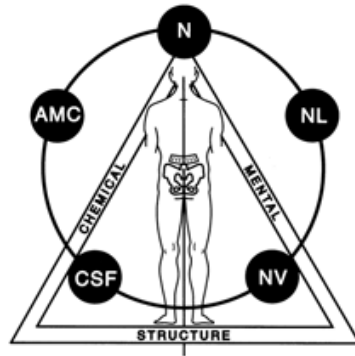


Artificial sugars

Aspartame is the technical name for the brand names, NutraSweet, Equal, Spoonful, and Equal-Measure. Aspartame is one of the most dangerous substance on the market that is added to foods. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the US Food and Drug Administration (FDA).

Possible symptoms include headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

(continued on page 8)



Aging and Glucose (sugar)

Our body is made up of millions upon millions of little cells. Each of these cells requires energy to function. Our brains have only one food source for energy and that is glucose or sugar. Here lies the problem, our brain requires sugar ;opposed to, too much sugar causes severe abnormal functions and reactions.

Simply put, when you eat a carbohydrate it is converted into glucose. Excess glucose in your blood stream is converted by your liver into a substance called glycogen, a storage form of sugar. This glycogen can be stored in your liver or in your muscles, but just like your car, the amount that can be stored is limited like the gas tank has a limit. Imagine that you had a deal with the gas station to buy 10 gallons of gas every day. You had to buy the gas, but you drove the car and only burned 5 gallons per day. Each day the attendant would top off your tank with 5 gallons and then give you a 5-gallon container to strap on your car and you would have to drive around with this extra 5-gallon can on your roof. The problem is that the next day you would add another 5 gallon can or you would have to increase your driving to burn off more gas each day – or make a new deal with the attendant to give you less. The excess glycogen is stored on your body as fat.

There is one factor that differentiates us from the car analogy. The ability of insulin to direct glucose into the cells begins to decrease in our middle thirties. This decrease in the ability of insulin to be able to direct glucose into the cell begins in our mid thirties. As a result, we start to see increases in the “love handles” about

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this age in almost everyone. This condition is called insulin resistance, and as a result the pancreas is told by our brain to produce more insulin in order to control the movement of the glucose

Unfortunately, this excess insulin has the effect of being pro-aging. The conditions that have been associated with this include obesity, cardiovascular disease, diabetes, glaucoma, high blood pressure, increased blood fat levels and many more similar degenerative conditions.

We are seeing an epidemic of diabetes. It is increasing rapidly in our culture. Where type II diabetes used to be called adult onset, you now have teenagers coming down with it. This is because we have made a dramatic shift in the types of carbohydrates we eat. There are basically two types of carbohydrates. One way of describing them is high and low glycemic. This is based on how fast they are assimilated into our bodies. Low or slow glycemic foods usually have a lot of fiber like beans and most fruits. High glycemic foods, like white bread, are digested quickly and enter the blood stream in a rush. Another way of easily defining these foods is processed and non-processed. Basically, eat anything that is natural, that man or woman has not played around with. If you follow that simple rule your diet will have almost all low glycemic foods and cause less stress to your pancreas.

Historically, it wasn't until the 16th century that refined sugars started to be added to the

continued on page 8

Treatment Options

What you can do!

In most cases, you will have to build up your arch. This will require you to wear a special support in your shoes called an orthotic. If you are older or have arthritis in the foot, you can build this up slowly so as not to aggravate your foot.

You should wear good supportive shoes almost all of the time. For example, it is all right to wear slippers to go the bathroom at night, but not to wear them all afternoon.

There are a series of exercises that will help to normalize the lengths of the muscles and then to strengthen them so that you can regain some support of your arch. However, depending on factors like age and length of time that the arch has been dropped, it may be impossible to gain enough support to be able to walk all the time without orthotics.

To find a qualified doctor using applied kinesiology to help you go to www.ICAKUSA.com .

Ankle pronation a problem for all ages



What is ankle pronation?

