Dear Health Enthusiasts,

In this issue, we address:

- The Missing Key to Diabetes Prevention. Prediabetes affects 35% of adults 20 years and older, and half of Americans age 65 and older. Prediabetes is a condition in which blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes. Left untreated, it deteriorates into type 2 diabetes. The CDC estimates that as many as 1 in 3 U.S. adults could have diabetes by 2050 if current trends continue. Good nutrition, appropriate weight loss, and regular exercise are effective strategies for reducing type 2 diabetes. But now new evidence reveals the missing key to type 2 diabetes prevention.

- 67 million American adults (31%) have high blood pressure—that's 1 in every 3 American adults. High blood pressure costs the nation $47.5 billion annually in direct medical expenses and $3.5 billion each year in lost productivity. Hypertension is going global. World-wide, one billion individuals have it. By 2025, add a half-billion more. Learn the nutritional strategies for its prevention and how to reverse it.
• Why almonds can improve your numbers.

Wildwood Lifestyle Center & Hospital

FEATURED ARTICLES

The Lost Key to Diabetes Prevention
You have heard that a good diet, regular exercise, and modest weight loss can reduce your risk for diabetes. Now here is something you don’t hear about. Regularity in schedule is one lost key to diabetes prevention.

Who Will Be in Your Driver’s Seat?
Hypertension is called the silent killer because often there is no sign or a symptom until one develops a major complication from it—heart attack, stroke, or kidney failure. So how can we defeat this stealthy killer? Better yet, how can we prevent it?

Almonds Win the Numbers Contest
Nutritious and tasty, almonds yield rich health benefits, especially to those who have prediabetes, type 2 diabetes, and elevated cholesterol. If they are not on your table daily then you could be missing out.
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The Lost Key to Diabetes Prevention

Posted on March 10, 2014 by wildwoodhealth

One in three Americans will most likely develop diabetes by 2050 if current trends continue. You have heard that a good diet, regular exercise, and modest weight loss can reduce your risk for diabetes. Now here is something you don’t hear about. Regularity in schedule is one lost key to diabetes prevention.

Yes, indeed: regularity counts! Why? Both insulin resistance and decreased beta-cell function precede and are also characteristic of type 2 diabetes. Biological clocks are governed by the light and darkness cycling that occurs with the rotation of the earth. They regulate hormones and enzymes involved in the body’s metabolism. Scientists have now discovered that the pancreas has its own molecular clock and that endocrine cells in diabetic-prone and diabetic individuals can indeed be sensitive to disturbances in their circadian (24 hour) rhythm.

Beta cells in the pancreas produce insulin which facilitates the entry of glucose and other nutrients into the cells. Just ten days of acute disturbance of circadian (24-hour) rhythm in diabetic-prone rodents led to impaired ability of their bodies to handle glucose, an increase in fasting blood glucose, and diminished beta cell functioning in the pancreas. Ten weeks of disturbed circadian rhythm produce actual beta-cell destruction, decreased beta cell mass in the pancreas, and reduced beta-cell efficiency. Because irregular schedules from shift work, sleep loss, jet lag or a nocturnal lifestyle disrupt circadian rhythms, they may increase the risk for developing full-blown diabetes in diabetic-prone individuals.

Four caveats are in order here:

- A high fat diet or elevated triglyceride level (blood fats) can adversely affect one’s daily rhythms.
- A high fat diet also alters the clock-controlled genes in fat cells and consequently disrupts the efficiency of these cells to dispose of fuel appropriately.
- Periodic short fasting can help reset the pancreas’ circadian rhythm.
- An irregular schedule promotes inflammation inside the body which fuels diabetic complications and increases the diabetic person’s risk for atherosclerosis and cancer.

May we suggest that a regular schedule is an important strategy needed in reducing one’s risk for type 2 diabetes?

Works Cited:

Who Will Be in Your Driver’s Seat?

Posted on March 10, 2014 by wildwoodhealth

by: Elizabeth J Hall

Do you know the CDC’s batting averages for hypertension in the U.S.?

- 31% have high blood pressure (HBP, hypertension)—that’s 1 in every 3 American adults.
- 69% of people who have a first heart attack, 77% of people who have a first stroke, and 74% of people with chronic heart failure have high blood pressure. (1) High blood pressure is also a major risk factor for kidney disease and cognitive decline.
- About 1 in 5 (20.4%) U.S. adults with high blood pressure don’t know that they have it.
- Approximately half (47%) of people with high blood pressure have their condition under control.
- Almost 30% of American adults have prehypertension—blood pressure numbers that are higher than normal, but not yet in the high blood pressure range.

Hypertension is called the silent killer because often there is no sign or symptom until one develops a major complication from it—heart attack, stroke, or kidney failure. So how can we defeat this stealthy killer? Better yet, how can we prevent it?

Understand the numbers.

