

News For Health Nuts

...‘Cause We’re Crazy About Feeling Good!

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Boo! Scary Times Ahead!

Here we go again...

This is the time of year that we see NONSTOP temptation.

From Halloween to New Year's Day, those of us who struggle with our weight face a parade of sweets, treats, and junk foods. Even at my office, we have a lot of yummy but unnecessary foods this time of year.

So what do you do? Here are some tips:

1. When shopping for Halloween treats pick candy that you DON'T like personally. For instance, I don't like Milky Ways, Three Musketeers, or Whoppers. So if you LIKE those candies, come trick-or-treating at my house! You can also give out non-food treats like temporary tattoos, seasonal pencils or erasers, stickers, or coins.
2. At Thanksgiving, load up on veggies and limit the fattening sides. Roasted turkey is actually a great, healthy meat but limit your portion to a piece the size of a pack of cards. Steam your veggies to protect the nutrition. Go easy on dressings and gravies and stick with ONE slice of pie. It isn't necessary to eat until you have to loosen your pants!
3. Two words: Christmas cookies! Bake them to your heart's content, but give them away!
4. Before heading to holiday parties make sure to eat a healthy meal. Bring a healthy side (especially if it's a potluck) that you can nosh on without stacking up the calories. Fruit and veggie trays are good, hummus and pita, salsa and tortilla chips... Lots of possibilities!
5. Don't forget to stay active. It's easy to push exercise to the back burner when the schedule fills up with evening and weekend commitments. Look into exercise options you can cram in, like ten minutes of calisthenics in the office over lunch or a short (brisk!) walk after dinner. Moseying doesn't count ☺

Holiday time is a challenge but it doesn't have to derail your efforts to lose and maintain your weight! ❖

Fructose: Is It Bad For You?

First Published on [September 21, 2013](#)

There is a lot of controversy surrounding the use of high-fructose corn syrup as a sweetener in foods nowadays. I've been reading a lot of research about fructose and its effects on the body and thought I'd summarize.

Back in the 1970s researchers found they could make a very cheap sweetening agent from corn. It really caught on in the USA because we have huge supplies of corn but not a lot of sugarcane. High-fructose corn syrup became an enormously popular sweetener and today is used in all sorts of foods. The most widely used area is in soda.

First of all, fructose is a monosaccharide ("one sugar"). There are three monosaccharides: fructose, glucose and galactose. In nature, sugars occur in the form of disaccharides ("two sugars"), which are two monosaccharides joined together. There are three main disaccharides: sucrose (table sugar, glucose-fructose), lactose (found in milk, glucose-galactose), and maltose (found in grain and beer, glucose-glucose). Other carbohydrates are in the form of polysaccharides ("many sugars"), referred to as starches.

It's important to realize that the ONLY sugar that tastes sweet is fructose. Fructose is why table sugar is sweet. The more fructose in a food, the more sweetness it has. Humans are hard-wired to like sweet-tasting foods. Newborn babies naturally eat more of foods that taste sweet. If a food manufacturer puts more fructose in a food, it will have more appeal for consumers. (Disclaimer: I know there is more to making food taste good than making it taste sweet, but this is a generalization.)

So is fructose bad? I wanted to base my opinion on the scientific research, so I went to the PubMed database. There are over 800 research articles on fructose and obesity. Lots of research to wade through! Here's the Cliffs Notes version:

1. Fructose is metabolized in the liver as if it were a FAT, not a SUGAR. It is changed directly to triglycerides, which are stored in fat cells. High fructose intake increases triglyceride levels in the blood.

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Business Spotlight

This month's Business is [Jocko's Bar and Grill!](#)

Just two miles away from State Road Family Practice is a locally-owned bar and grill with GREAT food and friendly staff. The owner, Jocko Gruttadauria, is a longtime friend.

Direct quote from the appetizer menu:

Fried Heirloom Tomatoes - cilantro micro salad, toasted crostini, caper aioli, aged balsamic glaze.

Where else will you find THIS on a bar menu?!

If you want a comfortable place to watch the game, eat great food and have a few drinks, Jocko's is the place for you! If you're looking for live music and a fun night out with your sweetie or with the girls or guys, Jocko's is ALSO the place for you ☺

PS – If you're there this month, make sure to wish Jocko a happy birthday!

Want your business highlighted in this newsletter? Let me know!

Coming Events...

We have two events coming up in October and November:

Shaklee 180 Turnaround Events

- Saturday, October 26, at 2:30 PM
- Saturday, November 16, at 2:30 PM

Turnaround Events take place at State Road Family Practice.

Have an idea for an event to share with other Health Nuts? Please call and let me know! I do need some lead time for publishing purposes, so advance notice would be great!

Want more information like this? Want to stay up-to-date and also receive this newsletter via email? Visit my website and subscribe!

www.jenniferwurstmd.com

Fight Pain With Shaklee!

Welcome to autumn everyone!

With the cooler weather and especially with all the yardwork that fall brings, many people are finding new aches and pains are making themselves felt.

Shaklee to the rescue! Here are 3 products that will help pain from arthritis and overworked muscles.

Advanced Joint Health Complex

Over 28 million Americans have some sort of joint-related problem or complaint.

Glucosamine is one of the most frequently used supplements on the market. Shaklee's product is vegetarian, shellfish-free and gluten-free.

