

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS SOLUTIONS

In every issue

- Dishing on Diet
- Health Tip of the month
- Research Shows....
- Did You Know?
- Medication & Food
- Exercise
- Yoga & Meditation

Growing up I constantly heard you should drink lots of water and include plenty of fiber in your diet. I never understood why, except that fiber was supposed to help you go to the bathroom regularly. Water will be a topic for another time - for now we will focus on fiber and why you need it.

What is Fiber?

Fiber is a substance in plants. It's a type of carbohydrate. But unlike other carbohydrates, fiber can't be broken down and absorbed by your digestive system.

TYPES OF FIBER

There are 2 types of fibers: soluble and insoluble. Most foods have both insoluble and soluble fiber but are usually richer in one type. Here's an easy way to tell them apart: Soluble fiber absorbs water, turning into a gel-like mush. Think of what happens when you add water to oatmeal. Insoluble fiber doesn't absorb water. Think of what happens when you add water to celery. To get full benefit, you should consume both soluble and insoluble fiber.

Dishing on Diet with Dr. Dave

David Trumbore
PT, DPT, CSCI, CWT, CPI



EXAMPLES OF SOLUBLE FIBERS		EXAMPLES OF INSOLUBLE FIBERS	
Oatmeal	Citrus fruit	Seeds	Skins of fruit
Berries	Beans	Brown rice	Whole-wheat bread
Peas	Oats	Green Beans	Potatoes
Apples	Barley	Nuts	Cauliflower

Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

AMAZING BENEFITS OF FIBER

- Weight loss and weight maintenance: Fiber- rich foods fill you up faster and keep you satisfied longer.
- Decreased risk for type II diabetes: Fiber does not cause a spike in blood glucose the way other carbohydrates can.
- Lowered odds of developing heart disease: Fiber aids in the prevention of heart disease by lowering cholesterol.
- Healthier gut bacteria: Fiber leaves your stomach undigested and ends up in your colon, where it feeds friendly gut bacteria.
- Reduced risk of certain cancers: A large body of literature suggests that eating a variety of high fiber foods has a protective effect against colon cancer. Evidence also shows that a high fiber diet may be protective against breast, ovary, endometrial, and gastrointestinal cancer.
- Increased longevity: In a 2016 study, older people who ate fiber-rich diets were 80 percent more likely to live longer and stay healthier than those who did not consume enough fiber.
- Regular bowel movements: Fiber improves digestion and makes your poop softer and bulkier. This speeds its passage through your body and prevents constipation
- Natural detox: Soluble fiber naturally scrubs and promotes the elimination of toxins from your G.I. tract by soaking up harmful compounds, unhealthy fats and excessive carbohydrates before they can be absorbed in your body achieved by adding flax oil to your diet or by taking a good quality omega-3 supplement.

HOW MUCH FIBER SHOULD YOU HAVE EACH DAY?

- Adults should have 25 to 30 g of fiber each day. However, the average American gets only 8-10 g of fiber. Pardon the pun, but that is due to a crappy diet!
- It's really not difficult to get 25 to 30 g of fiber each day if you eat properly. Start with breakfast. Eat a bowl of oatmeal with chia seeds in the morning and you'll be half-way there. Depending on the portion size, you could ingest 13-14 g in one meal.

Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.

Health Tip of the Month



While unhealthy eating patterns are detrimental and can derail our health, it's important to understand that food is not the enemy. In the context of healthy eating, there is even a place for occasional "junk food". Take time to sit down and concentrate on what you are eating and enjoy your food.

Research Shows

Urinary tract infections [UTIs] are a common bacterial infection, especially among women. You may have heard or even tried using cranberry juice as a natural supplement to treat UTIs. Is this popular remedy fiction or fact?

Research shows that cranberry juice and especially cranberry concentrate can be helpful in preventing UTIs. However, there's no valid research showing that it is helpful in treating a UTI once you have one. Most likely, this will require an antibiotic. As always, when taking antibiotics make sure you take plenty of probiotics to help maintain proper gut microbiota.

