

Stay Health Fitness Wellness Healthy Weekly

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Brown Rice and White Rice are two of the most popular types of rice in the world. They are both derived from the same plant, *Oryza sativa*, but they differ in their processing, nutritional value, and health effects. In this article, we will compare and contrast brown rice and white rice, and explain why one may be better than the other for your health.

What is the difference between brown rice and white rice?

The main difference between brown rice and white rice is the degree of milling they undergo. Milling is the process of removing the outer layers of the rice grain, which include the husk, bran, and germ. The husk is the hard protective covering of the grain, the bran is the nutrient-rich layer under the husk, and the germ is the embryo of the grain that contains essential oils and enzymes.

Brown rice is a whole grain that retains all parts of the rice grain, including the husk, bran, and germ¹. White rice, on the other hand, is a refined grain that has the husk, bran, and germ removed, leaving only the starchy endosperm. This makes white rice more uniform in appearance, texture, and flavor, but also less nutritious and more prone to spoilage.

How does the nutritional value of brown rice and white rice compare?

Brown rice and white rice have similar amounts of calories, carbohydrates, and protein, but they differ in their fiber, antioxidant, vitamin, and mineral content. Brown rice has more fiber, antioxidants, vitamins, and minerals than white rice, but the differences are not very large. According to the USDA, one cup of cooked brown rice has 3.5 grams of fiber, 0.6 mg of manganese, 19.1 mg of magnesium, and 1.8 mg of niacin, while one cup of cooked white rice has 0.6 grams of fiber, 0.4 mg of manganese, 7.9 mg of magnesium, and 1.4 mg of niacin. Fiber helps regulate digestion, cholesterol, and blood sugar levels, while

BROWN RICE VS WHITE RICE: WHICH IS BETTER?



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antioxidants, vitamins, and minerals support various bodily functions and prevent oxidative stress and inflammation. Brown rice also has a lower glycemic index than white rice, which means it does not raise blood sugar levels as quickly or as high as white rice. The glycemic index is a measure of how fast and how much a food affects blood sugar levels after eating³. Foods with a high glycemic index can cause spikes and crashes in blood sugar levels, which can lead to hunger, cravings, and fatigue. Foods with a low glycemic index can help maintain steady and balanced blood sugar levels, which can improve energy, mood, and satiety. According to the International Table of Glycemic Index and Glycemic Load Values, brown rice has a glycemic index of 50, while white rice has a glycemic index of 73. How does the health impact of brown rice and white rice differ?

The health impact of brown rice and white rice depends on the amount and frequency of consumption, as well as the overall dietary and lifestyle factors. Both types of rice can be part of a healthy diet, but brown rice is generally considered healthier than white rice⁵. Several studies have shown that brown rice may help lower the risk of type 2 diabetes, heart disease, and weight gain, while white rice may increase these risks if eaten too much.

For example, a meta-analysis of 16 studies involving over 352,000 participants found that higher consumption of white rice was associated with a 27% increased risk of type 2 diabetes, while higher consumption of brown rice was associated with an 11% reduced risk of type 2 diabetes. Another meta-analysis of 21 studies involving over 700,000 participants found that higher consumption of white rice was associated with a 15% increased risk of cardiovascular disease, while higher consumption of brown rice was associated with a 10% reduced risk of cardiovascular disease. A third meta-analysis of 15 studies involving over

1.2 million participants found that higher consumption of white rice was associated with a 9% increased risk of obesity, while higher consumption of brown rice was associated with a 7% reduced risk of obesity.

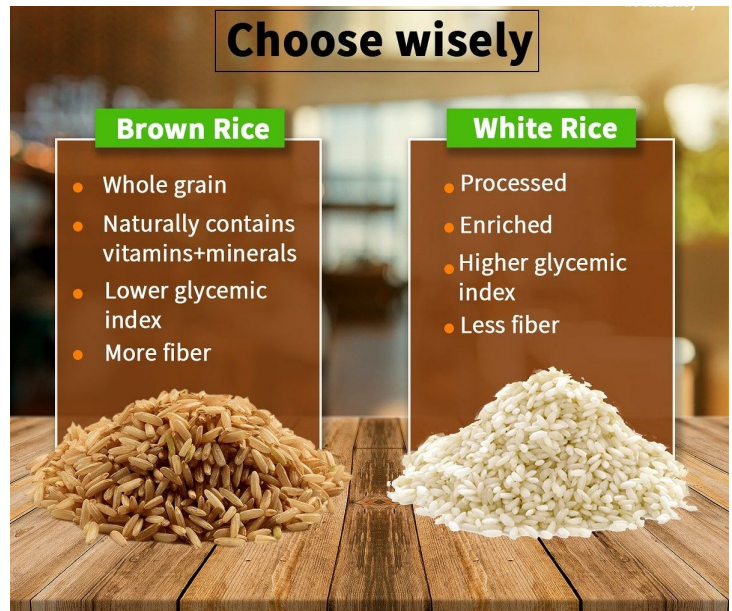
These associations may be explained by the differences in the fiber, antioxidant, vitamin, and mineral content, as well as the glycemic index, of brown rice and white rice. Fiber, antioxidants, vitamins, and minerals can help improve insulin sensitivity, lower cholesterol levels, reduce inflammation, and modulate appetite, while a low glycemic index can help prevent blood sugar spikes and crashes, which can affect hunger, cravings, and metabolism.

Which type of rice should you choose?

