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Issue: OCTOBER 15 2022

Healthy Weekly



EVERYDAY HEALTH

16/8 INTERMITTENT FASTING



INTERMITTENT FASTING IMPROVES

- OBESITY
- INSULIN RESISTANCE
- HIGH CHOLESTEROL
- HYPERTENSION
- INFLAMMATION





Managing Editor Jaye Kenzie

THINKING
OUT
LOUD

Reboot: Take A Breathe

INSIDE THIS ISSUE



October 15 ,2022

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Hola Family,

Time Flies!!... It's been a fast paced high energy year. Have you ever taken a step back and ask yourself what life is all about? I call it a moment of reconnecting with the universe. I'm not a go hard religious person but I consider myself to be very spiritual. In a couple of weeks I think I'm going to unplug from the matrix for a weekend and drive down to Santa Monica Beach and watch the ocean waves wave at me...lol.. Seriously, as human beings we all need some time for a day of self peace so please take time out for yourself because your life depends on it..

In this weekly issue you'll read some very interesting content that's relevant to every single human on the planet. Please take some time to read and education yourself on these topics. The more you know the better you can live a successful healthy lifestyle. I cannot stress this enough to people: Your health & Fitness is essential to live longevity.

Yours Truly,

Jaye Kenzie

Managing Director

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brainMD

What's Your Brain Type?

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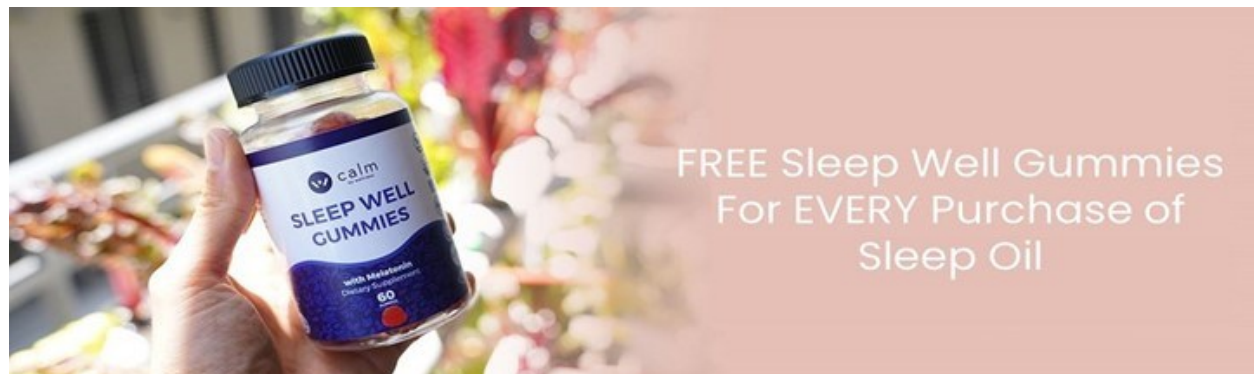
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How should a beginner start fasting?

With a traditional fast, start with 24 hours, and then bump it up to three days if the first one goes well. With the time-restricted approach, don't immediately limit yourself to eight hours a day of eating if you're used to eating every hour that you're awake; start with 12 hours on, 12 hours off, and go from there.

Some of today's most cutting-edge nutrition research suggests that you should eat less often, forcing yourself to go longer periods of time without food—a practice that was common just a few centuries back. Our basic, primal instincts drive our brain to function best when we are hungry and physically active, says Mark Mattson, chief of the laboratory of neurosciences at the National Institute on Aging. "It evolved, in part, for success in seeking and acquiring food."

The way many of us eat today—satiating hunger with snacks high in simple carbs—leaves the body craving a constant sugar fix. Without it, you crash and suffer from fatigue, lack of mental clarity, and deteriorating athletic performance, among other things. But fasting has been shown to help stabilize blood sugar levels through a process called glucose regulation, says Mattson. By putting your body through short-term stress, you teach it how to use energy more efficiently and recover quickly, he says.

