

THE BETTER HEALTH NEWS

Spring

SPECIAL WELLNESS ISSUE

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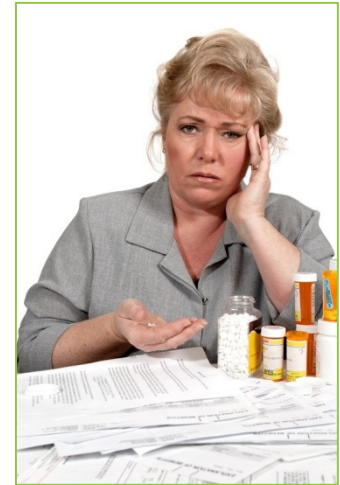
Facebook.com/
Austin Quan Yin
512-374-9800



We Create Many of Our Own Health Problems

WHAT IF ONE THING CAUSED A CANCER THAT NEVER EXISTED BEFORE, CREATED A NEW SKIN DISEASE AND QUADRUPLED CARDIOVASCULAR DISEASE IN MEN OVER 40?

It would be the lead story on all of the news networks, would be on the cover of several magazines and it would be the subject on many talk shows. The funny thing is that this has actually happened. The cause of all of these health problems already exists—and it happened within a single generation! It happened to Eskimos living in Northern Canada. Prior to 1940 these people ate the traditional foods of their ancestors—their diet had been the same for centuries. After 1940 military bases began to appear and many began to eat at base cafeterias, abandoning their traditional diet. This sudden increase in disease was caused by the American Diet. Eating the type of diet we take for granted causes disease. Some women developed breast cancer, which was unheard of before 1940. Teenagers began to have acne, another condition which didn't exist before they began eating a more "civilized" diet. Diabetes, heart disease, high blood pressure, obesity and gross obesity all became more common. This result happens pretty consistently when a population abandons its traditional



diet and begins eating a Western diet. Weston Price documented this in his book, *Nutrition and Physical Degeneration*.

According to a National Cancer Institute survey, only 9% of those asked consumed three or more servings of vegetables or two or more servings of fruit on the previous day. One in nine surveyed had no servings of fruits or vegetables on the previous day.

Americans each consume 48 pounds of high fructose corn syrup annually, and their body weight in sweeteners and salt. Four percent of the energy use in the United States goes to packing food, which is about the same amount as the energy used to grow food. Small changes in our habits can decrease the number of doctor visits, reduce health costs and dramatically increase your energy.

Trans Fats Undermine Health

Trans fats are found in a lot of snack foods like chips, fries, cookies, crackers and breads. They are found in hydrogenated and partially hydrogenated oils. The foods with hydrogenated and partially hydrogenated oils also tend to be made with refined white flour.

There is evidence, according to research published in the November, 2004 issue of the *Journal of Clinical Nutrition* that consumption of trans fats, combined with deficiency of vitamins B₆, B₁₂ and magnesium can lead to calcified plaques that can block the coronary arteries. One of the great ironies of the American diet

is that the foods that have trans fats also tend to be low in vitamins B₆, B₁₂ and magnesium.

By culturing endothelial cells (the cells that line arteries), University of Illinois researchers were able to show that calcification of the endothelial tissue (i.e. plaque formation) is related to the amount of trans fat. However, the problems caused by the trans fat can be mitigated with adequate magnesium levels. Vitamins B₆ and B₁₂ help to lower homocysteine levels—another risk factor for heart disease. Refined white flour is low in these vitamins, but they are found in abundance in whole grains.

Exercise and Manipulation for Back Pain



An article appearing in the journal *Spine* (1995;20(5):615-619) discusses exercise, mobility and manipulation as it pertains to back pain. Bed rest or curtailing activity is not considered to be an important aspect of treating back pain. On the contrary, physical therapy and exercise is a much more effective treatment modality for getting the back pain patient to recover and go back to work. The article cites one study where 90% of the patients

with back pain responded to vigorous exercise, and 92% were able to return to work. Four of the six patients who did not respond were found to have spinal stenosis.

The article goes on to say that there is a role for mobilization and manipulation for treating mechanical issues involved acute back pain. Although most cases of acute back pain resolve themselves, manipulation can speed recovery.

Vitamins Protect From Aging

An article appearing in the *Proceedings of the National Academy of Sciences* (2006; 103(47): 17589-94) discusses the importance of taking vitamin supplements to prevent DNA damage, cellular aging, degenerative diseases and even cancer. The need for supplementation is due to the fact that so many people consume nutrient-deficient processed foods. The body

survives nutrient deficiency by allocating nutrients to keep vital cellular functions going. Long-term, deficiencies set the stage for degenerative diseases. The article cites evidence of nutrient deficiencies leading to diseases, like cancer, that appear late in life. Call our office to learn more about how nutrition can improve the quality of your life.

Diet Can Reduce Cancer Risk

If you look at lifestyle practices that include nutrition, exercise, and alcohol and tobacco use in various countries, you can see a connection to the cancer rate. About half of cancer incidence and a little more than a third of cancer mortality in the U.S. are associated with our dietary habits in this country. These cancers include cancers of the colon, pancreas, ovary, prostate, endometrium, and breast.

