds were able to beat them faster if their moms had supplemented with fish oils.

Some moms worry about taking fish oils during pregnancy because of concerns about toxins. But in recent years, pharmaceutical-grade supplements have been developed, removing worries about lipid peroxides, heavy metals, environmental contaminants, and other harmful compounds.

HEART HEALTHY CoQ10

The list of factors that contribute to cardiovascular disease is long—smoking, cholesterol, blood pressure, obesity... But there are two you may not have heard much about, even though they may be stronger predictors of heart disease than many of the others. C-reactive protein (CRP) and interleukin-6 (IL-6) are both good indicators of inflammation—a key player in cardiovascular disease.

A July 2012 study in the journal *Nutrition* looked at the effects of the popular heart-health supplement coenzyme Q10 (CoQ10) on CRP and IL-6. The findings were impressive. People with coronary artery disease who took 150 mg per day of CoQ10 had markedly lower levels of both CRP and IL-6.

The takeaway? CoQ10 has what may prove to be an extremely significant benefit to people with coronary artery disease.



Bonus benefits

GRAPE SEED AND PINE BARK ALSO HELP:

- * Asthma
- * Atherosclerosis
- * Hypertension
- * Metabolic syndrome
- * Type 2 diabetes
- * Attention deficit disorder
- * Male infertility
- * Osteoarthritis
- * Periodontal disease
- * Varicose veins
- * Vision

COOL RELIEF FOR HOT FLASHES

Since the 1960s, research has been proving that flavonoids effectively relieve menopausal symptoms—especially hot flashes. At first the attention was focused on citrus extracts, but now researchers are directing their efforts at compounds found in grape seed and pine bark, which may be even more useful in relieving the frustrating symptoms of menopause.

In one double-blind study, pine bark extract (Pycnogenol®) was shown to help

severity and frequency of depression, hot flashes, memory loss, anxiety, sexual dysfunction, and sleep disturbances.

And in a 2013 study in the *Journal of Reproductive Medicine*, Pycnogenol® was found to be especially effective for improving hot flashes and sleep problems—the two most common and especially bothersome symptoms of menopause. What was particularly interesting about this study was that it used a low daily dose (30 mg, compared to the usual 50 to 150 mg). This new study suggests that even small dosages can produce good results.

INSPIRED LIVING

LAUGH MORE, LIVE BETTER

Laughter is nature's most powerful medicine. Recent research confirms that laughter boosts blood flow to the extremities, improves cardiovascular function, aids the release of endorphins and other natural mood-elevating and painkilling chemicals, enhances the immune system, and helps the transfer of oxygen and nutrients to internal organs. Here are 7 ways to work more laughter into your life.



1 LEARN TO LAUGH AT YOURSELF. Recognize how funny some of your behavior really is—especially your shortcomings or mistakes. We all have little idiosyncrasies or behaviors that are unique to us and that we can recognize and enjoy.

2 INJECT HUMOR (when appropriate). People love to laugh. Get a joke book and learn how to tell a good joke.

3 READ THE COMICS. Find one you find funny, and follow it every day or week.

4 WATCH COMEDIES. There's no shortage of brilliant comedy available on TV.

5 GO TO A COMEDY SHOW WITH A FRIEND. Laughter is contagious; we feed off each other's laughter. Laughing together helps people build good relationships.

6 LISTEN TO COMEDY RECORDINGS. Take your favorite comedian with you wherever you go, with audiotapes, CDs, or podcasts.

7 PLAY WITH KIDS. If you're looking for a lesson in laughter and playfulness, a kid is the perfect teacher. If you don't have kids of your own, spend time with nieces, nephews, or friends' kids. Become a Big Brother or Sister. Volunteer for a local Little League. Help out at your church or synagogue's school and children's events.



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Nutritious is Delicious



Healing Earth Foods™ are healthy, whole-food, products that add value to our everyday lives - our mission is to deliver the world's most nutritious products at fair prices. Working with sprouted, nutrient-dense, organic, and fair trade ingredients is paramount to that mission.



