

## INSIDE THIS ISSUE

Issue 1 June

### The Path Toward Diabetes

What lifelong habits cause diabetes?

**Page 3**

### Weight Maintenance Habit

A nighttime habit for healthy metabolism

**Page 4**

### Jeff's Success Story

A firefighter's struggle to lose weight


**Page 5**

### Four Brain Tips

Start strengthening your brain today!

**Page 8**

# Ladies, Big Pharma Is Keeping These Ancient Virility Secrets From Your Man!



When it comes to declining testosterone levels, the medical-industrial complex likes to sell men on the idea that, without their care, they would be lost in a world of declining strength and sexual performance.

**Every year, Big Pharma spends billions of dollars on advertising to keep their industry afloat—publicizing the idea that they really care about men's health and well-being.** And you know what? Their strategy is working.

When we look specifically at the ever-growing marketing campaigns for low testosterone, we see a disturbing connection between advertising and over-diagnosis. A recent study has just concluded that the more a man sees ads that ridicule his “**manliness**” and sexual prowess, the more likely he is to ask his doctor about getting a prescription for testosterone therapy.<sup>1</sup> While low testosterone is certainly a growing health concern for men, prescription pills don't solve problems.

**Several studies have shown that men's testosterone levels have dropped over the course of the last century.** In 2006, a study showed that testosterone levels were 15% lower than they were in 1987. In a re-analysis the following year, this decline in total testosterone had increased to 17%.<sup>2</sup>

*Continued on page 2*

## Cover Story Continued

One of the more recent studies from 2013 found an overall 19% decline.<sup>3</sup> Still another study found that men born in the 1970s had lower testosterone levels at the same age compared to men born in previous decades, even going as far back as the 1910s.<sup>4</sup>

Indeed, testosterone levels have changed through the years as our diets, our lifestyles, and our medicine changed. **The medical industry has done an excellent job of setting itself up as society's savior—just as men's health has been on a steady decline. Why? Because healthy people don't need medicine—sick people do.**

Back before all of our supposed medical advances, men looked elsewhere if they were feeling a little down about their virility. **There were no little blue pills or testosterone treatment centers;** there were only natural ingredients that had been proven to work for several millennia.

You may have never heard of shilajit or ashwagandha, but I guarantee that once you learn a little bit more about them, you'll wonder why we call modern medicine **"traditional," yet refer to deride natural medicine as "alternative."**

**For over 2,000 years, people in India, the Middle East, and parts of Northern Africa have used the ashwagandha herb to treat everything from a healthy immune system to an upset stomach.** Also known as Indian ginseng, ashwagandha got its name from Sanskrit, meaning "the smell of a horse." **Now, what's important**

**about the name, isn't what it literally means, but how it was traditionally meant.**

To better put it in context, rather than the literal scent of a horse, this powerful herb was known to give men the strength and virility of a horse.

Shilajit, a mineral-rich substance harvested in the early months of summer, out of the mountain rocks of India, Afghanistan, Nepal, Bhutan, Pakistan, China, Tibet, and Russia has had a similar reputation over the past 3,000 years.

Men who consumed this substance were known to gain **"rock-hard"** strength, increased libido, and to have fewer problems with sexual performance.

Along with a healthy diet and consistent exercise routine, herbs and minerals like ashwagandha and shilajit are certain to make any man's sexual energy comparable to that of a 25-year-old. **All of that without any of the dangers associated with Testosterone Replacement Therapy** or the side effects of those prescription pills? It's no wonder

Shilajit, a mineral-rich substance harvested out of mountain rocks, has been shown to boost libido and testosterone levels in men.



that pharmaceutical companies want to keep this information out of the public eye, or make it sound like New Age mumbo jumbo.

The truth is that these nutrients were working long before labs started creating a witch's brew of chemical concoctions, and they still work today.

