



# Dr. Thomas's NATURAL HEALING

May 2010



## “My goal is to help you achieve better health.”

Hello and welcome to the first issue of the monthly newsletter called *Dr. Thomas's Natural Healing*. This first newsletter is being mailed to you. Subsequent issues will be sent to your email address. Each month will be packed with the latest information on holistic & preventive medicine, nutrition, and fitness. Having this vital information can empower and help you enjoy a longer, healthier, and more vigorous life!

As a dedicated physician with 23 years of experience, my goal is to deliver even better care to you. In order to accomplish this, I am obtaining more education. I am currently studying to

become a certified Health Fitness Specialist by the American College of Sports Medicine. I will then be earning a Master's Degree in Nutrition & Metabolic Medicine from the University of South Florida School of Medicine to learn about the newest non-toxic and nutritionally-based treatments that can better address disease and premature aging. This program is unique and the only one of its kind in the world. Following that, I will be training to become a Professional Natural Foods Chef. **I will be maintaining my practice during this entire time.**


*Dr. Daniel Thomas*

### Are you deficient in Vitamin D?

It's been called the “sunshine vitamin,” yet most people (including those living in sunny Florida) are highly deficient in vitamin D. The evidence is now overwhelming. Low blood levels of vitamin D are associated at least 17 types of cancer, heart disease, stroke, hypertension, autoimmune diseases, diabetes, Alzheimer's disease, depression, chronic pain, osteoarthritis, osteoporosis,

muscle weakness, muscle wasting, obesity, periodontal disease, and more. Optimal vitamin D levels are over 50 ng/mL, yet most Americans' levels are below 30. As a result of widespread vitamin D deficiency, prominent nutritional scientists everywhere are now calling on people to increase their vitamin D intake. But before you add more vitamin D to your diet, it's important to get a blood test to find out what your level is. The test is called *Vitamin D3, 25-hydroxy*. We or your primary-care doctor can order the test.

**MEDICAL SERVICES AVAILABLE:**



**Natural Hormone Balancing:**  
[FeelBetterAtAnyAge.com](http://FeelBetterAtAnyAge.com)

**Blood Testing:**  
[VitalBloodTests.com](http://VitalBloodTests.com)

**Medical Weight Loss:**  
[DoctorsForWeightLoss.com](http://DoctorsForWeightLoss.com)

**Second Medical Opinions**

**Nutritional Counseling**

**Fitness Prescriptions**



### Omega 3's may help cut colon cancer risk

With 655,000 deaths worldwide per year, cancer of the colon is the fifth most common form of cancer in the United States, and the third leading cause of cancer-related death in the Western world. New research suggests that people who eat plenty of fish oil and other omega-3 fatty acids could cut their risk of colon cancer. Fish oil supplementation can fight inflammation and may have cancer-fighting properties. In addition to fish oils, omega-3 fatty acid sources include seed oils, such as walnut oil and flax-seed oils, and green leafy vegetables.



# It's time to exercise smart—not hard

There has been a long-held belief that cardiovascular exercise done in the aerobic zone is the best form of training to lose weight. When it comes to cardiovascular exercise, there is one way: long-duration, lower-intensity exercise such as walking, jogging, or biking; and there is another way: high-intensity, short-duration exercise such as sprint training and interval exercise. I will explain which one has a greater impact on muscle, metabolism and weight loss.

Aerobics and cardio are low-intensity, long-duration exercises. While they do burn calories in the short-term, in the long-term, studies have shown that this kind of exercise burns less fat, builds less muscle, can actually break down muscle tissue, and can reduce the natural flexibility and elasticity of the arteries leading to

high-blood pressure and heart disease.

High-intensity, short-duration workouts—also known as anaerobic exercise—does a much better job stimulating muscle, raising metabolism, and putting your body into a fat-burning mode. It's like flipping a switch inside your body that tells it to stop making fat and burn off the excess fat you currently have.

Multiple studies have shown that while aerobics and cardio workouts burn more calories, high-intensity, short-duration workouts build more muscle and burn up

to 9 times more fat. Nine times! You may be thinking, doesn't this defy logic? Not really, when you understand that exercise continues to affect your metabolism after you stop. Compared to aerobic exercise, the increased metabolism created by high-intensity, short-duration anaerobic exercise is greater and lasts longer; up to 48

hours long. Forty-eight hours...even while you sleep! This giant "after-burn" is the secret to raising your metabolism and burning excess body fat. For more information, read *PACE: The 12-Minute Fitness Revolution* by Dr. Al Sears (available from Amazon.com)



**Q**uestion: How do bio-identical hormone pills, creams, gels, patches, and shots compare to pellets?

**A**nswer: It is difficult for prescription hormone pills, creams, gels, patches, and shots to produce a normal physiologic state because they cannot deliver the varying amounts of hormones required by the body at different times, causing a peak-and-valley or roller-coaster effect, and subjecting one to potentially excessive dosages. Because hormone pills are absorbed through the di-

gestive tract and pass through the liver before the body can absorb them, some of the hormone can be lost in the process. There are no peaks and valleys of hormone levels with pellet therapy. Just like the natural, built-in hormone-delivery system of your body (endocrine system), pellets work on an ongoing basis, automatically delivering correct amounts of hormones directly into the bloodstream when you need it. This consistent level of hormones can give you the same sense of well-being and vitality you felt in your 30's.

**Q**uestion: There are so many diets and diet books on the market. Which one is the best in your opinion?

**A**nswer: It's been heralded as the world's healthiest diet, and it's the one diet that works for nearly everyone. It's called the Mediterranean diet and it is

based on the cooking and eating styles of Italy, France, Greece, Spain and other Mediterranean countries. The diet features olive oil, fresh fruits and vegetables, nuts, beans, legumes, fish, poultry, and whole grains. It is high in fiber and heart-health omega-3 fats, rich in vitamins, minerals, and antioxidants and, unlike other diets, doesn't forbid entire food groups. It's difficult to stay on extreme diets. The Mediterranean diet however has lots of variety and wonderful flavors, so people can stick with it. For more information, I recommend reading *Eat, Drink and Be Healthy* written by Harvard nutrition expert Dr. Walter Willet (available from Amazon.com).

If you have a question you would like answered, please email Dr. Thomas at: [drthomas123@yahoo.com](mailto:drthomas123@yahoo.com)

Copyright © 2010. Dr. Thomas's Natural Healing 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 & preventive medicine, nutrition, and fitness. 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 [www.FeelBetterAtAnyAge.com](http://www.FeelBetterAtAnyAge.com) or email Dr. Thomas at [drthomas123@yahoo.com](mailto:drthomas123@yahoo.com). Dr. Thomas looks forward to helping you!