DOCTOR APPROVED

Dr. Michael T. Murray

Dr. Murray is one of the world's leading authorities on natural medicine, and author of over 30 books on natural approaches to health.



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CHOCOLATE

THE **GUILTY-PLEASURE** WEIGHT LOSS FIX

It's not hard to find reasons to love chocolate—and maybe that's why most people consider it a guilty pleasure. But that perception is changing as research continues to demonstrate chocolate's impressive health benefits.

The fact that chocolate is in a class of its own isn't exactly news. In fact, the tree from which it is produced (the *Theobroma cacao* tree) takes its name from the Greek word for “food of the gods.” What is new is the fact that science is finally catching up to what our ancestors took for granted: Chocolate is good for you.

HEALTH BENEFITS OF CHOCOLATE

One of the key areas of research into the benefits of chocolate consumption is its effect on cardiovascular disease. A growing amount of recent research points out all of these important benefits.

Chocolate is rich in flavonoids. These antioxidants are especially important in protecting against damage to cholesterol and the lining of the arteries.

Chocolate flavonoids prevent the excessive clumping together of blood platelets that can cause blood clots.

Unlike the saturated fats in meat and dairy products, chocolate's saturated fats do not raise cholesterol levels.

Frequent chocolate consumption comes with a nearly 40 percent reduced risk of heart disease and a 30 percent reduced risk of stroke.

Chocolate can provide significant amounts of arginine. This amino acid is required in the production of nitric oxide—and that helps regulate blood flow, inflammation, and blood pressure.

WAIST-TRIMMING WITH CHOCOLATE?

The above benefits are all important, but not exactly high profile. However, recent research shows that eating more chocolate may have an effect that many people seek—a slimmer figure. Surprising, since weight concerns are a common reason for limiting chocolate.

A 2012 study in the *Archives of Internal Medicine* found that frequent chocolate consumption was associated with lower body mass index (BMI), which is used to measure obesity. After looking at data from 972 participants, researchers found that the high-chocolate/low-BMI link held true even after taking into

It's important to eat the most flavonoid-rich chocolate available to reap its health benefits.



consideration total calorie intake, exercise activity, and saturated fat intake.

These results are very promising. The researchers believe chocolate's BMI benefits are linked to its heart health components—antioxidant flavonoids. Dark chocolate is higher in flavonoids than milk chocolate, so it offers the greatest health benefits. Most experts agree that the recommended “dose” of dark chocolate is approximately 30 to 60 grams per day (roughly 1 to 2 ounces). Americans already consume an average of about half an ounce of chocolate a day, but this recommendation allows for quite a bit more.

BEST IN BALANCE

Before you start dipping all your food in chocolate sauce, let's talk about balance. As with all good things, chocolate is best

in moderation. Plus, it's important to eat the most flavonoid-rich chocolate available to reap its health benefits.

For the biggest flavonoid bang for your caloric buck, choose high-quality dark chocolate. The darker, the better.

Limit daily intake to 1 to 2 ounces.

Avoid chocolate candies and treats made with hydrogenated fats or refined flour, neither of which promotes health.

Also pass on products labeled “artificial chocolate” or “chocolate flavored.” These imitations are not even close to the real thing in flavor or texture—and certainly not in health benefits.

Skip white chocolate, which has had the beneficial polyphenols removed.

CURCUMIN

ENHANCING THE BENEFITS OF TURMERIC

You've probably heard about the health benefits of turmeric (*Curcuma longa*), the spice that gives curry its yellow color. The component responsible for all these positive effects, curcumin, has been shown to have impressive effects in many experimental and clinical studies. But unfortunately, it tends to be poorly absorbed by the body—making all those benefits more theoretical than practical.