The typical American diet, in general contains low levels of the potent carcinogenic agents, like heterocyclic amines, formed during the cooking of meats. It is low in fiber and is high in calories. Americans eat about twice as much fat as is desirable to prevent cancer. Many of the fats, like hydrogenated oils, favor the development of cancers.

Foods with functional properties, such as soy products and green tea, can be beneficial. The optimum diet to reduce cancer would have fewer calories and less fat than the American diet. Fat consumption should be 20% or less of total caloric intake. Fiber consumption needs to be increased to 25-35 grams per day for adults. The diet needs to have adequate fiber intake from grains, especially cereals, vegetables, legumes, and fruits. Increasing fiber will reduce calorie and fat intake; fiber reduces the absorption of fats and calories. Improving the diet will reduce cancer and other chronic disease risks. It will also contribute to a healthy life to an advanced age. It will lower the cost of medical care. Source: Diet and Cancer Prevention: the Fiber First Diet Williams GM, Williams CL, Weisburger JH. *Toxicol Sci.* 1999 Dec;52(2 Suppl):72-86.

Asthma and Antioxidants

A free radical is an electron that is easily given up by a molecule. It is "fired", like a kind of chemical "bullet". The words used to describe this action include oxidation, oxidative stress and free-radical damage. Certain nutrients, like vitamins C and E (among others) act like little "bullet-proof vests" that protect from this damage. These are called "antioxidants".

In asthma there are two things that contribute to the symptoms: irritation of the airways (from oxidative stress) and spasm of the airways. Any therapy that protects the lining of the airways, or relaxes them would be beneficial to patients with asthma.

Research shows the benefits of antioxidants. In the *American Journal of Clinical Nutrition* (1995;61(Suppl.):625S-630S) found that a diet low in vitamin C is a risk factor for asthma. Exposure to oxidants also increases the symptoms of asthma. The article reviewed 11 research studies between 1973 and 1995 that looked at vitamin C supplementation for asthma patients. Seven of the studies showed improvement in lung function tests with vitamin C supplementation (1-2 grams per day).

Low levels of anti-oxidant nutrients is associated with increased severity of asthma ("Plasma concentrations of dietary and nondietary antioxidants are low in severe asthma," Misso NL, Ray S, et al, *Eur Respir J.*, 2005; 26(2): 257-64). Also, low intake of foods containing vitamin C is low in asthmatics when compared to healthy subjects, according to research appearing in the journal *Thorax* ("Dietary anti-oxidants and symptomatic asthma in adults," Patel BD, Welch AA, et al, *Thorax*, 2006 Feb).

Of course vegetables are an excellent source of antioxidants. Research supports the idea that eating more vegetables can reduce asthma symptoms ("Fruit and vegetable intakes and asthma in the E3N study," Romieu I, Varraso R, et al, *Thorax*, 2006 Jan 5). In general, nutrition can be a valuable tool for bringing asthma under control. Nutrients other than antioxidants that have been shown by research to be useful for asthmatics include: omega-3 fatty acids, selenium, magnesium, CoQ10, and manganese.

Supplements for Autism and Hyperactivity?

Research appearing in the journal *Biological Psychiatry* (Volume 61, Issue 4, Pages 551-553 (15 February 2007)) looked at 13 children with autism and hyperactivity. The subjects exhibited behaviors that included severe tantrums, self-injury or aggression. The subjects of the pilot study were between the ages of five and 17 were supplemented with DHA (700 mcg/day) and EPA (840 mg/day) over a six week period. The supplementation was found to be superior to placebo in treating the hyperactivity, and was without any adverse effects. There is increasing evidence that essential fatty acid deficiencies or imbalances may be a factor in neurodevelopment disorders in children.

This is one of many studies that demonstrate the value of nutrition. Other substances that are frequently deficient in children include B vitamins. A study published in the *Journal of Learning Disabilities* (May, 1982;15(5):258-264) looked at B vitamin supplementation and hyperactivity. The subjects of the study were 100 children who were either hyperactive or had cerebral dysfunction. They were given thiamin, calcium pantothenate (source of B₅), and B₆ twice daily or a placebo for three days. If the subjects responded to the vitamin therapy, they were given the supplements a second time, this time for a week, then alternating between supplementation and placebo. Those who did not respond well to the initial vitamin therapy were given large doses of B complex, niacinamide or elimination diets.

Hyperkinetic cerebral dysfunction exists for many and varied reasons. Different subjects responded to different aspects of the therapy. Eight of the 100 children in the initial sampling responded to the high-dose thiamin, with four of them needing continued doses of thiamin. Nine of the children responded to the B₆, with five more responding to an even higher dose of the vitamin. Eight of the children responded to a hypoallergenic diet (the Feingold diet). The point is that different children respond to different therapies and there is no “one size fits all” solution for this particular health issue.

Many children eat a lot of sugar and refined food. Considering that a highly refined diet depletes B vitamins, supplementing with a good B complex is often a very good idea.

It should be clear that different children have different nutritional needs. Nutrition clearly can improve school performance, help students with ADD or ADHD, improve memory and even help with behavior issues. To be effective, the program needs to be tailored to the individual student.

Are you Healthy?

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