

DR. MICHAEL MURRAY'S

NATURAL LIVING NEWS

EXPERT ADVICE FOR EVERYDAY LIVING

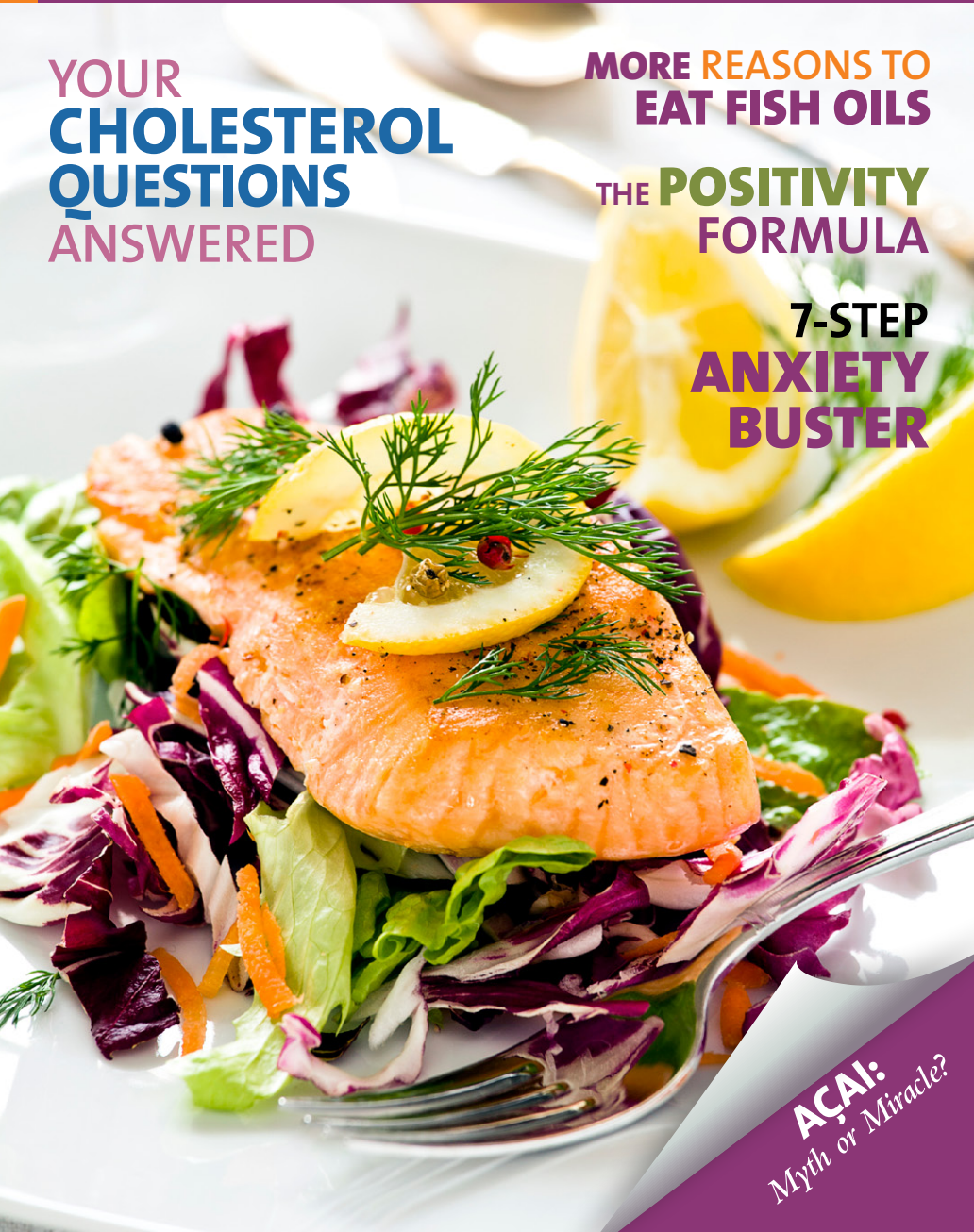
June/July 2013

YOUR
CHOLESTEROL
QUESTIONS
ANSWERED

MORE REASONS TO
EAT FISH OILS

THE **POSITIVITY**
FORMULA

7-STEP
ANXIETY
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AÇAI:
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WHAT ABOUT TRIGLYCERIDES?

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Cholesterol gets plenty of attention—including in this issue, on page 16. And with good reason. It's one heart disease risk that we can measure and, largely, control. But a large body of accumulating evidence points to another very important risk factor: triglycerides.

Triglyceride levels above 150 increase risk of cardiovascular disease. And when high triglyceride levels are combined with elevated low-density lipoprotein (LDL) cholesterol, the risk for heart disease is even greater—about sixfold greater, in fact, compared to people with normal blood measurements.

One of the benefits of using two of the natural cholesterol-lowering products mentioned in this issue's feature article—Sytrinol and niacin—is that they also lower triglycerides. But there's another natural product also featured in this issue that helps lower triglycerides: fish oil.

Fish oil not only lowers triglycerides, it also prevents clot formation, increases blood flow, and improves the health of the blood vessel lining. Fish oil supplementation reduces the risk for a heart attack or stroke by nearly 50 percent, making it a cost-effective life-extending strategy.

Even if you have ideal triglyceride levels, taking a high-quality fish oil supplement has other proven health benefits. In general, for preventive effects the dosage recommendation is 1,000 mg EPA+DHA per day. For elevated triglycerides that increases to 3,000 mg EPA+DHA per day. Choose well-respected brands that ensure purity and potency like my RxOmega-3 Factors.

