

Focus On Health

QUARTERLY NEWSLETTER

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The #1 Easy To Follow Diet That Helps In Many Ways...



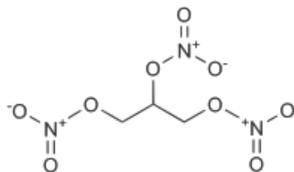
A diet to lower the risk of Alzheimer's disease also ranked No. 1 easiest to follow in 2016. It was devised at Rush University Medical Center, USA, and has been shown effective for treating or preventing high blood pressure, heart attacks, strokes, and dementia. Participants who followed the diet rigorously showed up to 53% lower risk.

- a) Eat a green leafy vegetable and one other vegetable every day
- b) Snack most days on nuts
- c) Eat beans every other day
- d) Eat poultry at least twice a week

- e) Eat fish at least once a week
- f) Drink a glass of red wine or eat blueberries once a day
- g) Eat berries at least twice a week

Avoid red meat, butter, margarine, cheese, pastries, and sweets. Fried and fast foods should be avoided. (Internet 1/6/2016)

YOUR KNEES & NITROGLYCERIN!



Wearing a nitroglycerin patch on the inner knee keeps one vasodilated. Replace it once a day at bedtime. Alternate knees.

Why Do You Reach for the Candy Bar ?

If you find yourself reaching for a candy bar to boost your mid-afternoon energy, you're on the right track. Adults 18 to 25 were more alert and attentive after eating chocolate with 60 percent cacao content.



Do You Feel More Alert In the Morning?



Older adults have morning brains. Adults 60 and over

were given memory tests in the afternoon and in the morning. Older adults did noticeably better on morning tests and were better able to resist distractions.

Chocolate You Know, What About Leeks?



Dark chocolate is rich in flavonoids, which have chemoprotective effects. The darker the chocolate, the better. It has four times the amount of antioxidants found in tea. Leeks: just like garlic and onions, this vegetable is linked to a reduced risk of prostate and colon cancers.

A Kernel of News About Rice...

Whole grain rice (brown rice) – not white rice – may protect against breast cancer and reduce colon cancer risk.

Reconsider Indulging in a High Fat Diet, Even for a Few Days



Did you know? While a short burst of less-than-ideal eating might not seem like a big deal, the effects may be more significant than you think. Healthy college age students indulged in sausage biscuits, macaroni and cheese, and food loaded with butter for five days. While a normal diet is 30 percent fat, the students consumed about 55 percent fat. After five days, tests showed changes in how their muscles processed nutrients. Such changes could lead to long term problems such as weight gain and obesity. Source: Virginia Tech, 4-14-15.

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