



Do you Have Mysterious Lower Back Pain?

Do you have intermittent lower back ache or stiffness? Will it temporarily go away and return without warning? A major lower back problem can be lurking beneath the surface for days, weeks, and even months without causing any symptoms. What finally brings it out?

You can have very subtle signs that go unnoticed. Very brief episodes of stiffness in the morning. Maybe you're not sleeping as sound or occasional numbness in a leg or foot. Then one day the pain is there "full force". But what brought it to the surface? This is when I have to play detective. Did you take a long car ride? Sleep in a different bed? Get a new car or buy new furniture recently? Ladies, did you wear high heels for an extended period of time?

My personal favorite is when a patient starts a new exercise program. Especially after months of inactivity! You might want to come in and fix any minor problems BEFORE you create a major one. Please, for God's sake, do not start an exercise class with lots of running and jumping! Ease into it. Hold back the first class, so you can get out of bed the next morning.

Finally, if your muscles are sore for a couple of days, from exercising or a new activity, that is normal. On day 3 if you are not a lot better, please call the office for an appointment. Again, don't wait until that minor back ache flares up and causes you to miss a week of work. That's an expensive mistake. Let's all get ready for SPRING!!!

Dr. Kelling

How Sugar Destroys Your Liver and Brain Plus Tips to Help You Break Free from Sugar Addiction

At one point in time, sugar was a delicacy, a condiment that was difficult to come by. If you were lucky, you may have added it to your coffee or tea. But according to Dr. Robert Lustig, professor of Pediatric Endocrinology at the University of California, San Francisco (USCF), sugar was "still extraordinarily expensive until the middle of the 18th to 19th century."

That expense may have been a blessing in disguise, as it made it virtually impossible for most people to consume in excess.

And therein lies the problem. Sugar acts as a chronic, dose-dependent liver toxin (poison) when consumed in excess, Dr. Lustig has stated. In fact, the rise of chronic metabolic disease in the U.S. follows the growth of the U.S. sugar industry and increases in per capita sugar consumption. Today, we consume about 20 times more sugar than our ancestors did, and we have very little control over the amount since what was once a condiment has now become a dietary staple.

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The main problem with sugar, and processed fructose in particular, is the fact that your liver has a very limited capacity to metabolize it.

Part of the problem is that you can safely metabolize only about six teaspoons of added sugar per day. However, the average American consumes 20 teaspoons of added sugar a day. All that excess sugar is metabolized into *body fat*, and leads to many chronic metabolic diseases, including but not limited to:

*** Type 2 diabetes**

***Cardiovascular disease**

***Dementia**

***Cancer**

According to ***SugarScience.org***, a product of Dr. Robert Lustig and colleagues, who have reviewed more than 8,000 independent studies on sugar and its role in heart disease, type 2 diabetes, liver disease and more:

“Over time, consuming large quantities of added sugar can stress and damage critical organs, including the pancreas and liver. When the pancreas, which produces insulin to process sugars, becomes overworked, it can fail to regulate blood sugar properly.”

Large doses of the sugar fructose also can overwhelm the liver, which metabolizes fructose. In the process, the liver will convert excess fructose to fat, which is stored in the liver and also released into the bloodstream.

This process contributes to key elements of metabolic syndrome, including high blood fats or triglycerides, high cholesterol, high blood pressure and extra body fat in the form of a sugar belly.”

Borderline High Blood Sugar Levels Linked to Kidney Damage

Your body is designed to have *just one teaspoon of sugar in your blood* at all times — if that. If your blood sugar level were to rise to one tablespoon of sugar you would run the risk of going into a hyperglycemic coma and even dying.

Your body works very hard to prevent this from happening by producing insulin to keep your blood sugar at the appropriate level. Any meal or snack high in grain and sugar carbohydrates typically generates a rapid rise in blood glucose.

To compensate for this, your pancreas secretes insulin into your bloodstream, which lowers your blood sugar to keep you from dying. Insulin, however, is also very efficient at lowering your blood sugar by turning it into fat — so the more you secrete, the fatter you become.

If you consume a diet consistently high in sugar and grains, your blood glucose levels will be correspondingly high and over time your body becomes “desensitized” to insulin and requires more and more of it to get the job done.

Eventually, you become insulin resistant, and then full-blown diabetic. But as a recent study showed, health effects of this elevated blood sugar/insulin cycle begin to occur even *before* insulin resistance sets in.

The study found that people with only slightly elevated blood sugar levels have a greater risk of kidney disease, as evidenced by two problems often associated with the disease — abnormal blood filtration (hyperfiltration) and more albumin protein in their urine.

Those with the slightly abnormal blood sugar levels were 95 percent more likely to have hyperfiltration, which may contribute to kidney damage in diabetes.

Type 2 Diabetes Raises Your Risk of Dementia

While insulin is usually associated with its role in keeping your blood sugar levels in a healthy range, it also plays a role in brain signaling.