—Dr. Michael T. Murray

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NATURAL LIVING NEWS

JUNE/JULY 2013

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HEALING FOODS

CAN OLIVE OIL INFLUENCE OUR GENES?

The Mediterranean diet has shown such tremendous health benefits that researchers wanted to see if it affects us on a genetic level. They gave olive oil—one of the key components of the Mediterranean diet—to adults with metabolic syndrome, a precursor for heart disease and diabetes.

The researchers, who published the results of their study in the July 2012 edition of the *Journal of Nutrition*, divided the participants into three groups. For eight weeks, one group ate a diet with 19 percent of its calories coming from saturated fats like butter. Another group obtained 20 percent of its calories from refined olive oil (a monounsaturated fat), and the third group ate a Mediterranean diet with 21 percent of its calories from extra virgin olive oil.

For each group of participants, researchers evaluated several parameters involving the production of inflammatory compounds that play a key role in the development of atherosclerosis (hardening of the arteries).

The results indicated that eating olive oil rather than saturated fat decreased the expression of the genes that produce a number of inflammatory compounds. These results are quite significant because

(continued on page 6)



OLIVE OIL 101

Confused by the olive oil descriptions? You're not alone. Here's how to know the quality of the oil you're buying.

- **Extra-virgin olive oil** is the most expensive because it's the best. It comes from the first pressing of the olives, making it heavier, less acidic, and more flavorful.
- **Virgin olive oil** is more acidic than extra virgin.
- **Refined olive oil** is made by filtering oil that would otherwise be inedible. It's not as antioxidant-rich as virgin or refined.
- **Light olive oil**, contrary to what the name suggests, has as much fat as other oils. It is made from refined oil.
- **Cold-press** refers to the process used to get oil from olives. Always choose cold-press; using heat to extract the oil changes its chemical make-up—not to mention the flavor.



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they show that some of the underlying benefits of olive oil and the Mediterranean diet against cancer and heart disease may result from their direct effects on the expression of our DNA.

Why is this important? Our genes provide all of the information needed

to produce the proteins and other molecules necessary to create our cells and tissues. However, the manner in which our DNA expresses its instructions to build these molecules is highly regulated by factors outside the genes. These factors, referred to as “epigenetic factors,” are in turn highly influenced by diet and environment.

Olive oil is thought to protect against disease not only because of its mono-unsaturated fat, but also because it contains several important antioxidants. This recent research gives us even more reason to swap butter and other saturated fats for olive oil.

DOWNSIZE ME, PLEASE!

Two professors from Duke University and Tulane University wondered what would happen if restaurant staff asked customers if they would like to downsize rather than supersize their meals. So they conducted three field experiments in Chinese fast-food restaurants in which servers asked customers if they wanted to downsize portions of rice or noodles. The researchers discovered that as many as a third of all diners were happy to limit their portion size when asked, “Would you like a half order to save 200 calories?”

The Centers for Disease Control and Prevention report that large portion sizes are a key contributor to obesity, and research shows the average portion



served in restaurants has ballooned during the last decade. The take home message is to take the lead when at a restaurant and ask for smaller portion sizes when ordering.

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Collagen makes up 30% of bones[†]

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Collagen gives bones flexibility to resist fracture[†]

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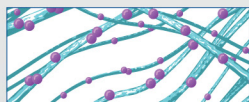
BIOSIL® BONE COLLAGENIZER MATRIX™

Clinically proven to increase bone collagen formation![†]

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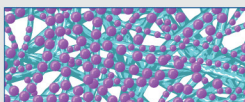
Aging Bone



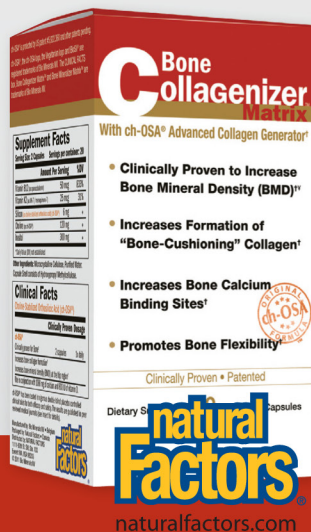
Brittle Bones
Weak Collagen Matrix
Insufficient Calcium Binding Sites
Low BMD



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Strong and Flexible Bones[†]
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NUTRIENTS

BUILD BONE NATURALLY

Osteoporosis will affect one out of every two women and one out of every four men over the age of 50. Literally meaning “porous bone,” osteoporosis involves both the mineral (inorganic) and nonmineral (organic matrix, composed primarily of protein) components of bone. Bone is dynamic living tissue that is constantly being broken down and rebuilt, even in adults. Osteoporosis occurs when more bone is breaking down than is being formed. This causes bones to lose density and become porous.

BioSil is a highly bioavailable form of silica that has been clinically shown to improve bone density and the collagen content of the bone. Collagen makes up 40 percent of bone and is critical to



bone health. Collagen is to bone what 2-by-4s are to the frame of a house. In one study, subjects given 6 mg of BioSil daily for one year showed a 22 percent increase in the collagen content of the bone. Since the amount of collagen determines the number of bone mineral binding sites, it is not surprising that there was also a 2 percent increase in bone mineral density. BioSil was able to produce these effects safely and without side effects.

GET MORE OUT OF YOUR EXERCISE ROUTINE

Curcumin is a potent anti-inflammatory herb that has been shown to enhance immunity. Emerging research shows it's also good for the heart, especially when combined with exercise.

