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# Vibrant Living

## DIABETES...THE NEW EPIDEMIC (ROBIN WALSH, BASC, ND)

Diabetes is a group of diseases characterized by high levels of blood glucose and a greatly increased risk of heart disease, stroke, kidney disease and loss of nerve function. Type I Diabetes is referred to as insulin dependant and occurs when the pancreas does not secrete or produce enough insulin. Type I Diabetes has to be managed with diet and insulin injections in order transport the blood sugars from the blood stream to the cells. In Type II Diabetes, the pancreas is producing enough insulin however the cells of the body have become resistant to the insulin. Approximately 90% of diabetics are Type II, and the majority of these individuals are obese. It has been found that a combination of obesity (especially abdominal obesity), increased consumption of refined sugars and lack of exercise greatly increase the risk for acquiring this disease. In type II diabetes, diet is of primary importance and in most cases is implemented before a drug is used. In the majority of cases, this condition can be managed by diet and lifestyle changes alone.

Some alarming statistics about diabetes.....

- 8% of US is already diabetic
- 25% of US has pre-diabetic conditions

If habits do not change....1/3 of children will be diabetic by age 40.

Diabetes has been referred to as the "sleeping giant" because if nothing is done to control blood glucose levels...this sleeping giant will awake and completely crash our current health care system.

### Why is Diabetes so Dangerous?

If blood sugars are elevated for prolonged periods of time, two main consequences happen in the body which then creates diabetic complications. The first is glycation, the process where glucose molecules attach themselves to protein and fat after prolonged periods of blood glucose elevation. These glycated tissues are thought to be more damaging to the body than oxidative stress caused by free radicals. The other consequence of prolonged elevated blood sugars is increased inflammation in the body.

Both glycation and inflammation are responsible for the damage that occurs to the tissues of the body such as the retina of the eye, kidney tubules and nerve tissues. This damage in turn leads to the complications associated with diabetes such as blindness, heart disease, kidney failure and loss of nerve function.

### If Diabetes isn't enough...What about Syndrome X

Syndrome X is the combination of obesity, hypercholesterolemia (high cholesterol) and hypertension (cont'd on next page...)

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(high blood pressure) linked by an underlying resistance to insulin.

Like diabetes, excessive intake of refined sugars, lack of exercise and obesity will all contribute to the development of syndrome X, and change in diet and exercise can help to reverse this condition. In fact it has been found that without dietary changes and lifestyle modifications, there is no single pharmaceutical that is versatile enough to manage syndrome X.

It has been found that Syndrome X is usually the driving force behind the following diseases:

- Cardiovascular disease
- Female endocrine disorders
- Polycystic ovary syndrome
- Non alcoholic fatty liver disease
- Non alcoholic steato hepatitis
- Gestational diabetes mellitus
- Certain cancers

### What Can I Do...

If you or someone you love is overweight, has diabetes, high blood pressure or cholesterol prescription medications alone are not enough to prevent the progression of these disease. Dietary and exercise modifications must be put into place to ensure that further complications do not arise. In many cases, cleaning up the

lifestyle will actually reverse some of the damage that these conditions have already caused.

### Combat Syndrome X

Talk to your Naturopathic Doctor about ways to combat this deadly condition. The treatment plan would include:

1. Lifestyle Changes – avoid substance abuse.
  - Eliminate smoking
  - Reduce caffeine intake
  - Reduce alcohol intake
2. Behaviour Modification – change eating patterns and amounts
3. Exercise
4. Diet
  - Reduce simple sugars, salt and saturated fats
  - Controlled protein intake
  - Increase healthy fats – can enhance insulin sensitivity
  - Increase soluble fibre (oat) – which can lower blood cholesterol, control appetite, and reduce post prandial blood glucose

For more information, or to ask questions please email Robin at [robin@robinwalshnd.com](mailto:robin@robinwalshnd.com)

## MARINATED ITALIAN SALAD (SARAH HEIPEL, CPT,SNS,CFC)

### Marinated Italian Salad

This distinctively Italian salad is a popular summer favorite. It's fast and impressive!

