



# Hands of Health Newsletter

May/June 2004

Hello again:

90° in March, almost hitting 100°? Good time to retreat inside and relax in a cool environment with a therapeutic massage. I got my usual 2-hour treatment on my birthday, escaping the heat and staying inside with a day long shopping spree. Massage makes such a difference with not just my physical being but emotionally, mentally and spiritually. And it should have that affect on you. Call me so you can get these results for yourself NOW. It's one of the best investments you can make for your health. I have two great articles for this issue, one continuing to emphasize the importance of exercise. Along with regular massage, I can't emphasize enough the importance of exercise. The other article indirectly challenges the low carb/high protein diet. Have a good read.

## EXERCISE: THE LITTLE KNOWN DETOXIFIER

As the environment becomes more and more polluted, so do our bodies. Increased attention has been given to detoxifying our bodies as we crawl out of our winter hibernation and jump into the spring and summer sun. The internet has become flooded with products and programs promoting detoxification. From week-long water and juice fasts to specially-formulated powders to help rid your body of toxins, there is rarely a mention of one of the best detoxifying methods: EXERCISE.

With new recommendations by the Institutes of Medicine advising a total of 60 minutes per day (1), people can now improve their health through increased fitness as well as improved detoxification of their bodies.

With exercise comes increased blood flow throughout the body that, along with supplying much-needed oxygen, serves as an effective way of "flushing out" toxins. These toxins eventually go to the liver and kidneys for excretion.

Exercise-induced muscle contractions also help lymph circulation. The lymphatic system, consisting of needle-thin tubes that extend throughout the body, plays an important role in weight loss and detoxification by helping remove excess fluid outside of cells that can contribute as much as 10 to 15 pounds of extra weight. Muscle contractions play a big part in the lower extremities, where lymph vessels fight the forces of gravity during circulation.

So, along with your juice/water-fasting or detoxification powders, exercising can go a long way toward helping you reach optimal wellness through detoxification.

*Submitted by Greg Arnold, March 4, 2004, Abstracted from "Exercise While You Detox" in the March 2004 issue of Taste For Life Magazine.*

*(1) American College of Sports Medicine website "ACSM Applauds Recognition of Physical Activity in New Institute of Medicine Dietary Guidelines, But Warns of Confusion and Misunderstanding about IOM Specifics".*

## SCIENTISTS CONFIRM HEALTHFULNESS OF PASTA AS GOOD CARBOHYDRATE: In Response To Low-Carb Diet Fad, Leading Health and Food Authorities Update and Confirm Health Benefits of Pasta Meals

Rome – A committee of scientists and food authorities today released a consensus statement concluding that pasta is a healthy carbohydrate that provides solid nutritional benefits when eaten as part of a balanced meal. The consensus is the outcome of "Healthy Pasta Meals," a three-day conference that dispelled confusion about pasta, carbohydrates, and weight loss; examined the health risks of high-fat, low-carb diets; and identified the healthiest pasta meals.

"Confused by the low-carb diet craze, people are avoiding some of their favorite foods - like pasta - and moving away from healthy, balanced diets," said K. Dun Gifford, Founder and President of Oldways Preservation Trust, a Boston-based nonprofit food issues think tank and organizer of the conference.

"The good news of this conference is what high-level scientists have always said: A balanced diet is key to maintaining a healthy weight - not extreme fad diets that pose dangerous health risks."

Key findings and conclusions include:

**PASTA IS A HEALTHY FOOD and a good carbohydrate.**

**PASTA HAS A LOW GLYCEMIC INDEX OF 41.** Pasta does not cause sugar in the blood to rise quickly, so consumers receive the benefits of prolonged carbohydrate absorption. Slow-release carbohydrates/low glycemic index (GI) foods may have benefits for healthy longevity and physical and cognitive performance, and may play a key role in preventing chronic diseases such as obesity, diabetes, coronary heart disease and certain cancers. (GI measures how rapidly a carbohydrate triggers a rise in blood sugars - the higher the number, the greater the blood sugar response.)