In a study published in the June 2012 issue of the *American Journal of Hypertension*, Theracurmin (a more absorbable form of curcumin) was shown to improve blood flow in postmenopausal women, offering enhanced heart function. Specifically, the researchers looked at left ventricular (LV) afterload, a risk factor for atherosclerosis (hardening of the arteries). Exercise plus Theracurmin reduced LV afterload, but neither therapy was as effective as the combination.

OMEGA-7

THE NEW “GOOD” FAT

You’ve heard of the omega-3s and omega-6s, but now all the buzz is about another beneficial fat from purified fish oil: The omega-7 fatty acid known as palmitoleic acid (POA). While omega-7 formulations from sea buckthorn are on the market, they typically contain about 30 percent palmitic acid, a saturated fatty acid that has been shown to have negative health effects. But new products available are free of this detrimental fat. These products contain Provinal, a patent-pending POA source from fish oil whose saturated fatty acids have been removed.

POA’s benefits are significant. For example, it may help reduce heart disease and type 2 diabetes risks. These benefits are related to POA’s ability to reduce C-reactive protein (a marker of inflammation) as well as improve insulin sensitivity. It may also promote weight loss, according to an animal study published in the June 2013 issue of the journal *Appetite*. The study found that POA promoted the feeling of fullness, allowing the rats studied to decrease food intake.

If POA is able to exert the same action in humans, it may become another valuable tool in helping people achieve their ideal body weight. Based on clinical data, the recommended dosage of POA is approximately 200 mg per day.

KEYS TO LASTING WEIGHT LOSS

Achieving the ideal body is not about dieting or food deprivation. Instead, it’s about eliminating excessive hunger, stabilizing blood sugar levels, and increasing the feelings of pleasure and satisfaction from food.

GLP-1 is a hormone secreted in the small intestines and colon. Studies show that a synthetic, injectable form of GLP-1 causes significant weight loss because it makes people feel full, so they eat less. And now an all-natural fiber supplement seems to have the same effect.

PolyGlycoPlex (PGX) not only causes GLP-1 to be released into the bloodstream as it passes through the digestive tract, but it also increases the number of the cells



that produce GLP-1 within the intestinal tract. Here are some benefits of PGX:

- Increases feelings of fullness
- Stabilizes blood sugar control
- Increases insulin sensitivity
- Lowers blood cholesterol and triglycerides

A recent animal study in the *Journal of Nutrition* compared PGX to an oral diabetes medication designed to block the enzyme responsible GLP-1 breakdown. The findings? PGX enhanced the medication’s effects, meaning the combination was more effective than the drug alone.

INSPIRED LIVING

BREATHE FOR BETTER HEALTH

“Slow down and take a deep breath.”

It's common advice when people are feeling stressed or overwhelmed, and with good reason. Many studies have found deep, diaphragmatic breathing has a positive effect on panic attacks—as well as a variety of other health issues.

According to a 2011 report in *Health Science Journal*, diaphragmatic breathing has been used successfully in the management of high blood pressure, male adolescent aggressive behavior, migraines, anxiety related to dental visits, and asthma, as well as panic attacks. A 2007 study conducted by Southern Illinois University School of Medicine researchers demonstrated that diaphragmatic breathing provided students with a “promising solution for meeting challenging academic and professional situations” and helped the students “recognize when they were experiencing distress and know how to react in a positive manner to counter their perceived symptoms.”



7-STEP DIAPHRAGMATIC BREATHING

- 1 Find a comfortable and quiet place to lie down or sit.
- 2 Place your feet slightly apart. Place one hand on your abdomen, near your navel, and the other hand on your chest.
- 3 While inhaling through your nose and exhaling through your mouth, concentrate on your breathing. Note which hand is rising and falling with each breath.
- 4 Gently exhale most of the air in your lungs.
- 5 Inhale while slowly counting to four. As you breathe in, lightly extend your abdomen, causing it to rise about 1 inch, and make sure you're not moving your chest or shoulders. Imagine the warmed air flowing in and extending to all parts of your body.
- 6 Pause for one second, and then slowly exhale to a count of four while your abdomen moves inward. As the air flows out, imagine all the tension and stress leaving your body.
- 7 Repeat the process until you feel a sense of deep relaxation.

Nature's Powerful Health Secret!



CURCUMIN Theracurmin™ 300 mg

A breakthrough in curcumin absorption!

- One capsule is equal to 8,000 mg of regular curcumin powder
- More bioavailable than regular curcumin powder
- Supports the body's natural inflammatory response
- Supports joint health and function

It's not how much you take, it's how much you absorb!

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AÇAÍ BERRY

SORTING FACT FROM FICTION

Açaí (pronounced as “ah-sigh-ee”) may have hit the mainstream thanks to the Oprah Winfrey Show, but it was known to health-conscious Americans long before then. And for much longer than it’s been on vitamin store shelves here, it’s been a staple food and medicine in South America, where it grows in rain forests. So what has earned this “super food” such a devoted following?

FACT VS FICTION

This purple fruit tastes like a vibrant blend of berries and chocolate, but it’s not its flavor that has won it acclaim. It’s the purported health benefits that have it flying off shelves. And some of the claimed benefits that make it so popular do, in fact, have science behind them. Others are pure marketing propaganda. So how can you tell the difference?

The truth is that açai’s benefits are similar to those of other berries. Most of its health benefits are related to its flavonoid components though. What sets açai apart is that it has even more flavonoids and other antioxidants than blueberries, strawberries, cherries, grapes, and many other fruits.