Blood pressure is the force of blood against the walls of arteries. Blood pressure rises and falls during the day. Usually there are two numbers in a blood pressure reading. Systolic pressure (represented by the higher number) is the force of blood in the arteries as the heart beats. Diastolic pressure (represented by the lower number) is the force of blood in the arteries as the heart relaxes between beats.

Note in the chart below that what once was considered a good systolic pressure (top number)—120 to 124—is now listed as prehypertension. Scary isn’t it? And what is more serious yet, if you have only one of the two figures in the prehypertension range, you still have the condition. Pre-hypertension increases the risk of heart disease. According to a 2005 analysis by the Framingham Heart Study, men with pre-hypertension are 3.5 times more likely to suffer heart attacks than those with normal blood pressures. (2) Young adults who have pre-hypertension substantially increase their risk for coronary artery disease in middle age. HBP promotes atherosclerosis even when the cholesterol is within normal range.

Invest in a blood pressure cuff. The electronic models are easy to work, but to be accurate you need to get the appropriate size cuff. Take it at least once a week. If you personally have risk factors for hypertension—obesity, smoking, a family history of heart disease, hypertension, or diabetes—take it daily. African Americans tend to get HBP earlier in life and develop more severe HBP. Children at risk for HBP should have their blood pressure checked a lot more than at the doctor’s office.

Don’t hurry but do DASH.

The Dash Diet has been as effective in reducing elevated blood pressure as medicine in many hypertensive individuals. It also effectively improves diabetes. It is a proven good first step for many individuals.

Daily Nutrient Goals Used in the DASH Studies (for a 2,000-Calorie Eating Plan) (3)

Use more herbs and less salt.
Excess sodium consumption promotes fluid retention and causes the arteries to become more sensitive to norepinephrine, an artery-constricting hormone. Most of our sodium intake comes from salt consumption. Thirty percent of hypertensive individuals retain more salt than normal. Mild salt restriction generally works much better for lowering high blood pressure than severe salt restriction. One teaspoon of salt provides 2,300 mg of sodium. If you already have hypertension, or if you are middle-aged or elderly, or if you are an African American, daily recommendations are to lower your sodium intake to 1,500 mg per day.* Processed foods and condiments usually have considerable sodium.

Caution Alert: Reduced-sodium products and salt substitutes often contain potassium chloride. Since this ingredient may harm people who have certain medical conditions such as diabetes and kidney disease, check with your doctor before trying reduced-sodium products and salt substitutes that contain potassium chloride.

Garlic(4), onion(5), rosemary(6), and oregano possess phytochemicals that may help to lower elevated BP.

Enjoy fruits and veggies.

Abundant consumption of fruits and vegetables, potassium, and vitamin C is associated with a significantly lower risk of hypertension.(7) Three ribs of celery a day lower blood pressure. (8) Increased fruit and vegetable intake improves the ability of the blood vessels to dilate in hypertensive individuals.(9) Whole fruits, vegetables, legumes, nuts, and whole grains are rich in fiber. A high fiber intake is associated with better blood sugar control, lower blood pressure and cholesterol, and better kidney function in type 2 diabetic patients.(10) Fruits and vegetables contain magnesium, which helps to prevent the blood vessels from experiencing sustained contraction, called vasospasm. Vegetarians have less incidence of hypertension than omnivores and a vegetarian diet can reduce elevated blood pressure. (11), (12)

Choose your beverages wisely.

A diet high in sugar and high fructose corn syrup can lower the threshold for hypertension. These products also raise uric acid, a byproduct of protein metabolism. Elevated uric acid levels are associated with new cases of recent-onset-essential-hypertension in children, and predict non-alcoholic fatty liver disease in obese children.(13), (14) Hypertension is not only associated with consumption of sugar-sweetened sodas, but artificially sweetened soft drinks as well, even after controlling for potentially confounding factors.(15) Caffeine raises blood pressure in hypertensive-prone individuals.(16) It magnifies the physiologic effects of stress inside our bodies throughout the day even when taken only in the morning. Avoid caffeine because it increases the consumption of oxygen in the brain and blood flow resistance in the cerebrum (upper 7/8 of the brain). In other words, caffeine increases the demand for oxygen in the brain while reducing the supply of blood flow within the brain.(17)

On the positive side, Hibiscus tea lowers blood pressure in prehypertensive and mildly hypertensive adults(18) and can be as effective at lowering blood pressure as the commonly used blood pressure medication.(19)

Loose to win.

The arteries in an obese individual become more sensitive to molecules that constrict them and less sensitive to molecules that open them.(20), (21) Among other serious consequences, diabetes and obesity decrease the ability of the innermost lining of the blood vessels to
Just a weight loss of even 10% in obese individuals is helpful in reducing high blood pressure and lowering blood lipids (cholesterol and triglycerides). Exercise and weight loss even improve the ability of the blood vessels to dilate in type 2 diabetes. (22)

**Punch line**

Largely unknown at the time of his presidential campaign, Woodrow Wilson had been plagued by hypertension and mild strokes. In 1896 Wilson possibly experienced his first stroke, which caused marked weakness of his right upper limb plus sensory disturbances in his fingers. His doctors at the time diagnosed him as having neuritis. In June of 1904 Wilson developed weakness in the right arm that lasted for several months.