<sup>1</sup> Layton, J. Bradley, Yoonsang Kim, G. Caleb Alexander, and Sherry L. Emery. "Association Between Direct-to-Consumer Advertising and Testosterone Testing and Initiation in the United States, 2009-2013." JAMA 317, no. 11 (March 21, 2017): 1159-66. doi:10.1001/jama.2016.21041.

<sup>2</sup> Ibid.

<sup>3</sup> Mazur, Allan, Ronny Westerman, and Ulrich Mueller. "Is rising obesity causing a secular (age-independent) decline in testosterone among American men?" PLoS One 8, no. 10 (2013): e76178.

<sup>4</sup> Perheentupa, Antti, Juuso Mäkinen, Tiina Laatikainen, Matti Vierula, Niels Erik Skakkebaek, Anna-Maria Andersson, and Jorma Toppari. "A cohort effect on serum testosterone levels in Finnish men." European Journal of Endocrinology 168, no. 2 (2013): 227-233.



# The Path Towards Diabetes: Part 1

by Dr. Marlene Merritt

Becoming a type 2 diabetic is not a coincidental occurrence. **Most people go through the stages we will discuss below, but as traditional MD's are not trained to catch it in the earlier stages, it generally goes unnoticed.** As you read, you may recognize some patterns that could help pinpoint when these stages may have occurred for you:

**STAGE 1** **A lot of patterns start in your childhood, adolescence, and your 20's.** Maybe you grew up with these foods given to you all the time:

- Cookies and milk
- Desserts
- Sodas

Perhaps during your high school years you binged on candy at the corner store, or bought fast food items for your lunch. Or, maybe when you went to college or started living on your own, you ate sugar cereal for breakfast (*or lunch, or dinner!*) and drank soda because... well, it was there.

To some degree, during this phase of your life, you probably just ate what people around you ate. For most people, this is usually when it all started. And like them, you probably never noticed any symptoms, though some may begin gaining weight.

**STAGE 2** **As you entered your 30's, your pants may have begun feeling tighter, and you may have noticed that you were getting tired more easily than you used to.** You could have experienced ups and downs with your energy, noticing that you felt better after you had something to eat. Did you notice sugar cravings a lot more often? How about insomnia issues? If you're a woman, your periods may have become problematic.

**STAGE 3** **In your 40's and 50's—that's when everything starts to get real.** You officially have an expanding waistline, which many will blame on menopause or middle age. You're tired. A LOT. You wake up at night, you sleep too lightly, and you have a hard time getting out of bed in the morning.

If your doctor knows about nutrition (*most don't, but there are some exceptions out there*), this is when they might start discussing sugar intake with you, but it'll be a vague sort of suggestion like, **"eat less sugar,"** which you probably already know. You try to do that, but the sugar cravings just overcome you, and you can't stay on the wagon. This is when your doctor might also mention the words **"pre-diabetic."**

**STAGE 4** **You've reached your 60's and older, and might be totally resigned to what's what's happening to your body at this point.** You're overweight; the doctor mentions that you could reverse your hypertension by losing weight, but you are pretty sure you've tried everything, and nothing has worked. Your sleep has either never improved, or has gotten worse. You might be on a C-Pap machine (*or you should be*).

**Your energy is in the toilet—you want to play with your grandkids, but they wear you out.** In fact, everything wears you out. You may deal with a cancer diagnosis, or have the responsibility of caring for an aging parent. And don't be surprised by a fear of dementia if you notice that you're not feeling quite as sharp as you used to be—your mortality is starting to stare you in the face.

**In our next issue, Part 2 will answer these questions about the real causes behind the diabetes epidemic:**

- How could this have happened?
- How did our society become so addicted to sugar?
- How did you become the victim?



## Meet Dr. Marlene Merritt

Author of *Smart Blood Sugar*, Dr. Marlene Merritt has a Masters in Nutrition, and practices as a licensed healthcare provider in her clinic in Austin, TX, showing patients how to turn around their health using some common sense and nutrition.