Learning how to fast and getting started can be a daunting task, but we're here to make it simpler. Read on for your guide on how to hit your body's reset button.

How to Fast: Choose Your Preferred Style

Fasting is distinct from the likes of a juice cleanse or a two-day restrictive diet. There are two categories—traditional and intermittent—each of which appeals to different individuals depending on their goals and lifestyles.

While both can be beneficial to your brain health, intermittent fasting is better for weight loss and maintenance. Pick the one that works best for what you want to accomplish.

Traditional Fasting

Traditional fasts typically last anywhere from 24 hours to seven days or longer. They emphasize developing willpower and honing self-discipline as opposed to weight loss, making them a favorite among those looking for a mental or spiritual refresh. While you'll certainly see some physical effects, the changes of a single fast won't be permanent. That said, it's a useful tool to help you understand hunger and your reaction to it.

If you're a beginner learning how to fast, start with a 24-hour goal: Eat dinner, and then refrain from eating until the next night. Be sure to drink plenty of water to prevent dehydration, and plan your fast for a non-training day. Going for a walk can help you get into nutritional ketosis—a state where your body starts to burn fat rather than glycogen—but don't do anything more strenuous until you get accustomed to existing with lower energy levels.

If you're going to try for multiday fast, consider timing it so that it ends on Sunday night. That way, you're at work only during the first part of your fast, before it gets especially challenging.



Since this program is temporary and short-term, traditional fasting caters to those who, in addition to wanting a radical system reboot, don't want commit to the thought and preparation required to fast every day or every week.

Intermittent Fasting usually involves a long-term routine of short-duration fasts that last for part of every day, and its physical impact tends to be greater than that of traditional fasting. Specifically, it's highly effective in its ability to regulate blood sugar, which prevents a host of symptoms like fatigue, mood swings, and metabolic health, Mattson says. In addition, it can protect the brain from stroke, neurotoxins, epileptic seizures, and oxidative stress, he says. It's also an effective way to simply lose weight, depending on the fasting routine you choose.

If you're hoping to lose weight, try either the 5:2 diet or alternate-day fasting. In the former, you'll eat regularly five days a week, then eat 600 calories a day for two days. In the latter, you'll rotate between regular and 600-calorie days. You will eat fewer calories than normal, even if you follow your regular diet on the nonrestricted days. Although highly effective for those looking to shed a few pounds, these two styles

of eating should be avoided by most athletes, because you won't be eating enough calories to train properly.

Lean-Gains: Time-Restricted Eating

Time-restricted eating, also called lean-gains, is the better choice for high performers. Eat the same amount of food you normally would, but eat it during a shorter window, ideally eight hours. You'll reap many of the benefits of fasting without restricting calories, so you can keep training hard. It's easy to maintain your weight or gain lean mass.

With time-restricted eating, your goal is to fast for at least 12 hours a day, which is the point at which the benefits of fasting begin, Mattson says. Pick the window that best suits your life. Most people choose to eat from midday through dinnertime, because it's easier to incorporate into a regular family and social life. It is possible to train during the part of the day when you're not eating, though many people will choose to time their training after they have eaten some food—often after work. While 12 hours seems like a reasonable window to avoid food even when you aren't fasting, that means no late dinner reservations, no snacks at the Friday night movie, and no crack-of-dawn coffee when you wake up for your morning workout. And if it really does feel that easy to eat only in a 12-hour window, try ratcheting it up so that you're able to nosh for only, say, eight hours a day.

Ease Into It

Don't start with a seven-day fast if you've never fasted before or are new at teaching your body how to fast. With a traditional fast, start with 24 hours, and then bump it up to three days if the first one goes well. With the time-restricted approach, don't immediately limit yourself to eight hours a day of eating if you're used to eating every hour that you're awake; start with 12 hours on, 12 hours off, and go from there. Have realistic expectations, and make gradual changes to your current routine.

How to Fast: Plan Ahead and Be Flexible

Once you're used to fasting, you may find that you can incorporate a short fast on little notice. But when you're just starting out, make sure to plan your fast at least a few days in advance. You'll want to ensure that your fast isn't going to interfere with work, family, or training, all of which can counteract the positive effects of the test run.

