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THE ROAD TO HEALTH & WELLNESS

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ELITE

PERSONAL TRAINING AND FITNESS SOLUTIONS

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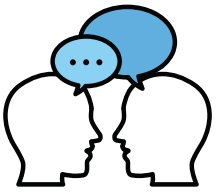
SCAN ME

FDA

I often encounter clients who are reluctant to take supplements because they are not regulated by the FDA. Here is a typical conversation:



Client: I have concerns about taking supplements because they aren't regulated.

Dr. Dave: Yes, nutraceutical products are not regulated in the same way that pharmaceutical drugs are, and the lack of regulation is a legitimate concern.

Client: I know that medications have side effects, but at least they are regulated. The FDA does not regulate the supplement industry.

Dr. Dave: True. Thank God that they're NOT regulated by the FDA!

😯

Client: (with a stunned look) Why do you say that?

Dr. Dave: I agree that proper regulation is desirable. But to have an unregulated market regulated by an untrustworthy and dysfunctional organization would only make problems worse.

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In the next several months I will be discussing the Food and Drug Administration (FDA). You might find this discussion of the not-so-trustworthy FDA to be an eye-opener.

What does the FDA do and what do they regulate?
The FDA website states the following:

"The Food and Drug Administration (FDA) is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. The FDA also provides accurate, science-based health information to the public."

In other words, the FDA is the government agency that approves, recalls, oversees and regulates the following industries:

1. food
2. drugs
3. medical devices
4. radiation-emitting devices
5. vaccines
6. blood and biologic agents
7. animal and veterinary
8. cosmetics
9. tobacco

How does the FDA regulate and affect food supply?
The FDA website states the following:

"The FDA helps to safeguard the food supply by evaluating the use of chemicals as food ingredients and substances that come into contact with food, such as through food packaging, storage or other handling to ensure these uses are safe."

How does the FDA regulate the pharmaceutical industry?
The FDA website states the following:

"The FDA establishes whether the drug is safe and effective in its proposed use, and whether the benefits of the drug outweigh the risk. Whether the drugs proposed labeling (package insert) is appropriate and what it should contain."

Therefore, a primary role of the FDA is to ensure that the food we eat and drugs we take are safe.

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In addition to having governmental regulatory authority over the nine industries listed above, the FDA also seems highly interested in the area of "misinformation". Indeed, the FDA website goes to great lengths letting the public know that one of its major priorities is to stop the spread of misinformation.

Here's an excerpt from the FDA's homepage:

HELP STOP THE SPREAD OF MISINFORMATION.
You can help!
Get the facts from the FDA.
Stop the spread of false rumors and share the facts with loved ones.

Here are other excerpts:

What do we mean by misinformation?

It's information, spread intentionally or unintentionally, that is false, inaccurate, or misleading according to the best available evidence at the time.

How do we identify misinformation?

- Check the source and cross check with reliable sources.
- Read beyond the headlines to get the full context.
- Understand the intent behind the written post.

Why is misinformation harmful?

When people believe and act on misinformation, public health suffers.

The FDA ends the discussion on misinformation by reminding the reader to get the facts directly from them and to trust science. Spoiler alert – Well-intended scientists and scientific agencies don't say trust the science. The goal is to challenge science. After all, the very nature of science is to inquire. More on this later.

In summary, the industries that the FDA regulates are critical to our health and well-being. The FDA is highly concerned about misinformation and provides guidelines to avoid it. Not surprisingly, the FDA directs the public back to "trusted sources like the FDA and trusted government including USA.gov/health, coronavirus.gov and vaccines.gov," as the authoritative source for accurate information.

In the coming months, EPT will apply the FDA's guidelines for identifying misinformation to the FDA itself. Hmm. Should prove interesting. Stay tuned… Here's a hint about the FDA - They're not exactly Honest Abe Lincoln.

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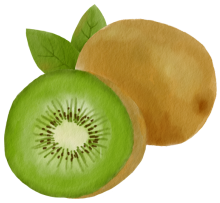
Research Shows

Constipation is no laughing matter. Besides being painful, stool (feces) that is not eliminated from the colon in a timely manner allow toxins to leak into the body. Investigators have found that kiwifruit may work as well or possibly better then psyllium (Canadian Journal of Gastroenterology and Hepatology, October 6, 2022). Laxatives like milk of magnesia and MiraLAX are fine for occasional constipation, but they are not meant for long-term use. Heavy reliance may cause stomachache, nausea, diarrhea or bloating. If you suffer from constipation, consider adding kiwi to your diet.



Did You Know...

