Dear Health Enthusiasts,

This month’s health letter addresses three questions.

If you (or a loved one) have prediabetes, diabetes, hypertension, or cancer, this month’s digital health letter is especially for you. Chronic kidney disease (CKD) is the eighth leading cause of death in the United States. Approximately 31 million Americans have CKD. Nine out of ten individuals with moderately decreased kidney function do not know they have it! Could you have it? Learn about its risk factors and the lifestyle strategies that could save your life.

Discover sound physiologic strategies for detoxification. Those described here are simple, delicious, and usually painless. They will improve your health tremendously. Most people do not have to resort to laxatives or enemas or extreme diets to detoxify effectively. (Of course, if one wants to get off of caffeine, smoking, or drugs, he needs medical supervision.) Are you ready for the easy way to detoxify?

Wildwood Lifestyle Center & Hospital
Will Juicing Help You Detoxify?
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Will Juicing Help You Detoxify?

Posted on February 12, 2014 by wildwoodhealth

By: Helen Berne Jacobs

The Benefits of Juicing

If you don’t like eating raw fruits and veggies, juicing them or blending them into a smoothie could help you meet your nutritional needs. Freshly-made juices are a source of concentrated nutrients and many phytochemicals. Unfortunately, this is not true for commercial, store-bought juices. Since the nutrient content of juice diminishes after exposure to heat and light, canned juices are not all that beneficial. The average antioxidant density, for example, of apple, orange, and grapefruit is 23 to 54% higher than the average antioxidant density of name-brand and store-brand juices for each fruit.(1)

Are Smoothies Better Than Juices?

Liquid foods are not always the best answer. While juice is more nutrient dense than the same volume of the original food(2), it has very little, if any, fiber but many calories. Fiber helps the peristalsis in the intestines. Plus, fiber also gives us satiety. Blending fruits and veggies into a smoothie helps to preserve the fiber content. Since juicing of food increases the surface area, it is subject to degradation from oxidation if not drunk immediately. Because juicing uses more fruits and vegetables than eating whole foods, it is not cheap. Many beneficial phytochemicals are found in the skin and pulp. For these reasons blending them into a smoothie is a better choice.

Something Missing: The Benefits from Chewing

There is another benefit of eating whole foods that require chewing. Researchers at Iowa State University found that chewing food thoroughly — 40 times before swallowing — also reduces food intake in healthy young adults. In this study there was an increase in CCK, a hormone related to fullness and satiety. In contrast, there was a reduction in ghrelin, another hormone that increases appetite.(3) Chewing healthful foods help us to control appetite in another way. Another study compared 35 with 10 chews per mouthful. The higher chewing counts reduced food intake despite increasing chewing speed and despite doubling meal duration.(4) In other words, chewing our food increases satiety so we won’t get too hungry. This does not happen when we drink juice.

When we chew our foods well, a compound known as urogastrone is made.(5) This compound is essential for the health of our digestive system. For example, by inhibiting hydrochloric acid in the stomach, it helps to protect us from developing ulcers. Clearly juicing does not offer these two health benefits.

The Adverse Effects of Juicing

There is another benefit to eating fruits and vegetables in their unprocessed, natural state. The more foods are refined and processed, the higher their glycemic index (or blood sugar response).Take apples, for example. One classic study examined the effects of eating apples in three different forms—apple juice, applesauce, and whole apples. Even when the same number of calories was consumed, eating the whole apples kept the blood sugar steadier than either drinking the apple juice or eating applesauce. The more a fruit or starchy vegetable is processed, the sooner, faster, and deeper the drop of the blood sugar is.(6) This rise and rapid drop of blood sugar has an adverse effect on our mental performance. This is more pronounced with juices made from fruits or starchy vegetables rather than non-starchy vegetable juices. If one dislikes salad, juicing of low-calorie vegetables (tomatoes, celery, kale, etc.) in just a little pineapple or preferably carrot juice, might be the better way to go than consuming fruit juice.

Fruit, Not Juice, for Diabetes Prevention

A combination of 3 large studies of more than 187,000 individuals found that greater consumption of specific whole fruits, particularly blueberries, grapes, and apples, is significantly associated with a lower risk of type 2 diabetes, whereas greater consumption of fruit juice is
associated with a higher risk. If you want to prevent diabetes type 2, skip the juice, eat the fruit.

