



**LINCHITZ**  
MEDICAL WELLNESS PLLC

## CHOICES

*CHOICES ARE THE HINGES OF  
DESTINY.*

*-EDWIN MARKHAM*



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# Health + Wellness

*That's what it takes to be a hero,  
a little gem of innocence inside  
you that makes you want to be-  
lieve that there still exists a right  
and wrong, that decency will  
somehow triumph in the end.*

*-Lise Hand*

## DIABETES by DR. ROBERT NEWMAN

Blood sugar regulation is an essential indicator of your health status and or dis-ease. We are now living with epidemic proportions of this serious degenerative and inflammatory condition. The initial signs and symptoms include weight gain around the abdomen, elevated cholesterol, triglycerides, and elevated blood pressure. Many also experience fatigue and increased thirst. All the organ systems are affected including your pancreas, heart, liver, kidneys, eyes, muscles, nervous system, blood vessels and brain. Laboratory diagnosis includes a glucose tolerance test, your blood glucose levels, Hgb-A1C, fasting insulin and the Glycomark test. Your pancreas produces insulin to carry the glucose, your blood sugar to all the cells of your body. It is essential to pass to the brain for normal brain function and to all cells for healthy cellular communication and energy. When glucose levels continue to rise, your cells become insulin resistant and will cause the pancreas to secrete more and more insulin. At this stage of insulin resistance, cellular and body changes will present. You will observe weight gain, inflammation to both the cardiovascular system and joints. Fatigue, mental fog, and muscle weakness may be experienced.

It is of paramount importance to TAKE ACTION! The two essential lifestyle focuses are diet and exercise. Know the glycemic load of every food you ingest. An excellent reference site on the web is [www.mendosa.com](http://www.mendosa.com). Mr. Mendosa is a diabetic, he has researched foods from around the world and has designated a glycemic index (*optimal level <55*), and a glycemic load (*optimal level < or = to 8*). I believe the Glycemic Load (GL) is the more important value, for this is the effect on your glucose levels and insulin demand.

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# FEATURED SUPPLEMENT OF THE MONTH: AHCC & LIVER HEALTH

**T**he liver has a wider array of functions than any other organ, including detoxifying the blood, metabolizing carbohydrates and lipids, synthesizing protein and secreting bile. With influence on numerous critical body functions, damage to the liver can have dire health consequences and can even be fatal. Unfortunately, liver disease is surprisingly common, affecting approximately 10% of Americans. Every year, thousands die of hepatitis C, liver cancer, cirrhosis and other chronic liver diseases. Accordingly, any treatment that can positively affect liver function in those with liver disease is of great interest to the scientific community.

**D**eveloped in Japan in the late 1980's, Active Hexose Correlated Compound (AHCC) is an alphaglucan-rich extract obtained from a hybridization of several subspecies of mushroom mycelia. Evidence from in vitro research, case studies and human clinical trials suggest that AHCC acts as a biological response modifier that may protect the liver from damage, reduces the viral load of hepatitis patients and prolong the survival of patients with liver cancer—offering promise to those struggling with liver health problems.

**T**he liver is susceptible to our modern world's numerous chemical assaults. For example, alcohol is a powerful, liver-damaging toxin and fast food has been associated with liver disease. Prevention of chemically induced liver injury is relevant to much of our population. Research has shown the pronounced ability



of AHCC to protect against chemically-induced liver injury. — FRED PESCATORE, M.D., M.P.H., CCN

*I'm in good shape for the shape I'm in.*

— RENA COOPER

# EXERCISE...EXERCISE...EXERCISE

We must all do long grueling hours of exercise to stay slim and healthy, right? WRONG! Once again, if we look to evolution for logical answers, we find that throughout the animal kingdom, animals, including humans, used exercise for two purposes: play and survival. Almost without exception, these activities are “stop-start”. There are no animals “working out” with a steady Target Heart Rate for 20 minutes, 30 minutes, or 60 minutes etc. Animals show bursts of activity, interspersed by rest. Once again, through survival of the fittest, animals, including humans, have adapted so that maximal health comes from this type of stop-start activity. The form of exercise which that most closely approximates this natural activity is “interval” workouts. These are workouts where brief bouts of intense exercise are interspersed with rest. You can walk and run outdoors or on a treadmill in the gym. The workout would consist of a warm-up of a few minutes of moderate activity (walking at a pace where you can whistle or speak fairly comfortably). Then you would increase the intensity (jogging or even running for 20-60 seconds. If you are running almost “all out” you could aim for 20 seconds. If you are jogging at a more moderate pace where talking or whistling would be difficult, 60 seconds would be a reasonable goal). You would then slow down to a walk again for several minutes until you are breathing more comfortably. This process would be repeated four to six times followed by a few minutes of comfortable walking as a “cool-down”. That’s it! The entire workout would last 20 minutes or a bit more depending on the number of

