

## HEALTH NUGGETS September 2018

- 1) BPA found in plastics and food may be a culprit in nonalcoholic fatty liver disease. About 1/3 of Americans have NAFLD, and is higher in people who are overweight, have DM, high cholesterol, or triglycerides. BPA is used in plastic water bottles and inside food cans. However those in a study, after a month-long BPA-free diet had plasma levels that dropped significantly. While the FDA insists that the amount that we consume is safe, a growing body of research has already linked exposure to this chemical with obesity, T2DM, cardiovascular disease, and increased BP. Recommendations are to eat more healthy fats such as avocados, nuts, olive oil, salmon, tuna, and flax seeds. Of course, more fruits, veggies and whole grains. Avoid drinks with large amounts of fructose, such as fruit juices, and sodas, which several studies have found plays a role in NAFLD. The fructose found in fruit is fine however, b/c it has fiber. So choose fresh or frozen foods and products in glass or cardboard cartons. Replace plastic water bottles and storage containers with glass or stainless steel. Don't heat plastic. Minimize touching register receipts. The ink contains BPA that your skin can easily absorb.
- 2) Wondering if an herbal supplement safe and effective? There's a new free app called HerbList from Apple and Google play that gives you details on the safety and effectiveness of some of the most popular herbal supplements.
- 3) The FDA proposed voluntary sodium rollback in the food industry. High amounts of sodium are in most processed foods. Don't hold your breath for this reduction.
- 4) Researchers have found that using lentils to replace half a serving of rice lowers blood sugars up to 20%. Swap them out for potatoes for a 35% decrease.
- 5) Between 30-50% of cancers are preventable through a healthy diet and lifestyle. Chief among factors you can do something about is preventing obesity; being overweight is likely to overtake smoking as the Number One risk factor within a few years. It is believed to be the cause of at least 12 cancers. We know all about whole grains, vegetables, fruit, and legumes like beans and peas. Also limiting sodas or sugary drinks. The research also says to avoid bacon and alcohol: Even small amounts increase the risk of a number of cancers.

- 6) Curcumin has been shown to have anti-inflammatory and antioxidant properties. You can get it in curries or by supplement. Study subjects took either 90 mg of curcumin or a placebo twice daily for 18 months. It showed significant improvements in memory, recall, and attention.
- 7) How to stay well in the coming flu season. It seems covering your mouth when you cough or sneeze into your elbow are not foolproof. Researchers from the University of Maryland reported people can spread the flu simply by breathing. So stay home if you have the flu or have been exposed to a family member who is sick. The flu vaccine is 10-50% effective, but highly recommended. A universal flu vaccine such as M-001 is set to begin phase 2 clinical trials in the US and phase 3 trials in Europe. Unlike current that contain a whole inactivated flu virus, M-001 has 9 viral proteins that are found in many different influenza strains. It also incites a T cell response in addition to the B cell response of traditional vaccines. So wash your hands frequently and avoid touching your face.
- 8) Older men care for ill spouses as well as women do.
- 9) An alternative for opioids for chronic pain relief, especially neuropathy and cancer pain, may be cannabis. It may also ease migraine pain by 40%. Cannabis contains more than 100 chemical compounds called cannabinoids, but the most understood are THC & CBD. THC is responsible for the intoxicating effects, but CBD does not. If CBD is derived from hemp, it's legal in 46 states. To reduce the side effects specifically related to smoking and vaping, it is available in oil form such as tea and candy. It's still federally illegal and of course there are side effects.
- 10) For shoulder impingement syndrome, decompression surgery is no more effective than placebo surgery. With these results reported in BMJ they expect this to lead to major changes in current treatment.
- 11) New T2DM guideline recommends HbA1c between 7%-8% in most patients rather than 6.5% to 7%. This will help prevent hypoglycemia. This is especially true if you're 80 and older.
- 12) PET scans looking for amyloid changes are increasing confidence in the diagnosis of dementia. This has mainly been used in research, but now will begin to be used more in clinical practice.
- 13) There are some food safety issues at stake presently. The USDA proposed a plan to shift some responsibility for inspecting pork from trained USDA inspectors to slaughterhouse employees. They also want to end national testing requirements for Salmonella and E.coli and lift caps on line speeds in slaughterhouses. With increased speeds

it will be more difficult to see fecal contamination and diseased animals.

- 14) There is a lot of misinformation about protein. We need 0.36 grams of protein for every pound we weigh. But the average woman gets 35% more and man about 65% more than the RDA. Extra protein doesn't keep you full longer; doesn't help you lose weight; doesn't build muscle mass (only lifting weights, or using resistance bands does) and doesn't boost muscle gains from strength training. Another way to build muscle is doing things like push-ups and sit-ups. Repeat each exercise until you can't do it again, with the goal of to 8-12 reps.
- 14) How can you tell if you're drinking enough fluids? Urine color is useful. The sweet spot is the color of lemonade. If it's colorless, you could be over hydrated. If first thing in the morning your urine is apple juice color and it's hard to form saliva, you're dehydrated. False water claims: you don't need protein water,; nor desalinated water like Kona Deep; raw water (which is unfiltered, untreated spring water); alkaline water (your body is perfectly capable of regulating you blood's pH; dydrogen water (added molecules of hydrogen); electrolyte eater; or coconut water!
- 15) A low grip strength is associated with higher risk of cardiovascular disease, COPD, and all cancers.