Put some thought into where and how you will be fasting. Fast at home before trying it in the wilderness or on vacation. Have plenty of water on hand. Tell your

friends and family you're fasting so they know what's going on if you start feeling irritable, and so you won't have to answer the same questions 25 times at the next group dinner.

Lastly, don't be too rigid. If you typically eat from 11 a.m. to 7 a.m., it's perfectly fine to eat before a morning race or a big training day, breaking that fasting window. Consistency is good; inflexibility is not.

Prepare for Your Body to Feel Different

Many people feel tired, get a headache, and generally feel "out of sorts" on days two and three of any fast. That's normal. The negative side effects of fasting typically go away by the end of day three or four. If you're going shorter than two days, you'll likely start to feel better just as the fast comes to a close. Once you turn the corner on day three, most people feel great after the negative symptoms have passed, and a sense of calm, well-being, and heightened concentration takes over. But if you feel like something is wrong during a fast—more than just feeling a bit tired—definitely eat. You can always try again another time.

Additionally, intermittent fasting changes hormone levels to facilitate weight loss.

In addition to lowering insulin and increasing growth hormone levels, it increases the release of the fat burning hormone norepinephrine (noradrenaline).

Because of these changes in hormones, short-term fasting may increase your metabolic rate by 3.6–14%.

By helping you eat fewer and burn more calories, intermittent fasting causes weight loss by changing both sides of the calorie equation.

Studies show that intermittent fasting can be a very powerful weight loss tool.

A 2014 review study found that this eating pattern can cause 3–8% weight loss over 3–24 weeks, which is a significant amount, compared to most weight loss studies.

According to the same study, people also lost 4–7% of their waist circumference, indicating a significant loss of harmful belly fat that builds up around your organs and causes disease.

Another 2011 study showed that intermittent fasting causes less muscle loss than the more standard method of continuous calorie restriction...>>>>



However, keep in mind that the main reason for its success is that intermittent fasting helps you eat fewer calories overall. If you binge and eat massive amounts during your eating periods, you may not lose any weight at all.

SUMMARY

Intermittent fasting may slightly boost metabolism while helping you eat fewer calories. It's a very effective way to lose weight and belly fat.

Who Should Be Careful Or Avoid It?

Intermittent fasting is certainly not for everyone.

If you're underweight or have a history of eating disorders, you should not fast without consulting with a health professional first. In these cases, it can be downright harmful.

Should Women Fast?

There is some evidence that intermittent fasting may not be as beneficial for women as it is for men.

For example, a 2005 study showed that it improved insulin sensitivity in men, but worsened blood sugar control in women.

Though human studies on this topic are unavailable, older studies in rats have found that intermittent fasting can make female rats emaciated, masculinized, infertile and cause them to miss cycles.

There are a number of anecdotal reports of women whose menstrual period stopped when they started doing IF and went back to normal when they resumed their previous eating pattern.

For these reasons, women should be careful with intermittent fasting.

They should follow separate guidelines, like easing into

the practice and stopping immediately if they have any problems like amenorrhea (absence of menstruation).

If you have issues with fertility and/or are trying to conceive, consider holding off on intermittent fasting for now. This eating pattern is likely also a bad idea if you're pregnant or breastfeeding.

SUMMARY

People who are underweight or have a history of eating disorders should not fast. There is also some evidence that intermittent fasting may be harmful to some women of continuous calorie restriction.

If you have a medical condition, you should consult with your doctor before trying intermittent fasting.

This is particularly important if you:

- Have diabetes.
- Have problems with blood sugar regulation.
- Have low blood pressure.
- Take medications.
- Are underweight.
- Have a history of eating disorders.
- Are a woman who is trying to conceive.
- Are a woman with a history of amenorrhea.
- Are pregnant or breastfeeding.

All that being said, intermittent fasting has an outstanding safety profile. There is nothing dangerous about not eating for a while if you're healthy and well-nourished overall.

