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**Natural Hormone Replacement
for Men & Women**

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WINTER 2020 NEWSLETTER



HEART DISEASE. LET'S PREVENT IT

Heart

No one wants heart disease. How do you know if all your good efforts in diet, exercise and supplements are really working to keep those arteries in the heart clean and healthy? In this issue of the newsletter, I would like to address new and exciting tests which can be done to “monitor” the state of your arteries. In this case, prevention is important; let’s see what can be done to know if you have lowered your risk.

Blood Tests

A simple blood test can tell so much. If cholesterol is high, it can be changed by a variety of factors; diet, exercise, hormones, supplements, and medications. If one way does not work, another is usually available. Most people know that high cholesterol is trouble. Most also understand that there are different types of cholesterol transport systems, like HDL and LDL. HDL, also called “good cholesterol” cleans out arteries like a garbage truck. It takes away junk and keeps the arteries clean. Men tend to have lower HDL’s than women. Exercise, fish oil and niacin are good at raising the HDL; essentially the higher the better. LDL, on the other hand, transports cholesterol out to various places in the body. But if it is too high, it can build plaque in the arteries, and is therefore a risk factor. Decreasing carbs in the diet can help with mildly elevated LDL. Also capable of decreasing LDL are steel cut oats, almonds, tea, and high fiber foods.

Blood sugar problems can be an underlying cause of high cholesterol. That is why it is so important to watch for “insulin insensitivity”.

(continued on the next page..)

HEART DISEASE. LET'S PREVENT IT

Again, a simple fasting blood sugar test and hemoglobin A1c, will give tons of information on how the body is handling sugar. Many people are not aware that triglycerides can cause clogged up arteries. They are fats. Too many fatty particles leads to thick blood, making the transport of oxygen to hungry tissues difficult. Inflammation is usually a trigger to start plaque to form in arteries, especially in women. A simple test for C reactive protein measures the level of inflammation. Coronary calcium CT is a simple series of X-rays of the heart. It can identify hard plaque which is calcified and shows up on an X-ray.

Carotid intima media thickness measurement shows how thick plaque in the arteries is. It is a noninvasive measurement of arteries in the neck. The cool thing about this test is that because it measures where plaque forms, it can change. Regression of plaque can be measured or increases. It is frequently used in research to determine the effectiveness of certain therapies. It can be repeated in 6 months without doing the body any harm from radiation.

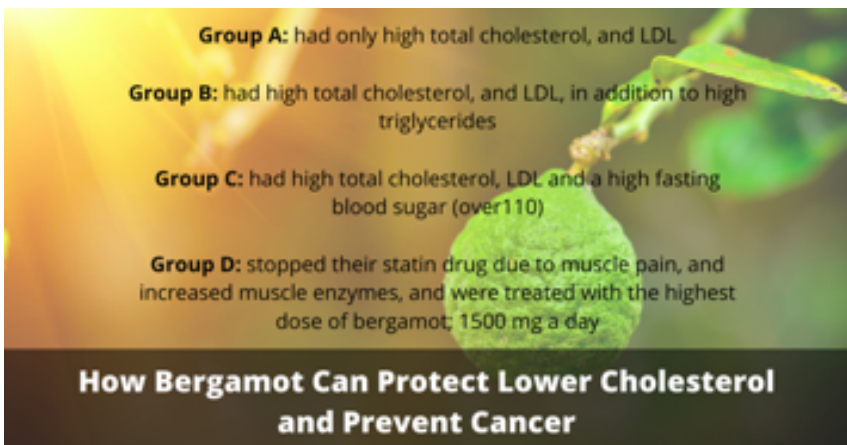
The best substance I know to lower inflammation without harm to the stomach and intestines is curcumin, which is quite effective. Coronary calcium CT is a simple series of X-rays of the heart. It can identify hard plaque which is calcified and shows up on an X-ray.



BERGAMOT THE WONDER FRUIT

Hail, Italy! It has provided us with another health-giving plant! Bergamot is the citrus fruit from the Calabrian region of southern Italy. You may be familiar with the extract of bergamot, which is used to flavor Earl Grey tea. The big news is that bergamot contains lots of plant chemicals (called flavonoids); some of which are contained in other citrus fruits, such as grapefruit. But bergamot has a different composition and a much higher quantity. Some of these have already been studied in animal models, and found helpful in preventing the formation of plaque in atherosclerosis (naringin; present in grapefruit). Neohesperidin and rutin have been found to inhibit LDL oxidation. (In other words, it is bad enough to have high LDL, but if it is oxidized, it becomes toxic, and a plaque-builder.) Two other flavonoids, (melitidine and brutieridine) act in much the same way that a statin does, to reduce cholesterol, by inhibiting HMG-CoA reductase.

