

# Lauderdale Wellness News

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

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*"Truth is tough. It will not break, like a bubble, at a touch; nay, you may kick it about all day like a football, and it will be round and full at evening". - Oliver Wendell Holmes*

## New Study Explains How To Keep Hunger In Check

**Plus: Important Warning About Caffeine And Miscarriage Risk**

**L**auderdale – I just ate. So why am I still hungry? And why am I so darned hungry all the time? Ever ask yourself those questions? Sure you have. Because we ALL have.

Fact of the matter is: almost everyone, at some time in there life, struggles with the “why am I so hungry all the time” issue.

Well, what if science figured out what types of foods made you hungry and what types of foods actually curbed your appetite – would you be interested?

Well, guess what?

It looks like they have!

### What Keeps Hunger In Check

Reuters reported on January 18, 2008 that U.S. researchers are now offering new insights into how diets work.

According to the study, diets high in protein may be the best way to keep hunger in check.

They found that protein does the best job at keeping a specific hormone in check, while carbohydrates and fats did not fare nearly as well.

The study, which will appear in the Journal of Clinical Endocrinology & Metabolism, looked at the effectiveness of different nutrients at suppressing ghrelin, a hormone secreted by the stomach that stimulates appetite.

"Suppression of ghrelin is one of the ways that you lose your appetite as you begin to eat and become sated," said Dr. David Cummings of the University of Washington in Seattle, who worked on the study.

The researchers gave 16 people three different beverages, each with varying levels of carbohydrates, fats, and proteins.

They took blood samples before the first beverage, then every 20 minutes for six hours afterward, measuring ghrelin levels in each sample.

### Fat Still A “No-No!”

Many popular diets say it’s okay to eat decent amounts of fat. The interesting thing about this study is that it found fats suppressed ghrelin “quite poorly” and that they fared the poorest overall.

"Proteins were the best suppressor of ghrelin in terms of the combination of the depth and duration of suppression," Cummings said.

"That is truly satisfying because high proteins are essentially common to almost all of the popular diets."

### Yo-Yo Sugar Effect

They also found that eating carbohydrates resulted in strong ghrelin suppression at first, but ghrelin levels rebounded with a vengeance, rising to an even higher level.

**This shows what many have surmised for a long time:** That carbohydrates can make you hungrier in the long run. Which also answers the question – why am I so hungry even though I just ate so darned much?

Cummings said the findings may aid in future research on the effectiveness of different diets.

Clearly eating carbohydrates (like a bowl of ice cream) right before bed every night is NOT the best idea!



Now, here's something different everyone should know about...

### **Caffeine's Shocking Effect On Miscarriage Rates**

According to a new study, pregnant women who drink two or more cups of coffee a day have twice the risk of having a miscarriage as those who avoid caffeine.

For quite some time, there has been a debate as to whether caffeine affects miscarriage rates or not.

Researchers are saying this study may finally put that debate to rest.

They said the study provides strong evidence that 200 milligrams of caffeine per day or more significantly increases the risk of miscarriage.

This was considered a high dose of caffeine... but in reality... 200 milligrams is the equivalent of only 2 cups of coffee.

### **No Coffee For At Least 3 Months**

"Women who are pregnant or are actively seeking to become pregnant should stop drinking coffee for three months or hopefully throughout pregnancy," said Dr. De-Kun Li of Kaiser Permanente Division of Research, whose study appears in the American Journal of Obstetrics and Gynecology.

There have already been several studies done but none were conclusive. One problem was women often stopped drinking coffee during the study because it made them nauseous.

This skewed the results. But this time the study was designed to rule out that variable and finally get a more definitive answer.

Their study involved 1,063 pregnant women who were members of the Kaiser Permanente health plan in San Francisco from October 1996 through October 1998. Women in the group never changed their caffeine consumption during pregnancy.