ANTIOXIDANT EFFECTS

The most widely used method to determine the antioxidant content of food is the oxygen radical absorbance capacity score (ORAC). But these lab-based ratings don’t

AÇAÍ’S HEALTH BENEFITS

- Decreases oxidative stress
- Fights inflammation
- Increases plasma antioxidant capacity
- Improves endothelial function
- Combats metabolic syndrome
- Improves allergies
- Works against cancer

necessarily translate to antioxidant effects in the body. So while açai’s ORAC score is high (though it’s often exaggerated), it may or may not be more beneficial than other berries. What’s more, açai supplements vary considerably in terms of their ORAC value. That said, there is no question that high-quality, properly processed, freeze-dried açai berry powder has a very high ORAC value.

So, the big question is “What does açai’s ORAC value mean about antioxidant effects in the human body?” Fortunately, a few clinical studies clearly back up açai’s important antioxidant effects.

Chief among the antioxidant effects is the ability of açai berry pigments, known as anthocyanins and procyanidins, to protect the cells that line the blood vessels—the endothelial cells. Damage to these cells starts the process of atherosclerosis



(hardening of the arteries), and that ultimately leads to heart disease and strokes. Endothelial function also plays a role in inflammation, blood clotting, and blood flow. By improving endothelial cell health, açai may produce significant improvements in these and other functions. Açai appears to be very helpful in protecting endothelial cells from the damaging effects of high blood sugar levels, meaning it can be helpful in people with type 2 diabetes.

WEIGHT LOSS MIRACLE OR MYTH?

Perhaps the most controversial claim about açai is that it can help you shed pounds. Again, a dose of reality is helpful here. It's true that açai may be somewhat beneficial in some aspects of weight loss, but the claims have far exceeded the science. What is known is that an açai product was shown to modify some aspects of metabolic syndrome, a condition that puts people at increased risk of diabetes, heart disease, and cancer. About 60 million US adults have metabolic syndrome, and about 20 million have type 2 diabetes.

In a clinical trial, 10 overweight individuals with metabolic syndrome took 100 grams twice daily of a frozen puree

of açai pulp as a smoothie. In the 30-day study period, participants showed significant improvements in fasting glucose and insulin levels, as well as blood glucose levels, after a standardized meal. Improvements were also noted in cholesterol and triglyceride levels.

While more research is definitely needed, there is reason to believe that the intake of açai as well as other dietary sources of similar flavonoids (green tea, chocolate, etc.) does help to address some of the underlying issues of insulin resistance and may therefore be helpful for weight loss.

FINAL COMMENTS

As a supplement, açai is sold in capsules, extracts, and powders. There are no known safety issues with açai. Açai is definitely a super fruit, but so are apples, blueberries, cherries, and many more. That said, the addition of açai berry powder to smoothies, hot cocoa, yogurt, and other food and beverages is definitely a super way to increase the intake of health-promoting phytochemicals.

VITAMIN B₁₂ (COBALAMIN)

THE KEY TO SLEEP, BRAIN FUNCTION, AND BLOOD HEALTH

Since 1948, when it was isolated from a liver extract and identified as the nutritional factor that prevented pernicious anemia—a deadly type of anemia characterized by large, immature red blood cells, vitamin B₁₂ (cobalamin) has been recognized as an important nutrient. We now know it works with folic acid in many body processes, including the synthesis of DNA, red blood cells, and the insulation sheath (the myelin sheath) that surrounds nerve cells and speeds the conduction of the signals along nerve cells.

DEFICIENCY SIGNS AND SYMPTOMS

The result of vitamin B₁₂ deficiency is pernicious anemia, but even before it reaches that point, inadequate levels of B₁₂ can have health effects. It appears that a deficiency of vitamin B₁₂ will affect the brain and nervous system first before causing changes in the blood.

Vitamin B₁₂ deficiency can cause impaired nerve function and cause signs and symptoms such as numbness, pins and needles, or a burning feeling in the feet, as well as impaired mental function that in the elderly can mimic Alzheimer's disease.

AVAILABLE FORMS

Animal products, including meat, fish, shellfish, and liver, are the primary

dietary sources of B₁₂ for humans. As a vitamin supplement, vitamin B₁₂ is available in several forms. The most common is cyanocobalamin. In the body, however, vitamin B₁₂ is active in only two forms: methylcobalamin and adenosylcobalamin.

While methylcobalamin is active immediately upon absorption, the body must convert cyanocobalamin to either methylcobalamin or adenosylcobalamin by removing the cyanide molecule (the amount of cyanide produced in this process is extremely small) and adding either a methyl or adenosyl group.

Cyanocobalamin is not active in many experimental models compared to methylcobalamin. For example, in a model examining the ability of vitamin B₁₂ to extend life in mice with cancer, methylcobalamin and adenosylcobalamin led to significant increases in survival time, while cyanocobalamin had no effect.

Methylcobalamin has also produced better results in clinical trials than cyanocobalamin, so it's the form I recommend.

Methylcobalamin has been used to improve pernicious anemia, diabetic neuropathy, eye function, homocysteine levels, sleep-wake cycle disturbances, and advanced neurological disorders,



especially among the elderly. Methylcobalamin has shown remarkable ability to lower homocysteine levels in some patients. That fact highlights the need for methylcobalamin in order for the methylation pathways to function properly.

Clinical studies have shown methylcobalamin offers advantages over all other forms of B₁₂, including intramuscular injections. Methylcobalamin does not require intrinsic factor for absorption when given as a chewable or sublingual tablet. It dissolves quickly and is passively absorbed directly into the bloodstream in sufficient quantities even in patients with pernicious anemia or a history of gastric surgery.