A recent study looked at the effects of bergamot in human beings (what a concept!) Perhaps rats aren't the only creatures that deserve clean arteries! Although the study was small, the results were significant. There were four groups of patients enrolled in this study. They are as follows:



Group A: had only high total cholesterol, and LDL

Group B: had high total cholesterol, and LDL, in addition to high triglycerides

Group C: had high total cholesterol, LDL and a high fasting blood sugar (over 110)

Group D: stopped their statin drug due to muscle pain, and increased muscle enzymes, and were treated with the highest dose of bergamot; 1500 mg a day

How Bergamot Can Protect Lower Cholesterol and Prevent Cancer

BERGAMOT THE WONDER FRUIT



Groups A, B, and C were treated with 500, 1000mg or a placebo. Group C showed the biggest response to the bergamot. A reduction in total cholesterol from 278 to 199; a decrease in LDL from 188 to 126; a reduction in triglycerides from 267 to 158 and a reduction in fasting blood sugar of 18-22 %. Group D decreased their cholesterol 25% and decreased their LDL 27%. Groups A, B and C generally showed a decrease of approximately 20-30% in total cholesterol, 34-40 % drop in LDL and here is the kicker; an increase from 17 to 40% in HDL.

Remember that HDL is like a garbage truck; it picks up garbage from your arteries and can actually decrease already-formed plaque. The higher the better. Statin drugs, with the exception of crestor, do not really increase HDL appreciably. Since this study was small, of course, more need to be done, but the results are as good as the ones seen in rat studies. This is a natural substance, which may be very effective, with the only noted side effect of mild stomach upset at higher doses. For those who cannot tolerate statins due to the muscle aches, or simply do not want to take it, bergamot may be worth a try.

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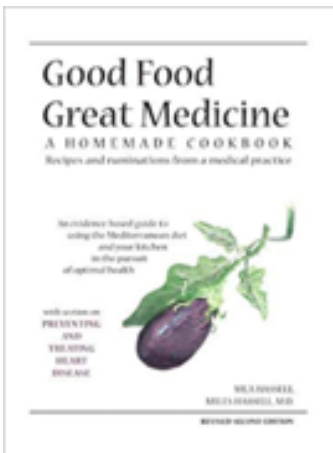
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CURRENTLY LOVING

COOKBOOK EDITION

I highly recommend the book, *Good Food, Great Medicine* by Miles Hassell, M.D. He is an internal medicine doctor who enthusiastically supports eating whole foods, and the Mediterranean diet. In his practice, he uses these concepts to treat disease. His book contains many common sense and some not common sense ideas and support for a diet that decreases heart disease, diabetes, and aging in general. It also contains a substantial amount of recipes and suggestions on easy ways to convert your food intake to foods that enhance your health with every bite! Dr. Hassell's humor, passion and exuberance for "the right thing to do" for your body, will make the conversion from an okay diet to an optimum diet a snap.



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IS YOUR STOMACH HUNGRY FOR ACID?

Are your stomach contents coming up your throat? This is a very uncomfortable feeling and is unfortunately very common. The usual medical treatment for this is an acid suppressor. If the stomach contents then come into the esophagus, they will not cause burning or irritation that can lead to damage to the esophagus.

But let's look at the long-term effect of suppressing stomach acid. Acid is normal in the stomach to start the digestion of protein. Without acid, protein digestion is impaired. Also, the acidity of the stomach stimulates the alkaline pancreatic secretions, which digest carbohydrates. So digestion of carbohydrates is impaired as well. Calcium absorption is hindered, as well as B12. If that is not enough, the prescriptions that suppress acid production have been found in a recent study to increase the risk of dementia 44% for long term use! Back to the stomach. How can we heal it so that reflux of stomach contents does not occur?

There is a valve-like structure between the esophagus and stomach is called the lower esophageal sphincter. Its job is to stop reflux by clamping down when we eat. It becomes lazy if our stomach acid decreases and as we age. To get it working again, often we NEED MORE acid in our stomach, not less. Getting the "LES" to work again may require going a little slowly, for instance, acid production can be supported by sipping lemon juice or vinegar and water with meals. Of course, do not lie down after meals.

As the stomach becomes used to having a little more acid, it will be able to tolerate and may actually require a stomach acid pill, hydrochloric acid. Often, this will help in digestion, absorption and gut function, such as resolving constipation. Not all folks need the acid treatment, but many of the people taking acid-suppressive drugs could be improved with the addition of acid. To be safe, please consult with us if you are a patient here or a health care professional knowledgeable in nutritional therapy, prior to starting this treatment.



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