The good news is that a recent breakthrough puts curcumin's benefits within reach. New, more bioavailable

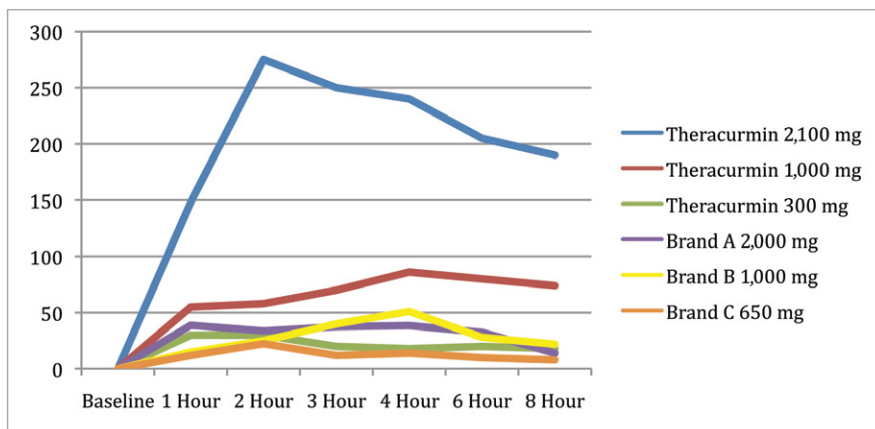
forms of curcumin make it possible for the body to absorb the nutrient and take advantage of its ability to act as an antioxidant and restore balance in certain cellular functions.

A WAY AROUND CURCUMIN'S LIMITATIONS

To address the issue of poor absorbency, ingredient manufacturers have developed several types of curcumin products to more effectively raise levels of curcumin in blood and tissue. One product, Theracurmin, stands out as the most effective form. This all-natural



Absorption of Enhanced Curcumin Preparations Based on Published Human Absorption Studies (ng/ml)



preparation is made using advanced techniques to reduce the particle size of curcumin while dramatically increasing its solubility.

As the graph above demonstrates, Theracurmin far surpasses other forms in bioavailability. Theracurmin is the only curcumin preparation currently available that produces a clear dose response. What that means is that even small dosages of Theracurmin increase blood measurements of curcumin, and as the dosage increases so do curcumin levels in the blood. This is extremely important, as curcumin is only effective in the body when effective concentrations are met. Theracurmin is able to achieve necessary concentrations



Even small dosages of Theracurmin increase blood measurements of curcumin, and as the dosage increases so do curcumin levels in the blood.



within the body that are not likely to be achieved easily, if at all, with other curcumin preparations.

HEALTH BENEFITS OF CURCUMIN

Research demonstrates that curcumin exerts multiple actions and can, therefore, positively influence many health factors. Curcumin has the ability to switch off inflammation in an unparalleled manner. Curcumin is a very powerful antioxidant, which also contributes to its healing potential. When compared head-to-head with arthritis medications, curcumin was just as effective without the side effects. Studies indicate that curcumin can also help

prevent heart disease, as well as some neurological disorders such as Alzheimer's. However, for curcumin to have all of these amazing health benefits, it must first be absorbed.

Because Theracurmin enhances the absorption of curcumin, all of the benefits associated with curcumin are also enhanced. Theracurmin has also been the subject of several clinical studies. These studies have shown Theracurmin reduces tissue damage, improves liver function, increases the heart's ability to pump blood more efficiently, and increases the flexibility of the arteries. The dosage recommendation is 300 to 600 mg per day.

INSOMNIA

DREAMING OF BETTER SLEEP

When sleep seems an impossible dream, it's tempting to reach for the pill bottle—and an instant fix. But sleeping drugs are not the answer to insomnia. In fact, they can be the stuff of nightmares. But here's some good news: Some key dietary changes and supplements can give you the rest you're dreaming of.

WHAT IS INSOMNIA?

If you have difficulty achieving or maintaining normal sleep, you have insomnia. Trouble falling asleep at bedtime is referred to as sleep-onset insomnia. If your trouble is with waking frequently or very early, you have sleep-maintenance insomnia.

