

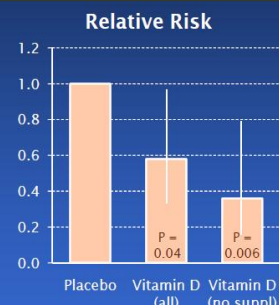
Hi to everyone in the Millhouse Community

Half the year has nearly gone. The winter has been mild and only in the last few weeks have there been **increasing coughs & colds**.

Have you taken **addition vitamin D** for immune protection as well as **receiving a flu vaccination**? The table opposite is a summary of a study¹ on Japanese children to ascertain whether vitamin D supplementation could protect against influenza A which includes the swine flu virus. The table shows that the children given vitamin D alone (right column) had less than half the number of infections compared with the control-placebo group who received no Vitamin D. The middle column represent children who were already taking Vitamin D-containing medications (multivitamins or fish oil) and when given the Vitamin D supplement were less well protected. One possible explanation is that the medications also contained vitamin A which is known to interfere with gut absorption of Vitamin D.

VITAMIN D & INFLUENZA*

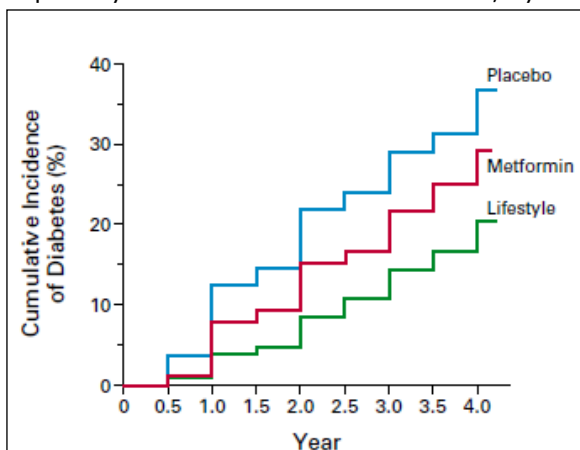
- DB-RCT
- winter 2008-2009
- 334 Japanese school children, aged 6-15
- mean wt: 35.5 kg
- 1200 IU D₃/d in addition to self-supplementation



CHILD VITAMIN D DROPS (333units/drop) are available at the clinic for \$25.25 which will last for about 2 months. **ADULT CHOLECALCIFEROL Tablets** (50,000 units) are available on prescription from your doctor.

NON INSULIN DIABETES - TIPS FOR SUCCESSFUL MANAGEMENT

Non-insulin diabetes (Type II) is a slow onset condition that begins when insulin loses its effectiveness (insulin resistance) and glucose cannot easily enter cells to be used for energy or stored as fat. This process leads to a gradual rise in blood sugar which slowly cooks (glycates) cell proteins and organ tissue leading to degeneration, especially in heart & brain blood vessels, eyes and kidney.



Non-insulin dependent diabetes is best treated early, with lifestyle changes, prior to using medication. In 2002 the results of a three year study² on middle-aged individuals compared the effectiveness of the medication **metformin** with **lifestyle changes** with a control-placebo group to see which was the most effective in preventing diabetes.

The lifestyle group was given one-on-one coaching and asked to reduce and maintain their body weight by at least 7%, using a low-calorie low-fat diet and by performing moderate exercise like brisk walking for 150 minutes each week.

The diagram demonstrates how **lifestyle changes were 58%** more effective than the placebo-control group and nearly twice as effective as the metformin treated patients (31% compared to the placebo).

The following are the important LIFESTYLE TIPS to prevent and treat diabetes even if you are on diabetic medication. You may need to reduce medication dosage if your blood sugar falls with the lifestyle changes implementation.

EXERCISE DAILY. In the December Newsletter (on the website at http://www.millhousemedical.co.nz/Newsletter_archives.html) I mentioned how a few minutes of **regular intensive vigorous muscular exercise** dramatically improves heart and lung physiology as well as increasing the efficiency of insulin in moving glucose into the cell.

DESTRESS. Stress causes the release of adrenaline and cortisol which accelerate the breakdown of muscle and fat into additional BLOOD GLUCOSE. Consider performing regular YOGA, TAICHI, MEDITATION, PRAYER or other lifestyle changes that relax both body and mind and lead to improved diabetic control.

The following are all food factors which assist in improving glucose control.