When you stand, the foot is supposed to be firmly on the ground in three locations. These are below the heel, at the base the big toe and the base of the little toe. The most common problem in the foot is a dropping of the main arch causing twisting of the bones around the ankle and of the foot.

How does this happen?

The cause of dropping of the arch is a weakening of the muscle and ligaments that are designed to hold it up. This can be caused from a lack of development, repeated stress or trauma.

What are the symptoms of a dropped arch?

The obvious symptom is pain or an ache in the foot or ankle. However, this condition can cause changes in muscle tension and ache in the knee, hip socket, pelvis, low back, between the shoulder, the neck

and the muscles of the jaw.

It is easy to spot someone with this condition by looking at the ankle from behind. Normally, the lower leg and the foot line up so that you can draw a straight line through them. When the arch is dropped, the line has a definite bend to it.

If you watch people walk, you can see the ankle move sideways when the weight goes over the foot when the arch collapses.

What happens if it isn't treated?

Dropping of the arch is usually the first in a sequence of problems that happen in the foot. Common problems in the foot that follow dropping are Achilles tendonitis, plantar fasciitis, metatarsalgia, bunions and hammer toes.

As mentioned above, when the ankle drops, it causes twisting of the leg bones and changes in muscle function all the



way up the body to the head. Consequently, muscle ache and tension in the knee, pelvis, spine, neck and jaw can be related to a dropped arch on that side.

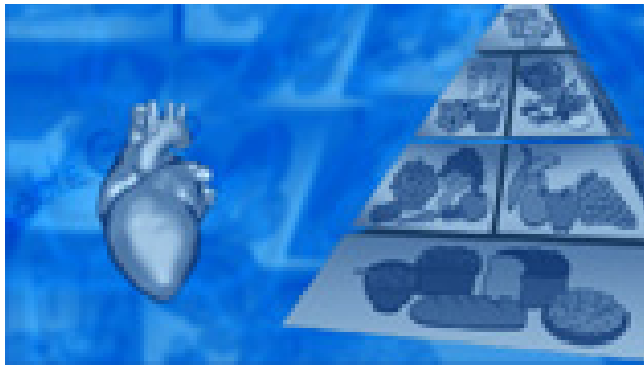
How can you spot it?

The easiest way to tell if someone else has pronation is to look at their feet and ankles from behind them. You can easily see that their arch is dropping inward by looking at the Achilles's tendon. For yourself, look and see if your shoe

A dropped arch can cause problems from your foot to your neck and head

is deformed towards the inside. You can put your shoe on a table or floor and raise it on its heel. Then drop the shoe and see if it wobbles back and forth to the sides. Any wobbling indicates that you have pronation.





Glycemic Index

The Glycemic Research Institute has tested and assembled the largest list of low glycemic rated foods in the world. Having access to this research is vital to dieting more effectively. Here is why....

High glycemic foods elevate insulin and blood glucose, stimulate fat-storage, exacerbate hyperactivity, reduce sports performance and increase the risk of Type II diabetes. (The United States population currently reflects the fastest growing rate of diabetes in the world.)

Low glycemic foods do not stimulate food-craving hormones like Neuropeptide Y and Lipoprotein Lipase. Stimulation of these hormones can cause chemically triggered cravings for food and uncontrolled eating binges.

Low glycemic diets can offer you a unique set of benefits.

They:

1. Do not stimulate fat storage
2. Reduce appetite
3. Enhance sports performance
4. Improve energy levels while reducing sugar-related energy and/or mood swings

5. Improve muscle to fat ratio
6. Enhance mental alertness
7. Allows you to eat more calories
8. May help lower blood lipids
9. Low-glycemic food plans have been proven to reduce the incidence of Type II diabetes and to help control Type I and II diabetes, hypoglycemia and hypertension.

The Glycemic Index rates how fast carbohydrates break down into glucose and increase blood sugar levels. To maintain stable blood sugar levels, you should try to use Low to Medium glyce-mic carbohydrates.