Insomnia usually has a psychological cause—depression, anxiety, or tension. But it can also be triggered by various foods, drinks, and medications. Numerous compounds in our diets (most notably caffeine)—as well as more than 300 drugs—can stand in the way of a good night's sleep.

DIETARY FIXES

The first step in improving slumber is to look for—and eliminate—triggers. Here are some dietary tips for promoting healthy sleep.

CUT OUT CAFFEINE. Stimulants are a no-no for people with insomnia. Eliminate coffee, as well as less obvious caffeine sources such as soft drinks, chocolate, coffee-flavored ice cream, hot cocoa, and



INSOMNIA

tea. Even small amounts of caffeine (as in decaf coffee or chocolate) may be enough to trigger insomnia in some people.

But caffeine isn't the only culprit. Some food colorings can act as stimulants. Food sensitivities and allergies can also cause insomnia. And while they're not technically stimulants, sugar and refined carbohydrates can interfere with sleep. Eating a diet high in sugar and refined carbohydrates and eating irregularly can cause a reaction in the body that triggers the "fight or flight" part of the nervous system, causing the mind to be alert—and therefore wakeful.

ELIMINATE ALCOHOL. Even though it's a depressant, alcohol can interfere with healthy sleep. It causes adrenaline to be released and disrupts the production of serotonin (an important brain chemical that initiates sleep).

AVOID LOW BLOOD SUGAR. In my clinical experience I have found nocturnal hypoglycemia (low nighttime blood

glucose level) is an important cause of sleep-maintenance insomnia. A drop in blood glucose levels causes the release of hormones that regulate glucose levels, such as adrenaline, glucagon, cortisol, and growth hormone. These compounds stimulate the brain. They are a natural signal that it is time to eat. A good bedtime snack can keep blood sugar levels steady throughout the night—oatmeal and other whole grain cereals, whole grain breads and muffins, and other complex carbohydrates are good choices. These foods will not only help maintain blood sugar levels, but they also can help promote sleep by increasing the level of serotonin within the brain.

Or try the Thanksgiving meal trick: tryptophan. Foods high in this amino acid, such as turkey, milk, cottage cheese, chicken, eggs, and nuts (especially almonds), may help promote sleep. In the brain, tryptophan is converted to serotonin and melatonin, natural sleep-inducing compounds.





A bedtime snack, such as whole grain cereal, will help maintain blood sugar levels overnight.

NATURAL HELPERS

A high-quality multivitamin and mineral supplement, such as the MultiStart® age- and gender-specific multiple vitamin and mineral formulas from Natural Factors, should be the basis of any supplement regimen. From there, I suggest trying these four sleep-specific natural substances:

1. MELATONIN is an important hormone secreted by the pineal gland, a small gland in the center of the brain. Melatonin is one of the best aids for sleep. In several studies melatonin supplementation has been found helpful in inducing and maintaining sleep in both children and adults. It appears that the sleep-promoting effects of melatonin are most apparent when a person's melatonin levels are low. So it's not like sleeping pills or even 5-HTP—it will only produce a sedative effect when melato-

nin levels are low. A dosage of 3 mg at bedtime is more than enough. I prefer under-the-tongue (sublingual) tablets.

2. 5-HYDROXYTRYPTOPHAN (5-HTP) is converted in the brain to serotonin—an important initiator of sleep. 5-HTP has also been reported, in numerous double-blind clinical studies, to decrease the time required to get to sleep and to reduce awakenings. Boost 5-HTP's effects by taking it near bedtime with a carbohydrate source such as fruit or fruit juice. The recommended dosage is 50 to 100 mg.

3. L-THEANINE, a relaxing amino acid found in green tea, is available as a supplement. Clinical studies have shown L-theanine to induce a sense of calm in people with anxiety. At typical dosages (100–200 mg) L-theanine does not act as a sedative, but it does significantly improve sleep quality. That makes it a good supporter of melatonin and 5-HTP. At higher single dosages (400 mg) L-theanine does act as a sedative.