She specializes in educating patients and other healthcare practitioners on how to deal with the root causes of disease, instead of just treating the symptoms, and getting people back on track to vibrant health at any age.



**Dr. Marlene Merritt,**  
DOM, MS Nutrition

# One Nighttime Practice to Keep Your Weight in Check

When it comes to packing on the pounds, most of us know exactly what we have to do...

**Eat smarter. Eat less. And exercise more. Simple, right?**

Then, why does the Centers for Disease Control and Prevention report that 69% of Americans are overweight or obese?<sup>1</sup>

**A growing body of research suggests that sleep—of all things—may also be closely tied to obesity.**

And researchers are eyeballing this new discovery as a leverage point to tackling a problem that has everyone in the health field concerned.

In a country hooked on getting things done, it's not unusual to burn the midnight oil or get up a little early and hit the ground running.

In 1998, as last century came to a close, about **35% of adult Americans were logging the prescribed 8 hours of sleep**, but by 2005, the National Sleep Foundation reported that number dropped to 26%.<sup>2</sup>

Perhaps the most revealing study concerning links between sleep and obesity is the Nurses' Health

Study, in which **researchers observed 68,000 women over the course of 16 years**, tracking a wide range of variables—from their sleep habits, to their diet, to their body weight, and more.<sup>3</sup>

In the beginning of this study, none of the subjects were obese. However, after 16 years, the study orchestrators noticed that women who got less than 5 hours of sleep at night were 15% more likely to be obese and were 30% more likely to have put on 30 pounds or more.

**Sleep is a time when your body releases several important hormones to regulate your metabolism and blood sugar.**

Being sleep deprived suppresses these hormones and makes your body more susceptible to weight gain and other health issues.

The best thing you can do to start getting better sleep is to stop drinking caffeine after 2 p.m., **establish a consistent sleep time to keep your body clock trained, and avoid computer, television, and any other screens before bed.**

Doing these simple things will prepare your body for restful, restorative sleep and help with keeping your weight in check.



**You've Got Questions, We've Got Answers**

**Q:** Should I stop taking my medications once I start using supplements?

**A:** You should always keep an open dialogue with your healthcare professional about how you use your medication. We do not recommend making any changes regarding your prescribed medications before speaking with your doctor.

**Q:** Can I take supplements with my medications?

**A:** There is a chance that certain supplements could interact with your medication. That is why it is always important to speak with your health care professional before taking dietary supplements.

**Q:** How long should I take supplements before I can see results?

**A:** It depends on the product. Some of Primal Labs' products are formulated to produce noticeable results within one to seven days. Others may take 30 to 60 days before you see any noticeable results. With any of our products, your best results will be seen with long-term, daily use.

**We Want to Hear From You!**



Would you like to share your story in next month's newsletter?

Do you have a question for one of our doctors?

**Let us know!**

Contact [editor@primallabs.com](mailto:editor@primallabs.com), and we will be in touch with you soon.

<sup>1</sup>Centers for Disease Control and Prevention. "Obesity and Overweight." Accessed April 20, 2017. <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>.

<sup>2</sup>National Sleep Foundation. "2005 Adult Sleep Habits and Styles." Accessed April 20, 2017. <https://sleepfoundation.org/sleep-polls-data/sleep-in-america-poll/2005-adult-sleep-habits-and-styles>.

<sup>3</sup>Patel, Sanjay R., Atul Malhotra, David P. White, Daniel J. Gottlieb, and Frank B. Hu. "Association between Reduced Sleep and Weight Gain in Women." *American Journal of Epidemiology* 164, no. 10 (November 15, 2006): 947–54. doi:10.1093/aje/kwj280.

# Firefighter Loses 23 Pounds in Less Than 60 Days Despite Challenges

by Jayson Hunter

Many of you will face challenges as you go through any weight loss program. Let me tell you about the struggles of one man I have been working with and how he overcame them.