Glycemic Values of Common Foods

Very High	Medium	Very High	Medium
Refined Sugar	Oatmeal	Pasta	
Grapes	Cereal (Corn Flakes)	Peas	
Orange	(Raisin Bran)	Rice Cakes	Pita Bread
Banana	Orange Juice	Pinto Beans	
Raisins	Peach	Rye Bread	
Beets	Pineapple	Yam	
	Watermelon	Bagel	
Bread (whole grain)			
Apple	Green Beans	Carrots	Lentils
Apricot	Green Pepper	Corn	
Asparagus	Lettuce	Kidney Beans	
Broccoli	Mushrooms	Muffin (bran)	
Brussels Sprouts	Onions	Potato	
Cauliflower	Plums	Pretzels	

For a more complete list go to ICAKUSA.com/health-tips

EYE ON IT

Learn to read labels

Labels can be very misleading. Sugars are often added under a number of names. If you see a substance that ends in -ose, it is a good bet that what you are reading is the name for a form of sugar. Items like fructose, glucose, maltose and on are forms of sugar. Other items that have the corn in them are also sugars that are hidden in your prepared foods.

Healthy Picks

Fruit can be a good snack even though it has fructose. Eating whole fruit is good. Juice on the other hand is often mis-used. It is too easy to drink more juice than you could eat. The body has a protective mechanism when you eat fruit. Try eating too much fruit and it will make you sick and even vomit it back up. You can easily drink 15 to 20 oranges in juice. You could never eat that many.

Homocysteine

There is a chemical that your body can produce that causes you to lay down sticky artery hardening platelets in the blood vessels. This is the amino acid homocysteine. Now this sounds a little complicated; homocysteine is produced in your body when you have a deficiency of three essential nutrients. Normally, the amino acid methionine is converted through a number of steps into another amino acid known as taurine. However, in a deficiency of folic acid, vitamin B6, and B12 instead of producing taurine, your body produces homocysteine.

Methionine is the amino acid found in all proteins. Meat, eggs, milk and cheese have 2 or 3 times more than grains and vegetables do. If you consider the typical American meal of steak, potatoes and corn, you have a meal deficient in the nutrients necessary for proper conversion of the methionine in the steak.

Currently, there is a big push to use high doses of niacin to help reduce cholesterol levels. However, the high-dose niacin can also lead to elevated homocysteine levels.

If you suspect that you may have high homocysteine levels due to your diet, family history of heart and cardiovascular problems or other potential causes, our levels can easily be checked by a blood test. To lower your levels of homocysteine, supplementation with the folic acid, B6 and B 12 is very effective.

Heart Disease - Strokes and what you can do

Heart Disease and Strokes

Today, two of the most common dreaded health conditions are strokes and heart attacks. Many times, these can be avoided by some simple dietary changes or at least the odds of getting them can be dramatically reduced.

Aside from congenital defects, inflammation is the base cause of these conditions. Inflammation is your body's first line of defense against injury or infection. When you injure yourself, the area turns red and swells. This is normal inflammation. However, when inflammation becomes chronic it begins to cause disease instead of healing in the body.

Some of the common causes of inflammation in our bodies aside from injury are smoking, being overweight, hydrogenated oils, radiation, heavy metals and abnormal insulin levels.

Interestingly, inflammation is a greater predictor of heart disease than is elevated cholesterol. One landmark study showed that C-reactive protein commonly referred to as CRP was the principal marker of inflam-

mation and that people who had high levels of CRP in their blood were over four times more likely to have a heart attack than people with low levels.

CRP is produced by the liver in response to inflammation. Now, CRP can be elevated for many reasons but one of the main causes is when the arteries around the heart are inflamed. This has been found to be directly associated with atherosclerotic plaque formation. The study quoted above found that individuals that had high levels of CRP as well as high levels of LDL were at the greatest risk for heart disease and atherosclerosis. LDL, low density lipoprotein, is the bad form of cholesterol.