### **Results**

What they found was women who consumed the equivalent of two or more cups of regular coffee or five 12-ounce cans of caffeinated soda - were twice as likely to miscarry as pregnant women who avoided caffeine.

### **Caffeine – Not Just Coffee**

This risk appeared to be related to the caffeine, rather than other chemicals in coffee, because they also saw an increased risk when the caffeine was consumed in soda, tea, and hot chocolate.

Which is very important because many people think coffee is bad while tea is completely safe. The results of this study indicate that might not be the case.

Li said many researchers think caffeine is harmful because it stresses the fetus' immature metabolism. It may also decrease blood flow in the placenta, which could harm the fetus.

"To me, the safe dose is zero," Li said. "If you really have to drink coffee, try to limit it to one cup or at the most two cups." Or better yet, switch to decaffeinated beverages, he added.

Based on the findings, Dr. Tracy Flanagan, Director of Women's Health at Kaiser Permanente Northern California, said pregnant women should think about limiting coffee to one cup a day, and they might want to cut it out entirely.

"So many causes of miscarriage are not controllable; this is an opportunity to do something active."

**And here's an important point:** Reuters reported on January 9, 2008 about another study that found caffeine intakes less than 200 milligrams did NOT increase the risk of a woman miscarrying.

In this study, 2,407 pregnant women were followed through pregnancy; 258 miscarried.

Most women in the study who drank coffee or other caffeinated beverages consumed about 350 milligrams of caffeine daily before they became pregnant, and in very early pregnancy equivalent to 1.7 7-ounce cups of brewed coffee a day.

At the time of the interview, their average caffeine intake had fallen to 200 milligrams. At each of the three time points assessed, there was no statistically significant relationship between the amount of caffeine a woman consumed and her risk of miscarriage.

From this study, it seems as though caffeine consumption under 200 milligrams may be okay. But it's probably best to be on the safe side and cut caffeine out completely if you plan on having a child.

## **It's almost time for our annual Client Appreciation Day**

Your invitation will arrive in the mail next month so be looking for it. Space will be limited for this fun event so you will want to register as soon as you get your invitation.

We don't have all the details hammered out yet but you can expect:

A raffle for some great prizes  
Free Chiropractic and Massage therapy  
Great door prizes

## **An Unfair Advantage?**

This is strange.

There is a very interesting man by the name of Oscar Pistorious. He is so interesting because he is a double amputee and competes in running races with the help of prosthetic racing legs called "Cheetah Blades."

They call Oscar the "Blade Runner."

Pistorius was a gold medalist in 2004 in the ParaOlympic events in Athens in 2004.

He finished second in the 400 meters at the South African National Championships last year against able-bodied runners.

Anyway, the IAAF just ruled that Oscar is ineligible to compete in the Beijing Olympics because his prosthetic racing legs give him a clear competitive advantage.

"An athlete using this prosthetic blade has a demonstrable mechanical advantage (more than 30 percent) when compared to someone not using the blade," the IAAF said.

Wow. That got me to thinking.

How strange it is that being a double amputee could actually end up being an "unfair" advantage in a sport such as running.

What are the odds of the blade runner losing both his legs... having the will and mental toughness to become a champion runner... actually be good enough for the Olympics... and then have a committee say...

**"He Has An Unfair Advantage?"**

Whether he is allowed to compete or not, he is certainly an inspiration. Talk about being given lemons and making lemonade!

### **Did You Know?...**

Knowing what causes stress for you can help you cope with it better and provide mental and emotional relief. Common causes of stress include: work, family, health concerns, unrealistic expectations, cynical and negative attitudes, sudden traumatic events.

Vitamins and minerals are required to ensure healthy brain and neurological functionality. The Vitamin B Group is particularly relevant to the brain, depression and stress susceptibility. Vitamin C is essential to protect against stress too. Toxins such as alcohol, tobacco smoke, excessive salt, steroids, and other pollutants work against the balance between minerals, vitamins mind and body. Excessive toxins from these sources will increase stress susceptibility and stress itself.

