



# 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 making headlines, so let's take a look at some recent news and updates.

A headline in a recent USA Today article reads "American soda consumption plunges to a 31-year low." Statistics from Beverage-Digest say higher-calorie products, like sugary sodas and fruit beverages, are fading. That decline can mainly be attributed to a waning demand among health-conscious consumers. And yet, while soda drinkers may be declining, consumers are re-directing their thirst to other drinks.

Lower calorie products like sparkling, flavored, and "enhanced" waters, bottled water, coffee and tea are attracting more shoppers. That would seem like terrible news for Coca-Cola and Pepsi but both companies have been diversifying away from sodas with bottled water, teas, and sports drinks. The soda market will likely remain challenging, but shrewd companies will roll with the punches and change up their product mix.

But consumers beware. Many of the new drinks, while lower in calories, still do not qualify as a healthy beverage. Always read labels, and know "what it is" you are consuming.

"Proceedings of the National Academy of Sciences" reports, "More clues link immune system imbalance with chronic fatigue syn-



drome." There are an estimated 17 million people worldwide with chronic fatigue syndrome. In the largest study of its kind, researchers have now found that the blood levels of immune molecules that cause flu like symptoms such as fever and fatigue track the severity of symptoms in people with chronic fatigue syndrome. The results may provide insight into the cause of the mysterious illness. A physician scientist at Columbia University says, "This work is another strong piece of evidence that there is a biologic dysfunction at the root of the disease."

People with chronic fatigue syndrome experience prolonged, extreme exhaustion that doesn't improve with rest. The fatigue may worsen with physical or mental activity and often comes with "brain fog," a feeling of mental clouding, and sensitivity to noise, light, or

other stimuli like taste and smell. Patients may also have memory impairment, muscle pain, and gut problems such as diarrhea, bloating, and nausea.

Recently researchers evaluated whether an imbalance of the immune system may trigger chronic fatigue syndrome. By analyzing the blood of 192 people with chronic fatigue syndrome and 392 healthy individuals, the team found that the levels of 17 cytokines, substances produced by immune cells in response to infection, correlated with disease severity. They were higher in patients with the severest symptoms than in patients with milder symptoms or healthy people.

The new study is a "tremendous step forward". Biologists say, "Being able to examine so many chronic fatigue patients and identify

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which immune molecules are associated with more intense symptoms is "a big deal."

This article and new research confirms why a wellness approach, which implements natural therapies that boost your immune system have been so successful in offering help for those with chronic fatigue syndrome.

"Organics Go Mainstream" is the headline from "Food & Nutrition Magazine." Until recently, shopping for organic foods required a special trip to a natural foods store or farmers market. But as interests in organics have grown, organic foods have become widely available in conventional supermarkets.

Perhaps the best testament to the growth of organics is their flourishing presence at "big box" and warehouse retailers that cater to price-conscious consumers. Walmart, Target, Costco and Sam's Club are among the stores that sell a variety of organic groceries, and some have launched their own private label brands.

8 out of 10 parents purchase organic products "at least sometimes," according to a survey by the Organic Trade Association, and fresh produce is the leading category of organic purchases.

So what is driving the demand for organics? Concerns about herbicides, pesticides, emulsifiers, waxes dyes and other "non" food ingredients are driving consumer interest in organic foods. "The top organic shoppers are health conscious and convinced that organic foods and beverages provide benefits.

Of course, shoppers may assume that "organic" means "healthy," but this isn't always the case. "It's important to point out that organic potato chips still contain calories and fat, and organic chocolate cake still contains calories, fat and sugar."

A discussion with your wellness professional about which foods are better and which foods are "buy organic only" will help when planning meals and doing your grocery shopping.

It's exciting to realize, that "organic" is now mainstream and that most people finally "get" the concept that cleaner foods make a difference in preventing disease and staying healthy.

A recent breaking story exposes Monsanto the makers of Roundup. Documents released in U.S. cancer litigation show Monsanto's desperate attempts to suppress a study that showed adverse effects of the herbicide Roundup, and that the source who publicly retracted the study had a contractual relationship with Monsanto. The study showed that very low doses of Monsanto's herbicide "Roundup" had toxic effects on rats over a long-term period, including serious liver and kidney damage.



A Monsanto scientist admitted to orchestrating a "third party expert" campaign to discredit the study. Use of "third party experts" is a classic public relations tactic perfected by the tobacco industry. It consists of putting industry-friendly messages into the mouths of supposedly "independent" experts.

The newly released documents show that Monsanto tried to cover its tracks to hide its involvement. It's obvious that it was in Monsanto's interests to kill the study. The immediate reason was that it reported harmful effects from low doses of Roundup and genetically modified maize engineered to tolerate it. But the wider reason that emerges from the documents is that to admit that the study had any validity whatsoever would be to open the doors for regulators and others to demand other long-term studies on genetically modified crops and pesticides.

For now, some regulatory bodies have backed Monsanto rather than the public interest and are not requiring long-term studies for GMO crops. However, on a positive note, Monsanto's involvement is out in the open. In other words, Monsanto, we are on to you.

Remember when you see wellness headlines in the news, like any other news story, always make sure your source is reliable and has your best interest. Do some research on your own or ask your Wellness clinician for their insights. Nutritional science is making news, and in the information age, it's right at your fingertips. But it's up to you to stay informed.

Thanks for reading this week's Wellness Minute edition.

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