

THE ROAD TO HEALTH & WELLNESS



News and advice courtesy of **ELITE PERSONAL TRAINING AND FITNESS SOLUTIONS**

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Exponential Knowledge Growth

Introduction

My first year in practice was 1983 – 40 years ago! Oh, how things have changed. Areas such as anatomy remain static, but it has been amazing to see the exponential knowledge growth regarding exercise and nutrition. Let’s take a step back in time to review the changes.



Exercise Knowledge Then and Now

We certainly knew that exercise could help our bodies, but there was no understanding that it could create physiological changes in the brain that improve mood and cognition.

There was no connection between exercise and cognitive disorders like dementia and Alzheimer’s disease. We now know that regular exercise can prevent the otherwise inevitable neuron brain cell loss associated with aging in general, and these neurocognitive disorders in particular.



I was originally taught that while older clients could benefit from exercise, they shouldn’t expect major changes in muscular strength or size. Now we know that older individuals can substantially improve their strength, muscular development, and balance. Just ask any of our senior clients!

David Trumbore
PT, DPT, CSCI, CWT, CPI, CFNP



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.

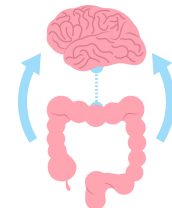
Diet and Nutrition Then and Now

When I first started practicing, we did not know that the gut microbiota produced 95% of serotonin and was responsible for 70% of our immunity.

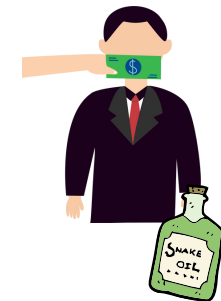


We did not know that increased permeability within the small intestine and colon allowed toxins to leak into the body to create inflammation and disease.

We did not know that diet could affect memory and mood. We now understand that through the gut-brain axis, diet has a major impact on both.



Of course, we were taught the benefits of a healthy diet. However, nutrition coverage was cursory. Early in my career those who promoted healthy eating or criticized the food industry often faced scorn and persecution. Blame corporate greed. Processed, sugary and fat-laden foods are toxic, but they are a booming business. Those who sell these products don't want to jeopardize their profits. Thus, they are willing to spend big bucks not only on marketing and advertising, but also to silence critics.



Gradually, evidence for healthier eating became more robust and more widely disseminated. Unfortunately, the medical and pharmaceutical communities took a dim view when it came to nutrition and supplements. At best, they felt supplement claims were unsupported and exaggerated. At worst, supplements were synonymous with snake oil. Even today, my experience is that many clients and clinicians are oblivious to the high-quality research on nutrition and nutraceutical products or remain dismissive of them.



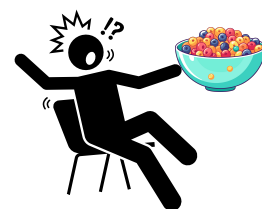
Just one example – In 1980, there were 32 studies published in the National Library of Medicine on quercetin, a common and valuable flavonoid in fruits and vegetables. Move forward to April 2022 and a staggering 2692 new studies were published.



What Comes with Knowledge Growth?

As our knowledge base grows, so does our confusion! Research is complex and thus hard to understand. Media and governmental manipulation abound. The average American routinely hears confusing, conflicting, and highly biased or agenda-driven information.

For example, a US government report ranks Fruit Loops as a better food choice than meat or eggs. Hard to believe, but true.



Furthermore, we are told that science/research shows that it is best to eat three meals a day. This not only allows for complete micro and macro nutrient ingestion, but it gives adequate time for assimilation before the next meal. Furthermore, we are told there are emotional benefits of eating with others who typically have a breakfast, lunch, and dinner routine.

At the same time, we are told that science/research shows it is best to eat six small meals throughout the day. This prevents the sugar spike of a larger meal, is less taxing to the digestive system and allows for a steady state of nutrition absorption.

To complicate matters even more, experts are now telling us that we should practice intermittent fasting and not even eat for 8-12-hour chunks of time!

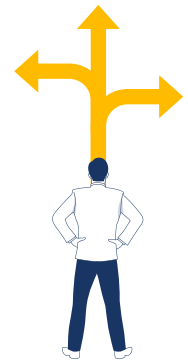
How could such diametrically opposed views all be “the best” or “scientifically accurate”? Obviously, they can’t!

Why are there such diametrically opposed views?

How we receive and where we obtain our information has changed. Most people get their health and wellness information from the Internet. Big mistake. For a better understanding of the negative impact of the Internet on health and wellness, stay tuned. The eye-opening Elite Aging Digital Series is coming soon in 2024.

Takeaway Message

As 2024 quickly approaches, EPT remains committed to helping you make sense of exercise and nutrition by providing reliable and accurate advice that is safe, sound, scientific and sustainable.



To Be Continued On The Next Page...

Research Shows

A new study suggests that regular olive oil consumption may lower the risk of dying from dementia. The study findings were presented at Nutrition 2023, the flagship annual meeting of the American Society for Nutrition.

Participants included 60,582 women enrolled in the Nurses' Health Study and 31,801 men in the Health Professionals' Follow-up Study between 1990 and 2018. Every four years individuals responded to questionnaires providing information about foods they ate, including olive oil and other fats.

During more than 28 years of follow-up, there were 4749 deaths from dementia. Consuming more than 7 g of oil per day [slightly over half a tablespoon] was associated with a 20% lower risk of fatal dementia compared to consuming it rarely or not at all.

The lower risk of dementia mortality with olive oil intake was independent of overall diet quality, highly suggesting unique brain health benefits of olive oil.

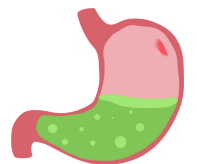
[*https://neurosciencenews.com/olive-oil-dementia-23678/](https://neurosciencenews.com/olive-oil-dementia-23678/)



Did You Know...