intervals completed. The same principles could be adapted to an elliptical trainer, an exercise bike or even a swimming pool. This could be repeated two or three times a week. Of course, do not start out these intervals at top speed until you have trained your body to withstand the intensity. The fast intervals should initially be at a very moderate pace until muscles and joints are ready. You should always consult with your physician before starting any exercise program. Is this workout difficult? It certainly can be intense! However, the intense part lasts only 20 to 60 seconds. When I ask patients how they feel about 60 minutes of exercise per day (the usual “expert” recommendations), they usually groan. But, when I ask patients if they can stand 20 seconds at a time, they usually say “Sure!”. After an interval session, patients are often energized rather than exhausted. A side bonus is that metabolism is raised for 48 hrs. after these workouts leading to increased fat burning and weight loss!

— RICHARD LINCITZ, MD



## FUNCTIONAL BREAKFAST SMOOTHIE

Serves 4/This creamy, kid friendly treat is packed with probiotics, healthy fats, fiber, and protein for lasting energy; no added sugar prevents a midmorning crash.

- 1 cup unsweetened almond milk
- 5 large, pitted dates
- 1/3 cup walnuts
- 1/4 cup ground flaxseeds
- 6 ounces plain, low-fat yogurt
- 2 small bananas, peeled and cut into chunks
- 1 1/2 cups frozen raspberries, partially thawed
- Liquid stevia to taste (optional)
- 8 whole raspberries, for garnish
- 4 walnut halves, for garnish

Pour almond milk into blender; add dates and let stand for 10 minutes to soften. Add walnuts and flaxseeds; process on high until nuts & seeds are fully incorporated. Add yogurt, bananas, and frozen raspberries and process until smooth & creamy. Sweeten to taste with a few drops of stevia, if desired. Pour into glasses and garnish with fresh raspberries and walnuts, if desired. Serve immediately.

per serving: 237 calories, 39% fat cal, 11g fat, 1g sat fat, 1 mg chol, 6 g protein, 33 g carb, 8 g fiber, 76 mg sodium.

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Generally speaking, dried fruit and the tropical fruits will have a glycemic load significantly higher than 8. (i.e. Bananas GL= 15). Most breads have a very high GL, therefore limit to 1 slice of a multi-grain. Please note bagels have a GL of 25.

**INSULIN RESISTANCE DIETARY GUIDELINES:** Protein with 2-3 meals, 3-4 ozs. of organic free range or grass fed. Powdered Medical foods; 8 to 10 glasses of water daily – 8 oz.; Omega 3 Fish 3 times weekly; Snack on nuts, seeds, celery, vegetables or protein such as hard boiled eggs or turkey; No added sugar, no sweets; Maximum 2 starch servings daily at ½ cup portion; 1-2 fruits maximum per day; Avoid fried foods, margarine, hydrogenated oils.

Another study that is most impressive relates to a low caloric diet consisting of eating a raw food diet for 1 month. The diet includes vegetables, sprouts, nuts, seeds, berries and fresh green juices. The concept of restricted calorie intake turns off the diabetes gene and removes the tremendous metabolic demands on your body and digestive system. I recommend working with a clinician well versed in raw foods and the effects of low caloric food intake. Read the research of Dr. Gabriel Cousens.

Exercise is as important to control your blood sugar as are the foods you eat. Doing aerobic activities such as running, jogging, walking, spinning and bicycle riding, or elliptical machines are excellent activities. When participating in aerobic exercise try to do Burst or intense interval training. Increase the rate of activity on an extreme basis for a very short period of time. For example 30 seconds of all out aerobics then slow down to recover, repeat 4 to 6 times. (Please note you must be cleared by your physician to participate in any intense exercise activity).

Nutritional supplements have been very helpful in supporting insulin resistance. I would recommend always including Alpha Lipoic acid and Omega 3 fatty acid fish oils. The other nutrients are; Biotin, L- carnitine, Carnosine, Chromium, Gymnema sylvestre, Cinnamon extract, CoQ10 and Vanadium. Always monitor your blood sugar through the day to keep records of changes in glucose levels. Contact your physician should there be a need to change the dose of any medications which may include Insulin, Metformin, Actos and other prescribed insulin sensitizers.

The effect of elevated glucose (sugar) on your organs, muscles, brain, nervous system and blood vessels is physiological aging; this is essentially baking from the inside out. The acronym A.G.E. means Advanced Glycation End-products. The reality is an increase in the aging process and breakdown of the entire body, not a pretty picture!

You do have great control on this very serious disease. As mentioned above; diet, exercise and nutritional supplements will have a dramatic result in controlling the degenerative effects of diabetes and insulin resistance.

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