



THE ROAD TO HEALTH & WELLNESS



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

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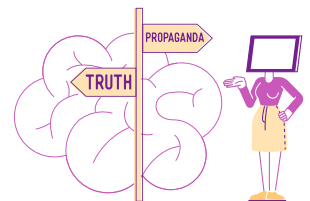
FDA: Fallacious Dietary Advice

Introduction

Finding accurate, unbiased health information is difficult. Really difficult. That's because most people get their information from friends, family members, bro-science wannabees, or the internet. The internet is inundated with freelance authors who cannot decipher primary research. Instead, they skim abstracts and visit governmental sites such as the CDC or the FDA.



The FDA is the governmental agency responsible for protecting the public health by ensuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, tobacco and products that emit radiation. So, it would seem logical to obtain information from them. I can assure you that this is problematic.



Last month we launched a mini-series on the FDA. What you read may be disturbing, but the facts need to be presented without any sugar coating. EPT's intent is always to provide accurate and reliable information.

David Trumbore
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SCAN ME

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.

A New Acronym

We all know that FDA is an acronym for the Food and Drug Administration. I'm suggesting one that is more accurate - Fallacious Dietary Advice.

If the FDA were a private company, they would be out of business quickly. If the FDA were your employees, you would fire them for incompetence and unethical behavior.



Why would I make such statements? Let's consider the following questions this month and next:

- What does the FDA value?
- How is the FDA funded?

Coming next month:

- What is the FDA's record ensuring that approved drugs are safe and effective?
- What is the FDA's record for allowing chemicals into our food?

What does the FDA value?

The FDA focuses on drugs not food.

Why do centenarians live so long? Could their diet have something to do with it? It depends on whom you ask. The FDA typically dismisses food as medicine but rewards drugs.



One way to assess the FDA's priorities is to look at the number of "Full Time Equivalent" (FTEs) it has on staff.

The FDA has more than 6,000 full-time employees devoted to drugs. The number of FDA staffers devoted to "Food Safety and Applied Nutrition" is 1,000. That's quite a big difference.



Let's look at how the FDA spends its money.

Last year drugs exceeded 40% of the budget while food got only 18%. So, the FDA has 600% more staff devoted to drugs than food and more than double the budget devoted to drugs than food.



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The FDA is reluctant to endorse the value of food for its health benefits.

The FDA sent a warning letter to a walnut growers' cooperative (Diamond Foods). The agency took issue with the co-op's website statement that said, "Every time you munch a few walnuts, you're doing your body a big favor." Hardly an egregious statement, but the FDA objected.



Even though research strongly suggested that the omega-3 fats in walnuts could help improve cholesterol levels and heart health, the FDA wasn't buying it. It accused the walnut growers of marketing "drugs." The letter said in part, "Your walnut products are misbranded...in that the labeling for these drugs fails to bear adequate directions for use..."



Gee, I'll bet you didn't know walnuts should come with "directions for use." What nonsense!

Producers of both pomegranates and cherries have also received warning letters from the FDA. Even though there are many scientific studies supporting their anti-inflammatory activity, the FDA considers hints of that benefit as "unauthorized health claims."



These are just a few examples of how the FDA is quick to crack down on their concerns about the benefits of healthy eating while promoting the use of drugs.

How is the FDA funded?

Why does the FDA spend 40% of its budget on drugs and divide up the remaining 60% among the other eight areas it is responsible for regulating?

Hmmm. Perhaps the answer is related to the source of their funding. The pharmaceutical industry finances about 75% of the FDA's drug division. Close to 45% of the entire FDA's budget comes from "user fees" that companies pay when they apply for drug approval.

The FDA is tasked with ensuring the safety of the drugs they evaluate, but half their budget comes from payments made by pharmaceutical companies!

Anybody see a big conflict of interest here? The FDA has incentive to approve drugs from the very companies that pay them to approve their drugs. What could possibly go wrong with that financial relationship? How is this different from bribery?

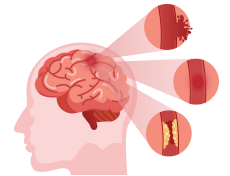


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Other industries are prohibited from having such sketchy and unethical financial arrangements. What do you think? Stay tuned. Next month we will examine the FDA's track record for drug safety approval and allowance of chemicals in our food.