Joint Health Complex is proven to work in as little as 5 days and outperformed the best-selling joint health product on the market in head-to-head studies (45% more effective). It is proven to promote mobility, enhance flexibility, improve joint function and support long-term joint health.*

Pain Relief Complex

Pain Relief Complex effectively relieves pain caused by occasional overexertion, using a patent-pending blend of boswellia extract and safflower extract. It also promotes flexibility and overall comfortable movement after exercise. Plus, Pain Relief Complex is gentle on the stomach.*

Joint & Muscle Pain Cream

This soothing joint and muscle pain relief cream distinguished itself in two ways: it's applied where it hurts, and it works in minutes.

Shaklee's new Joint & Muscle Pain Cream provides temporary relief from minor joint and muscle pain, including arthritis pain, back aches, sports injuries, sore muscles, and more. It is so fast, soothing, and effective, you'll want one for your medicine cabinet, purse, and gym bag, too!

This non-greasy, fast-absorbing, deeply penetrating, topical cream soothes in minutes.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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2. Increased triglyceride levels increase insulin resistance. Insulin resistance makes it much more difficult to lose and maintain weight. It also interferes with energy metabolism and makes one very tired.

3. Fructose causes leptin resistance. Leptin is the current holy grail in obesity research. It is a hormone produced by fat cells that turns off hunger and craving signals in the brain. If fat cells make leptin but the brain can't hear the signal, you will continue to feel hungry and experience cravings. Fructose makes it more difficult for the brain to hear the "satiety" signal that makes you feel full and satisfied.

4. Fructose intake also increases uric acid levels. Uric acid is central to the illness called gout (a severely painful and destructive joint disease). Gout is on my personal top-five list of illnesses I NEVER want to experience personally.

What about fruit? It tastes sweet. Is fruit bad? It seems that if you consume fructose in combination with dietary fiber, it slows the absorption and processing and blunts the effect on triglycerides and leptin.

So what is the take-home lesson about this little dissertation on fructose. It's not something most people are going to want to hear.

The bottom line is that if it tastes sweet, it has fructose in it. (Let's leave the topic of artificial sweeteners for another day. I promise it is on the short list of future blog topics.) If it tastes sweet, it is NOT good for you and should be eaten in very limited amounts. Fruit is acceptable, but fruit juice doesn't have the fiber and should be avoided. (Sorry that's bad news for the juicing crowd).

If you have a taste for something sweet, try a small bowl of berries or some apple slices. They should not trigger cravings if eaten in moderation. I promise you, after a few days of "detox" from sugar you will feel more energy and less aches and pains. ❖

Want to read more info like this? Go to www.jenniferwurstmd.com

Staff Spotlight!



This month's Spotlight is on you, Meg! Meg Forsythe is one of our wonderful front-desk staff. She also answers the phones and does all-around jill-of-all-trades work at the office.

Meg's life focuses on family, especially her daughters Marina and Alison. She is a daughter, a sister, a granddaughter and most recently an auntie!

If you see her wearing something that looks like a bulletproof vest, it's not because she's expecting an invasion, LOL! Meg has multiple sclerosis and heat really bothers her symptoms. Her vest has cooling packs that keep her comfortable when things heat up around the office.

Meg's hobbies include reading, writing and music. She also loves hidden-object computer games and has been spotted playing Candy Crush...

Shaklee On Sale!

This month we are featuring Joint Health Complex, Pain Relief Complex, and Joint & Muscle Pain Cream at a discount! If you are interested in trying any of the products mentioned in the article on Page 3, you will save 10% on purchases from September 15-October 15.

Just make sure to mention you saw the discount in the October newsletter!

Advanced Joint Health Complex

Effective for improving mobility, flexibility, joint function and long-term joint health.

Pain Relief Complex

Gentle, effective pain relief for occasionally overworked joints and muscles.

Joint & Muscle Pain Cream

Non-greasy topical cream that soothes minor aches and pains in minutes.

Have a Suggestion?

Please feel free to contact Dr. Jen and request future topics for the newsletter! Want to learn more about one of our staff members? Let me know by calling 888-741-9153.

News FROM Health Nuts!

Christy P. is enjoying her beautiful grandson, Beau! I love seeing her pictures on Facebook ☺

Kim K. and her family recently vacationed in Destin, Florida! Hope they wore their sunscreen!

Barb C.'s hubby Frank isn't well. Prayers please! (Prayers for Barb's peace of mind would be great too.)

Linda B. is losing weight with Shaklee 180 and excited about her success. Way to go Linda!!

Beth K and her hubby are celebrating 9 years of marriage this month. Congrats Beth and Mike!

Carol W. reports that Vitalizer Gold is helping her feel better and have more energy. Yay Carol!

Kathy H. and her family are ALL losing weight with Shaklee 180. That's what I call support!

Leslie T.'s daughter Tina is feeling better from headaches and tiredness with Vita Lea with Iron.

Jennifer B.'s horse Bandit is loving his new body wash! Shaklee's Basic H2 keeps his coat soft and also keeps the flies away. Wonder how her Vietnamese Pot-Belly Pig Owen feels about it? Hopefully she'll call me back soon and let me know!

Emily P. is training for a marathon. Go Emily!

Dee N. is having a hard time lately because her dad is in the last stages of a long illness. Prayers for his comfort and Dee's peace would be appreciated!