Content By dietitian Christie Williams, M.S., R.D.N. Stay Healthy Weekly Research



How to keep your **BONES HEALTHY**

**Eat a
balanced,
calcium-
rich diet**



**Exercise
regularly.
Yoga, muscle-
strengthening
exercises
help**



**Avoid a
sedentary
lifestyle**



**Quit
smoking
and avoid
alcohol**



**Build
vitamin D
levels**



**Avoid
crash
diets and
overexercising**





Bone Health: Tips to keep your bones healthy

Protecting your bone health is easier than you think. Understand how diet, physical activity and other lifestyle factors can affect your bone mass.

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too.

Why is bone health important?

Your bones are continuously changing — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on how much bone mass you attain by the time you reach age 30 and how rapidly you lose it after that. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age.

What affects bone health

A number of factors can affect bone health. For example:

The amount of calcium in your diet. A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.

Physical activity. People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.

Tobacco and alcohol use. Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than one alcoholic drink a day for

women or two alcoholic drinks a day for men may increase the risk of osteoporosis.

- **Sex.** You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men.
- **Size.** You're at risk if you are extremely thin (with a body mass index of 19 or less) or have a small body frame because you might have less bone mass to draw from as you age.
- **Age.** Your bones become thinner and weaker as you age.
- **Race and family history.** You're at greatest risk of osteoporosis if you're white or of Asian descent. In addition, having a parent or sibling who has osteoporosis puts you at greater risk — especially if you also have a family history of fractures.
- **Hormone levels.** Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. Prolonged absence of menstruation (amenorrhea) before menopause also increases the risk of osteoporosis. In men, low testosterone levels can cause a loss of bone mass.
- **Eating disorders and other conditions.** Severely restricting food intake and being underweight weakens bone in both men and women. In addition, weight-loss surgery and conditions such as celiac disease can affect your body's ability to absorb calcium.
- **Certain medications.** Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone, is damaging to bone. Other drugs that might increase the risk of osteoporosis include aromatase inhibitors to treat breast cancer, selective serotonin reuptake inhibitors, methotrexate, some anti-seizure medications, such as phenytoin (Dilantin) and phenobarbital, and proton pump inhibitors>>>>>

What can I do to keep my bones healthy?

You can take a few simple steps to prevent or slow bone loss. For example:

Include plenty of calcium in your diet. For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and for men age 71 and older.

Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

Pay attention to vitamin D. Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older.

Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.

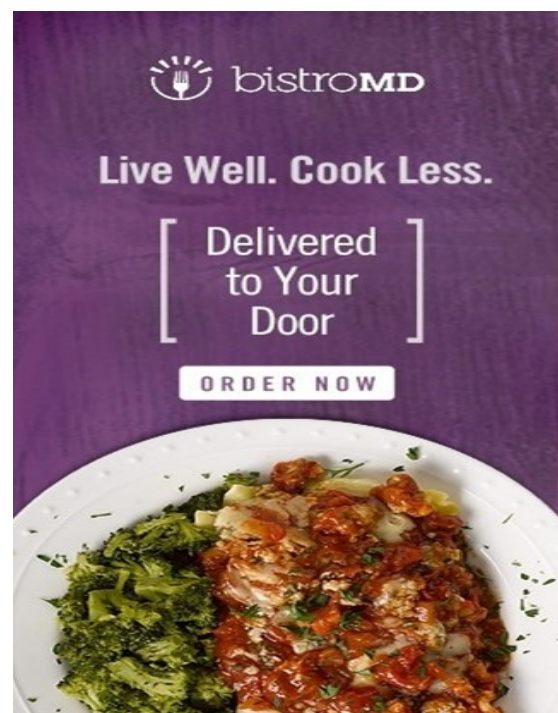


Avoid substance abuse. Don't smoke. If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

Enlist your doctor's help:

If you're concerned about your bone health or your risk factors for osteoporosis, including a recent bone fracture, consult your doctor. He or she might recommend a bone density test. The results will help your doctor gauge your bone density and determine your rate of bone loss. By evaluating this information and your risk factors, your doctor can assess whether you might be a candidate for medication to help slow bone loss.

