



Center of Health Newsletter

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In This Issue

Now is Not the Time to Lose Weight... Pg 1

Gastrointestinal Disorders... Pg 2

Omega 3 Fish Oils... Pg 5

Note:
Unfortunately I must remind you this newsletter is not intended to disagnose or constitute medical advice. These are my opinions, and facts believed to be true at printing. If you take any of this advice you do so at your own risk. Consult a licensed health practitioner first.

Now is Not the Time to Lose Weight

All you hear about in January are resolutions. The resolution to lose weight is first on almost everyones list. I am going to go against the trend here, but winter is not the time to be losing weight. In fact, winter is the most difficult time to lose weight, because of the natural circadian rhythms of our bodies. December through mid February are considered to be “hibernating” months. The winter months are a time for storing and replenishing by eating warm hearty meals. It is also a time for rest, relaxation, and spending time with those you love and care about. Exercise should be for fun and enjoyment, rather than a “work out.” It would be a wonderful time to start or reconnect with Pilates, Tai Chi, or Yoga.



When you look at nature everything hibernates, by retreating inwards in order to prepare for the burst of energy that spring brings. This is the rhythm we should follow during this time and prepare ourselves for the burst of energy and enthusiasm that comes with the sun and beauty of spring.

Winter is a wonderful time to make resolutions about how you want to spend the next year, by setting goals in your relationships, jobs, and yourself. Stop focusing on how you look, but rather how you FEEL, how you want to make a difference in your life and the lives of others. Winter is a time of “emotional spring cleaning,” you will notice yourself and those around you are more emotional or sentimental; this is the deep nature of winter. Go with it, towards it, and through it toward emotional health and well-being.



Even though you are tempted to and perhaps have already started on your “resolution,” I would humbly request that you pull back the reins a bit and wait a little longer. Try and hold off a few more weeks and set your sights to late February. The weight will come off easier if you follow your bodys circadium rhythm. The seasons are a wonderful design that we should follow in our eating, exercise, and rest. You will find that you will feel healthier and have more energy.



Page 2

What does the GI system include?

It includes the Esophagus, stomach, intestines, colon, and rectum

What is a Neurotransmitter?

They are Specialized chemical messengers that send a messages from one nerve cell to another

* The average adult digestive system is about 30 feet long

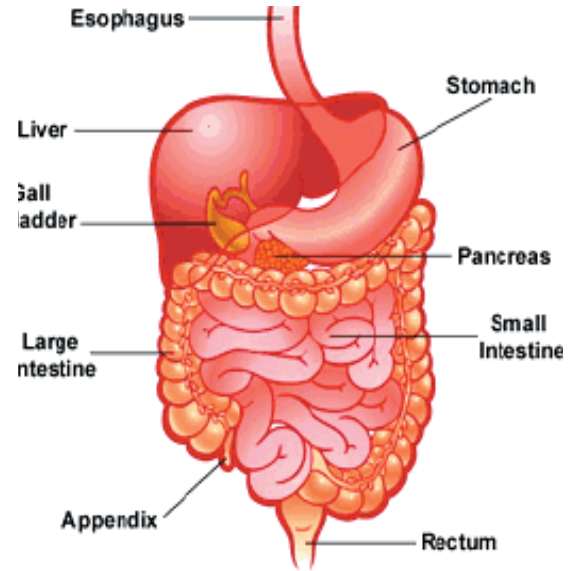
* Did you know that smoking can increase your risk for a GI disorder

Gastrointestinal Disorders

Gastrointestinal (GI) dysfunctions are the most overlooked and mismanaged disorder in healthcare today. Traditional healthcare practitioners are not sufficiently trained to provide advice of lifestyle and dietary support and cannot link gastrointestinal disorders with deeper patterns of disorders that are going on in our bodies. The American Gastrointestinal Association admitted that 41% of their clients are people who have GI symptoms with NO structural, pathological, radiological or laboratory findings. This means that 41% are told that their “symptoms are normal,” yet they suffer from chronic health problems. Traditional drugs for GI disorders are anti-inflammatory agents, antacids, and enteric nervous system agents. These drugs may give immediate relief, but they do not address the underlying causes or triggers for the dysfunctions. This approach is much like taking the battery out of your fire alarm after it goes off. I would like to give you a little better understanding of how incredibly important it is for overall health and longevity that we pay great attention to the health of our GI tracts.

The GI tract is connected to EVERY major system in the human body. Around 60% of our immune system is located in the GI tract, and 99% of our body’s neurotransmitters are produced here. The GI tract communicates with every major receptor site.

And last but not least, the GI system has a very high metabolic function impacting nutrient absorption, elimination of toxins and waste, hormone metabolism, energy production, etc.



There are several things that can be related to to the GI tract such as: pain, inflammation, oxidative stress (free radicals), functional hypothyroidism, autoimmune disorders, adrenal stress syndrome, estrogen dominance and metabolism, anemia, inability to lose weight, food allergies, cardiovascular risk, neurodegenerative disorders, chronic fatigue, mood shifts, and liver detoxification to name a few. Therefore, in a health care model one cannot correct any of these disorders effectively without FIRST correcting the possible GI problems.





Page Three

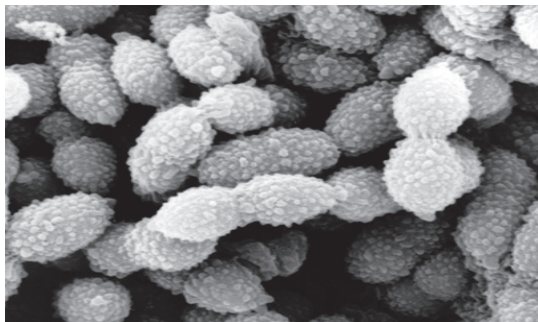
*Did you know that E.Coli commonly inhabits the intestinal tract and normally does no harm whatsoever.

