

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

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In The News

by Brad Roseborough, R.Ph.

Increasing Your Longevity

I've often written about a healthy lifestyle and how making small lifestyle changes can have a huge impact on not only longevity but also quality of life. As we age, many of us expect that illness, disease, medication, and restricted mobility may become a part of our life. And, although there is a link to our genetic makeup, we cannot become fatalistic as to our medical outcomes. Genes may not express themselves in a negative manner if we have a healthier lifestyle than our ancestors. Many of the ailments that afflict us as we age may be directly linked to stress, lack of exercise, poor sleep and dietary factors.

I recently read an article about the population of a small Greek island known as Ikaria. It is mountainous, isolated, and only

99 miles in size. The population of this tiny island has an extremely high population of seniors over 90 years of age, 20% fewer cases of cancer than Americans, 50% of the amount of heart disease, and virtually no Alzheimer's.

After a team of researchers studied the local population looking at environment, terrain, diet, and activities, they came up with a list of 13 possible

factors that could account for the health and longevity of the people of Ikaria. Here is a list that the researchers came up with:

1. Eat green vegetables.
2. Drink herbal tea.
3. Stop living by the clock.
4. Take daily naps.
5. Walk everywhere.
6. Be sociable and spend time with friends.
7. Eat a Mediterranean diet (whole grains, fruits, vegetables, olive oil, and fish).
8. Have some Greek honey (contains antibacterial, anticancer, and anti-inflammatory properties).
9. Use plenty of olive oil.
10. Eat locally grown produce.
11. Participate in religious services.
12. Drink goat's milk (high in tryptophan)
13. Bake your own bread (high in complex carbohydrates, low in preservatives, may improve glucose metabolism)

Is there anything in this list that you can change this week? If so, the changes and choices that you make now can affect the health of your body years from now. To a certain extent, our decisions have a huge impact on what the quality of life and longevity that we will experience.

Health Topics Newsletter

<http://www.healthtopics.com/inner.php?aid=2584>



Foods That Hinder Weight Loss

As mentioned above, food choices have a huge impact on our health. *The New York Times* recently reported on an article in the *International Journal of Obesity* stating that obese people have rapidly declining health after the age of 40. 60 percent of those who were found to be obese were receiving prescription medications for a variety of conditions related to their weight.

Their findings are not surprising considering that obesity has been directly linked to increased heart disease, heart attack, diabetes, stroke, dementia, cancers, elevated triglycerides, and oxidized LDL cholesterol. Losing as little as 5-10% of your total body weight can restore better health.

With huge marketing campaigns promoting health-destroying foods, it's little wonder that Americans battle obesity. Such things as high fructose corn syrup, trans fats, and refined carbohydrates can cause metabolic imbalance and excess fat storage around the abdomen. Below is a list of foods that you may want to avoid if you are fighting the weight gain battle.

1. Sweetened or artificially sweetened beverages. Soft drinks and fruit juices are packed by
2. nutrition-less calories and high fructose corn syrup. Try substituting these with water.
3. Alcoholic beverages contain no nutrients and are high in calories. They can also cause fatty liver disease and, in a worst case scenario, cirrhosis.
4. Mayonnaise and margarine spreads can be loaded with trans fats. These trans fats are difficult to clear from the body and can lead to an unhealthy cell wall.
5. Processed deli meats can be loaded with many "unknown" ingredients and many times have high amounts of sodium and cancer causing nitrates.
6. Sausage and hot dogs are an American staple but they are loaded with calories. Sausage and other processed meats have been implicated with a 40% increased risk of digestive cancers.

7. Salad dressings can be filled with sugars and trans fats. You might consider making your own salad dressing from olive oil, lemon, vinegar and spices.

Incorporating these tips into your diet may help you achieve the weight loss you've been looking for. For more information on diet, health, and nutrition, visit: myoptimalhealthresource.blogspot.com/ for a free 48 page downloadable ebook.

<http://www.healthtopics.com/inner.php?aid=1863>

Vitamin D-Again!

As a special enclosure, I'm sending you a wonderful chart. Although it is new to me, it's not based on a new article but is a compilation of articles citing decreased risks of various health conditions at certain vitamin D levels. We've been "preaching" vitamin D supplements for years and this, once again, points to the importance of adequate vitamin D levels-ENJOY!

New Service at Wellspring

We've teamed up with Donna Lucas, our favorite dietician to offer some new services:

1. A group setting weight loss program that begins with an individual dietary consultation and..
2. Individual dietary consults that may be reimbursable by private insurance or Medicare.

If you are interested in either of these new programs please contact me for more information. Have a great August-we hope to see you soon.

--Brad

2291 West Fourth Street Mansfield, OH 44906

(419)756-2559 www.wellstore.com