**PASTA MEALS ARE EFFICIENT "DELIVERY SYSTEMS"** for healthy foods. Pasta is not eaten alone, but with "partners," such as vegetables, fish, olive oil, tomato sauce, legumes, and lean cuts of poultry and meat. By combining multiple healthy ingredients, the pasta meal slows digestion and absorption of glucose in the blood and provides essential nutrients such as fiber, protein and vitamins.

**PASTA IS A "GOOD" CARBOHYDRATE.** Most pasta is made from semolina flour, which is grouped from durum wheat. White flour used to make white bread is ground from common wheat, which is not digested as slowly as durum wheat and, as a result, has a higher GI.

**PASTA DOES NOT PROMOTE WEIGHT GAIN.** Weight gain is not caused by one particular food - it is caused by consuming more calories than you burn. When eaten in the proper portions and in combination with healthy foods, pasta does not cause weight gain. A healthy portion of pasta is one to two cups cooked.

**HIGH-FAT/LOW-CARB DIETS ARE DANGEROUS.** High-fat low-carb diets pose dangerous health risks and can increase the risk of contracting serious chronic disease such as obesity; diabetes; coronary heart disease; Alzheimer disease and some forms of cancer.

**CARBOHYDRATES ARE ESSENTIAL IN HEALTHY, BALANCED DIETS.** Carbohydrates are the source of most of the body's glucose, which is the crucial fuel energy source for the brain, red blood cells, muscle and organs. Without carbohydrates, a diet is not balanced or complete. There is worldwide consensus among high-level nutrition scientists and international dietary guidelines that carbohydrates are a key ingredient in an eating pattern that promotes healthy longevity; 45-60 percent carbohydrates, 25-30 percent fat, and 15-20 percent protein.

**THE MEDITERRANEAN DIET IS RECOMMENDED.** The Mediterranean diet offers greater health benefits than current Western diets. It is characterized by abundant variety of plant foods (fruits, vegetables, breads, pasta, other forms of cereals, potatoes, beans, nuts, and seeds), olive oil as the principal source of fat, dairy products (mostly cheese and yogurt), fish and poultry consumed in low to moderate amounts, zero to four eggs consumed weekly, red meat consumed in low amounts, and wine consumed in low to moderate amounts.

"One of the factors consumers should consider when making healthy choices in the glycemic index of the food," said consensus committee co-chair David Jenkins, MD, PhD, ScD, Professor, Canada Research Chair in Nutrition and Metabolism, University of Toronto and St. Michael's Hospital. "A pasta meal that combines healthy ingredients like vegetables, beans and olive oil contributes to a low-glycemic index diet, which may play a key role in preventing chronic diseases.

Pasta has been wrongly injected into the good carb/bad carb debate, and we want to dispel the notion that it should be avoided," said John Foreyt, PhD,

## SCIENTISTS CONFIRM HEALTHFULNESS OF PASTA AS GOOD CARBOHYDRATE: *Continued*

Professor of Medicine and Director of the Behavioral Medicine Research Center at Baylor College of Medicine, and one of the co-chairs of the Scientific Consensus Committee. “The people of Italy and other Mediterranean countries have known about the health benefits of the pasta meal for more than a thousand years, and their long life-spans and vibrant health are testaments to pasta’s role in a healthy, balanced diet.”

The consensus committee is made up of scientists and food authorities from around the world, including obesity experts, endocrinologists, nutrition-

ists, food technologists and chemical engineers. Conference presenters also included notable chefs, food historians and food writers.

The conference is supported by Unione Industriale Pastai Italiani and the National Pasta Association, and sponsored by Barilla, AIPC American Italian Pasta Company, and the Consorzio Parmigiano-Reggiano.

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Good enough. Now that Arizona is into summer until forever it’s still important to stay on your exercise regimen. Adjust your schedule to workout earlier if you go outside like I do and remember water, water, water. Take a gallon with you, leave it in one place that’s strategically placed and come back to it and keep hydrated while you’re outside. That’s how I did it while training for the marathon. Do what works for you. I’m also running two summer specials that will save you money. Either buy two at regular price of \$60 each and get the third at half price OR buy three at the regular price of \$60 each and get the fourth for FREE. Also remember gift certificates for Mother’s and Father’s Day (and other holidays and special occasions). Buy one of the above packages and you can take care of mom, dad and you.

Until next time,

Stay healthy, stay well,



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