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Name that food:  
Sport drink

## Anger Slows Healing

Research published in the journal *Brain, Behaviour, Immunity* (Feb, 2008; e published ahead of print), looked at wound healing in 98 subjects and its relationship to anger. The subjects took a battery of psychological tests. They were then given minor burns on the forearm and monitored for eight days. None of the volunteers smoked, took prescription drugs or excessively drank caffeinated drinks. None of the volunteers were extremely overweight or underweight.

People who had trouble controlling their anger healed more slowly than those who did

not. Those who got angry and expressed it in outbursts of rage and those who internalized their anger actually did not have this reduction in healing time. People who become angry, try to control it, but are unsuccessful, experience longer healing times. This third group produced higher levels of cortisol.

There is a connection between anger and the adrenal hormone, cortisol. Cortisol suppresses certain chemicals necessary for healing. The cortisol connection may mean that stress, in general, can have an effect on healing.

## An Onion a Day Keeps the Doctor Away?

Flavonoids are substances produced by plants that act as antioxidants. Flavonols are a class of flavonoids. Research, appearing in the *American Journal of Epidemiology* (15 October, 2008; Volume 166, Issue 8, Pages 924-931), shows that flavonols from foods like onions, berries, and apples may protect against cancer. The study (part of the Multiethnic Cohort Study) looked at over 183,000

subjects and their diets. It found that those with the highest consumption of flavonols had a significantly lower risk of developing pancreatic cancer. The reduction in pancreatic cancer was about 25%. Smokers had an even greater benefit, with a 59% reduction in the incidence of pancreatic cancer.

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## Lose Your Abdominal Fat with Whole Grains

*The group eating the whole grains had a greater decrease in percentage body fat in the abdominal area when compared to the group instructed to eat refined grains. Also, the group eating the whole grains had a 38% reduction in CRP.*

Research appearing in the *American Journal of Clinical Nutrition* (Vol. 87, No. 1, 79-90, January 2008) showed that consumption of whole grains instead of refined grains can reduce abdominal fat and lower CRP levels. CRP is C-Reactive Protein. When it is high, it indicates inflammation and an increased cardiovascular risk.

The subjects were 50 obese adults with metabolic syndrome. Patients with metabolic syndrome are insulin-insensitive (which can lead to type-2 diabetes), and have high cholesterol, high triglycerides and high LDL (bad cholesterol). People with metabolic syndrome have an increased risk of heart disease. They were randomly assigned to receive dietary advice either to avoid whole-grain foods or to obtain all of their grain servings from whole grains for 12 weeks. All participants were given the same

dietary advice in other respects for weight loss.

At the end of the 12 weeks, there was significant lowering of body weight, waist circumference, and percentage body fat in both groups. The group eating the whole grains had a greater decrease in percentage body fat in the abdominal area when compared to the group instructed to eat refined grains. Also, the group eating the whole grains had a 38% reduction in CRP.

Although both groups experienced reduction in cholesterol, the whole grain group fared much better. One reason for the reduction in the CRP may be the fact that whole grains are higher in antioxidant nutrients than refined grains.

## Ginger and Diarrhea

Ginger, long known for its ability to help with nausea, may also be useful for controlling diarrhea, according to research appearing in the *Journal of Agricultural and Food Chemistry* (Sept 20, 2007; published on line ahead of print). Researchers at Taiwan's China Medical University found that ginger protected intestinal cells by blocking a toxin produced by *E. coli*. The toxin, *Escherichia coli* heat-labile enterotoxin (LT), is a leading cause of death in

developing countries. Diarrhea in children is a common complaint, and is responsible for almost 2 ½ million doctor visits per year in the United States.

The research, performed on mice, found that ginger blocked the binding of LT to cell receptors. Ginger is a powerful antioxidant and has been used for centuries for digestive complaints. It is regarded as safe by the FDA. This is an animal study, so further research is needed.