Meet Jeff. When Jeff started working with me using the program I created, *The Metabolic Fix: A 3-Phase System for Repairing a Broken Metabolism and Healing Sick Fat Cells*, he tried his best to be committed.



Jeff on the job

**Phase 1** of the program asked Jeff to decrease his carb intake to 60 grams per day for 28 days. **Phase 2**, the Carb-Cycling phase, had him switching up his daily carb intake between high-, medium-, and low-carb days for 30 days. The Lifestyle phase, **Phase 3**, involves a simple plan of action that Jeff can follow to manage his weight for the rest of his life. **Jeff also drank Smash-It!™, a nutrient-infused slimming shake created by Primal Labs™, to help him manage his weight.**

A firefighter and a farmer, Jeff works 48 straight hours at the firehouse and

then he is off for 4 days to farm. As he was getting his fields ready to plant, his mom decided she just couldn't take chemotherapy anymore—that she was ready to be done fighting cancer. They put her on hospice shortly thereafter.

**Between fighting fires, farming, and running his mom to the hospital, he had a strange eating schedule.**

Also, when someone dropped off cakes or cookies at the firehouse, Jeff found it hard to resist them. Nobody wants to be rude, right?

**This is what I call LIFE!**

Because he didn't lose as much weight as he wanted, Jeff felt like he had let himself down. But he shouldn't have! Stress is always a challenge to losing weight. Very rarely does everything go as planned. Phase 2 was too challenging with his schedule and responsibilities, but **Jeff never gave up on his goals.** He changed his focus to losing weight by lowering his carb intake to 70-100 grams of carbs per day, which allowed him to focus on one achievable goal. The weight didn't come off as fast, but it still came off at a pace he was comfortable with.

Jeff also felt like he didn't lose that much weight, but when you look at him today, it is clear that he lost more fat in his arms, shoulders, and lower rib cage—places we don't usually think to



Despite all of his challenges, **Jeff lost 23 pounds in less than 60 days!**

measure. He also lost 1 inch from his chest, 1/2 an inch from his waist, and 1/2 an inch from his hips.

He made great progress, but like most people who seek to lose weight, he wanted it gone from the place where it is most visible—his gut. Unfortunately, your body just doesn't work like that. **You can't spot reduce.** Now that the rest of Jeff's body is shedding the excess fat, the only place he has left to lose from is his gut. That is just the way the body seems to work for most people.

Don't stress yourself out. Go at your own pace, and like Jeff, **never give up on your weight loss goals!**



Jayson Hunter, RD, CSCS®

## Meet Jayson Hunter

Around our office, our resident dietitian, Jayson Hunter, is known as "Smash-It Man." Why? Because when it comes to knocking out Dysfunctional Fat Cells, Jayson is the superhero you can rely on.

A certified dietitian and weight loss specialist, Jayson has been featured in *USA Today* and *Newsweek*. You may have seen him on CBS, NBC, ABC, or Fox TV... or read the Amazon best seller he co-authored, *Total Body Breakthroughs*. His delicious new protein shake, *Smash-It!™*, is available now from Primal Labs™.



# Rosemary Grilled Chicken Wraps

**SERVES: 1**

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**STATS (g) SERVING**

Carbs 23.00

Fat 18.00

Protein 28.04

Calories 367.60

**FATS**

46%

**PROTEIN**

32%

**CARBS**

26%



## INGREDIENTS

- 1 chicken breast, diced
- ½ teaspoon olive oil
- 1 teaspoon finely chopped rosemary
- 1½ cups halved cherry tomatoes
- ¼ cup sliced red onion
- 1 tablespoon lemon juice
- 4 large lettuce leaves, intact
- ⅛ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1½ cups carrots, shredded
- 1½ cups zucchini, shredded
- ¼ cups broccoli