SLEEP-WAKE DISORDER

Perhaps the benefit of methylcobalamin is made most obvious in a double-blind clinical study investigating the performance of methylcobalamin versus cyanocobalamin on sleep-wake cycles, well-being, alertness, and concentration. Morning methylcobalamin supplementation (3 mg) led to significantly improved sleep quality, increased feel-

ings of alertness, better concentration, and a feeling of waking up refreshed in the morning. On the other hand, these benefits were not observed in the cyanocobalamin group given the same dosage.

So it seems that methylcobalamin, but not cyanocobalamin, can be very effective in improving sleep-wake disorder. This disorder is characterized by excessive daytime sleepiness, restless nights, and frequent nighttime awakenings. It is very common in shift workers and the elderly. Taking 3 mg of methylcobalamin sublingually first thing in the morning can lead to improved sleep quality, increased daytime alertness and concentration, and improved mood in both in elderly and young people with sleep-wake disorder.

DOSAGE RANGES

Vitamin B₁₂ is necessary in only very small quantities. The recommended daily allowance (RDA) is 2.0 mcg. For oral vitamin B₁₂, the recommended dosage in deficiency states is 2,000 mcg daily for at least one month, followed by a daily intake of 1,000 mg. This is a suitable dosage for most other therapeutic uses of vitamin B₁₂, with the exception of sleep-wake cycle disorders where the dosage used has typically been 3,000 mcg first thing in the morning. For vegetarians, a daily dosage of 1,000 mcg per day is recommended to prevent deficiency. Stick with methylcobalamin, the active form of vitamin B₁₂, in sublingual tablets for best results.

HIGH CHOLESTEROL

REDUCE **CHOLESTEROL** NATURALLY

For decades we've been hearing about the importance of keeping cholesterol in check. But advice on how to do it isn't always clear. Let's take a look at what cholesterol is, how it affects heart health, and what we can do to control it.

WHAT IS CHOLESTEROL?

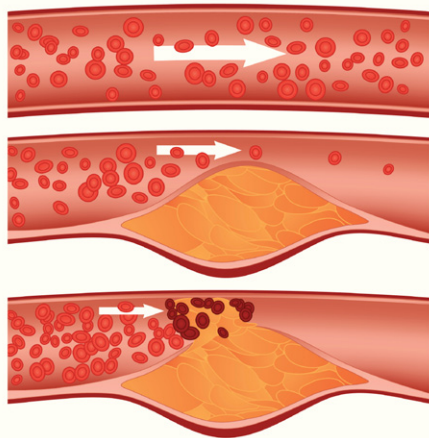
Cholesterol is a fatty substance that serves several vital roles in the body. A building block for various hormones and bile acids, it is instrumental in stabilizing cell membranes. Proper cholesterol levels are important to good health: The evidence overwhelmingly demonstrates

that elevated blood cholesterol levels greatly increase the risk of death due to heart disease.

In recent years you've probably noticed that your doctor talks about "lipoproteins" when discussing your cholesterol levels. Lipoproteins are substances that transport cholesterol in the blood. The major categories of lipoproteins are very low-density lipoprotein (VLDL), low-density lipoprotein (LDL), and high-density lipoprotein (HDL). VLDL and LDL are responsible for transporting fats (primarily triglycerides and cholesterol) from the liver to body cells. High levels of either VLDL or LDL are linked to a higher risk of atherosclerosis, the primary cause of heart attack and stroke. HDL, on the other hand, is responsible for returning fats to the liver. High levels of HDL actually correlate with a lower risk of heart attack.

MAGIC NUMBERS

Experts recommend keeping total blood cholesterol levels under 200 mg/dl. LDL should be less than 130 mg/dl, and HDL should be greater than 35 mg/dl. Triglycerides should be less than 150 mg/dl. For every 1 percent drop in LDL levels, there's a 2 percent drop in the risk of heart attack. By the same token, for every 1 percent



High levels of either VLDL or LDL are linked to a higher risk of atherosclerosis, the primary cause of heart attack and stroke.



increase in HDL, the risk of heart attack drops 3 to 4 percent.

The ratio of your total cholesterol to HDL and the ratio of LDL to HDL are clues that indicate whether cholesterol is being deposited into tissues or is being broken down and excreted. The ratio of total cholesterol to HDL should be no higher than 4.2, and the LDL-to-HDL ratio should be no higher than 2.5.

DIETARY CHANGES

Certain dietary considerations can help lower cholesterol. Here are a few simple ones:

- Eat less saturated fat and cholesterol by reducing or eliminating the animal products from your diet.
- Increase your consumption of fiber-rich plant foods (fruits, vegetables, grains, legumes, and raw nuts and seeds).

- Eat cholesterol-lowering vegetables, including celery, beets, eggplant, garlic, onion, peppers, and root vegetables.

Diets rich in legumes, including peanuts, can lower cholesterol levels, and some studies have shown soy protein to lower total cholesterol levels by 30 percent. What's more, it lowers LDL levels by as much as 35 to 40 percent. Nuts and seeds, particularly almonds and walnuts, are also quite useful in fighting heart disease. They lower cholesterol through their fiber, monounsaturated oil, and essential fatty acid content. Hazelnuts are a good source of copper, a key component of the antioxidant enzyme superoxide dismutase, which disarms free radicals that would otherwise damage cholesterol and other lipids. Ground flax seed lowers two cholesterol-carrying molecules, apolipoprotein A-1 and apolipoprotein B.