In one animal study, when researchers disrupted the proper signaling of insulin in the brain, they were able to induce many of the characteristic brain changes seen with Alzheimer’s disease.

As you over-indulge on sugar and grains, your brain becomes overwhelmed by the consistently high levels of insulin and eventually insulin and leptin levels and signaling become profoundly disrupted, leading to impairments in your thinking and memory abilities.

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Eventually this may cause permanent brain damage, among other health issues. So it's not surprising that a new study published in **Diabetes Care** found that type 2 diabetes is associated with a 60 percent increased risk of dementia in men and women.

A past study — published in the New England Journal of Medicine in 2013 — demonstrated that a mild elevation of blood sugar — a level of around 105 or 110 — is also associated with an elevated risk for dementia.

Neurologist Dr. David Perlmutter, author of the books "Grain Brain" and "Brain Maker," has concluded that Alzheimer's disease is primarily predicated on lifestyle choices and, in a nutshell, anything that promotes insulin resistance will ultimately also raise your risk of Alzheimer's.

He also believes a blood sugar level of 92 or higher is too high and the ideal fasting blood sugar level is somewhere around 70 to 85, with 95 as the maximum.

Hedonic Hunger: Junk Foods Trick Your Brain into Wanting More Food

"Hedonic hunger" is a relatively new term. It describes the desire for food even when your body isn't biologically in need of it. This phenomenon is thought to be contributing to rising rates of obesity in the U.S., and it almost always involves cravings for highly palatable foods, like those high in sugar and unhealthy fats.

These calorie-dense foods would have offered a survival advantage for most of history, when food wasn't always readily available. This isn't the case for many of us anymore, but your body may still be hard-wired to respond in over-drive when you taste extremely sweet foods.

Further, the more you eat junk foods, the more your body becomes used to them and requires *more* to give you the same pleasurable feelings, much like an addiction to drugs. Eventually, you may need to eat junk food in order to maintain a feeling of well-being. Scientific American reported:

"Research has shown that the brain begins responding to fatty and sugary foods even before they enter our mouth. Merely seeing a desirable item excites the reward circuit. As soon as such a dish touches the tongue, taste buds send signals to various regions of the brain, which in turn responds by spewing the neurochemical dopamine. The result is an intense feeling of pleasure.

"Consequently, the brains of overeaters demand a lot more sugar and fat to reach the same threshold of pleasure as they once experienced with smaller amounts of the foods. These people may, in fact, continue to overeat as a way of recapturing or even maintaining a sense of well-being."

Are You Addicted to Sugar? Tips to Help Break Free

Eliminating excess sugar from your diet is a foundational element of reaching optimal health. If you currently eat sugar, there's a good chance you're struggling with sugar addiction.

In order to minimize your sugar intake you'll need to avoid most processed foods, as added sugars hide in 74 percent of processed foods under more than 60 different names.

Exercise: Anyone who exercises intensely on a regular basis will know that significant amounts of cardiovascular exercise is one of the best "cures" for food cravings. It always amazes me how my appetite, especially for sweets, dramatically decreases after a good workout. I believe the mechanism is related to the dramatic reduction in insulin levels that occurs after exercise. Additionally, if you do eat sugars or fruits around the time of the exercise, your sugar levels will not rise as it will be metabolized for fuel.

Organic, black coffee: Coffee is a potent opioid receptor antagonist, and contains compounds such as cafestol — found plentifully in both caffeinated and decaffeinated coffee — which can bind to your opioid receptors, occupy them and essentially block your addiction to other opioid-releasing food. This may profoundly reduce the addictive power of other substances, such as sugar.

Sour taste: Such as that from cultured vegetables, helps to reduce sweet cravings, too. This is doubly beneficial, as also promotes gut health. You can also try adding lemon or lime juice to your water and fermented vegetables.

Curing Pain Without Pills

Everyday, doctors in the US dispense more than 650,000 prescriptions for pain killers. But maybe they should be writing scripts for yoga instead. A broad new review from the National Institutes of Health had found that acupuncture and yoga were effective in treating chronic back pain; acupuncture and tai chi relieve aches from knee osteoarthritis; and meditation is particularly helpful for migraines. While the primary purpose of pills is to mask symptoms, these alternative therapies are effective because they address the root of the problem, whether it is muscular or mental, says Josie Znidarsic,


a physician at the Cleveland Clinic Wellness Institute. “The mind actually can be one of the biggest factors in pain relief,” Znidarsic says. “Emotional issues can lead to increased inflammation, which prevents proper healing.” What’s more, Znidarsic adds, pills often come with side effects but alternative treatments yield additional perks, like better sleep and less stress. They provide benefits far beyond what you’re trying to treat.”