**Fruit Juicing Increases Triglycerides**

In other research, the diets of 90,513 men and 141,536 women were observed and amounts of fruits and vegetables eaten were directly associated to stroke risk. Remarkably, for each additional serving of fruit, stroke risk was decreased by 11%. Additional vegetable servings only decreased stroke risk by 3% each. This dose-response relationship indicates that fruit, and fruit and vegetable consumption, decrease the risk of stroke. (8)

Whole fruits are packaged with a winning combination—fructose and fiber. But subtract the fiber, and fruit juices increase serum triglycerides (blood fats). Over a period of time, these fats, when elevated, increase your risk for atherosclerosis, strokes and gout. Elevated triglycerides eventually damage the liver, pancreas, nerves, and kidneys.

**Heart Health: Apples versus Apple Juice**

Apples are rich in polyphenols and pectin, two bioactive constituents which help to protect us from heart and blood vessel disease. However, these components act differently after being processed into juice products. Clear juice is free of pectin and has reduced phytochemicals. Pectin is necessary for the cholesterol-lowering effect of apples in healthy humans so that as far as heart health is concerned, clear apple juice is not a good substitute for eating apples. (9)

**Conclusions**

- If you dislike raw fruits and vegetables, juicing can help you.
- Make whole fruit and veggie smoothies as these are superior to juice.
- Whole fruits are superior over fruit juice in reducing risk for cardiovascular diseases and diabetes.
- Juices made from non-starchy vegetables are better than fruit juice.
- Juices should be freshly made and drunk within a few minutes.
- Fruit juice should only be used occasionally.

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**References:**

The Easy Way to Detoxify

You have heard of detoxification regimens. Chances are you or one of your friends has tried one. But do you really need detoxifying? You do. Indeed, you already have multiple detoxification systems. In fact, every cell of your body is involved in removing cellular debris. Lysosomes are organelles found in each cell that remove cellular debris. Phagocytes gobble up both live and dead germs. The kidneys prevent compounds and elements from accumulating in toxic amounts while the colon also removes waste products. Every cell and every system in your body engages in some form of detoxification. The key is to keep your lysosomes, phagocytes, kidneys, colon, and liver in top-notch shape.

Liver: Your Super Detoxifier

Under the diaphragm in the right upper abdomen is the liver, which receives 20% of the blood pumped each minute by the heart. All the blood from major abdominal organs must be filtered and cleansed by the liver before returning to the heart. In fact, every minute the liver detoxifies about two quarts of blood. When working correctly, its special phagocytes (germ-eating blood cells) called Kuppfer cells capture, eat, and destroy 99% of the bacteria. Highly efficient, the liver performs over 500 chemical jobs each day!

In its detoxification of poisons and cancer-producing agents, the liver’s phase-1 liver enzymes begin to break apart carcinogens, but the resulting byproducts of this process can be even more toxic. However, phase-1 enzyme activity is essential to prepare the toxins for total destruction by phase-2 enzymes. For the destruction to take place, the phase-2 enzymes must be synchronized with phase-1 activity, or dangerous toxin levels escalate. The typical American diet, low in fruits and vegetables, causes phase-2 enzymes to lag behind phase-1 enzyme activity and toxic effects accumulate.

Glutathione is needed for phase-2 detoxification. Glutathione is an amino acid complex of glutamic acid, cysteine, and glycine and is also an important antioxidant that scavenges free radicals and protects the liver. Stress, obesity, toxins or drugs, alcohol, too much dietary fat, and severe exercise deplete the liver of glutathione and consequently decrease the efficiency of the liver to detoxify.

Keep Your Diet Simple and Nutritious

1. **Enjoy a fruit plate or fruit salad each day.** Citrus fruits, strawberries, raspberries, and raw apples stimulate the liver phase-2 detoxifying activity. Lemon contains a special flavonoid that counters glutathione depletion and reduces free radical damage occurring in the liver. Grapefruit, strawberries, and watermelon are all good sources of glutathione. Citrus flavonoids blunt the inflammatory response in metabolically important tissues including liver and kidneys.(1)

2. **Eat a cruciferous veggie every day:** broccoli, cabbage, kale, bok choy, Brussels sprouts, cauliflower, as these foods stimulate the liver’s detoxification of toxins.(2) Try broccoli florets in potato soup, or chopped kale in lentil soup, or cabbage or bok choy in a vegan Chinese dish.

3. **Go green.** Green leafy vegetables are high in antioxidants that help to protect the liver from the free-radical damage it incurs by processing toxins. Chlorophyll (the green pigment of plants) reduces toxin absorption from the gut, thereby reducing the toxin load the liver has to handle. Chlorophyllin, a water-soluble derivative of chlorophyll, protects the DNA in the colon and also reduces the development of aflatoxin B1, a carcinogenic mold that damages the liver.(3) Avocados and asparagus are good sources of glutathione.