## DIRECTIONS

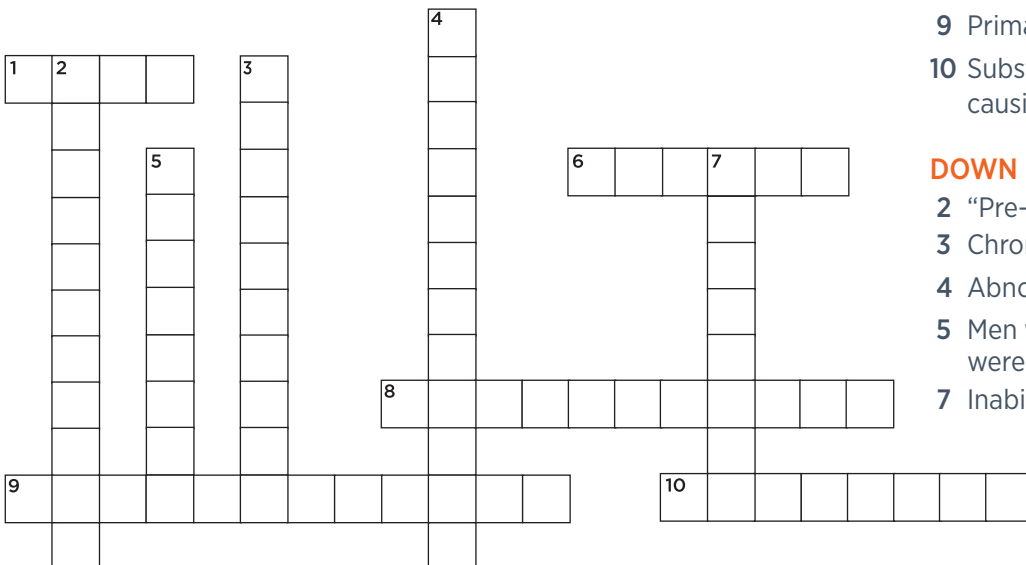
Preheat grill to medium heat. Brush chicken with the olive oil and sprinkle with rosemary, salt and pepper. Grill until browned and cooked through, 6-8 minutes per side.

Remove from grill and allow to cool slightly. Next, in a medium bowl, combine all remaining ingredients. Mix well.

When chicken is cooled, dice the chicken and toss with vegetables. Season with salt and pepper. Serve wrapped in the lettuce leaves.

For more Perfect Meal Plans recipes visit [www.PerfectMealPlans.com](http://www.PerfectMealPlans.com).

## Crossword Puzzle



### ACROSS

- Continuous positive airway pressure
- A person's overall sexual drive
- Also known as Indian ginseng
- Primary male sex hormone
- Substance usually blamed for causing insomnia

### DOWN

- "Pre-diagnosis" of diabetes
- Chronic neurodegenerative disease
- Abnormally high blood pressure
- Men who consumed this substance were known to gain rock-hard strength
- Inability to sleep

ANSWERS DOWN: 2 Pre-Diabetes 3 Alzheimer's 4 Hypertension 5 Shilajit 7 Insomnia ACROSS: 1 CPAP 6 Libido 8 Ashwagandha 9 Testosterone 10 Caffeine

Breakthrough new discovery for men over 50 PROVES it...

## Increase Your Free Testosterone And Enjoy The Best Sex Of Your Life... In Only 30 Days!

A breakthrough discovery by researchers from the prestigious Massachusetts Institute of Technology (MIT) can now give your lagging sex drive the boost you need to...

### Enjoy Passionate, Heart-Throbbing, Headboard-Banging Sex... At Any Age!

This discovery could even help reverse age-related low testosterone levels—the number one cause of low sex drive that men start to experience after age 50.

Regaining the sex drive you had as a young man isn't the **ONLY** thing you can expect. You might even feel the urge to do all the activities you love again... with the energy and **"gusto"** of a teenager.

It's not a drug... it's not a hormone... and it doesn't

contain any illegal sexual stimulants. It's a safe and easy-to-take pill that can make all of these amazing results happen in **YOUR** life. In **RECORD** time.

