

# Lauderdale Wellness News

A Monthly Newsletter for the Friends and Clients of Lauderdale Wellness Center

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"We make a living by what we get, we make a life by what we give." *Sir Winston Churchill*

## New Study Shows Sugar Not A Factor In Type II Diabetes, But There's A Twist...



**L**auderdale—We've all heard this since we were little kids: Eating too much sugar is not good for you.

Everyone knows diets loaded with sugar cause all kinds of health problems. Doctors and health advocates connect it to ADHD, hyperactivity in children, obesity and the list goes on...

But, probably the most widely accepted belief is that a high intake of certain types of sugars has been linked to the onset of type II diabetes. This notion has been held as true for a long time.

In fact, the introduction in a recent study about this very "link" states, "Current guidelines for the healthy population advise restriction of sucrose (table sugar) intake."

### **But a new study challenges this sugar-diabetes "link" as fact.**

Here's the abstract from a study conducted at Royal Victoria Hospital and Queen's University in Belfast, Northern Ireland:

- Researchers prepared two diets that contained the same amounts of vitamins, fiber and calories, but different amounts of sugar: 200 grams per day of sucrose in one diet and 80 grams per day in the other.
- Thirteen healthy subjects, with an average age of 33, were divided into two groups and consumed one of the two diets for six weeks.
- After a four-week break from the test diet, subjects switched diets for an additional six weeks.

- Results showed no weight variation in either group; no changes in glycemic profiles; no changes in artery elasticity; and no detrimental effect on insulin sensitivity.
- To fully understand the conclusions of this study,

### **Let's discuss "200 grams of sugar."**

We have in front of us, right now, a bag of mini Reese's Peanut Butter Cups. Let's not go placing blame on whoever put them here. The point is, here they are... asking to be eaten.

The "nutrition" facts show there are 19 grams of sugar per serving. What's a serving? Five pieces. One piece has 3.8 grams of sugar.

So, you would have to eat 52.63—let's call it 53—of these peanut butter cup minis to consume 200 grams of sugar. Yes they are small, but

### **Fifty-three!**

That's the amount of sugar used in the just-mentioned study. Seems hard to believe that eating 53 mini peanut butter cup everyday would not have some sort of negative effect on your health and lead to type II diabetes, doesn't it?

Well, before you start your new monthly auto-shipment of candy, there was one

### **BIG flaw...**

Take a look at the abstract to the study again. Notice the part about SIX WEEKS! That's how long the subject ate their sugar-loaded diet.



## The Stress Reaction and the *Relaxation Response*

Picture one of your ancestors from thousands of years ago standing 100 feet from a tiger: heart pounding, muscles tensed, adrenaline rushing. They have two choices: shoot an arrow at the tiger or run.

Present day: You are at work, and a coworker is standing over you criticizing your current project. “You are doing it all wrong. Didn't you get the memo? You lame brain.” Heart pounding, muscles tensed, adrenaline rushing, you.... Wait a minute. An obnoxious coworker is not the same threat as a vicious tiger, but your body doesn't know it. Your body reacts the same way to the threat of being eaten by a tiger as it does to that coworker.

These reactions can serve a good purpose if we are faced with a tiger, because they prepare us for what is called the “fight or flight response.” We need that extra adrenaline and blood pumping through our system if we are going to kill a tiger or run to safety.

However, most stressful situations we face today do not require us to physically fight or flee the scene. So, how do you handle that stress reaction? Ignore your coworker and tell yourself to not let it bother you? That might keep you out of trouble, but when we don't find a way to relieve our stress it can have a very negative effect on our physical and mental health.

Here are some techniques employed in our group sessions. With a little practice, these can easily be accomplished at home or work.

### **Deep Breathing**

Place your hand on your belly. Breathe in slowly through your nose and feel your belly expand until it is full of air. Hold the breath for a while and then exhale through your mouth. Repeat this breathing cycle 10 times. With practice, you will find that you can feel tension and stress leave your body each time you exhale. It will also help you feel refreshed and more focused.

### **Progressive Muscle Relaxation**

This technique involves tensing and relaxing various muscle groups throughout the body. This not only eases tension in the muscles, but it can also calm your mind.

### **Autogenic Training**

While inhaling, repeat “my right arm is getting...” and while exhaling “...limp and heavy.” Repeat, substituting different parts of the body. The aim of this training is to be able to produce a pleasant and calm state under almost any circumstances. It is a good option for people who have a muscle injury or muscle spasms.