Men's Journal December 2016 Issue

SUGAR TOXIC EFFECTS

Sugar increases risk of: Osteoporosis, Alzheimer's, Diabetes & Hypoglycemia, Gallstones & Kidney stones, Coronary heart disease, Asthma, Arthritis, Cancer, Appendicitis, Crohn's disease & Ulcerative colitis, Emphysema, Atherosclerosis, Headaches & migraines, Candida (yeast infection), Fatty Liver...

- Speeds up aging process
- Suppresses immunity
- Disturbs mineral balance
- Raises cholesterol & triglyceride
- Tooth decay & periodontal disease
- Weakens eyesight
- Causes acne
- Weight gain
- Obesity (insulin resistance)
- Malnutrition (obesity)
- Hyperactivity
- Hypertension (high blood pressure)
- Depression & anxiety
- Causes hormonal imbalances
- Decreases growth hormone
- Constipation
- Fluid retention
- Dependency



The Man Taking Down Big Sugar

This past fall, Gary Taubes took his wife and two sons on a trip to a wildlife preserve in Sonoma County, California, the kind of place where guests learn firsthand about the species of the Serengeti. They slept in tents and spent the day among giraffes, zebras, antelope, and the like. One morning, Taubes and his boys awoke early. "It was 50 degrees out — freezing by our standards," he recalls. "I took the kids to breakfast, and" — his face takes on a pained expression — "how can I not give them hot chocolate?"

For most parents, indulging the kids with some cocoa would pose no dilemma. But Taubes, one of America's leading and most strident nutrition writers, is no ordinary father. His new book, [*The Case Against Sugar*](#), seems destined to strike fear into the hearts of children everywhere. Taubes' argument is simple: Sugar is likely poison, and it's what is making our country fat. And not just fat but sick. So don't eat it. Ever.

A little much? Perhaps. But the kids did get the cocoa — on this one special occasion.

For Taubes, the cocoa conundrum is an occupational hazard for someone who describes his current mission as "the nutritional equivalent of stealing Christmas." But Taubes, 60, has never been one to shy away from extreme positions. His last two books, 2007's [*Good Calories, Bad Calories*](#) and 2010's [*Why We Get Fat*](#), launched a nationwide movement to shun bread and embrace butter. Both argued that it's not how many calories we consume, but where they come from, and that eating fat doesn't actually make us so. These were bold statements at the time, and they had a big impact. "I can't think of another journalist who has had quite as profound an influence on the conversation about nutrition," says Michael Pollan, author of *The Omnivore's Dilemma* and *In Defense of Food*. Thanks to Taubes' pro-fat pronouncements, Pollan says, "millions of Americans changed the way they eat. Doughnut, bread, and pasta sales plummeted, and we saw a change in the food conversation, the effects of which are still being felt today."

Is Sugar the New Tobacco?

Now, with *The Case Against Sugar*, Taubes launches his toughest crusade yet: to prove that we've been bamboozled into thinking that cookies and soda are simply "empty" calories and not uniquely toxic ones. That's the result, he argues, of a long history of deception from the sugar industry and its support of shoddy science.

The audacity of those arguments makes Taubes an anomaly among nutrition writers, says John Horgan, director of the Center for Science Writings at Stevens Institute of Technology. "He isn't content just to do public relations for scientists," Horgan says, meaning he doesn't rewrap scientists' findings with the simple, shiny packaging of journalism. Instead, he digs deep into the research, and if he finds it lacking, he attacks it. "He'll come right out and say if he thinks someone is an idiot," Horgan says.

With his new book, Taubes will likely have his largest platform, and an audience poised to listen. By now, nearly everyone believes that Americans eat too much sugar. Most experts agree that it's a major contributor to our nation's grim health: More than a third of adults are obese, and one in 11 has diabetes. This understanding has spurred campaigns for soda taxes nationwide — five measures were approved by voters in November — and moves by big companies to ban sugary drinks from workplace cafeterias. In August 2016, three class-action lawsuits were filed against General Mills, Kellogg's, and Post, alleging that the companies falsely claimed their cereals are healthy when, in fact, they're loaded with sugar.



Anyone else would be encouraged, but ever the brawler, Taubes points out flaws: Even these new anti-sugar crusaders, he says, are motivated by a naive, and ultimately dangerous, "less is better" view of sugar. To Taubes, the answer to our obesity crisis isn't more expensive soda and less sweetened cereals. It's to stop poisoning ourselves altogether.

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Did you know????

For the past 30 years, the number of overweight teenagers has been tripled and also the number of overweight children has been doubled. This is a very worrying fact!



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- 1 medium zucchini
- 1 medium cucumber
- 1 lime
- 1 green apple
- bit of ginger
- 2 carrots (optional)
- Handful of Lettuce / Kale / Chard or whatever lettuce-lookin' thing you've got in the fridge.

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Pashto Folk Saying

"One does not discover new lands without consenting to lose sight of the shore for a very long time."

Andre' Gide