AVOID HIGHLY-REFINED CARBOHYDRATE FOODS & DRINKS sometimes referred to as HIGH GLYCAEMIC INDEX (GI) foods which release glucose quickly or where the total amount of food glucose eaten has a HIGH GLYCAEMIC (glucose) LOAD. A GI list of common foods is available on the Millhouse website under FACT SHEETS (<http://www.millhousemedical.co.nz/resources1.html>.) **Prefer a low calorie higher protein diet with lots of non-starchy vegetables, wholegrain, nuts and seeds. Eat small amounts food earlier in the day, less at the evening meal and avoid late night meals and snacks.**

CONSUME HIGH SOLUBLE FIBRE FOODS that slow the absorption of simple sugars from the gastrointestinal tract. These include vegetables, wholegrains & bran, especially oat bran, nuts, seeds and beans. Limit fruits which are both high in fibre and high in fruit sugar.

TAKE CINNAMON POWDER DAILY. Dr Anderson and his colleagues³ at the Human Nutrition Centre in the USA researched 49 plant species and found that cinnamon had the greatest insulin-like effect. Cinnamon contains a water-soluble compound methylhydroxylchalcone polymer (MHCP) which they demonstrated had a similar **biological action as insulin-stimulating glucose movement into cells** and also stimulates the release of glycogen which makes available glucose at peak energy times.



In 2003 they published a study⁴ on sixty Pakistani's with Type 2 diabetes comparing three doses of cinnamon powder (*cinnamom cassi*) of 1gm, 3gm and 6gm when taken daily for forty days. Their results showed that cinnamon could lower **fasting glucose between 18- 29%, reduce fasting LDL cholesterol (bad) between 12-26% and decrease triglycerides by 7-27%**. Taking 1gm daily (1/4tsp) appeared to be as effective as taking 3gm or 6gm each day. A later 2007 USA study⁵ with Type 2 diabetics failed to show positive results but these patients were less severe diabetics and on medication. I would suggest trying cinnamon if you are recently diagnosed diabetic and see what effect it has. All patients with HIGH cholesterol and HIGH triglyceride levels should add cinnamon to their meals.



USE VINEGAR REGULARLY. Vinegar slows gastric emptying, delays the uptake of glucose and lowers fasting blood sugars. Vinegar stimulates the enzyme **AMP-activate protein kinase (AMPK)** a key player in fat break down, glucose uptake and insulin sensitivity but which lowers liver glucose production, which is three times more active in diabetic patients. **Metformin** is also the target for increasing AMPK. Vinegar induced AMPK also boosts **nitrous oxide which relaxes blood vessels**, important in alleviating artery disease.

Vinegar curbs appetite and stimulates fat burning. A Japanese 12 week controlled trial⁶ on overweight people demonstrated that those who took vinegar twice daily lost 1-2kg of weight. Take a total of 1-2 tablespoons of vinegar daily. This could be as a balsamic vinegar salad dressing mixed with equal parts olive oil, or dilute cider vinegar taken with hot water and sipped slowly with meals. Remember to eat lots of vinegar-pickled vegetables.

CONSIDER TAKING RESVERATROL OR ENZOGENOL, dark pigmented bioflavonoid substances from red wine and pine tree bark, which have anti-aging properties appear to improve insulin effectiveness and diabetic control and also increase the release of nitric oxide to improve blood flow. A three month trial period might be useful.

Enzogenol is available at Millhouse.

Alpha-lipoic acid is another supplement worthy of consideration for those diabetics with poor glucose control and suffering from nerve and eye complications.

MILLHOUSE NEWS

TELEPHONE COMMUNICATION

Thank you to those you will have filled in the telephone survey on our digital computerized internet phone system. Following your responses we have introduced a **message box for medication requests** which you can access directly or reception will transfer you too. Remember that the most effective way to make a request is on-line through our website by clicking on **prescription request** on the left of your screen. (http://www.millhousemedical.co.nz/prescription_request.html).

We have also **opened the phone lines** earlier from 8.15am each day which hopefully will improve the early morning telephone congestion which is being experienced.

Arran Church, traditional acupuncturist is now working from home. He has a special interest in pain and improving wellbeing in cancer patients. His contact number is 021 2297489

Sonali Mehendale, Beauty Therapist is available weekdays & Saturday AM at 128 Millhouse.

Sonali tells me that,

'winter is an ideal time to use **IPL(laser)** for skin peels to treat sun damaged skin, age spots, rosacea, spider veins and hair removal'.

'I also perform **microderm-abrasion** for uneven skin, acne scars and lines and **skin peels** which are excellent for resurfacing the skin for fine lines and useful for hyperpigmentation'

For more information and a free consultation **PHONE 272 4115** or checkout www.ultimatebeauty.co.nz

Yours in good health
Dr Richard J Coleman.

¹ Am J Clin Nut 2010; 91:1255-60

² NEJM 2002; 346:393-403

³ J Agric Food Chem 2000 Mar;48(3):849-52

⁴ Diabetes Care 2003 Dec;26(12):3215-8

⁵ Diabetes Care 2007 30(9):2235-7

⁶ Bosci Biotech Biocehm 2009;73(8):1837-43