### **Guided Imagery**

This is a form of focused relaxation that coaches you in creating images that can calm the mind and body. The speaker encourages you to engage your senses to feel, hear, smell, taste, as well as see the images. This can help you prepare for surgery, imagine an injury healing, counteract negative thoughts, promote relaxation, and more.

When you feel that stress reaction, take a break. Breathe. Refocus. Stretch. Talk to someone. Let yourself feel that relaxation response that occurs when we take care of ourselves.

*Beth Freschi has been helping people relax and manage stress for 15 years. She leads relaxation groups at Lauderdale Wellness Center, Wednesdays at 7 pm and Thursdays at noon. She also provides individual counseling and coaching sessions by appointment.*

**Did You Know?** *A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease. Remember, it is the overall pattern of the choices you make that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.*

- *Use up at least as many calories as you take in:* Know how many you should be eating and drinking to maintain your weight and don't consume more than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the calorie intake. Aim for at least 30 minutes of moderate physical activity 3 days per week. Regular physical activity can help you maintain your weight and help you improve your physical and cardiovascular fitness.
- *Eat a variety of nutritious foods from all food group :* You may be eating plenty, but your body may not be getting the nutrients it needs. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories. Choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products. Vegetables and fruits are high in vitamins, minerals and fiber, and they're low in calories. Fruits and vegetables may help control your weight and blood pressure. Unrefined whole-grain foods contain fiber that can help lower blood cholesterol and help you feel full, which may help manage your weight. Eat fish at least twice a week.
- *Eat fewer nutrient-poor foods:* There is an appropriate number of calories to consume each day based on age, physical activity level and whether you are trying to gain, lose, or maintain your weight. Limit foods and beverages high in calories but low in nutrients; and limit saturated fat, trans fat, cholesterol and sodium. Read labels carefully.
- *As you make daily food choices, base your eating pattern on these recommendations:*
  - Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
  - Select fat-free, one-percent fat, and low-fat dairy products.
  - Limit foods containing partially hydrogenated vegetable oils to reduce trans fat.
  - Cut back on beverages and foods with added sugars.
  - Choose and prepare foods with little or no salt. Aim to consume fewer than 2,300 milligrams of sodium per day.
  - Follow the American Heart Association's recommendations when you eat out; and keep an eye on your portion sizes.

### **Tip of the Month -Six Tips to Help Keep Your Teens Driving Safely and Reduce Car Accidents**



Do you have a teen driver (or soon-to-be) in your house? If you do, you've probably spent plenty of sleepless nights. How are they? Are they safe? When are they going to be home? And, should they even be driving? And you have every right to be concerned. According to the AAA Foundation for Traffic Safety, (1), traffic crashes are the number one killer of American teenagers; (2), teen drivers have the highest collision rate of any age group; and (3), teens that have driven a year or less have the worst crash rates.

Teen drivers don't just endanger their own lives: Pedestrians, passengers and occupants of other cars account for nearly two-thirds of the fatalities in teen car crashes. Short of not letting your teen drive (you've thought about it – admit it!) nothing can take away 100% of the risk. But here are tips that can make your teen's driving experience as safe as possible and give you a little piece of mind:

**Are They Ready?** Kids mature at different rates, not only physically, but mentally. Some teens are just not ready for the responsibility that comes with driving just because their chronological age matches the legal age. How do they act with friends and family? Are they responsible even when you are not around? Do they respect other people?

**Time Behind the Wheel:** School driving courses are great but don't expect your teen to be a great driver just because they completed one. Practice makes perfect, or better anyway. Spend as much time driving with them as you can, as frightening as this may sound! The more time they spend with you, the more traffic situations they will encounter with you to give guidance and support. You want your teen to face as many of these situations with you as possible.

**Lead By Example:** How do you drive with your teen in the car? Do you speed? Tailgate? Have they ever seen you get a little upset and yell at other motorists? Well, it's time to clean up YOUR act. "Do as I say, not as I do" is not going to cut it here. Teens will do what they see you do. Your best bet is to lead by example.

**What Rides With Them:** Driving takes focus. For a new driver, a lot of focus. Any distractions can be deadly. No matter what state laws say, your teen driver should not drive while talking on the phone, listening to an iPod, playing with the radio or doing other distracting things. Do you drive while doing these things? Re-read the previous tip!

**Who Rides With Them And When:** Statistics show the two biggest risk factors for teens are (1), driving at night, and (2) driving with peers. Some states are starting to enact laws to restrict these factors. But parents are the first line of defense. So, *your* safest bet is, insisting (1), no driving at night, and (2) only drive with family members (for the first few months at least).

**Which Car?** Simple answer: the safest one you have. That might not make them popular at school, but safe beats popular any day.