4. GAMMA-AMINOBUTYRIC ACID (GABA) is a natural calming and antiepileptic agent in the brain. In fact, it is one of the brain's most important regulators of proper function. It appears that many people with anxiety, insomnia, epilepsy, and other brain disorders do not manufacture sufficient levels of GABA. PharmaGABA is a special form of GABA naturally manufactured from *Lactobacillus hilgardii*.

INSOMNIA

KICK THE SLEEPING PILL HABIT

Do you have insomnia? Before you resort to prescription sleeping pills, consider this. Mounting data indicates that sleeping pills can be very harmful and should be avoided whenever possible. Because these drugs significantly influence brain chemistry, changes in brain function can occur, leading to poor mental function, depression, and anxiety. These drugs have a long list of side effects and have been shown in a recent clinical trial to increase premature death, as well as increase the risk of cancer by 35 percent.

Nonetheless, about 10 percent of the adult population is using prescription sleeping pills on a nightly basis. Once on these pills it can be difficult to kick the habit. Melatonin provides an effective solution.

A 2009 study found that melatonin not only significantly improved sleep quality, it also helped nine of the 14 participants stop taking their sleeping pills. The results of this study and others indicate that melatonin improves sleep and can help facilitate the discontinuation of sleeping pills.



Need a good night's sleep?



Stress-Relax.

TRANQUIL SLEEP

Fall asleep quicker, stay asleep, sleep sounder and wake refreshed, all without feeling drowsy in the morning!

- Contains Suntheanine® L-Theanine, 5-HTP and Melatonin
- Improves sleep quality by calming the nerves
- Increases serotonin levels for longer and relaxed sleep
- Melatonin normalizes sleep cycle timing
- Recommended by Dr. Michael Murray

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GRATITUDE

THE IMPORTANCE OF GRATITUDE

A grateful mind is a great mind which eventually attracts to itself great things. — Plato

Achieving wellness requires a beautifully constructed web of interrelated factors. Each day our thoughts, actions, practices, and habits weave together the canvas upon which our lives are painted. This undeniable fact allows us great opportunity to almost daily be able to create a life filled with a greater level of passion and interest, and a higher level of well-being.

THE ART OF GRACE

Some time ago I read an inspiring story about Stan “The Man” Musial, one of the most beloved baseball heroes of all time. His life is a beautiful expression of how living in grace enriches the lives of those around you as well as your own. Also dubbed the “Perfect Knight,” Stan Musial embraced the importance of being a role model, and lived his life accordingly.

This story got me thinking of the people in my life whom I respected, admired, and loved. I realized that they all shared this common feature of living with grace—freely acknowledging people

with appreciation and thanks. That realization made me ask an important question: “Has there been any research on the effect of gratitude on people’s lives?”

What I soon discovered is that there is a large body of scientific work showing that people who are more grateful have higher levels of well-being and are happier, less depressed, less stressed, and more satisfied with their lives and social relationships. In fact, researchers from the School of Psychology at the University of Manchester in England have shown that gratitude appears to be the strongest link to health (and happiness) of any character trait.

Perhaps the best evidence that feelings of gratitude promote health are studies in which gratitude exercises are used as an intervention. One of the leading experts in the importance of gratitude as a therapy is Martin Seligman, PhD, former president of the American Psychology Association and one of the



major thought leaders in the discipline of positive psychology.

In a 2005 review article published in the journal *American Psychology*, Seligman described a study in which participants were randomly assigned to one of six therapeutic interventions designed to improve their overall quality of life. Of these six interventions, the biggest short-term effects came from a “gratitude visit” in which participants wrote and delivered a letter of appreciation to someone in their life. This simple gesture caused a significant rise in happiness scores and a significant fall in depression scores.

In other studies, the act of keeping “gratitude journals,” in which participants wrote down three things they were grateful for every day, had long-lasting effects on happiness scores.