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## 8 Things the Undisciplined Person Can do to Improve Health

Changing your lifestyle can almost always guarantee an increase in energy. Unfortunately, when most people hear what is necessary to have health and energy, they become a little discouraged. You can make a few, very easy changes that will improve your health immeasurably. Better yet, these improvements will make future self discipline easier.

**Sugar:** Of course everyone knows that you should give up refined sugar in order to enjoy good health and energy. Sugar is addictive. If you must eat it, you can minimize the negative effect of sugar and reduce your craving for it.

1. Eat a good sized breakfast and make sure that it contains protein. Eat it slowly. Eating protein in the morning will drastically cut sugar cravings throughout the day (don't skip *any* meals)
2. If you must have something sweet, make sure that it is after a meal. Do not eat sweets first thing in the morning or between meals on an empty stomach.
3. If you must have something sweet, have cane sugar. Absolutely do not consume products with high fructose corn syrup—they undermine your ability to control your appetite.
4. Avoid artificial sweeteners—they will actually create problems with controlling your appetite.

**Baked goods:** Of course you should eat whole grains and avoid white, refined flour. This is hard for some people, but some minor discipline is easy and will pay big health dividends.

5. If you eat baked goods, eat them without additives. Bromine is in dough conditioners; these suppress the thyroid and create weight gain, depression and fatigue. Absolutely avoid bleached flour. If you read the label on a loaf of bread and there are things that you cannot pronounce, don't buy it.
6. Eat good junk. Look at ice cream; it is a sweet snack and not totally good for you. You can buy ice cream (like Bryers) that does not have a lot of additives. You crave the sugar—not the stabilizers and additives.

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*Bromine, which has found its way into many baked products, displaces iodine and suppresses the thyroid.*

**Change your oil:** The kind of oil you consume can affect both your appetite and energy.

7. Absolutely avoid hydrogenated and partially hydrogenated oils and trans fats. These undermine your endocrine system, your energy and your immune system. Taking an omega-3 essential fatty acid, like flax oil is also very good for you. Get some flax seeds and add them to salads.

**It's not what you don't eat that is important:** What you do eat is even more important.

8. Eat as much fresh, raw produce as you possibly can. This will improve your digestion, reduce pain, increase energy, and reduce your appetite.

## Brother, Can You Spare \$2 Trillion?

How much is \$2 trillion? If you could get it in cash, in single dollar bills, you would have enough of them to circle the earth eight times when they were laid end-to-end. The figure represents about 15% of our gross domestic product (GDP). The GDP is the total market value of the goods and services produced by the US economy each year. It includes all final goods and services—that is, those that are produced by the economic resources located in that nation. So \$2 trillion is about 1/6 of everything everyone makes in the US for a year. It is also our health care bill. Our \$2 trillion health care bill is more than the entire economies of all but four nations in the world. We spend more on health care than most of the rest of the world spends on ***everything else!***

And the price is going to go up. Government projections put health care costs at more than 17% of the GDP by 2011. If the costs continue at their present rate costs will actually be 23.7% of the GDP by then—nearly one dollar in every four of our entire economy.

When politicians debate about health care, the debate centers around whether the government should pay the bill or we should be responsible for our own health care costs—not why it is so freakin' much.

According to a report released in September, 2006 by the Commonwealth Fund, a non-profit, non-partisan organization, American health care only scored 66 points out of a possible 100 and lagged far behind the rest of the industrialized world. It received low grades on efficiency, access to care and in outcomes. Not only that, most industrialized nations only spend about 10% of their GDP on health care.

Insurance administrative costs in the U.S. were more than three times the rate in countries with integrated payment systems. Nearly one-third of Americans under the age

of 65 have trouble paying their medical bills. Unfortunately, the increased spending does not result in better care. The US rated 15<sup>th</sup> out of 19 nations with regard to preventable deaths. About 115 per 100,000 people die who would have survived if timely and appropriate medical care was administered. France scored high in this category, with only 75 deaths per 100,000.