HIGH CHOLESTEROL

HEART-HEALTHY SUPPLEMENTS

A number of cholesterol-lowering natural products have science behind them. Here are three with excellent evidence for helping keep cholesterol levels in check:

SYTRINOL. This special extract of citrus peel is standardized to contain greater than 30 percent of special flavonoids known as polymethoxylated flavones. Sytrinol is effective in dealing with high cholesterol, high LDL cholesterol, and high tri-

(continued on page 20)



WHAT ABOUT FISH OILS?

It is a common misconception that fish oils reduce heart disease risk by lowering cholesterol levels. The truth is that they exert no significant effect on cholesterol levels (or blood pressure). They do, however, have other effects that reduce the risk for heart disease and stroke. For example, fish oils lower triglycerides—another fatty substance in the blood linked to heart disease.

The effects of fish oils on lowering triglyceride levels can be astounding. It is not uncommon for individuals with triglycerides in the 500 to 600 mg/dl range to achieve the normal levels below 150 mg/dl after four weeks of supplementing with 3,000 mg daily of a combination of EPA+DHA from fish oils.

Fish oils also improve blood flow and reduce excessive stickiness of blood platelets. Once platelets adhere to each other, they release potent compounds that promote atherosclerotic plaque. Or they can form a clot that can get stuck in small arteries and produce a heart attack or stroke. What determines the stickiness of platelets is largely the type of fats in the diet. While saturated fats and cholesterol increase platelet aggregation, omega-3 oils have the opposite effect.

For general heart health, the recommended dosage level for a fish oil supplement is 1,000 mg of EPA+DHA daily. In people with existing cardiovascular disease or high triglyceride levels, that goes up to 3,000 mg daily.

see a **30%**
Improvement in
Cholesterol in just
30 days!

**With Just one capsule
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Sytrinol®
Healthy Heart

Sytrinol provides both antioxidant
and anti-inflammatory benefits.
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HIGH CHOLESTEROL

glyceride levels. This formula also fights inflammation, a risk factor for heart attack. It works by blocking the enzymes in the liver responsible for manufacturing cholesterol and producing triglycerides. The polymethoxylated flavones in the extract have been shown to decrease the production of apolipoprotein B, a structural protein the body needs to synthesize LDL cholesterol. Clinical results have shown that this extract exerts effects very similar to statin drugs, but without side effects. In fact, it has been shown to lower total cholesterol levels up to 30 percent, LDL cholesterol levels up to 27 percent, and triglyceride levels up to 34 percent within four to 12 weeks of use. For best results, the recommended dosage is 150 mg of Sytrinol twice daily.

NIACIN (VITAMIN B₃). Niacin is the best-researched natural cholesterol-lowering agent. Consider this: Several studies have shown niacin to produce better overall results than the statin cholesterol-lowering drugs. Niacin typically lowers total cholesterol by 18 percent, LDL by 23 percent, and triglycerides by 20 percent. At the same time, it raises HDL levels by 31 percent. Niacin is available as a prescription agent. In fact, sales of the prescription form are approximately \$1 billion per year in the United States.

The prescription form of niacin is a timed-released to prevent the skin flushing that occurs when taking regular forms. Similar preparations are available as dietary



supplements. The best choices release the niacin steadily over six to eight hours (intermediate-release forms). In general, niacin taken at night (1,000–2,000 mg/night) reduces total cholesterol by 50 to 75 mg/dl within the first two months.

GARLIC. This popular food is also effective at lowering cholesterol. Studies demonstrate that garlic supplements can lower total cholesterol by about 10 to 12 percent, lower LDL by 12 to 15 percent, and raise HDL levels by 10 to 12 percent. Based on a great deal of clinical research, garlic products should provide at least 4,000 mcg of allicin potential daily. Allicin is the active ingredient in garlic.

BE PATIENT

Cholesterol levels don't change overnight. It takes some time. After incorporating the dietary, lifestyle, and supplement strategies recommended here, you should notice an improvement in your numbers in about four to six weeks, though it may take months to see the full benefit.

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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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POSITIVITY

6 SECRETS TO HAPPINESS

You know those people who seem to be relentlessly positive, always making lemonade out of whatever bitter fruits life serves them? Do you ever wish you could be more like those people? Here's some good news: You can. Positivity isn't an inborn trait; it's a choice. And it's not that hard to cultivate, if you know how. Here are some steps you can take to turn your negative feelings around and to finally see the silver lining all those positive people keep pointing out.

STEP 1 BECOME AN OPTIMIST

The first step in developing a positive mental attitude is to become more optimistic. Fortunately, we are, by nature, optimists. Optimism is a vital component of good health and an ally in the healing process. Focus on the positives even in challenging situations. What distinguishes an optimist from a pessimist is the way in which they explain both good and bad events.

STEP 2 PAY ATTENTION TO SELF-TALK

We all talk to ourselves. A dialogue takes place constantly in our minds. Our self-talk makes an impression on our

subconscious mind. In order to develop or maintain a positive mental attitude, you must guard against negative self-talk. Start paying attention to your self-talk, and then consciously work to imprint positive self-talk on the subconscious mind. Two powerful tools for creating positive self-talk are questions and affirmations (see Steps 3 and 4).

STEP 3 ASK BETTER QUESTIONS

One of the most powerful tools in improving the quality of our self-talk, and hence our quality of life, is a series of questions originally given to me by Anthony Robbins, author of the bestsellers *Unlimited Power* and *Awaken the Giant Within*. According to Tony, the quality of your life is equal to the quality of the questions you habitually ask yourself.