Content By Stay Healthy Research/Medically Reviewed by Hansa D. Bhargava, MD





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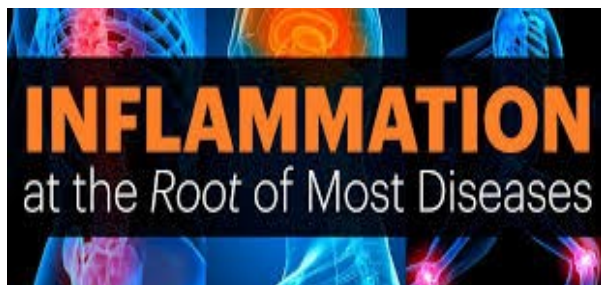


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[Hi, I am Dr. Becky Campbell.](#) I work with men and women who've had a health set back and are willing to do whatever it takes to reach optimal health so they can perform their best in their careers and be fully present with their family again.

Inflammation the root cause of disease affects nearly every aspect of your health. As a Functional Medicine Practitioner, inflammation is something I look closely at. Unfortunately, in modern day medicine treating the symptom is a common occurrence. Getting to the bottom of what's causing the symptom in the first place is not always addressed and more times than not the cause is inflammation.

Before we dive further into inflammation being at the root of nearly every health condition today, let's take a look at what inflammation is:

What is Inflammation?

When you think of inflammation, what comes to mind? For some, it may be redness, swelling, or heat. While inflammation is usually viewed as a bad thing, we actually need a certain amount of inflammation to survive.

Inflammation is simply the body's natural defense system against things like viruses and bacteria. The inflammation targets these foreign invaders as a way to help the body heal itself.

When it comes to inflammation, there are two different kinds we need to look at.

Acute Inflammation

Acute inflammation starts suddenly but then usually dissipates after a couple of days. Some examples of cases of acute inflammation include a sore throat, acute bronchitis, or acute sinusitis.

Chronic Inflammation

This is the type of inflammation we need to watch out for. Chronic inflammation can stick around for months and sometimes even years. This type of inflammation can occur if we don't remove the source of the inflammation. Constantly exposing our body to what may be triggering the inflammation in the first place is one of the ways chronic inflammation occurs. Some diseases commonly associated with chronic inflammation include asthma, ulcerative colitis, Crohn's disease, and rheumatoid arthritis.

What Causes Inflammation?

There are a number of things that can cause inflammation. Poor dietary choices and sedentary lifestyles are often to blame for chronic cases of inflammation. When we consume foods that are packed with toxins and expose our bodies to environmental toxins, it can affect the immune system. When the body is burdened with these toxins for extended periods of time, these toxins can build up in the body and turn on an immune response that stays in a highly reactive state. (1)

Here are some of the foods that can trigger inflammation:

Trans-fats

Hydrogenated fats

Sugar

Refined carbohydrates

Conventional animal products

Conventional dairy

Environmental toxins can also cause inflammation in the body including:

Food pollutants

Toxic metals such as mercury

Stress

Other causes of inflammation include dysbiosis which is an imbalance of bacteria in your gastrointestinal tract, and food allergies or sensitivities and H pylori. Whenever I work with patients, I run diagnostic testing to uncover any potential gut infection or food allergy or sensitivity. These are crucial as uncovering them early is key to limiting the amount of inflammation in your body. There are a number of hidden causes of inflammation, which is why I find it critical to run thorough diagnostic testing to uncover every root cause possible.

Lifestyle can also cause inflammation:

Inflammation & Disease

So, we know that there are different types of inflammation and that there are a number of different things that can trigger this inflammation. However, understanding how inflammation is at the root of almost all disease is important. Inflammation is thought to be behind some of the most debilitating diseases such as Alzheimer's disease, cancer, and even heart disease. Not treating the inflammation can cause long-lasting effects including:

Early signs of aging

Increased susceptibility to infection

Cancer

Acid reflux

Arthritis

High blood pressure

Heart disease

Candidiasis

Urinary tract infections

Skin conditions

Diabetes

Bronchitis

As you can see inflammation can cause a number



of different conditions if left untreated. It not only has the ability to affect your immune system, but it can lead to gut issues, early aging, and even cancer in the long run.