PPIs are drugs used to treat heartburn and acid-related disorders. They work by reducing stomach acid production. They were dispensed 150 million times in 2016.

Long-term use of proton pump inhibitors [PPIs] has been associated with an increased risk of dementia later in life, according to a 2023 study published in Neurology.



Using data from the Atherosclerosis Risk in Communities Study from 1987 to 2017, researchers evaluated the use of PPIs with dementia risk in 5712 dementia-free participants. Results showed that using PPIs for more than 4.4 years was associated with a 33% increased risk of dementia later in life, compared to individuals who do not use PPIs.

*Neurology. 2023 Aug 9:10.1212



Food For Thought: This Holiday Treat Can Harm Your Health



Shiny, red-and-white-striped peppermint candy is usually associated with brisk winter days, snow and Christmas – not harm to your DNA. But that’s exactly what can result from exposure to titanium dioxide and red 40, commonly used artificial color additives in these sweet treats.

Titanium dioxide and red 40 are used in popular peppermint candies, including Brach’s Peppermint Crushed Candy Canes, and Brach’s Star Brites Peppermint Candy, among others. They can also be found in Skittles and Starburst. In fact, 90% of child-oriented candies, fruit snacks and drink mixes are colored with artificial dyes. Many of the products made by major companies like Kraft, PepsiCo and General Mills contain artificial dyes.

Titanium dioxide works as a white colorant or to give products a smoother texture and add opacity. It can make food more appealing by brightening other colors. Red 40 is made from petroleum and is used to enhance colors. It resists degradation during processing and over time. This dye contains benzidine, a human and animal carcinogen permitted in low, presumably safe levels by the FDA. Neither of them provides ANY nutritional benefit.



For years scientists have raised concerns about the potential toxicity of titanium dioxide. Building on work nearly a decade old, a 2020 study said there isn’t evidence of the chemical’s safety. And concerns emerged about exposure to titanium dioxide and red 40 in candy, commonly marketed to and eaten by children. They’re more vulnerable to harm from toxic chemicals than adults are.

Most recently, a 2022 study found that nanoparticles in food can cross the placenta and reach a developing fetus, leaving it at greater risk of potentially life-threatening food allergies. In red 40, the FDA only requires testing for free benzidine. Research has shown there is far more bound benzidine in these dyes that would be freed when bodily enzymes break foods down. Thus, it’s likely we are exposed to far more of this chemical than we realize.



After the European Union decided in 2016 there was no proof that titanium dioxide harms consumers’ health, the evidence was reevaluated in 2021 by the European Food Safety Authority, or EFSA, to consider the impact of nanoparticles. EFSA concluded that they can accumulate in the body and that we can’t rule out the possibility that titanium dioxide in food can cause chromosomal damage and break DNA strands. Europe has also regulated the use of red 40. As of July 2010, most foods containing artificial dyes must carry a warning label.



Food For Thought: This Holiday Treat Can Harm Your Health

As a result of these findings, EFSA declared the chemical unsafe for consumption.

While food companies selling to Europe have moved to using plant-based colorants, titanium dioxide and red 40 continue to be used in the U.S. in sweet treats such as candy canes. In fact, it hasn't been reassessed by U.S. regulators for safety in more than 50 years.

It's past time for the Food and Drug Administration to catch up!

In July 2022, a class-action lawsuit was filed against Mars, the maker of Skittles, Starburst and many other candies that use titanium dioxide. The lawsuit claimed Mars had "long known of the health problems" the food chemical can contribute to.

We've written about the FDA before. Here is another problem they have yet to address. Throughout 2024, EPT will focus heavily on nutrition. Stay tuned. We will keep you well informed on this vital aspect of health and wellness.

Note: This article is based on research by the Environmental Working Group, a community of 30 million strong, who work to protect our environmental health by changing industry standards.

Food for Thought and Recipe contributed by Lynette Jernigan, Clinical Director of Nutrition Services and Director of Business Development at EPT.



EPT RECIPES

CREAM OF MUSHROOM SOUP



INGREDIENTS

- 1T avocado oil
- 1 shallot, diced
- 4 cloves of garlic, diced
- 2T dry thyme
- 1 Cup white button mushrooms, diced
- 1 Cup cremini mushrooms, sliced
- 1 Cup shiitake mushrooms, sliced
- salt and pepper to taste
- 1T ghee/clarified butter
- 2T all purpose flour
- 4 Cups vegetable, chicken or beef stock (no sodium)
- 1/3 Cup heavy cream OR whole milk



DIRECTIONS

1. Procure and prepare all ingredients.
2. Heat **oil** in a heavy pot on the stove on **medium-low heat**.
3. Add **shallots** and a pinch of **salt**. Cook and stir often until shallots soften but not brown.
4. Add **garlic** and **thyme**, stir to combine and release aromatics.
5. Turn heat up to **medium**, add **mushrooms**, and cook until slightly browned.
6. Add ghee/clarified butter and flour. Stir and cook the flour mixture (aka roux) until tan/very light brown.
This flavors the flour and opens the carbohydrate molecules so they will absorb liquid and thicken the soup.
1. Reduce to **low heat**, add stock of choice and stir until the flour is dispersed and soup begins to thicken.
2. Add heavy cream and simmer until soup thickens and all flavors blend (approx. 30min).



EPT PRO TIPS & FUN FACTS

- Beef stock or broth gives a richer, meatier taste.
- This is easy to make and use as a substitute for canned cream soups in casseroles and other dishes. 1 cup of canned soup can contain upwards of 800mg of sodium plus many questionable additives!
- Try any combination of your favorite mushrooms.