Physical exercise is one of the most effective strategies for getting rid of stress. Exercise releases helpful chemicals in our brain and body that are good for us. Exercise distracts us from the causes of stress. Exercise warms and relaxes cold, tight muscles and tissues that contribute to stress feelings. Exercise develops and maintains a healthy body, which directly reduces stress susceptibility.

You may be experiencing stress because your life has become out of balance. You may be spending too much time and energy on work or on caring for others at the expense of your own health and well-being. Delegate or share your responsibilities at work and at home. Avoid difficult colleagues, family members, and acquaintances. It may be necessary to reorganize your schedule in order to maintain a more balanced life. Think ahead about how you're going to spend your time. Make a "to-do" list. Figure out what's most important to do. Prioritize tasks and then work on the most important ones. Delegate less important tasks. Schedule extra time for tasks, in case of interruptions. It's important to care for yourself. No matter how busy you are, set aside at least 15 minutes each day in your schedule to do something for yourself, like going for a walk or calling a friend.

## **Tip Of The Month – Four Weight Loss Tips That Work...If You Are Serious About Shedding The Pounds This Year!**



Are you serious about losing weight... and keeping it off this year? Really serious? ‘Cause if you’re not, you should stop reading this right now. Allow me to explain... Weight loss is simple. Don’t think so? Well, here’s what it all boils down to: **Watch what you eat and expend more energy than you consume!** That’s the 100% truth, no matter what “secret” you read about on the internet, some magazine or late night infomercial. Fact of the matter is: You gotta burn more than you eat. Plain and simple. Not very romantic... just reality. **So Tip #1 is:**

**Dietary Control And Exercise** Onward...Forget about “dieting.” Diet is the worst word in the English language – and here’s why: Diets don’t work! I’m sure you already know this to be true... simply because... I’m sure you’ve already been on several and had them fail. That’s why you should NEVER “diet” again. EVER. In fact – you should erase that word from your memory IMMEDIATELY. Here’s what you need to understand instead: A Diet is something you do for a certain amount of time – and then stop. That’s why you lose weight... and then... put it all back on with a vengeance. A lifestyle change is much different. A lifestyle change is... by definition... something you do for the rest of your life. And if you want to take the weight off, and keep it off, you need to make a decision to exhibit dietary control and exercise FOR THE REST OF YOUR LIFE. **Quick story:** A dentist teaches one of his new patients the proper way of flossing his teeth. Patient asks the dentist which of his teeth he should floss? Dentist replies: Only the ones you want to keep! So... how long should you exhibit dietary control and exercise? For as long as you want to keep off the weight you have lost. **Which brings us to Tip #2:**

**Change Your Lifestyle!** What’s the best way to stick to your new lifestyle changes? Get help! And one of the best ways to get help is to join a group of like-minded people who are trying to achieve the same or very similar goals. This will put you in contact with people who understand what you are going through and will be willing to help and support you. That help and support, in many cases, is the difference between success and failure. The internet has thousands of weight loss communities for you to choose from. Look into them and see which one is a good fit for you. And when you join one – PARTICIPATE! Ask questions. Share stories. You will be helping others as much as yourself. **So Tip #3 is:**

**Join A Support Group Know this:** You are not in this alone. Statistics show that the vast majority of Americans are overweight and want to make a change. Most never lose the weight. And the ones that do – most gain it back. That should tell you something extremely important. Which is...Most people are dead wrong when it comes to weight loss. What they are doing did not work for them... so it won’t work for you either. You need to take a different approach, a contrarian approach that leads you to success. This does not mean joining a support group is counterproductive. A support group can be used for moral support – not technical advice. Big difference. **SoTip #4 is:**

**Don’t Be Afraid To Take A Different Approach From The Crowd** The crowd usually takes the easy way out. Be different and you’ll lose the weight and keep it off.