How to Reduce Inflammation?

Dietary and lifestyle changes are at the forefront of reducing the inflammation in your body. If you eliminate the foods that may be triggering an inflammatory response and uncover foods your body may be sensitive to, you allow your body to reduce that inflammatory response. However, that's only one step. It's also important to follow an anti-inflammatory diet and to make healthy lifestyle choices to get inflammation under control.

Here are some ways you can begin reducing the inflammation in your body today:

Reduce stress through daily meditation and mindfulness

Get tested for food allergies and sensitivities and remove reactive foods

Work with a Functional Medicine Practitioner to uncover potential gut infections

Eliminate sugar & processed foods

Eliminate trans and hydrogenated fats

Stick to grass-fed and organic animal products when possible

Consume anti-inflammatory foods such as leafy green vegetables, berries, wild-caught salmon, walnuts, herbs, and spices

Get at least 8 hours of uninterrupted sleep per night

Include light to moderate exercise into your weekly routine

If you are suffering from weight gain, fatigue, hair loss and more, click here to schedule a phone call with me, so I can find out where you've been, where you want to get to, and how I can help you get there.

I know exactly where you are because I've been there myself...I remember being so tired that I could barely function. I gained 30 pounds out of nowhere and had a severe case of brain fog. I also started to get severe anxiety and panic attacks. I was driven and motivated...until I wasn't. I didn't know what was happening to me. All I wanted was to get my life back...

Finally, I learned about functional medicine and found a practitioner that I hoped could help me. They ran specialized tests that were far different than I had ever had before. When I got the results back, it turned out I had candida, parasites, high cortisol, the Epstein Bar Virus and many food intolerances. I also had an issue with my

thyroid that no one found before because they were using the conventional medicine lab ranges which are way too broad....which I now know is one of the leading causes of hypothyroid misdiagnosis.

I went through treatment of all of these things and it completely changed my life. I immediately lost the 30 pounds I had gained plus more, I had a lot more energy, and my brain fog was gone. I felt amazing and knew that I wanted to help people find the underlying causes of their symptoms and disease.

Sources

Axe. Inflammation at the Root of Most Diseases.


Medical News Today. Inflammation: Causes, Symptoms and Treatment.

Bodyecology. Inflammation: The Real Cause of All Disease and How to Reduce and Prevent It.

ROOT CAUSES OF INFLAMMATION


STRESS

To reduce stress, it's important to focus on getting at least 10 minutes of stress reduction into your day every day. This can include meditation, a brisk walk, or yoga.




BEING OVERWEIGHT

Being overweight or obese can be a major trigger of inflammation. Obesity puts your body into an inflammatory state which then puts you at an increased risk of developing depression.




VITAMIN DEFICIENCIES


Vitamin D helps with reducing certain inflammatory markers in the body which have been linked to depression.



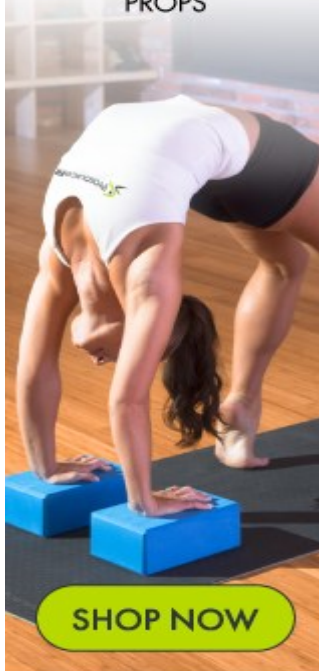
LACK OF SLEEP

Strive to get at least eight hours of uninterrupted sleep per night and try to get into bed before 10 PM.





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