



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Wellness News You Can Use

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

Every week there are wellness topics in the news: new research, new diets, new trends and more. This Wellness Minute, sponsored by your clinician, is YOUR reliable source for current health news. So, let's take a look at several recent headlines.

From *Natural News*, a recent headline reads: More Toxic to Humans than High Fructose Corn Syrup. What's the poison? It's called sodium benzoate, and you'll find it in popular paint stripper products, permanent spot removers, rubber cement, and lots of U.S. food products – all approved by the FDA for human consumption. Sodium benzoate is a known carcinogen that deprives the human cells of oxygen, breaks down

the immune system, and causes blood cancer to develop.

On product labels, you'll see the phrases: “to preserve freshness” or “as a preservative.” That's so you'll feel safe and cozy while your body is attempting to digest a dangerous concoction that's been synthesized in a laboratory using chemicals.

Check your salad dressing, jams, soy sauce, vinegar, fruit juices, salsa, dips, shredded cheese, sodas, mouthwash, toothpaste, cough syrups, and hundreds of cosmetic products for the known toxic agent and carcinogen, sodium benzoate.

Sodium benzoate is especially dangerous because it destroys parts of your DNA. It

specifically attacks the mitochondria, cells that use oxygen to produce energy. Sodium benzoate robs the body of essential nutrients and is linked to neurodegenerative diseases and leukemia.

This headline news story is another reminder for us to read labels and know what's in the products we purchase.

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A study led by researchers in North Carolina reveals that over the course of a 16-week program, lifestyle changes had the biggest impact on high blood pressure. The study was presented at the American Heart Association's Joint Hypertension 2018 Scientific Sessions, which outlines new hypertension research each year. The

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study involved 129 men and women who were either overweight or obese. They were all aged 40-80, and all participants had elevated blood pressure. None of the participants were taking blood pressure medication at the time of the study, but about half met the criteria for hypertension drugs.

One group changed diet, participated in counseling, and underwent supervised exercise. Another group only changed diet. Another group changed nothing. Those in the first group had the most success overall in lowering their blood pressure. They lost an average of 19 lbs over 18 weeks and reduced their blood pressure an average of 16 mm Hg systolic and 10 mm Hg diastolic. By contrast, those changing diet only lowered their blood pressure slightly. The study's author states, "Lifestyle modifications, including healthier eating and regular exercise can greatly decrease the number of patients who need blood pressure-lowering medicine."

Try a Google search for the side effects of blood pressure medication because there ARE side effects. If you have elevated blood pressure, ask your wellness clinician about lifestyle modification programs that can help you balance your blood pressure naturally.

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New research has found that fasting triggers a molecule that can delay the aging of our arteries. The findings could help prevent age-related chronic diseases such as cancer, cardiovascular disease, and Alzheimer's.

In a recent study, researchers were able to reverse signs of aging such as hair loss and wrinkles in mice. And, perhaps more impressively, another team of researchers managed to rejuvenate aging human cells.

Another new study adds to the evidence that aging can indeed be reversed. Scientists led by Dr. Ming-Hui Zou, the director of the Center for Molecular and Transitional Medicine at Georgia State University, showed that fasting or restricting calorie intake can produce a molecule that delays vascular aging. Dr. Zou explains, "The most important part of aging is vascular aging. When people become older, the vessels that supply different organs are the most sensitive and more subject to aging damage. Studying vascular aging is very important."

Beta-hydroxybutyrate is a ketone, a molecule produced by the liver. The body produces the molecule beta-hydroxybutyrate when you are fasting or restricting calorie intake. Interestingly, the research also revealed that beta-hydroxybutyrate promotes the division and multiplication of cells that line the inside of blood vessels. Cellular division is a marker of cellular youth.

As researchers learn more, we have the opportunity to embrace new ways to think about our health. You can learn how to integrate wellness into your lifestyle by contacting the clinic on this page. Feel great as you age, find natural options for ANY health challenge, and get on a path to help you live a longer, fuller life. Remember, wellness is not just in the news. It's here for YOU.