Inflammation causes the LDL to oxidize and form into plaque. The study also showed that high CRP levels were far more important than the level of LDL.

There are a number of conditions that are associated with high CRP levels. These include chronic infections, high blood sugar, excessive weight and a condition known as sticky blood.

A common cause of high levels of CRP is just plain

poor eating habits with an excess of animal fats and a lack of omega-3 oils.

There are many ways to reduce your CRP levels. The most common one advocated in the medical community is the use of a baby aspirin daily. However, some people are sensitive to aspirin and over a long period of time this can also lead to some bleeding problems in the gastrointestinal tract.

There are some natural products that can be used to help reduce the CRP level. These include things like green tea, grapeseed extract, curcumin or tumeric and omega-3 fish oils or flaxseed oil.

In the next issue:

Lung Function

Antioxidants & Alzheimer's

Proper Sleep Position

The Best Pillow Height

Sleep

Food Allergies

Magnesium

Mediterranean Diet

The Mediterranean diet is considered one of the best diets in the world. This diet includes eating cold water fish, like salmon and halibut, the good healthy fats like olive oil, low glycemic carbohydrates, garlic, onions, plenty of fruit, vegetables and nuts. Almost every meal has fiber rich fruits and vegetables.

This diet helps to support not only your heart but also helps to balance blood sugar and insulin levels.

Cold-water fish contain the omega-3 oils as well as being a source of coenzyme Q 10.

When you think of the Mediterranean basin you also think of foods like hummus. Low glycemic legumes like lentils and chickpeas slow the release of sugars into the bloodstream. This aids in preventing excess insulin release leading to hyperinsulinemia. Eating these foods helps reduce heart disease, obesity, high blood sugar, high blood pressure and high LDL cholesterol.



Colorful fruits and vegetables contain healthy phytonutrients. The more colors on your plate the more these nutrients you will consume. These foods contain carotenoids, flavonoids and polyphenols. They also contain antioxidants that control free radical damage and premature aging. These nutrients are vitamin C, vitamin E, magnesium, zinc and L glutathione.

Garlic and onions help to thin your blood and promote healthy circulation. You should use fresh garlic. In preparing it to cook with, crush or cut and let it sit for 5 min. before cooking so that the enzymes inside the garlic can be activated. If you do cook it, cook for only a few moments just warming it, as excess heat will destroy the healing properties.

Olive oil is the oil of choice for cooking and salads and you'll even find they put it on fish when they eat it. Current research points to a factor in olive oil that helps reduce breast cancer.

There is another thing about the Mediterranean diet that we should consider. Those in the Mediterranean tend to eat in courses unlike the typical American way of eating. You may start with grilled vegetables; have a course of a starch like rice or pasta, then a protein source with a cooked vegetable, then a salad with vinegar that helps digestion and finally cheese and fruit. The meal takes time, and you digest it easier due to the timing and food combinations.

Typical Mediterranean Meal

This takes a good hour at the least to eat and converse at the table that allows good digestion. The meal starts with grilled vegetables - zucchini, eggplant, mushrooms, and red peppers

Next, for example in Italy, primo piatto (the first plate) - a small serving of starch - either risotto or pasta. Notice the word small, the serving is less than the size of your fist.

Next, for example in Italy, primo piatto (the first plate) - a small serving of starch - either risotto or pasta. Notice the word small, the serving is less than the size of your fist.

This is followed by your protein source with a cooked vegetable.

Your salad follows this course. Their theory is that the vinegar in the salad dressing helps with the digestion of your meal.

You end the meal with a piece of fruit and some cheese.

Exercise Minimums

Everyone wants to know what is the best exercise. The best exercise is the one you will do. There is little sense in recommending an exercise program of something that you don't like to do.

You can't be truly healthy without exercise. Exercise strengthens the heart and circulatory system, it builds stamina and improves your state of mind. Consider the concept of "No pain - No gain." There is nothing true in that statement. In fact high intensity exercise can actually be harmful to you. A study from 2001 of 39,000 healthy female professionals 45 years and older, showed that even an hour of walking per week lowered cardiovascular risk.