Did You Know...

The upper limit for healthy sugar consumption for an adult is approximately 36 g a day. The average adult consumes 250 g a day. This adds up to about 180 pounds of sugar per year. This is 7-8 times more than what should be consumed!!

Excess sugar creates sugar addiction and is stored as fat. It also desensitizes your taste buds so that naturally sweet foods are not that appealing.

If you are the average American who consumes too much sugar, it's not a matter if, but when, you develop diabetes and other metabolic diseases.

Medication & Food

Selective serotonin reuptake inhibitors [SSRIs] are commonly prescribed antidepressants that treat depression. They can also help treat anxiety. But using alcohol to quell the symptoms of anxiety or depression can lead to severe problems. The risk of combining these with alcohol is gastrointestinal bleeding. This potential side effect is so significant that it is referred to as a "black box warning," meaning it's mandatory for the pharmacy to warn patients about the interaction.

Exercise

Yoga & Meditation

Exercise and Weight

Previous newsletters discussed the importance of exercise. This issue explores which type of exercise is best for weight loss and management. To review, there are two basic forms of exercise:

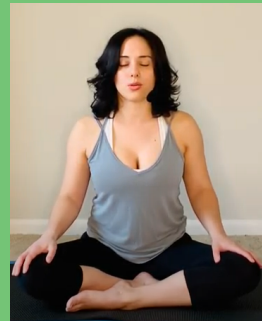
1. Cardiovascular training, otherwise known as aerobic exercise, means training with oxygen. Cardio improves heart health. It is performed at a low intensity for a long period of time.
2. Resistive training, otherwise known as anaerobic exercise, means training without oxygen. This type of training is performed at higher intensities for a short period of time using glycogen (sugar) as a fuel source.

Which type of exercise is best? Well, that depends on your goals. If your goals are to improve stamina and endurance, then cardio training at an elevated heart rate is necessary. If your goals are to improve bone density, build lean muscle, and increase strength, then resistive training with weights is necessary.

So, which form of exercise is best for weight loss & weight management? The choice is clear. Resistive training is the way to go! Resistive training builds lean muscle. The more muscle you have, the more calories you'll burn, which ramps up your metabolism.

When people say they want to lose weight, often what they really mean is that they want to lose fat. It is extremely difficult to lose fat on your own! Even if you had a personal chef preparing the healthiest of meals, you should still incorporate resistance training. It's critical for success. However, your own efforts may not be sufficient for the outcomes you want. But, when this type of training is prescribed, monitored, and progressed by a professional, you will get results!

[Click this link to view our library of weekly exercises!](#)



[Yoga and Meditation Help Insomnia](#)

Living with chronic insomnia is a nightmare for many. According to the American Psychological Association, 50 million adults suffered from insomnia pre-Covid. Sleep problems have only intensified since the pandemic due to major changes in health, lifestyle, work and home life. Poor sleep impacts obesity, heart disease and immune responses. Sleep issues also increase the risk for depression and suicide. These are all serious problems with limited, often unsuccessful, interventions.

Current treatments include behavioral modification and prescription medications. Because of dependency and drug side effects, more people are seeking a holistic approach. There are good reasons to consider yoga.

A 2020 study published in the Journal of Community Hospital Internal Medicine Perspectives shows that practicing yoga or meditation regularly can improve sleep quality. Prior to beginning an 8-week trial of meditation, 24 out of 32 patients were taking sedative or hypnotic medications. After 8 weeks, 87.5% were off their meds or had substantially reduced their dosage. This study is no surprise to my yoga practitioners. Many of my students reported improved sleep after just one yoga class! Use yoga to calm your nervous system and wind down from your busy day. Click this link to view simple and gentle practices to use before bedtime.

If you won't invest time, energy and money on wellness,
You will soon spend **MORE** time, energy and money on illness.