



Dr. Thomas's

FOREVER YOUNG!

August 2010

The monthly guide to living healthier, happier and longer.



A higher level of fitness

I thought I was in great shape, but I began something recently that has literally catapulted my fitness level. My energy, strength, endurance, and mental clarity are now better than ever! It's called EWOT (pronounced *ee-watt*) and it stands for *Exercise With Oxygen Therapy*. EWOT improves strength and endurance during virtually any indoor exercise, and the long-term health benefits are remarkable.



which allows you to build more muscle and burn more calories in the same time-frame. EWOT can be done while riding a stationary bike, elliptical machine, or using a treadmill. EWOT also provides a higher level of mental clarity which often lingers for several hours.

Instead of bulky oxygen tanks,

EWOT uses an oxygen concentrator which is a small portable device that plugs into the wall and produces a continual supply of oxygen. Please email me for more information.

Dr. Daniel Thomas

EWOT increases the amount of oxygen in the blood during exercise. This increases energy and strength

Link between obesity and dementia

A large belly has been associated with high blood pressure, heart disease, diabetes, and cancer, but new research published recently in the *Annals of Neurology* has found that people with high levels of abdominal

fat are more likely to develop dementia including Alzheimer's disease. The higher the level of visceral fat—the deep yellow fatty tissue surrounding the digestive organs—the smaller the total brain volume. Alzheimer's is strongly associated with low brain volume. Let us all work on reducing our waistlines.

MEDICAL SERVICES AVAILABLE:

Natural Hormone Balancing:
FeelBetterAtAnyAge.com

Blood Testing:
VitalBloodTests.com

Medical Weight Loss:
DoctorsForWeightLoss.com

Second Medical Opinions

Nutritional Counseling

Fitness Prescriptions



Dangerous supplement ingredients

More than half of the adult U.S. population takes dietary supplements to stay healthy. In 2009, we spent nearly \$30 billion on them. While most supplement ingredients are safe, a few are not. Experts from the *Natural Medicines Comprehensive Database* identified twelve ingredients (out of nearly 1,100 in the database) consistently linked to serious side effects. These twelve are aconite, bitter orange, chaparral, colloidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia, and yohimbe.



Sunscreens may cause skin cancer

A new study released by the *Environmental Working Group* has found that nearly half of the most popular sunscreen products on the market may actually increase the speed at which malignant cells develop and spread skin cancer because they contain vitamin A or its derivatives (retinol and retinyl palmitate). While these products might prevent sunburn, they may not keep ultraviolet light from destroying skin cells and causing tumors and lesions. In their annual report to consumers on sunscreen, they found that only 39

out of the 500 products they examined were considered safe and effective. The report also cites problems with overstated claims about performance with sun protection factor (SPF) numbers, the use of the hormone-disrupting chemical called oxybenzone, and the lack of needed regulations and oversight by the Food and Drug Administration. But most alarming is the finding that vitamin A and its derivatives, may cause the very cancer that sunscreen is trying

to prevent. A list of the best and worst sunscreens can be found at www.ewg.org/2010sunscreen.



Question: I've heard that grains may not be all that good for you. What are thoughts on the subject?

Answer: That's a great question, but my answer may create controversy. There's actually little reason to incorporate grains into the diet on a regular basis with the exception of one: personal preference. I can hear my readers saying, "But they're good for you!" "They reduce heart disease!" "They have fiber!" Consider this however: There's no vitamin or mineral you can get from grain that you can't get in better quantities elsewhere. There are 10 reasons why you may want to reduce your intake of grains (including whole grains):

1. If you can get it from grains, you can get it somewhere else. The benefit of most grains are dietary fiber and B vitamins, however, if you can find the nutrient in grain, you can find it in better quantities in other foods. For example, 100 grams of whole wheat flour contains 44 mcg of folate, however, a 100-gram portion of lentils will give you 188 mcg of folate. Similarly with the B vitamins niacin and thiamin, while 100 grams of whole wheat flour contains 30% of the RDA for niacin and 32% of the RDA for thiamin, you can find these nutrients in higher quantities in other foods such as flaxseeds and sesame seeds. Whole grains are often touted for their fiber content, but you can find fiber in better quantities in other, more nutrient-dense foods. For example, a 100-gram serving of collard greens has 2.8 grams of fiber, and green peas contain about 5 grams of fiber per serving.
2. Grains may not be good for your gut. Intestinal health is crucial to your overall health. If your gut isn't healthy, you may not be absorbing all the nutrients from

the foods you eat. If you can't fully absorb nutrients, you will be malnourished and more prone to disease. Grains are associated with a condition called *Leaky-gut Syndrome*. Tiny particles of grains can slip through the intestinal walls causing an immune response. When your immune system is overburdened by constantly attacking these particles of grain, it cannot effectively fight against true threats like bacteria and viruses.

3. You may be gluten-intolerant. This is an autoimmune condition related to the ingestion of gluten-containing grains like wheat, rye and barley. If you're white and of European descent, there's a 30% chance that you're gluten-intolerant to some degree. That's a lot of people who are regularly consuming foods that actually make them sick.

This is an important topic. Please email me at drthomas123@yahoo.com if you'd like to know the other 7 reasons why you may want to reduce your intake of grains (including whole grains).

Copyright © 2010. *Dr. Thomas's Forever Young!* is written by Dr. Daniel Thomas, D.O. and is published monthly. Dr. Thomas has 23 years of experience and has been a forward-thinking leader in holistic and preventive medicine, nutrition, and fitness. Through proper blood testing and correction of hormonal and micronutrient deficiencies, his patients experience restored health, decreased risk of age-related diseases, increased muscle tone, decreased body fat, increased energy, and sharper thinking. Dr. Thomas practices at the Complete Wellness Medical Center, 501 W. State Road 434, Winter Springs FL 32708, Phone: 407-327-0410. For more information, visit online at FeelBetterAtAnyAge.com or email Dr. Thomas at drthomas123@yahoo.com. **If you have friends or family members that would enjoy receiving this newsletter, please email Dr. Thomas and he will add them to the subscriber list.** ☺