4. **Replace hamburgers with veggie burgers and legumes.** Legumes offer special benefits to the liver. Their phytic acid helps to protect the liver and colon from cancer. Soybeans, in particular, improve the antioxidant activity of the liver. Mung beans and black beans have been shown to help protect the liver from some of this free radical damage.(4) Legumes can reduce cholesterol and triglyceride levels in the liver.
5. Substitute cold-pressed, extra virgin olive oil for butter, margarine, and most commonly used oils. These may cause free radical damage to the liver. Virgin olive oil reduces free radical damage, inflammation and fat accumulation in the liver.(5) Don’t overdo it though. One tablespoon makes one-fourth your daily requirement of fat. Nuts, olives, and avocados are the best way to get your requirement for fat.

6. Skip all processed foods and junk foods. Frequent consumption of junk foods and drinks increases triglyceride levels which consequently damage the liver. The high fructose corn syrup in soft drinks also increases fat accumulation in the liver.(6) It also reduces the liver’s production of ATP, so necessary for your liver’s energy and efficiency.

Don’t Sabotage Your Liver

Alcohol poisons and promotes inflammatory responses in the liver. If alcohol abuse continues, it can lead to permanent scarring of the liver (cirrhosis). However, over three-fourths of the liver can be damaged before symptoms occur. If more than two alcoholic drinks are consumed by men or more than 1-1/2 drinks by women each day, serious liver damage will eventually occur. Alcohol reduces the liver’s capacity to cleanse the blood from impurities and pathogens. Several studies show that one or more alcoholic drinks per day are independently associated with the risk of colon cancer.

Obesity Kills Liver’s Efficiency

Non-alcoholic fatty liver disease (NAFLD) occurs in 10-24% of the general population. In this condition free radical damage, inflammation, and fat accumulation damage the liver. Of these, 20-40% will develop fibrosis and 30% will develop cirrhosis. The risk for liver cancer also substantially increases. You are at risk for developing NAFLD if you have any of the following: pot-belly fat, obesity, diabetes, elevated blood fats, or frequent consumption of soft drink beverages. Wise calorie restriction protects the liver and kidney function and improves the efficiency of the lysosomes and the immune system.

You don’t need to go on a long fast but cut back your calories by 10-20%. Restricting caloric intake improves the efficiency of the lysosomes. If you are obese, consider eating only two meals a day—breakfast and lunch. Omitting supper improves growth hormone production. This physiologic boost of growth hormone promotes burning of fat and improves the efficiency of the immune system and protein synthesis throughout the body including the liver. We should mention that under nutrition hurts the liver, too.

Learn to Simplify Your Life

The liver is one of the major organs involved in detoxification, but do we need spiritual detoxification, too? The Wise Teacher once admonished, “Take heed to yourselves lest at any time your hearts be overcharged with surfeiting and drunkenness, and the cares of this life.” Misplaced priorities, excess multitasking, distractions, competition, and constant exposure to cell phones and internet aggravate mental stress. Stress reduces blood flow to the liver and retards its work.

These reasonable lifestyle strategies for detoxification also reduce your risk for diabetes type 2, dementia, and coronary artery disease.

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Keeping Your Kidneys Healthy

Posted on February 12, 2014 by wildwoodhealth

If you have an apple-shape body, diabetes, or high blood pressure, you are at risk for developing chronic kidney disease (CKD). CKD includes conditions that damage your kidneys and decrease their ability to keep you healthy. Although it may take months or even years to develop fully, it is the eighth leading cause of death in the United States. Chronic kidney disease is increasingly recognized as a major global health problem. The disease affects 10-16% of the adult population in Asia, Australia, and Europe, as well as in the US, and increases the risk of all-cause mortality, cardiovascular disease, and progression to kidney failure, even when excluding other traditional risk factors such as hypertension and diabetes.(1)

The Highly Esteemed Kidneys

Suppose you own a small company, and maybe some of you do. If you pay one employee 24% of your company’s profits, you would consider that worker very valuable indeed. The heart pays the kidney 24% of its cardiac output at rest. Of course, as we exercise some of our blood is shifted away from the kidneys to the muscles. What makes the kidneys so important? They remove undesirable by-products of metabolism and unneeded compounds and substances so as to balance your body’s chemistry. Even water, glucose, sodium, potassium, etc. can cause sickness and death if allowed to accumulate. The kidneys also substantially impact your blood pressure and red blood cell production.