If you want to have a better life, you need to ask better questions. If it sounds simple, that's because it is. If you want more energy, excitement, and/or happiness in your life, simply ask yourself the following questions on a consistent basis.

- What am I most happy about in my life right now?
- What am I most excited about in my life right now?



- What am I most grateful for in my life right now?
- What am I enjoying most about my life right now?
- What am I committed to in my life right now?
- Whom do I love, who loves me, and how does that make me feel?

STEP 4 USE POSITIVE AFFIRMATIONS

An affirmation is a statement with some emotional intensity behind it. Positive affirmations can make imprints on the subconscious mind to create a healthy, positive self-image. In addition, affirmations can actually fuel the changes you desire.

Here are some very simple guidelines for creating your own affirmations:

- Always phrase an affirmation in the present tense. Imagine that it has already come to pass.
- Always phrase the affirmation as a positive statement, avoiding the words *no* and *never*.
- Do your best to totally associate with the positive feelings that are generated by the affirmation.
- Keep the affirmation short and simple, but full of feeling. Be creative.
- Imagine yourself really experiencing what you are affirming.
- Make the affirmation personal to you and full of meaning.

POSITIVITY

Using these guidelines and examples, write down five affirmations that apply to you. Say them aloud throughout your day.

STEP 5 SET POSITIVE GOALS

Learning to set goals builds a positive attitude and raises self-esteem. Achieving goals helps you feel better about yourself, and the better you feel about yourself, the more likely you are to achieve your goals. Here are some guidelines to use when setting goals:

- **State the goal in positive terms.**

Keep negative words out of your goal statement. For example it is better to say, “I enjoy eating healthy, low-calorie, nutritious foods,” than “I will not eat sugar, candy, ice cream, and other fattening foods.”

- **Make your goal attainable and realistic.**

Goals can create a success cycle and positive self-image. Little things add up to make a major difference in the way you feel about yourself.

- **Be specific.**

The more clearly your goal is defined, the more likely you are to reach it. For example, if you want to lose weight, use specific numbers—weight, body fat percentage, or measurements.

- **State the goal in the present tense.**

In order to reach your goal, you have to believe you have already attained it. You must literally program yourself to achieve the goal. See and feel yourself having already achieved the goal, and success will be yours.



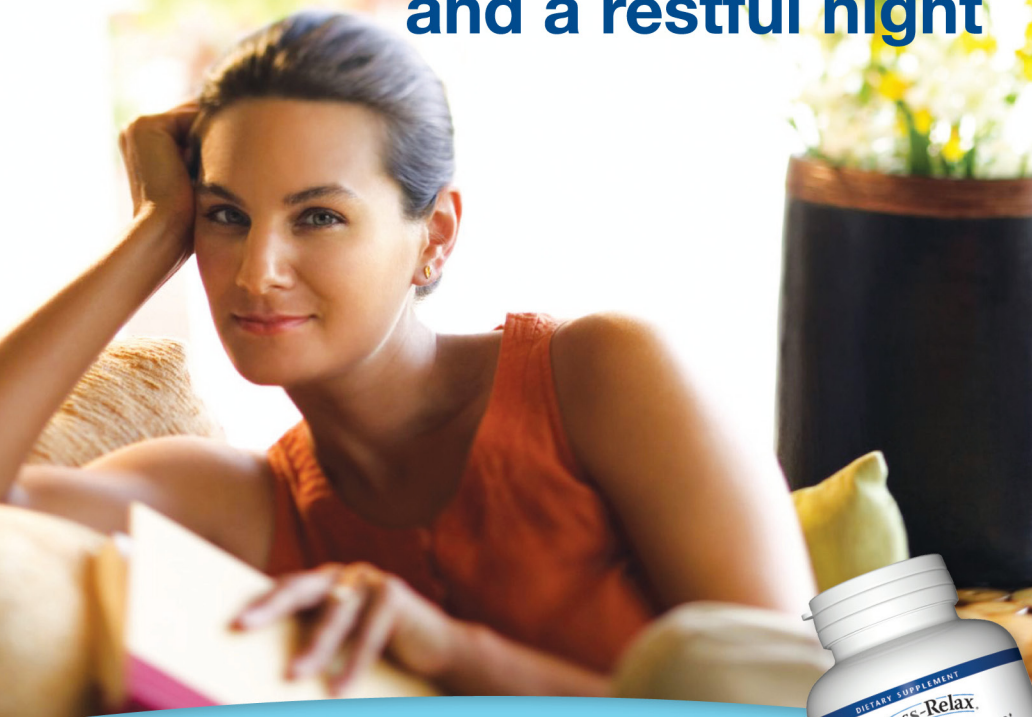
- **Start small.** Set short-term goals that can be used to help you achieve your long-term goals. Get into the habit of asking yourself each morning, “What must I do today to achieve my long-term goal?”

STEP 6 VISUALIZE POSITIVITY

Positive visualization or imagery is another powerful tool in creating health, happiness, and success. Many believe that we have to be able to see our lives the way we want them to be before we can change them. When working toward better health, you must picture yourself in ideal health. Some of the most promising research on the power of visualization involves enhancing the immune system in the treatment of cancer. Be creative and have fun with positive visualizations, and you will soon find yourself living your dreams.

The truth is, it is our dreams that propel us as we roll through this life. They are powerful and inspirational. The famous author Anatole France was onto something when he said, “Existence would be intolerable if we were never to dream.”