Most studies on blood pressure, cholesterol, and bone density show that you should be doing either 5 30 min. walks a week or 4 40 min. walks a week. This exercise should be weight bearing. Activities like swimming, cross-country skiing or an elliptical trainer do not stimulate bone cells to grow.

Consequently, the base level of exercise that should be performed are the walking recommendations above. This serves as a firm basis from which you can add in other exercises depending upon your body type and needs.

Nutrient: Coenzyme Q10

Foods and CoQ10

Meat and fish are the highest source of dietary CoQ10 with levels over 20 mg/kg found in beef and pork.

In chicken, CoQ10 is found significantly in the heart and liver.

Dairy products have little CoQ10.

Vegetable oils, soy, olive and grapeseed, are quite rich in CoQ10.

Among vegetables, parsley, broccoli, cauliflower and spinach have moderate amounts of CoQ10 sources.

The only fruit with CoQ10 is the avocado.

Most fish have more CoQ10 than vegetables.

CoQ10 is an oil-soluble, vitamin-like substance that is present in most cells, primarily in the mitochondria. It is a component of the electron transport chain and participates in aerobic cellular respiration, generating energy. Ninety-five percent of the human body's energy is generated this way. Organs with the highest energy needs like the heart, liver and kidney have the highest CoQ10 concentrations.

Inside the cells of these organs, there are small organelles that produce energy. CoQ10 is found in the membranes of many of these organelles. The highest concentration is found in organelles known as mitochondria, the powerhouse of our cells.

CoQ10 levels in human organs peak at 20 years of age except in the pancreas and adrenal, in which the levels seem to be highest at one year of age. Once the peak level is achieved, levels decrease continuously with advancing age.

Early in life, we can produce CoQ10, however after the age of 35 to 40, we begin to lose the ability to synthesize it.

There are conditions aside from age that increase the need of this nutrient. These include cancer and heart disease and other chronic conditions.

CoQ10 functions in every cell of the body to synthesize energy. It also functions as an antioxidant, and has the ability to regenerate vitamin E in our body. Because CoQ10 is an oil soluble substance, it is best absorbed when taken with a meal that contains fat. Early in life, we can produce CoQ10. High doses of CoQ10, up to 3500 mg/day, have shown little toxicity. The upper limit of normal intake is estimated to be approximately 1200 mg/day.

Currently most clinical centers measure CoQ10 levels in cultured skin fibroblasts, muscle biopsies, and in blood mononuclear cells. CoQ10 levels are reduced by beta-blockers, blood pressure-lowering medications, and statins. Statins can reduce serum levels of coenzyme Q10 by up to 40%.

Coenzyme Q10 helps to maintain a healthy cardiovascular system. CoQ10 deficiency is found consistently in heart failure. CoQ10 helps to stop the oxidation of bad cholesterol, LDL, reducing atherosclerosis, which is the underlying disorder leading to heart attack and ischemic strokes, and chronic heart disease.

CoQ10 has also helped patients with impaired muscle strength, reduced frequen-

cy of seizures and reduced the severity of migraines. It also has slowed the progression of Parkinson's disease.

Supplementation has also reduced both systolic and diastolic levels in patients with high blood pressure and has reduced the side effects of chemotherapy. Dentists have found a relationship between low levels of CoQ10 and periodontal (gum) disease. The dentists used a combination of supplementation and applying it topically to the gum tissue.

One problem with supplementation of CoQ10 is that it can take up to 12 weeks before the patient can appreciate the effects. For example, after supplementation of CoQ10, for a period of time, immune markers increased in chronically ill patients. This showed that supplementation helped to raise their ability to fight infections. This is because the mitochondria in the immune cells were able to increase their energy production.

Stretching - Shoulder

Posterior shoulder stretch

Bring your arm across your body and hold it with your opposite arm, either above or below the elbow.

Hold for about 30 seconds.

Switch arms and repeat.