How to Keep Your Kidneys Healthy

1. Keep your blood sugar in normal range. Diabetes substantially increases your risk for CKD and kidney failure. An estimated 33 million Americans have diabetes. Of these, 7 million have yet to be diagnosed. About 40% of diabetics will develop CKD. It gets more serious though. Prediabetes describes the condition of someone who is on the pathway to developing diabetes. In a large study, more than one third of the people with prediabetes were found to have two signs of kidney disease.(2)

2. Keep your blood pressure in normal range (below 120/80). Hypertension is a definite risk factor for CKD. The converse is also true: CKD can cause hypertension. By adopting a largely plant-based diet of unrefined foods and engaging in daily moderate exercise, one can substantially decrease their risk for type 2 diabetes and hypertension. If you do develop these diseases, you might seriously consider coming to a lifestyle program like the one Wildwood Lifestyle Center offers. Many times lifestyle strategies prevent and even reverse type 2 diabetes and significantly help hypertension. In some cases, the judicious use of medicine is important for controlling these diseases.

3. Eat adequate but not excessive amounts of protein. Excess protein, especially animal protein, has the potential for damaging the filtering units of the kidneys, especially if one is over 65 or has another risk factor associated with CKD.(3) Most people with early CKD do not know they even have it and are unaware that their higher-protein diet accelerates the decline in kidney function more than if they consumed a lower protein diet. Reducing protein intake and substituting soy protein for animal proteins can help early stages of CKD. Soy milk consumption is associated with better blood pressure control among diabetic patients with kidney disease.(4) Increased consumption of vegetable protein has been linked with prolonged survival among individuals with kidney disease.(5)

4. Limit the sodium. Although we need a little sodium and salt, a high sodium diet accelerates decline in kidney function. Lowering salt intake improves the heart and kidney health of chronic kidney disease patients.(6) Aged cheese, processed foods, and pickles are typically high in sodium. It is a wise policy to read labels. One teaspoon of salt per a day is enough for healthy adults. If you have hypertension, congestive heart failure, or kidney disease, follow your doctor’s and dietician’s instruction.

5. Go easy on soft drinks. Those who frequently consume diet soft drinks are more likely to experience decline in kidney function. Individuals who drink two or more diet sodas per day have double the risk of faster kidney function decline even after the study authors
accounted for age, caloric intake, obesity, high blood pressure, diabetes, cigarette smoking, physical activity, and cardiovascular disease. (7)

Because of their high fructose corn syrup content, regular consumption of non-diet sodas may also adversely affect the kidneys.

6. Prevent and promptly treat bladder infections as bacteria can travel from the blood, up the ureters, to the kidneys. Frequent urinary tract infections may lead to CKD. A few suggestions here: Drink plenty of water. Cranberries and blueberries help prevent bacteria from adhering to the bladder walls. Ladies, after using the toilet, wipe from front to back.

7. Get tested. As previously mentioned, the risk factors for kidney decline include obesity, especially-apple shaped obesity, diabetes, and hypertension. Glomerulonephritis is a group of diseases that cause inflammation and damage to the kidney’s filtering units. Recurrent urinary tract infections and polycystic disease may lead to CKD. Moderate to severe psoriasis is associated with renal decline. Obstructions like kidney stones, tumors or an enlarged prostate gland in men may contribute to CKD. If you have any risk factors, please get the three simple tests that can detect CKD: blood pressure, urine albumin and serum creatinine.

Please note CKD can affect anyone, but men with CKD are 50% more likely to progress to kidney failure than women. The risk for developing chronic kidney disease is 3.8 times higher in African Americans and 2 times higher in Native Americans than for whites. Asian and Hispanic populations are also at high risk for CKD. (8)

8. Engage in regular moderate exercise. Avoid extreme exercise like running, which reduces renal blood flow to just 1%. That is not good. However, increased physical activity may slow kidney function decline in the early stages of kidney disease. (9)

According to the National Kidney foundations, the following are possible symptoms of chronic kidney disease. You may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

_Since most people may not have any significant symptoms until their kidney disease is advanced, people at risk for CKD will want to be very pro-active and get the appropriate lab work._ The good news is that if caught early enough, its progression can, in many cases, be slowed down considerably. However, if you go undiagnosed too long until symptoms develop, dialysis might be your only option.

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_References_