



# Wellness News You Can Use

*“When you see wellness headlines in the news, like any other news story, make sure the source is reliable and has your best interest.”*

Wellness is in the news making headlines with new research, breakthroughs in nutritional science and the latest in natural therapies. Let's take a look at some of the most recent news stories and headlines.

A recent study published by the American Society for Nutrition discovered that individuals with non-alcoholic fatty liver disease (NAFLD) may require higher doses of vitamin D in order to correct vitamin D deficiency. Non-alcoholic fatty liver disease is the accumulation of fat cells within the liver, resulting in chronic liver inflammation and scarring. Non-alcoholic fatty liver disease affects up to 100 million individuals in the United States with factors such as obesity, diabetes and high blood pressure. Currently, lifestyle modifications are the only treatment recommended to control the progression of NAFLD.



In the study, participants were given 2,000 IU per day for six months. Basic evaluations, medical history and disease severity were assessed for all participants. Serum blood draws were taken in order to determine vitamin D status. The researchers concluded that the currently used regimen of 2000 IU for 6 months was not sufficient to correct a vitamin D deficiency in patients with NAFLD.

New clinical trials were recommended using a higher dosage of 4,000 IU per day.

So, correcting a vitamin D deficiency can depend on several factors: a patient's health, the dosage supplemented and the quality of the vitamin D supplement. You may not be getting enough vitamin D. How do you know? With a simple blood test.

Gluten-free products are in the headlines. Cutting gluten containing foods out of your diet leaves a big nutritional hole, and a recent flurry of studies looking into the general nutritional quality of gluten-free prod-

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ucts has found they are often not as healthy as their conventional counterparts.

Spanish researchers compared 655 conventional food products to 654 gluten-free alternatives across 14 food groups including breads, pasta, breakfast cereals, biscuits and even ready made meals, covering a range of brands. Their results presented at the annual meeting of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition found that, on average, gluten-free bread loaves had more than twice the fat of conventional loaves, while gluten-free breads in general had two to three times less protein than conventional products. Gluten-free biscuits were also found to be lower in protein but higher in fat, while gluten-free pasta had lower levels of sugar but only half the protein of standard pasta.

Researchers from the Netherlands also found gluten-free foods higher in fat, sugar, salt and lower in fiber than comparable mainstream products. Regardless, the gluten-free demand has grown into a multi-million dollar market. But just because a food is gluten free, doesn't mean it's better or healthier, not to mention the emulsifiers and additives.

If you can't pronounce what's on the label, be wary. If you have questions about gluten free products, bring the label to your wellness professional for advice.

A recent study revealed that a combination of a healthy diet and exercise may improve asthma symptoms in just two months. As

part of the research, Danish health experts monitored 125 asthma patients who took lifestyle interventions for eight weeks. The findings revealed that patients who underwent exercise classes three times a week and followed a low-glycemic index diet that

was rich in protein, fruit, and vegetables exhibited a 50 percent reduction in asthma symptoms. Participants who merely modified either their diet or exercise levels, but not both, displayed a 30 percent decline in symptoms of asthma. In contrast, patients in the non-

intervention control group did not show significant improvements in disease markers.

Evidence shows that asthma patients who are obese can benefit from a better diet and increased exercise, but researchers wanted to see if non-obese patients with asthma could also benefit. The study suggests that non-obese asthma patients can safely take part in well-planned, high-intensity exercise. It also shows that exercise combined with a healthy diet can help patients control their asthma symptoms and enjoy a better quality of life.

In today's media, resources for living longer and living better are right at our fingertips. But remember, when you see wellness headlines, like any other news story, always make sure your source is reliable. Play it smart, do your research and talk to your Wellness clinician. Each person has unique body chemistry and a professional can help you know what's right for you. Thanks for watching.