The US ranks last in infant mortality, with 7 deaths per 1,000 births. The top three countries have 2.7 deaths per 1,000 births—less than half our number. We are at the bottom of the list in life expectancy. American children miss more school for illness than the children from the other industrialized nations. Fewer than half of American adults receive the recommended screening tests appropriate for their age and sex. Preventable hospital admissions for chronically ill patients (eg; those with asthma or diabetes) were twice as high compared to the nations at the top of the list.

The bottom line is that we do not get very much for our money. One thing that would slash costs is if we started to learn more about natural health care. We spend \$3 billion on drugs for reflux, \$3 billion on drugs for ADD and about \$90 billion per year for chronic pain, which is the most costly health problem in America. As Senator Everett Dirksen said, "A billion here and a billion there—and pretty soon you are talking about ***real*** money." Natural health care has effective and inexpensive, and can help slash these costs. Return to our website often. There is a wealth of information about natural health care.

## Cranberries and Esophageal Cancer

Barrett's esophagus is a pre-cancerous condition arising in 10-20% of people with chronic reflux of stomach contents into the esophagus. People with Barrett's esophagus might have heartburn, indigestion, difficulty swallowing solid foods, or they may be awakened by regurgitating food at night. Patients with Barrett's esophagus have an increased risk of developing esophageal adenocarcinoma, the most rapidly increasing cancer in the United States.

A recent study, appearing in the *Journal of Agricultural and Food Chemistry* (Vol. 56, No. 3: February 13, 2008, e-published ahead of print) looked at the effect of cranberry

extract (proanthocyanidin-rich extract) on inhibiting human esophageal adenocarcinoma cells (cancer cells from the human esophagus). The extract significantly inhibited the proliferation of the cancer cells. A number of recent in vitro and limited in vivo investigations have reported that cranberry extracts affect multiple cancer-associated processes in breast, colon, prostate, and other cancer cell lines of epithelial origin.

Diets high in fruits and vegetables have generally been associated with a reduction of risk for esophageal adenocarcinoma and diets high in meat tend to increase the risk.

*A number of recent in vitro and limited in vivo investigations have reported that cranberry extracts affect multiple cancer-associated processes in breast, colon, prostate, and other cancer cell lines of epithelial origin.*

## Name That "Food"

Diet and lifestyle play a large role in health and disease. Many of the things that pass for food in our society act to undermine our health. Dietary indiscretion can cause health problems. According to government figures, the average American consumes 10 pounds of food additives each year. Look at the information taken from the label of a commonly consumed "food" and see if you can

guess what it is:

WATER, SUCROSE SYRUP, HIGH FRUCTOSE CORN SYRUP (GLUCOSE-FRUCTOSE SYRUP), NATURAL FLAVORS, CITRIC ACID, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, PHOSPHORIC ACID, RED DYE #40, BLUE DYE #1

**Answer on page 1**

Always laugh  
when you can. It  
is cheap  
medicine.—*Lord  
Byron*

## Music Helps with Stroke Recovery

Research published in the journal *Brain* (3 March, 2008 131(3):866-876) found that listening to music can speed recovery from a stroke. The subjects were 60 stroke patients in Finland. They were randomly divided into three groups. One group listened to music (that they chose). One group listened to audio books, and the third group listened to neither.

The music chosen had lyrics that could be understood by the patients. Patients who listened to their favorite music for a couple

hours each day had more improvement in attention span and memory, and experienced less depression, when compared to subjects who did not listen to music.

Music helps to release dopamine, a neurotransmitter and enhances arousal of the part of the brain associated with feelings of pleasure. Dopamine increases attention, memory, alertness and speeds up information processing. Music also enhances repair to damaged areas of the brain.

## Nutrition Helps with Surgical Outcomes

According to research appearing in the journal *Surgery* (1992;112:56-67), supplementation may improve surgical outcomes. A group of 85 patients receiving abdominal surgery were randomized to receive either the standard enteral diet or one that was supplemented with arginine (an amino acid), RNA and omega-3 fatty acids. Among those receiving the supplementation, there were fewer cases of pneumonia, a shorter hospitalization and improved immunologic function.