THE GRATITUDE HABIT

While many may argue that the need to feel loved is the greatest emotional need we have, I believe there is no greater emotional need than appreciation. The

funny thing is that the things we really want in life are usually best obtained by giving more. In other words, if you want to feel more appreciation in your life, begin with expressing more appreciation.

Consider creating a gratitude visit in your life. Pick a worthy recipient who has touched your life in a profound way and figure out how to make a special acknowledgment, and watch the magic unfold. The more special you make it for the recipient, the more special it will be for you.

Also consider being more aware of opportunities to acknowledge people on a daily basis. Seize chances to say thank you. And finally, put yourself to sleep each night by giving thanks in your mind and heart for at least three wonderful things you have in your life.

Simple daily gratitude habits can significantly impact your life, your relationships, and your health. It's simple, safe, has no side effects and yet is still very powerful medicine!



FROM THE EDITOR

Do you have a question for Dr. Murray? Submit it online at www.DoctorMurray.com/contact-us/. Please note that answers to health questions are not medical advice. If you have an issue that requires medical attention, please see your doctor.

Q Can lack of sleep really cause weight gain?

A Yes. Emerging and compelling scientific data indicates that lack of sleep is directly linked to weight gain. And this connection makes physiological sense.

Sleep deprivation increases hunger and slows down metabolism, thereby promoting weight gain. Here are a couple underlying reasons:

- Lack of sleep boosts cortisol levels, which increases appetite, sugar cravings, and weight gain. Elevated cortisol levels prevent the body from using carbohydrates properly, which causes the body to hold onto fat. Another result is insulin resistance—a stepping stone to obesity and diabetes.
- When we don't get enough sleep, ghrelin levels go up and leptin goes down. Ghrelin is an appetite-stimulating hormone released mostly by the stomach. Leptin is a hormone released by fat cells that promotes a feeling of fullness.

Population studies have found a relationship between short sleep duration

and high body mass index (BMI) in all age groups. That alone tells us more sleep may help weight loss. The large Wisconsin Sleep Cohort Study, which has been going on for more than 15 years, provides even more insight. The researchers have found that habitual or acute short sleep duration produces low leptin and high ghrelin levels—which we know is a powerful recipe for increased appetite and cravings for carbohydrate-rich foods like cake, candy, ice cream, pasta, and bread.

To turn diet nightmares into diet dreams, it's essential to get enough sleep. For more information about natural ways to beat insomnia, refer to page 17.





Q I'm starting to feel signs of osteoarthritis in my knees. My friend suggested glucosamine. Can you tell me what it is and how it can help?

A Glucosamine is a simple molecule that can be manufactured in the body. In joints, glucosamine's main job is to spur the production of glycosaminoglycans (GAGs), structural components of cartilage. As some people age they lose the ability to make enough glucosamine—and that may be the major factor leading to osteoarthritis, the most common form of arthritis that brings joint degeneration and cartilage loss. Without enough cartilage, our joints lose their built-in shock absorbers.

The form of glucosamine with the most research behind it is glucosamine sulfate. This form has been the subject of more than 300 scientific investigations and at

least 20 double-blind studies. Millions of people worldwide use glucosamine sulfate, and it has no known toxicity in humans. In fact, it's registered as a drug in the treatment of osteoarthritis in some 70 countries.

Q As I have gotten older, I have more stiffness. What's the best way to regain flexibility?

A Engage in yoga, tai chi, or stretching on a daily basis. These activities are very important, as they not only increase flexibility and reduce tension in the musculoskeletal system but also make us aware of our posture and breathing. As I have gotten older, I have found that stretching is even more important. As one chiropractor told me, "You are only as young as your body is flexible." Get started with a beginners' yoga class, or pick up a video or a well-illustrated book on tai chi or stretching.



FACING FEAR FOR BETTER HEALTH

by Karolyn A. Gazella

FEAR IS AN UNPREDICTABLE thing. It can surface in so many unexpected ways and sometimes can even take over our lives. We even fear the mere idea of being afraid.