Tricep – Latissimus stretch

Bring your arm over your head. Then, gently hold your elevated elbow with the opposite hand, and pull towards the opposite side. Hold for a few moments, then repeat on other side.



Front chest stretch

First, interlock your fingers behind your back, with your elbows bent. Your neck should be straight and relaxed. Then, gently straighten your elbows and stretch the front of your shoulders. Hold for a few moments.



Shoulder shrug

Start with the shoulders. Then bring the shoulders up towards your ears. Hold this



Stretching Rules

Stretching should be done before any strenuous activity.

This includes yard work, moving furniture and doing any moderate to heavy lifting.

Stretching can increase your flexibility and improve the range of motion of your joints. Before stretching, warm up by walking.

Keep stretching gentle.

Don't bounce.

If you feel pain, you've stretched too far.

Hold a stretch for about 10 - 15 seconds, then switch sides and repeat.

Stretching time can be reduced by turning your eyes in the direction of the part being stretched.

NutriSweet

Check any diet labeled product that you buy. A little could be fine but too much causes a number of health problems.

It is not uncommon to have headaches or muscle - coordination problems after drinking a diet soda.



NutriSweet (continued from page 1)

Aspartate and glutamate act as neurotransmitters in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate or glutamate in the brain kills certain neurons by allowing the influx of too much calcium into the cells. This influx triggers excessive amounts of free radicals which can kill the cells.

Methanol/wood alcohol is a deadly poison. Some people may remember methanol as the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when aspartame encounters the enzyme chymotrypsin. Symptoms of methanol poisoning include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness and shooting pains in the extremities, behavioral disturbances, and neuritis.

The EPA recommends limiting consumption to 7.8 mg/day. A one-liter (approx. 1 quart) of aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit.

ASPARTAME CAN BE FOUND IN:

- instant breakfasts
- breath mints
- cereals
- sugar-free chewing gum
- cocoa mixes
- coffee beverages
- frozen desserts
- gelatin desserts
- juice beverages
- laxatives
- multivitamins
- milk drinks
- pharmaceuticals and supplements
- shake mixes
- soft drinks
- tabletop sweeteners
- tea beverages

Continued from page 1

human diet, and it was in the 20th century that white pasta and breads became a staple.

Fat increases the rate of aging. Being overweight causes our joints to break down ahead of time. Obesity leads to an increase in free radicals – those devils that start almost all of the degenerative diseases. If you have too much fat on your body, you have too much fat in your vascular system. This causes changes in lung and heart function and inevitably heart disease, heart attacks or strokes.

The real problem is that many want to lose weight and can't. They eat less and when they start to starve the body to lose weight, the brain responds by slowing down the metabolism. Remember, we evolved over centuries when food wasn't always plentiful. When faced with food shortages, our bodies had to slow our metabolism to make it through the winters when food was scarce. When food was plentiful, we had to pack it on to be able to make it through the tough times. The real problem is that our bodies have not adapted to having food available all year round. Consequently, harsh restrictive diets do not work for long. What you need are moderate diet changes coupled with an increase in activity to stimulate the body to keep the metabolic rate elevated and not think that you are starving and preparing for a long winter.

Finally, 1/4 of us have a condition known as Syndrome X. This condition is also known as insulin resistance and people with it usually have an apple shaped body. In males, you will see the abdomen falling over their belt. This is a severe problem and needs a special diet to reduce the need of insulin and at the same time give the patient a constant energy level. Nutritional supplementation is very critical to help this condition.

Controlling weight and insulin needs will help to slow the aging process. The tools that are used fall into two categories. The first is a good basic exercise program that is tailored to the needs of the patient. This program will depend on your current state of health, cardiac reserve and lung capacity. The second involves a dietary plan to give you the foods that will not stimulate insulin while supplementing your diet with nutrients that will assist your liver, pancreas and endocrine system to stabilize your insulin and glucose needs. This is a balancing act, but working together, you can have success with more energy and at the same time slow down the aging process.

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