



Wellness News You Can Use

"Wellness is in the news and making headlines with breakthrough research, nutritional hot topics and much more."

Wellness is in the news and making headlines with breakthrough research, nutritional hot topics and much more. This Wellness Minute, sponsored by your clinician, is your source for current health news, so let's take a look at several recent headlines.

Coffee Warning Label Conflicts With Public Health Guidance: A ruling by a Los Angeles County Superior Judge states that all California coffee shops and sellers must warn consumers about the "potential cancer risk" from drinking coffee. A judgment following a lawsuit focused on the specific chemical acrylamide, which has been linked to cancer in rats. However, scientists are adamant that coffee does not need a warning label. In fact, research on humans shows that coffee may be even protective for some cancers and other diseases.

Dr. Nigel Brockton, Director of Research at American Institute of Cancer Research



says, "This is an unfortunate ruling that demonizes coffee as a carcinogen when the overwhelming evidence in humans is for benefit or at least no detrimental effect. The beneficial effects of coffee, even for relatively high intakes, have been demonstrated and are linked to improvements in insulin control, antioxidant responses and reduced inflammation – all of which provide protection against cancer."

Dr. Frank Hu, at the Harvard Chan School of Public Health, also noted that the ruling seemed meaningless

given the "minuscule amount" of acrylamide in coffee.

In an interview, Dr. Giovannucci, commented "On a 'cancer worry' scale from 0 to 10, coffee should be solidly at 0. The bottom line: there is considerable evidence that coffee—especially consumed without too much added sugar or cream—provides far more benefit than harm. Those who already drink coffee in context of a healthy eating plan should not be concerned by the recent ruling. In addition, to avoid harmful pesticides sprayed in growing coffee, I

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definitely recommend drinking organic coffee. It's a wise choice, and it's delicious."

Pharma Drug WARNING: Scientist warns that many pharma drugs destroy our gut microbiome, causing it to be more vulnerable to disease. Most people know that antibiotics can seriously impact your gut microbiome, but it turns out that this action is not just limited to antibiotics.

Now, scientists from Germany's European Molecular Biology Laboratory have found many drugs that target human cells rather than bacteria can cause changes in microbiome composition as well. Scientists have found more than 25 percent of the 923 non-antibiotic drugs studied decreased the growth of one or more species of human gut bacteria. Included were anti-diabetic, non-steroidal anti-inflammatory, atypical antipsychotic drugs and proton pump inhibitors. Professor Peer Bork said, "The number of unrelated drugs that hit gut microbiome as collateral damage was surprising."

Of course, from the commercials we all know that drugs have side effects, but destroying gut microbiome? This could explain why many people on meds have illnesses that snowball, sadly resulting in more and more prescriptions. Unhealthy gut, unhealthy body.

Vitamin D Study: A new study in Japan published in the BMJ, found that vitamin D reduces the risk of cancers. The researchers conducted the study using data of 33,736 participants from the Japan Public Health Prospective Study. The participants were aged between 40 and 69 years.

At the beginning of the study, they provided detailed information on their medical history, diet, and lifestyle. Their blood samples were also taken to measure vitamin D levels. Then, the researchers divided the participants into four groups, depending on their levels of vitamin D. After that, they observed the participants for an average of 16 years, in which they recorded more than 3,300 new cases of cancer.



After cancer risk factors, such as age, weight, physical activity levels, smoking, alcohol consumption, and diet were considered, the research-

ers found that participants with a higher level of vitamin D had a 20 to 25 percent lower risk for all cancers. For liver cancer, they showed a 30 to 55 percent lower risk of cancer, and the association was more evident in men than in women. In addition, they found that vitamin D levels lower the risk for pre-menopausal breast cancer.

Many studies in the last 20 years confirm the benefits of vitamin D. But remember, taking vitamin D and absorbing vitamin D are two different things. Vitamin D supplementation may require the addition of other nutrients and minerals for effective benefits, so ask your wellness clinician about tests and supplementation for Vitamin D.

Wellness care can restore health, change lives and can even help you live longer. If you have questions about treatments, or would like information about a condition you need help with, call the clinic on this page. Wellness is not just in the news, it's here for you.

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