



Dr. Thomas's

September 2010

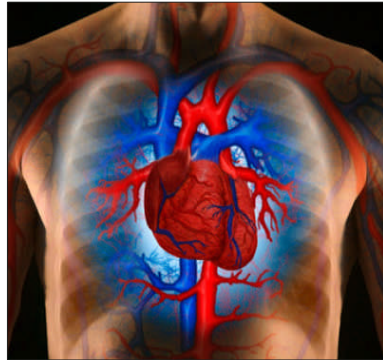
# FOREVER YOUNG!

The monthly guide to living healthier, happier and longer.



## We can stop the #1 killer!

The #1 killer in America is still cardiovascular disease which includes heart attacks and stroke. Most (if not all) of us would like to die of old age, but the grim statistics say that you and I will likely die before that time due to cardiovascular disease. It kills more people than the next 4 causes of death combined. Every 60 seconds someone dies of a heart attack. And it's not just adults anymore. Sixty percent of our teenagers have the beginnings of atherosclerosis (hardening of the arteries)!



who have normal blood pressure. So how can we determine our *true* risk of cardiovascular disease? The answer is the *Digital Pulsewave Analyzer*.

The Digital Pulse-wave Analyzer is an FDA-cleared machine that provides crucial information on arterial-wall elasticity and determines the "biological age" of our arteries. I recently started a company called *Life-Changing Healthcare, LLC*, and have teamed up with key individuals to help bring this life-changing technology to more Americans. If you'd like more information, please email me at [drthomas123@yahoo.com](mailto:drthomas123@yahoo.com).

Dr. Daniel Thomas

The truth is half of all heart attacks occur in people that have no family history, normal cholesterol levels, or

### Cancer cells love to feed on fructose

In a recent issue of *Cancer Research*, a team at the University of California Los Angeles published the results of a study that challenges the common wisdom that all sugars are the same. One of the deadliest can-

cers is cancer of the pancreas. They grew pancreatic cancer cells in lab dishes and fed them both glucose and fructose. The cancer cells consumed both sugars, but they used the fructose to increase greatly in number. Americans consume enormous amounts of fructose, mainly as high-fructose corn syrup.

**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)

**Cardiovascular Disease Prevention**

**Second Medical Opinions**



### "Going green" isn't always healthy

I am all for "going green," but when it risks our very health, that's where I draw the line. The government wants to make energy-saving Compact Fluorescent Lights (CFL's) mandatory. The problem is that they emit over 7,500% more electromagnetic radiation than traditional incandescent bulbs. Symptoms from exposure range include chronic fatigue, headaches, tinnitus (ringing in the ears), gastrointestinal problems, and skin conditions. Electromagnetic radiation may even cause cancer. In addition, there have been a lot of reports of CFL's catching fire.



## New research reveals best way to build muscle

A research team from McMaster University in Ontario, Canada found a strategy that counters the commonly-held belief that to build muscle, you need to lift heavy weights. Nicholas Burd and his colleagues examined the effect of resistance exercise intensity and volume on muscle protein synthesis, anabolic signaling, and myogenic gene expression. They had 15 men lift light weights that represented a percentage of what the subjects could maximally lift. At 30%, the

team observed that subjects could lift that weight at least 24 times before they felt fatigue. The researchers report that: "These results suggest that low-load high volume resistance exercise is more effective in inducing acute muscle

anabolism than high-load low volume or work matched resistance exercise modes." In other words, to build muscle, it is better to lift lighter weight and do more repetitions, than to lift heavier weight and do less repetitions.



**Question:** So many times we are told *what* to eat, but what should we *not* eat?

**Answer:** I have always been an advocate for whole, unprocessed foods. However, many of us turn to packaged or processed foods when we are short on time. One test to know whether an ingredient is healthy is to ask yourself whether your grandmother would recognize it. Another good test is whether or not you can easily pronounce the ingredient. If you feel like you need a degree in chemistry to pronounce it

properly, chances are the ingredient should be avoided. If you have to resort to a processed food, please try to avoid those that contain the ingredients listed below. Although this isn't an all-inclusive list, these ingredients are some of the least healthy of all:

- Artificial Colors
- Artificial Flavorings
- Artificial Sweeteners
- Benzoate Preservatives (BHT, BHA, TBHQ)
- Brominated Vegetable Oil (BVO)
- High Fructose Corn Syrup
- Monosodium Glutamate (MSG)
- Olestra
- Shortening, Hydrogenated and Partially Hydrogenated Oils

**Question:** I have arthritis which is quite painful. I've been taking glucosamine, but it has not been

helping. Do you have any suggestions?

**Answer:** A Danish research team, who have recently presented their findings at the World Congress on Osteoarthritis in Montreal, Canada said more consistent benefits can be gained from taking rosehips. The pain-relieving properties of rosehips, which has previously been linked to reduced inflammation in osteoarthritis, have been suggested for decades. Now scientists have found that a powder made from a wild variety of rosehips called *Rosa canina*, is better at reducing pain in patients than glucosamine.

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