Coconut oil is a trendy ingredient, turning up in a broad range of food products, health food stores, and media stories. Many so-called experts claim that coconut oil is some sort of tonic, good for all kinds of benefits, such as “burning” fat, killing viruses, lowering cholesterol and reducing seizures. However, there is little evidence to back up the hype!

Coconut oil is made up of 90% saturated fat, which raises LDL (bad) cholesterol. Indeed, if you see a bottle coconut oil, you’ll notice that it’s solid at room temperature – a hint that it is high in saturated fat. Some people point to the fact that about half the saturated fat comes in the form of lauric acid, which boosts HDL (good) cholesterol. But given the lack of data supporting its use, you’re best off staying away from coconut oil and sticking with olive or avocado oil.

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Food For Thought: Allulose

Introduction: The quest for "better for you" sweeteners continues. You know what they say... if it sounds too good to be true, it probably is! Let's consider allulose, the hot new sugar substitute. Allulose is a naturally occurring sugar found in plant foods like brown sugar, maple syrup, wheat and dried fruits like figs and raisins in very small amounts. For this reason, allulose is deemed a "rare sugar". It is commercially produced from corn or fructose through enzymatic conversion. That doesn't sound very natural, does it?

Other names for allulose include psicose, d-psicose, d-allulose, or pseudo-fructose. Chemically, allulose is similar to fructose, which is found naturally in fruits. Allulose is available in granulated and liquid forms as a tabletop sweetener. It's also used as an additive in pastries, gum, candies, ice cream, beverages, yogurt and cereals.

Pros: Allulose is 70% as sweet as sugar. It has the same taste and texture, plus it's marketed as having zero calories. Allulose works well in cooking and baking. It caramelizes like regular sugar, making it an effective choice for sauces and glazes. Allulose has a similar mouth feel to sugar with no odd after taste. Healthwise, early research suggests benefits like managing blood sugar, increasing fat loss and improving fatty liver. Allulose doesn't affect your blood glucose or insulin, making it appealing to diabetics. Unlike sugar, allulose isn't metabolized in your mouth which helps keep cavities at bay.

Cons: More research is needed with humans, not animals. Allulose has not been approved in the European Union or Canada, where standards are higher than the FDA's. It is low calorie, but not zero calorie, as some ads have claimed. Allulose can contribute approximately 0.2 to 0.4 calories per gram when consumed. Allulose is found naturally only in small amounts. Extracting it takes some processing. This makes the price point higher than other sweeteners. The Monell Chemical Senses Center in Philadelphia says that when a once-rare carbohydrate like allulose enters the food supply, it can affect the microbiome, the living community of microbes in our gut. Gastric distress can result from overconsumption. Early research has shown that allulose feeds bad bacteria in the gut.

Bottom line: Does EPT recommend allulose? No. Just like our recommendation for other sugar substitutes, avoid it or keep it to a minimum, as nature intended. Just because it's not really sugar, doesn't mean allulose or any artificial sweetener is the healthiest way to give in to your sweet tooth. Your best bet nutritionally is always a food-first approach. If you're looking for something sweet, look to fresh fruit.

EPT Recipes...

EPT RECIPES
STRAWBERRY BASIL "MOJITO"

INGREDIENTS

- 3-4 Limes
- 4T Agave syrup
- Salt to taste
- 1/4t chili flakes (*optional)
- 1 pint (12oz) Strawberries (fresh or frozen)
- 1 Cup Chopped basil (~1 bunch)
- 1 Cup Chopped mint (~25 sprigs)

Use with:

- *Your favorite salad mix / leafy greens*
- *Club soda or unsweetened lemonade*
- *Fresh watermelon or fruit salad*

DIRECTIONS

- Zest **limes** and cut into halves.
- In a large bowl: juice the **limes**, add **agave** and mix until combined. Add zest, pinch of **salt** and **chili flakes*** to taste. Set aside your liquid "mojito" mixture.
- Wash or thaw **strawberries** and cut into quarters. Chop **basil** and **mint**.
- Add strawberries, basil and mint to the liquid "mojito" mixture and toss to combine.

FUN FACTS & TIPS

- This recipe is a fun way to utilize your favorite cocktail flavors in a healthy way. This is intended to be a versatile flavor enhancer to any dish or drink. Be creative!
- BLEND IT! Try adding all ingredients to a blender and use to make a mocktail with club soda or unsweetened lemonade.
- MIX IT UP! Try adding or swapping in other citrus fruits like lemon or orange. Adding chili flakes adds a fun pop of heat. Try mixing in other berries like raspberries, blackberries or blueberries.

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