Once President, Wilson’s problems persisted. In May of 1914 changes in the arteries of his eye were documented. Wilson then experienced severe headaches lasting for days during the years 1915-1919. Wilson desperately wanted the First World War to be the war that ended all wars. Unfortunately, Wilson suffered a catastrophic stroke while President on October 13, 1919 and was thus prevented from accomplishing anything significant. His wife and physician actually conspired to keep the extent of his disability a secret; indeed, Wilson’s condition was hidden from his own Cabinet, from the Vice President and, of course, from the public. (23)  So who was running the government?

His experience leads us to ask the following questions: In what ways exactly does our cardiovascular health impact our community? In Wilson’s day the medical community did not know as much about how to prevent and treat hypertension. Are we taking advantage of the opportunities that we personally have to follow the lifestyle principles that modern medical authorities advocate—to lose weight if obese, watch the salt, and exercise? Will our usefulness, like President Wilson’s, be cut short by our negligent failure to do so? Will cardiovascular disease sabotage our plans to help our world or to guide a child we love? If that happens to you, who will be in your driver’s seat?

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We have covered the nutritional aspects in preventing and reversing hypertension. In future articles, we will explore natural strategies that help hypertension. The above article is general in nature. Please consult your physician for medical conditions.

Although Wildwood Lifestyle Center endorses a vegetarian diet for a number of health reasons, the DASH Diet is a good first step for many individuals. For more information on the individual plans under the Dash Diet, go [https://www.nhlbi.nih.gov/health/.../dash/](https://www.nhlbi.nih.gov/health/.../dash/)

References:


Almonds Win the Numbers Contest

Nutritious and tasty, almonds yield rich health benefits, especially to those who have prediabetes, type 2 diabetes, and elevated cholesterol. If they are not on your table daily then you could be missing out.

Improves bowel health

One chief health complaint in America is constipation. Since almonds are high in fiber, they help keep your bowels regular. If this is a problem of yours, try eating almonds, raw or dry roasted, with three or four prunes and you will most likely avoid the unwanted cramps and discomfort that commercial laxatives give.(1) The oil in almonds along with a plant-based diet improves bowel transit time and can even help to reduce symptoms of irritable bowel syndrome.(2)

Diabetes aid

Combats inflammation. Diabetes, like so many chronic conditions, promotes inflammation. Inflammation in turn fuels diabetic complications. In one study, participants with type 2 diabetes and mild elevation of blood fats were given a diet that included almonds. Lab tests were completed over a given length of time, showing that almonds can be beneficial in reducing generalized, vascular, and bowel inflammation.(3), (4)

Lowers blood sugar. Almond ingestion at mealtime reduces the steep rise of blood glucose that occurs after a meal. The A(1c) test reveals how well one manages his/her diabetes. This test provides an index of average blood glucose for the previous three to four months. Regular, daily almond consumption reduces hemoglobin A(1c) in individuals with well-controlled type 2 diabetes mellitus.(5) Inclusion of almonds in the breakfast meal decreased blood glucose concentrations and increased satiety both acutely and even after a second meal in adults with glucose intolerance.(6)

Diabetes prevention: An ADA (American Diabetic Association) diet with 20% of its calories coming from almonds over a 16-week period is effective in improving the ability of cells to respond to insulin and yields clinically significant improvements in LDL cholesterol in adults with prediabetes.(7)

Promotes cardiovascular health

Using almonds, almond skin supplements, walnuts, and extra-virgin olive oil in the diet has been shown to lower cholesterol levels. Especially helped are people with high blood lipids, inflammation and insulin resistance. These sources of fats have a significant amount of mono-saturated fats giving them added health benefits compared to the saturated fats found in animal products. Almonds are low in saturated fatty acids, rich in unsaturated fatty acids, and contain fiber, phytosterols, and plant protein, all of which help to lower LDL or the “bad” cholesterol. But they possess other important constituents for cardiovascular health such as α-tocopherol, arginine, magnesium, calcium, and potassium.(8) It is no surprise, then, that almond consumption itself is associated with elevated cholesterol, high blood pressure, and high blood sugar. (9)

If you want to order pure almond butter or almonds, consider shopping at Wildwood Country Store. We do ship items.706-820-1493

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1. Institute of Food Technologists (IFT). “Chew more to retain more energy.” Science Daily. 15 July 2013.


5. Cohen, AE, Almond ingestion at mealtime reduces postprandial glycemia and chronic ingestion reduces hemoglobin A(1c) in individuals with well-controlled type 2 diabetes mellitus. Metabolism. 2011 Sep; 60(9):1312-7.