*Did you know there are over 400 types of bacteria in our digestive systems that are imparitive for normal healthy functioning!

*Did you know that according the Mayo Clinic using regular soap and water are just as effective as using antibacterial soaps when preventing the cold and flu!

GI Disorders Cont'd

Our bodies are bombarded with pathogenic bacteria on a daily basis. The battle in th GI tract is to maintain the proper balance of good bacteria in the bowel in order for the immune system to work effectively. Harmful bacteria is passed into our GI tract through food, water, and air. Under normal circumstances the GI system can detect these bacteria and kill them. If these bacterias go unchecked or are allowed to increase they can leak from the colon wall and into the blood stream causing serious conditions. One result of the harmful bacteria going unchecked is Irritable Bowel Syndrome or IBS, this can cause conditions like: ulcers, chronic constipation, indigestion, reflux, vaginal infections and diarrhea. These conditions can be a starting point for many other chronic problems (like the ones listed on the previous page).



Signs of GI problems include offensive breath, belching after meals, bloating, diarrhea, constipation, any abnormality in stool (ie: color, texture, or size). Frequency is generally the first “red flag” for GI problems.

If there are less than two bowel movements a day or more than three, there is a possible GI problem. These are generally the first signs that your GI tract needs attention. Usually just adding more probiotics and digestive enzymes will do the trick. A 2 to 4 week course of these (probiotics and digestive enzymes) in slightly higher doses should get the balance back into your system. If this does not regulate your system, then a more restricted diet should be implemented. You would want to consult a holistic nutritionist or Naturopathic practitioner to help develop the diet plan.

The problem however, could be related to food allergies, fungal infections, or medication interactions. This approach takes more time and much more effort on your part. Traditional protocols are usually strong medications that increase or reduce frequency. These medications unfortunately only help with the frequency on a short term, but in the long term can deplete the system further of good bacteria and enzymes. These medications are much like bailing water from a leaking boat, while in the middle of the lake.

Cardiovascular disease can also be related to and link with GI tract functions. A few years ago the big discssion was the discovery that C-reactive protein (CRP) is a marker for cardiovascular disease. C-reactive Protein is actually a marker for any acute inflammation. So when there is dysfunction in the gut there is inflammation and therefore CRP is present.



Page Four

Where does digestion begin?

The mouth, salivary glands are the first stage in digestion.

The stress response can cause increased heart rate, breathing rate, increased blood pressure, increased sweat production, and decreased digestion

GI Disorders Cont'd

In the New England Journal of Medicine, a study found that men with elevated CRP values had three times the incident of a myocardial infarction (heart attack), and two times the incident of a stroke. This study was concluded on CRP levels alone, independent of other lipid or non-lipid (cholesterols) factors and smoking. This means that cholesterol and smoking did not contribute to these cardiovascular incidents. Gastrointestinal dysfunction in the form of gallbladder stasis (Stasis= fluid sitting anywhere in the body not going anywhere) can increase serum cholesterol levels, which we all know impacts cardiovascular health. Last but not least, GI dysfunction can activate a stress response on the adrenal gland, increasing cortisol, epinephrine (adrenaline), norepinephrine (noradrenaline), as well as aldosterone levels, which are factors in hypertension.

When the inflammatory response is initiated by the gut-associated lymphoid tissue, cytokines are produced and can travel throughout the body, including the glial cells of the brain. When the glial cells become damaged through inflammation it is called gliosis, and has been identified in neurodegenerative conditions such as Alzheimer's, Multiple Sclerosis, Huntington's disease, and seizures.

The cytokines, nitric oxides, and other oxidants can damage neurons and cause neuronal death. Since 99% of our neurotransmitters are produced in the gut, and inflammation in the gut can cause neuronal death, attention to GI tract health can easily translate to better brain power now and later in life.

Gastrointestinal inflammation inhibits our ability to lose weight. GI inflammation can disrupt intercellular communications, making weight loss very difficult. When the inflammatory cytokines are released in the gut, the function of fat burning (lypolysis) can be inhibited and the building of fat stores (lipogenesis) can be increased. Gastrointestinal inflammation can be the reason some people can exercise and maintain a healthy diet and still not lose weight. This GI inflammation can be subclinical, meaning that there are no specific symptoms, from food antigens or adverse inoculations. Lab tests would be needed to identify these patterns further.

These are just a sample of the impact our gastrointestinal health is to every other function in our body. Listen to your GI system, it is the first to let you know your health. Get to know your stomach and gut, know what agrees with it and what does not. It could mean the difference between a long active life or not.



Page Five

*Omega 3 fish oils can help prevent and protect you against heart disease

*Fish oils can also help our bodies own metabolic process, not only helping us regulate insulin levels, helping diabetes, but also in weight loss!

*Cold water fish generally contain the most Omega 3 oils

Omega 3 Fish Oils

Recently there was a report circulating that the fish oils were not as good as many experts had suspected. Let me clarify, the report was on a specific study on whether or not Omega fish oils cured cancer. The conclusion: No, fish oils do not cure cancer. As many studies as I have read on fish oils, I have not read one that claimed fish oils could cure cancer. Omega fish oils may not cure cancer, but the benefits to every organ in the body and its functioning, including our brain is well researched and documented. So keep taking those fish oils people! It is as good as the experts say!

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Cartoons of the Month

