



# Wellness News You Can Use #8

*“To help you determine what is fact or fiction, let’s take a look at some recent headlines in the news.”*

Wellness is in the news. And social media is being flooded with health news and advertisements that run the gamut, so to help you determine what is fact or fiction, let's take a look at some recent headlines.

Trying the latest fad diet still gets the attention of millions every year. But informed people generally recognize that these diets aren't the best choice. And as nutritional research continues, we are learning more about optimal health and the foods we eat. Here's a recent news headline, Biome-based individualized diets are MOST effective for managing blood-sugar levels.

A study from the Mayo Clinic supports a similar one in Israel. According to the study, people react differently to the same foods, depending on your gut microbiome, the mix of bacteria in your digestive system, as well as your individualized genes and physiologies. A growing body of evidence shows that people's glycemic responses to the same foods differ greatly. The Mayo Clinic study found that each individual's blood sugar results were



consistent, but results between participants ranged from 6 milligrams of glucose per deciliter of blood to 94 milligrams of glucose per deciliter of blood with a mean of 30.7 mg/dL.

This study is important because high glucose levels are related to diabetes, heart disease, obesity, and vision loss. Analyzing gut microbiome and other individual factors can give us clues why some people are energized after they eat fruit but others suffer a blood sugar spike that causes them to feel tired later. In other words, people can feel better and be healthier on

an individualized diet. The co-author of this study commented, "For people who want to manage their blood glucose levels, we have a new model that predicts someone's unique response to foods."

A headline was recently posted on LifeExtension authored by leading nutritionist and doctors. The headline reads, Flawed Research Used to Attack Multivitamin Supplements. This headline counters a previous news story that was published and was featured on NBC television news. LifeExtension calls the story a "rehashed news story". The headline reads, "Two new

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studies debunk benefits of multivitamins". I have to commend LifeExtension taking time to respond, exposing this flawed story. You have to wonder what their agenda is; or could anyone think that two limited studies could debunk over 80 years of nutritional science?

LifeExtension examined the studies used for the article and found both of the studies were plagued with grievous methodological flaws. It's so faulty; you have to wonder if the science was rigged. In one study, subjects were given low-quality, low potency multivitamin supplements. Treatment adherence rates, and drop out rates were horrendous in the studies. Looking closer they found absurd efficacy assumptions while more credible science was completely ignored. Still, mainstream sources quoted these reprehensible studies to undermine dietary supplements.

LifeExtension concludes by publishing, "Based on an analysis of these studies and existing research, LifeExtension continues to recommend people supplement with a high quality multivitamin containing physiologic doses of vitamins and minerals, along with high dose omega-3s, vitamin D, etc. and other nutrients that play crucial roles in maintaining optimal health.

Here's an interesting wellness headline, "A Rise in Food Recalls, More Contaminants or Better Detection Process?" The last few years have seen many notable food recalls including ice cream, ground beef and cereal. Possibly the most notorious case was the two-time nationwide recall in 2018 of romaine lettuce for suspected E. coli. The agencies that oversee food recalls are primarily the Food Safety and Inspection Service, and the US Food and Drug Admin-

istration. But generally food is recalled by the manufacturer when detected.

The cause of a food recall typically fits into one of three categories: pathogen contamination, physical contamination, or misbranding. Pathogen contamination happens when a disease causing microorganism such as E. coli or Salmonella infiltrates a food item. Physical contaminations are foreign objects such as plastic, glass or metal. Misbranding can refer to undeclared allergens such as nuts or milk, undeclared substances such as food additives or colorings, or putting the wrong label on a product. From 2012 to 2017 recalls increased 33 %.



Stories like this are good reminders that even though we do our best to eat healthy, we still face exposure to contaminated foods. Always look for trusted sources for the foods you purchase. But because we live in a world of contaminants, additives, and pesticides, I recommend doing a detox or cleanse program 2 times a year. Ask your clinician about the NutriClear Plus Cleanse Program to reduce toxins that can cause health problems.

The headline about individualized diets is interesting because as a nutritionist and dietician, I have seen amazing results when patients identify their food sensitivities and discover which foods make them feel the best. Your wellness professional offers testing and they can offer individualized recommendations just for you.

Take advantage of the many options nutritional science has to offer and take your health to the next level. Remember Wellness is not just in the news, It's here for you.

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