Even if you've been disappointed time after time by other "bedroom performance" solutions... there's undeniable scientific support backed by double blind studies (*the "gold standard" of medical studies*) proving this WILL work for you!



#### Limited Time Opportunity For Our Subscribers

The Primal Labs™ team is offering you a special opportunity to try **T-Supply Max** in your own home for a full **60 days**—completely **RISK FREE!**

If you don't see **remarkable** changes in your sex drive, stamina, and energy levels—simply return it for a full refund, less S&H. No questions asked!

**Get your risk free trial by calling 888-509-1108 today!**

Plus ask about the opportunity to get additional **FREE BOTTLES**.

(This offer is limited to subscribers of this newsletter.)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## The Primal Labs™ Difference

What sets us apart from other supplement companies is the extra level of care we take to ensure the safety of our products. While our suppliers have their own quality inspection process, we take things a step further.

The moment these finished products arrive at our warehouse, we send samples for additional laboratory testing to confirm that every single one of these specifications is met before a single bottle is shipped out to our customers:

#### Identity:

Ingredients are exactly what they are supposed to be as stated on our labels—no substitutions, no fillers.

#### Purity:

We place overly tight, allowable amounts of contaminants, pathogenic microbes, and carcinogenic heavy metals.

#### Strength:

What we claim on our labels is actually present in our products so that our formulas deliver scientifically tested results.

#### Composition:

Products are made with a uniform distribution of ingredients so that every tablet and capsule is exact.

If any of these criteria are not met, we conduct an investigation to determine the root cause of the problem, and issue preventative or corrective actions. We will then follow up to ensure that these actions have been put in place.

When we know with absolute certainty that these criteria have been met, it is then, and only then, that we will allow a product to be shipped to you. We put this much effort into this process because nothing is more important than the health and safety of our customers.

## What's Inside:

Two Secret Nutrients For  
Men's Health [Pages 1-2](#)

Four Stages To  
Developing Diabetes [Page 3](#)

One Simple Trick To  
Boost Metabolism [Page 4](#)

A Firefighter Reaches His  
Weight Loss Goals [Page 5](#)

A Testosterone-Boosting  
Recipe! [Page 6](#)

## 4 Ways to Get Your Brain Back On Track

Do you often feel like you just can't keep up with what's going on around you? Like, the breakneck speed of the day just leaves you feeling confused and tired? It's as if you're absorbing everything and retaining nothing. Here are some tips to help you fight through the clutter and build better brainpower:

### 1. Focus On Single Tasks

With all of the tools we have at our disposal, we often feel like we have to multi-task, in an attempt to make things easier, just to keep up with the demands of the day. The problem is that, when our attention is divided between so many things, we don't really give our full attention to anything. The trick here is to be mindful of everything you do—pay attention to what is going on in front of you, and silence any other distractions.

### 2. Play Brain Games

One of the reasons we decided to feature a brain game in our newsletter is to encourage our readers to take some time out and exercise their minds. Devoting 20 minutes to a puzzle trains your brain to focus on a specific task. It also keeps your brain stimulated with new information and counteracts degeneration.

### 3. Exercise With Purpose

Go for a light jog or take up a weight lifting regimen. A focused exercise plan improves blood flow to your brain. Exercise also sets off several chemicals that promote brain health and benefit important brain functions, such as learning. So get up, and get moving!

### 4. Eat Brain Foods

Keeping a healthy diet is important for so many reasons, but making sure that you get plenty of vitamin D and omega-3 is critical for maintaining healthy brain function. Whole milk and sunlight are the best places to get vitamin D, and the best sources omega-3 are fatty fish like salmon, mackerel, and tuna. It may be difficult to get these nutrients from diet alone, so you may want to consider finding an appropriate supplement for each.



If you're one of the many people who feel like their brains just aren't working right, getting these tips to work for you will be the best way back to a healthy brain and sharp mind.