Buddhists and many enlightened psychotherapists recommend befriending our fear. While it may be difficult to reach that level of peace with what scares us, it may be possible to make a place for it that is healthy and can actually enhance our lives. If we can't put fear behind us and we don't want it to lead us, we may need to find a place for it alongside us on our journey.

LISTENING TO FEAR

Fear is like that irritating coworker, the self-centered in-law, or that pushy client—niggling and not going away. And just as we sometimes have to tolerate people we don't care for, we may have to tolerate our fears. In fact, it may even be possible to learn from our fears, just as we can learn from that coworker, client, or relative.

Best-selling author and mind-body-spirit pioneer Dr. Rachel Naomi Remen explains that we don't need to turn away from fear. If we listen carefully, it carries an important message. Fear, she says, is the deep desire to live.

How wonderful is that?



Creative expressions such as journaling can help ease anxiety.



MAKING ROOM FOR FEAR

There are some practical ways to positively embrace one's fears. Creative expressions such as journaling, painting/drawing, or even listening to soothing music as you think about your fears can help ease anxiety about what scares you.

You'll notice that all of those practices preserve space for fear. That is the key to dealing with fear—making it a healthy part of our lives, not controlling it or allowing it to control us. The first step in making room for fear is the awareness that it is there and recognizing what triggers it. From there, you can work toward transforming that fear and putting it in a place that is more manageable.

To paraphrase the Dalai Lama, if we can do something about what causes us fear, there is no need to worry—and if we can't do anything, there is also no need to worry.

Fear is the deep desire to live.

Fear provides us with a ripe opportunity not only to make healthy choices, but also to be grateful. It is in those fear-filled moments when we can take a long, deep breath and say, "Thank you, fear, for that wonderful reminder."

While fear may never be our friend, we can stop trying to conquer it. We can merely recognize it and appreciate its messages of love and appreciation.

Karolyn A. Gazella has been a natural health writer and publisher since 1992. She is the publisher of Natural Medicine Journal (www.naturalmedicinejournal.com) and the coauthor of Five to Thrive (www.fivetothriveplan.com), as well as several other books. She cohosts the popular Internet radio show Five to Thrive Live! featured on the Cancer Support Network (w4cs.com).



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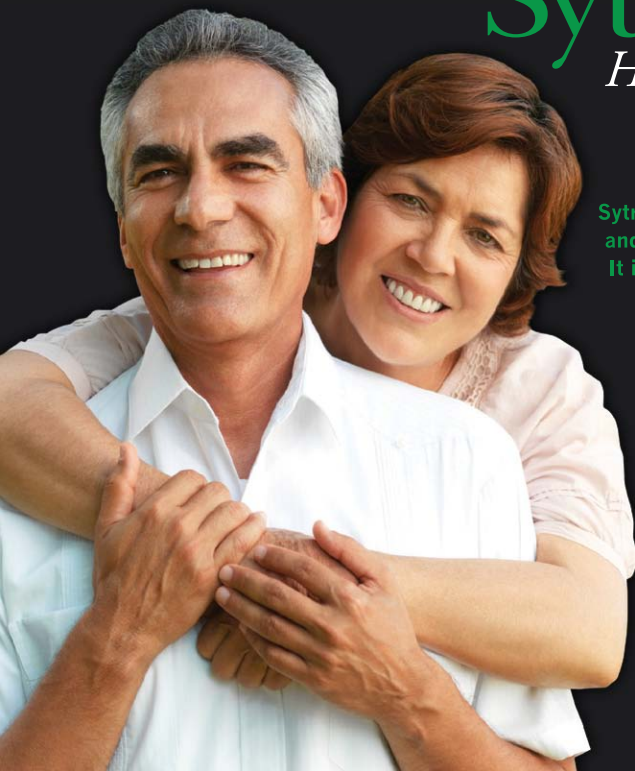
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