Serves 5 prep time: 10 min

- 1 cup cherry tomatoes, halved and seeded
- 1 medium green pepper, seeded
- 8oz provolone or mozzarella cheese
- ¼ cup black olives
- 1 med red onion
- 2-3 sprigs fresh basil leaves, torn
- ¼ cup extra virgin olive oil
- 2 tbsp red wine vinegar

- ½ tsp sea salt
- 3-4 grinds fresh pepper

Wisk dressing ingredients and toss with chopped veggies and cheese.

Serve immediately or marinate 1-2 hours in refrigerator.



## PLASTICS AND YOUR HEALTH (ROBIN WALSH, BASC, ND)

The connection between plastic and breast cancer was first discovered in 1987 at Tufts Medical School in Boston by research scientists Dr. Ana Soto and Dr. Carlos Sonnenschein. In the midst of their experiments on cancer cell growth, endocrine-disrupting chemicals leached from plastic test tubes into the researcher's laboratory experiment, causing a rampant proliferation of breast cancer cells. Since this time, a lot of research has been done of the effects of plastics on our health and all of the studies agree that they are a health hazard.

The carcinogenic (cancer causing) substance in the plastics are dioxins, and they are destabilized by extreme temperatures (hot, cold) and can then leach into your foods during preparation.

### How to Limit Your Exposure to Carcinogenic Dioxin's in Plastic

#### DO NOT

Microwave in plastic containers, including Tupperware

Do not place plastic water bottles in the freezer

Do not heat TV dinners or instant soups in their plastic containers

Do not place plastic wrap in the microwave – the high heat actually drips the toxins on to the food while cooking

Do not buy goods, especially fatty foods and oils in plastic containers as the combination of fat, plastics and heat release dioxins into the food

#### THE SAFE WAY

Microwave in glass, Corningware or ceramic containers. Purchase glass Tupperware to take your lunch to school or work...however before microwaving take off the plastic lid

Bring along ice to add to the water if you would like it to be cold

Remove these foods and place them in a glass dish to heat

Use paper towels to cover the food

As much as possible purchase goods in glass containers

## TAKE CARE OF YOUR BACK (DR. ADAM WILLIAMSON, DC)

**H**ave the right tools for the task at hand

**E**nsure you drink plenty of water

**A**lternate between light and heavy jobs

**L**ift correctly

**T**ake frequent breaks

**H**eavy loads should be shared

**Y**our feet should be protected with thick soled supportive shoes



**B**efore you start, warm-up your muscles

**A**void muscle strain, learn the right techniques

**C**hange positions frequently

**K**neel to plant and weed

**S**pinal check-ups can help keep your back healthy

### Take care of your back

Back or muscle pain that lasts longer than 48 hours is your body's way of saying that it needs help. See your chiropractor. Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.

See this link for tips on gardening and raking:  
[http://www.chiropractic.on.ca/P\\_R\\_OCAPoster.pdf](http://www.chiropractic.on.ca/P_R_OCAPoster.pdf)

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### ASK THE EXPERT

#### Question

Dr. Williamson, I have been coping with bouts of low back pain on and off for the last five years. I have been using pain medication to get mild relief, but I am looking for other options that may be able to offer longer lasting solutions. Could you please give me some information on chiropractic care and how you would help patients like myself. K.C.

#### Answer

K.C., thank you for taking the time to write your question and I commend you for taking control of your own health and exploring other options which may be able to improve your quality of life. Chiropractic is a regulated health profession which takes a natural, non-invasive approach to healthcare. Chiropractors assess patient disorders related to the spine, pelvis, extremity joints, and their effects on the muscular and nervous systems. Chiropractors take a holistic approach and are trained to provide therapeutic exercise, nutritional counseling, and lifestyle coaching. There are a variety of treatment options that have been shown in research to be extremely effective with low back pain.

The chiropractic adjustment has been the subject of extensive research and has been shown to an extremely safe and effective therapy for low back pain. Decreased pain intensity, increased range of motion, decreased muscle tightness or spasm, and restoration of proper body mechanics have all been documented in research following chiropractic care. Various therapeutic modalities such as ultrasound, interferential current, TENS, laser and soft tissue techniques (i.e. ART) may also be utilized for certain conditions.

I also use personalized stretching and strengthening programs and educational tips for all my patients to help alleviate symptoms and reduce the onset of recurrent episodes of low back pain.

Chiropractic care has many different options to offer and an individualized treatment program that will work the best for you will be designed.

Dr. Williamson encourages patients and the public to write him questions and one will be selected for printing in the upcoming newsletter.

