



Wellness News You Can Use #10

“When you see a wellness headline that you have questions about, investigate, do some personal research; and remember, your wellness professional is a great source for help.”

Wellness is in the news, making headlines on television, in magazines, in web searches and even some topics you find on social media. So let's take a look at some recent headlines.

A January 2020 article in Medical News Today has the headline, “How can we reduce our exposure to potentially harmful aluminum?” A new report carried out by German officials suggest that even though exposure to dangerous aluminum compounds in foods is decreasing, we are still ingesting more of this substance than deemed safe. So what can we do to minimize our exposure? Regular exposure occurs because aluminum is present in many products, including food, antacids, cosmetics, baking tools, and of course, aluminum foil.

Also, researchers explain that aluminum is present in some drinking water, as well as being an additive in processed food. Some fresh fruit and vegetables contain alumi-



num compounds because of human activities such as mining, have contaminated the soil with aluminum. “The most important non-dietary intake source of aluminum is dermal (skin) exposure from cosmetics, especially antiperspirants.” The article advises consumers to check your cosmetic products, deodorants and toothpaste for aluminum compounds. It can be challenging to identify and avoid aluminum in foods, but varying food choices and eating organic is a great place to start. Avoid preparing and storing food, especial-

ly acidic and salty ones in aluminum dishes or pots or in aluminum foil.

Numerous adverse health problems are being linked to aluminum exposure. You are not being overly cautious or paranoid to pay attention to aluminum. Remember, every choice adds up. Aluminum may already be on your radar, but this news story is a reminder that aluminum intake remains harmful across all age groups. A research article from Science Daily is titled “Bile acids may help regulate immunity and inflam-

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mation". The source for this article comes from The Harvard Medical School. It opens with a question, "Could bile acids, the fat dissolving juices churned out by the liver and gall bladder, also play a role in immunity and inflammation?" Well, the answer is YES according to medical studies published in "Nature." The work suggests therapeutic possibilities for regulating intestinal inflammation, a process in the development of autoimmune conditions such as inflammatory bowel disease.

A study led by immunologist Jun WHO(Huh), reveals bile acids exert their immune modulating effect by interacting with immune cells in the gut. Once bile acids leave the gall bladder and complete their fat-dissolving duties, they make their way down the digestive tract where they are modified into immune-regulatory molecules by gut bacteria. The modified bile acids then activate immune cells that affect immune response by either curbing or promoting inflammation. "Our studies demonstrate an elegant three-way interaction between gut microbes, bile acids and the immune system. "Importantly, our work suggest it is plausible to think of harnessing certain gut bacteria as a way to modulate disease risk," Dennis Kasper.

More than 2,000 years ago Hippocrates, the father of modern medicine suggested that "all disease begins in the gut." And the more we learn about the gut at a cellular level, the research affirms this truth. Your wellness clinician is an expert with natural therapies that help heal the gut, and promote healthy bile and gall bladder function. As we've learned from this article, if you want to strengthen your immune system, the best place to start is by healing the gut. From Consumer Reports,



comes an article that affects every consumer, with the headline "Key Changes in the New Nutrition Labels". Mandated by the Food and Drug Administration, the new labels make their debut on food items in 2020. The serving size, now in bolder letters, has been increased to show nutrition info for one serving AND the whole package. Also, there are new vitamin

and mineral amounts. The new labels must list the actual amount of vitamins in milligrams or micrograms in addition to a "Daily Value" percentage.

Now, the line for total sugars is for both the food's naturally occurring sugars as well as those "added in processing." The number of calories in

a serving "really pops now". Calories are listed in a larger bolder print, per serving. But keep in mind, as you note the calorie count, where those calories are coming from. Eating 250 calories worth of nuts is very different from eating 250 calories from a Snickers bar. The calories in nuts supply protein, healthy fats, and nutrients such as magnesium and fiber, while the Snickers bar has 25 grams of added sugars.

Check out the new labels, the fonts and fractions are a little different, but remember, the nutritional principles you've learned are still the same.

When you see a wellness headline that you have questions about, investigate, do some personal research and remember, your wellness professional is a great source for help. Work with your clinician; determine strategies that work for you because wellness is not just in the news. It's here for YOU.

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