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STRESSED OUT **ABOUT STRESS?**

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 I have a very stressful job and I'm worried about the toll that stress is taking on my health. What can I do to better cope?

A So often we think of stress as a negative in our lives, but it actually can be a good thing. Dr. Hans Selye, a Canadian researcher and father of modern stress research, developed valuable insights into the role of stress in our lives. According to Selye, stress in itself should not be viewed negatively. It is not the stressor that determines the response; instead it is the individual's internal reaction that triggers the response. The

key is to prepare your system—through lifestyle and certain supplements—so it can handle the stress.

From a lifestyle perspective, it's important to be physically active and get a good night's sleep. If you need extra help getting to sleep (common with stress), I recommend Tranquil Sleep—a special combination of L-theanine, melatonin, and 5-HTP. When you need an immediate “stress buster,” try PharmaGABA. To help rebound from chronic stress, try Serenity Formula, an herbal formulation that features Sensoril, a special extract of *Withania somnifera* (ashwaganda).



Q Is there anything I can do for my dry hair and brittle nails?

A Nutrition plays a key role in the health of our hair. Although all the B vitamins are important for healthy hair, biotin stands out. Biotin deficiency is characterized by hair loss, change in hair color, and damaged skin. Recent human studies have shown that biotin supplementation (2,500 mcg per day) can produce a 25 percent increase in the thickness of the nail plate in patients diagnosed with brittle nails. BioSil, a highly bioavailable form of silica, at a dosage of 10 mg per day has also been shown to be very effective in strengthening brittle nails.

Q I've heard conflicting recommendations about taking a multiple vitamin and mineral formula. What do you recommend?

A While a health-promoting diet is an essential component of good health, so too is proper nutritional supplementation. Some experts think it's theoretically possible to meet nutritional needs through diet alone, but the reality is that most Americans do not. The US government recently has sponsored a number of comprehensive studies to determine the nutritional status of the population. These studies have revealed that marginal nutrient deficiencies exist in an approximately 50 percent of Americans. In fact, more than 80 percent of certain age groups consumed less than



the recommended dietary allowance (RDA) of some selected nutrients.

These studies indicate the chance of consuming a diet that meets the RDA for all nutrients is extremely unlikely for most Americans. In an effort to increase their intake of essential nutrients, more than 70 percent of Americans now regularly take vitamin or mineral supplements. It seems that taking vitamin and mineral supplements has become a way of life for most Americans. Sixty-seven percent of supplement users take only one supplement, with the majority of them taking a multiple vitamin and mineral product (46 percent). Unfortunately, most people taking a multiple vitamin and mineral formulas are still not getting what they really need because they are being misled into thinking that a “one-a-day” type multiple is meeting all their needs for optimum nutrition.

On the other hand, a high-quality, high-potency multiple vitamin and mineral supplement—one that provides optimal levels of both vitamins and minerals—can ensure you're getting all the nutrients you need and aren't able to get through diet alone.



SPICE UP YOUR DIET FOR BETTER HEALTH!

By Lise Alschuler, ND, FABNO

Not all health changes need to feel like sacrifice. In fact, one of the most powerful eating habits we can develop is adding more flavor—not taking anything away. Using more herbs and spices in our cooking not only excites our taste buds, but also delivers potent messages to our cells.

Spices aren't just sources of flavor. They're also concentrated sources of polyphenols—diverse and varied

compounds in plants that have potent effects on the body. Polyphenols can arrest blood supply to growing tumors, cause malignant cells to undergo suicide (a process called apoptosis), and slow down unregulated cell growth. Polyphenols also exert strong anti-inflammatory actions, stimulate cytotoxic and innate immunity (critical cancer-fighting immunity), restore optimal hormone sensitivity, and



reduce blood levels of glucose (sugar) and associated insulin. Polyphenols are a big reason that a diet full of vegetables and fruits is so important to optimizing our health and vitality.

When it comes to your diet, do whatever you can to spice it up. Add spices to as many meals as you can. Here are just a few examples of how you can capitalize on flavor and potent health benefits:

- Add cinnamon to your morning coffee or tea to help stabilize blood sugar.
- Add cinnamon, nutmeg, cardamom, and/or allspice to your morning oatmeal, yogurt, or smoothie. These spices will add an antioxidant punch to your breakfast.
- Curry up! Curry contains many health-promoting spices, including turmeric, coriander, cumin, pepper, and ginger. All of these spices are powerful cancer-fighters and specifically work to turn off the master switch of inflammation. That's important, since we know chronic inflammation is linked to many health concerns.
- Marinate meat in olive oil with rosemary, sage, thyme, coriander, and garlic. You'll end up with a restaurant-quality meal, while also cutting the amount of cancer-causing heterocyclic amines generated by cooking meat.
- Empty your salt shaker and fill it with a mixture of spices you like. Sprinkle this spice mixture on the food you would normally salt—meats, casseroles,



beans, grains, salad, and so forth. Let your imagination soar. Some spice suggestions: black pepper, cayenne pepper (if you like it hot!), celery seed, parsley, basil, marjoram, oregano, thyme, rosemary, cumin, mustard, and coriander. If you want to add a little salt to the mixture, use unrefined sea salt.

Enjoy your spiced up diet and know that with each bite, you are transforming your internal landscape away from illness and toward greater health.

Dr. Lise Alschuler is a naturopathic physician specializing in cancer prevention and treatment. She is in private practice and is coauthor of two books on the topic of cancer. Dr. Alschuler co-hosts a popular Internet radio show on the Cancer Support Network. For more information, visit FivetoThrivePlan.com.

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