



RED DRAGON WELLNESS



CHIROPRACTIC — ACUPUNCTURE — NUTRITION



Eat your way through the Holidays and LOSE weight!!

This year American's spent more than \$40 billion on weight loss aids, but the only thing getting thinner may be your wallet. Then there's the holiday season which has a reputation for making visions of sugarplums dance in your head, not to mention the cookies, cakes and fudge! The average American consumes more than 80 pounds of sugar a year (30 teaspoons a day), and a large percentage of this is consumed during the month of December. Many people complain that just looking at dessert makes them fat. This actually has some truth to it. Scientists have discovered that the sight of food can stimulate insulin production which encourages fat deposits. The endocrine system (your hormonal system) has a profound effect on weight balance. The three endocrine organs discussed in this article need to be balanced for proper weight control. Pay attention to these three areas during the holidays (*and always*), and beat weight gain forever!

Pampering your pancreas:

Eating sugary foods and simple carbohydrates kick in an insulin response from the pancreas that eventually lowers the blood sugar further. Continual consumption of sugar will beat up your pancreas. ***Controlling eating habits has a lot less to do with willpower than it does with blood sugar.*** Proper eating habits and exercise will help regulate blood sugar. Fasting is not a good idea! It will only lower the blood sugar and trigger overeating. Protein can help balance blood sugar. Also, when people cut down on carbohydrates, those who are sensitive to wheat and dairy (a large number of people) wind up eliminating a big source of their allergies. Food allergies alone can cause inflammation and weight gain.

Support your adrenals:

Stress in general depletes the adrenal glands, which in turn decreases your ability to handle more stress. Avoid the temptation to induce a false sense of energy with caffeine-laden drinks. Caffeine is to the adrenals what sugar is to the pancreas: it makes the situation worse and weakens the gland which leaves you feeling more tired. Getting adequate rest is vital for natural vitality and vibrant health (9 hours per night for women, and 8 hours per night for men). Keep up a healthy diet high in protein and vegetables, and your adrenals will reward you by giving you a natural, steady supply of energy in the day, and deep sleep at night.

Think about your thyroid:

The thyroid gland controls the metabolic rate for almost every cell in the body. Low activity in the thyroid can be responsible for a low rate of burning calories, and result in not only weight gain, but also depression. Many things can drain the thyroid including food allergens, "burning the candle at both ends", or not getting enough rest, and a diet low in iodine and minerals.

Vitamin K, Part II:

In Part I, I defined Vitamin K not as a single vitamin, but as a group of fat soluble vitamins that are necessary to activate proteins in the body essential

for proper calcium metabolism. (See "Nutritional Necessities for Summer" Newsletter 2013). In a study conducted in 2012 adding either K1 or K2 enhanced the bone-building benefits of milk or yogurt fortified with vitamin D and calcium. Women consuming the dairy products containing extra calcium and vitamin D had improvements in bone mineral density, that is, stronger bones. But women getting either form of vitamin K also benefited from increases in their levels of activated osteocalcin. Osteocalcin is a protein that helps make a matrix that holds bone minerals in place -- vitamin K is needed to activate osteocalcin. ***Only those women in the study getting vitamin K benefited from increases in bone mineral density in their vertebrae and lower back.*** There is some cross-over function in vitamin K1 and K2. Vitamin K1 has a main function of ensuring proper blood clotting. Vitamin K2 has a main function of turning on the proteins to deliver calcium to the bones, teeth and muscles, and not to the arteries. Both K1 and K2 help to turn on osteocalcin which helps to build bone matrix, the inside support structure of bones. As little as 45 mcg. per day can help reduce arterial calcification and build strong, healthy bones. K1 and K2 are also found in *pasture-raised* dairy products, and eggs from *pasture-raised* chickens.

**Have a healthy and happy holiday season this year,
and make it the springboard to the best health of your
life!**