Research Shows



A study published in 2017 found that people with high sodium and low potassium dietary intake are 60% more likely to suffer an ischemic stroke.

This finding was supported in 2022 by a study published in the New England Journal of Medicine that assessed sodium and potassium urinary excretion as a biomarker for sodium and potassium ingestion. The study evaluated 10,709 people over an 8.8-year period. Compared to those with the lowest urinary level of sodium excretion, people with the highest level of urinary sodium excretion were 60% more likely to suffer a cardiovascular event.

These data on cardiovascular risks are based on meticulous research. This is powerful evidence of the deadly impact of excess sodium intake and less-than-optimal ingestion of potassium. Yet it was largely overlooked by the media and much of the public.

Stroke and heart attack remain leading causes of disability and death. The take-home lesson for the majority is to reduce sodium (salt) intake and ensure they obtain adequate potassium.



To Be Continued On The Next Page...

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Did You Know...

Have you heard the term inverted sugar? Like all sugar, it can be bad for you. Inverted sugar is an incredibly sweet, syrup-like substance that's used in pastries, candies and more. Unfortunately, there is no established acceptable daily intake (ADI) for inverted sugar.

Over-consumption leads to dental problems, diabetes, and obesity.

Inverted sugar is made from a combination of glucose and fructose. It's formed by splitting sucrose into these two components, which results in a much sweeter taste. Inverted sugar's unique production helps it retain moisture, which makes it great for baking. Inverted sugar is also less likely to crystallize. It's perfect for food processing and prolonging a product's shelf life, but it's no good for you!



How can you avoid inverted sugar? Steer clear of sweet, overly processed products. Inverted sugar is typically found in syrup, candy, chocolate, and liqueur. It's even used in some cigarettes as a casing. If you're not sure if inverted sugar has been used in a product, check the label for the term invert or inverted. Better yet simply avoid processed foods and eat mostly whole foods!

Food For Thought: Silica/Silicon Dioxide Additives

What is silicon dioxide? This chemical, also known as silica, is found in nature in the form of specific minerals. Because it's in our soil, trace amounts are found in fruits, vegetables and grains. Silicon dioxide can also be synthesized in laboratories for use in construction, clothes, cosmetics, electronics and more.



How is it used in the foods industry? Silicon dioxide is common in baking ingredients, powders, and dry spices. We've all seen those tiny packets that accompany many of our purchases. DO NOT EAT is printed all over them. That seems alarming! What might seem even more alarming is this ingredient is blended into powdered food and beverage products ([see our April 3 health topic on protein shakes for more info on beverage additives](#)).



To Be Continued On The Next Page...

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Food For Thought: Silica/Silicon Dioxide Additives

In processed foods and supplements, silicone dioxide is used as an anticaking agent. It keeps powders and fine particles from clumping together. It also has gelling and thickening properties. Foods such as sugar and flour tend to clump together in moist conditions. Moisture also promotes bacterial growth and can shorten a product's shelf life. Silicon dioxide prevents this by absorbing excess moisture.

Should we be concerned? In trace amounts, no. The FDA has specified that the amount of silica added to food cannot exceed 2% of the product's total weight. It isn't necessarily harmful to ingest more silica than is recommended, but there isn't enough evidence to say how much is safe either. EPT always recommends limiting processed foods. Silica is beneficial when consuming silicon-rich natural foods such as green beans, bananas, leafy greens, cereal, brown rice and lentils.



We definitely **do not** recommend you eat the desiccant packets you find in your beef jerky bag, lol.

Interesting side note: In skincare topical applications, silicone has shown promising research in treating scars.

This article was contributed by Lynette Jernigan, Director of Business Development/ Certified Personal Trainer / Certified Functional Nutritionist

EPT Recipes...

Mango Salsa Recipe by Tasty

Ingredients

- 1 ½ cups mango, diced
- ½ cup red bell pepper, finely diced
- ½ cup green bell pepper, finely diced
- ½ cup red onion, finely chopped
- ¼ cup fresh cilantro, chopped
- 2 tablespoons lemon juice
- Salt and pepper to taste
- Optional: jalapeno, other chili peppers or chili flakes for heat



Preparation: Mix all ingredients together in a large bowl.

Serve: Eat with high fiber corn chips, on a salad, tacos and other dishes. Tastes great on fish!