The choice between brown rice and white rice depends on your personal preference, taste, cooking time, and health goals.

Brown rice has a nuttier flavor, chewier texture, and longer cooking time than white rice, but it also has more nutritional benefits and health advantages. White rice has a milder flavor, softer texture, and shorter cooking time than brown rice, but it also has less nutritional value and health benefits.

If you want to enjoy the best of both worlds, you can try mixing brown rice and white rice together, or alternating between them in different meals. You can also experiment with different varieties of rice, such as basmati, jasmine, wild, or black rice, which have different flavors, textures, and nutritional profiles. You can also enhance the taste and nutrition of rice by adding



spices, herbs, vegetables, nuts, seeds, or other ingredients.

The bottom line is that rice is a versatile and delicious staple food that can be part of a balanced and healthy diet⁷. However, moderation is key, as eating too much of any type of rice can lead to excess calories, carbohydrates, and potential health risks. Therefore, it is important to pay attention to the portion size, frequency, and quality of rice you consume, and choose the type of rice that suits your needs and preferences. **Content by-**

Lauren Fladell, RD



Can Too Much Protein Be Bad For Your Heart?

Protein is an essential nutrient for our health, as it is involved in building and repairing tissues, making enzymes and hormones, and supporting immune function. However, consuming too much protein may have some negative consequences for your heart and overall health.



How much protein do you need?

The amount of protein you need depends on several factors, such as your age, weight, activity level, and health goals. The recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram of body weight per day, which translates to about 56 grams for an adult male and 46 grams for an adult female. However, some people may benefit from higher protein intake, such as athletes, older adults, or people with certain medical conditions. A general guideline is to consume 10% to 35% of your total calories from protein, which can vary from 50 to 175 grams per day for a 2,000-calorie diet.

What are the sources of protein?

Protein can be found in both animal and plant foods, such as meat, poultry, fish, eggs, dairy, soy, beans, nuts, and seeds. However, not all protein sources are equal in terms of their quality, digestibility, and effects on health. Animal proteins tend to be complete, meaning they contain all nine essential amino acids that our body cannot make on its own. Plant proteins are usually incomplete, meaning they lack one or more essential amino acids, but they can be combined to form complete proteins, such as rice and beans. Animal proteins also tend to be higher in saturated fat, cholesterol, and environmental contaminants, which can increase the risk of heart disease and other chronic diseases. Plant proteins are usually lower in these harmful substances, and higher in fiber, antioxidants, and phytochemicals, which can protect against heart disease and other chronic diseases.

What are the effects of too much protein on your heart?

Eating too much protein can have several adverse effects on your heart and overall health, such as:

- **Weight gain:** Excess protein that is not used by the body is either stored as fat or excreted as waste, which can lead to weight gain over time. Obesity is a major risk factor for heart disease, as it can increase blood pressure, cholesterol, inflammation, and insulin resistance.

- **Elevated blood lipids:** Eating too much protein, especially from animal sources, can increase your intake of saturated fat and cholesterol, which can raise your levels of low-density lipoprotein (LDL) or “bad” cholesterol. High LDL cholesterol can cause plaque buildup in your arteries, which can narrow them and reduce blood flow to your heart, leading to angina, heart attack, or stroke.
- **Kidney damage:** Eating too much protein can increase the workload of your kidneys, as they have to filter out the excess nitrogen and uric acid from protein metabolism. This can cause dehydration, kidney stones, and chronic kidney disease, which can impair the ability of your kidneys to regulate blood pressure and fluid balance, and increase the risk of heart failure.

Ketosis: Eating too much protein and not enough carbohydrates can put your body into a state of ketosis, where it breaks down fat for energy and produces ketones as a byproduct. Ketones can cause bad breath, headache, nausea, fatigue, and constipation. They can also lower the pH of your blood, making it more acidic, which can affect your heart rhythm and function.

How to eat protein for a healthy heart?

To eat protein for a healthy heart, you should follow these tips:

- Choose lean and low-fat protein sources, such as skinless chicken, turkey, fish, eggs, low-fat dairy, soy, beans, lentils, and tofu. Avoid or limit red meat, processed meat, full-fat dairy, and cheese, as they are high in saturated fat and cholesterol.
- Aim for a moderate protein intake, within the range of 10% to 35% of your total calories, or 0.8 to 1.6 grams per kilogram of body weight per day. Adjust your protein intake according to your individual needs and goals, and consult your doctor or dietitian if you have any medical conditions or special dietary requirements.
- Balance your protein intake with carbohydrates and fats, and eat a variety of foods from all food groups. Include whole grains, fruits, vegetables, nuts, seeds, and healthy oils in your diet, as they provide fiber, vitamins, minerals, and phytochemicals that can support your heart health and overall well-being.
- Drink plenty of water and stay hydrated, as water helps to flush out the waste products from protein metabolism and prevent dehydration and kidney damage. Aim for at least eight glasses of water per day, or more if you exercise or live in a hot climate.

I hope you enjoyed reading this article. Please let me know if you have any feedback or questions. **Content by Livia Dickson Chen PhD in Nutrition · 11 years of experience**



Dr. Mercola's Natural Health Tips

EYES



- Safe sunlight exposure
- Astaxanthin
- Lutein, Zeaxanthin & Anthocyanins
- Eat fresh, dark green, leafy vegetables

BRAIN



- Coconut oil
- Animal-based omega-3 fats
- Exercise regularly
- Challenge your mind
- Avoid aluminum

LUNGS



- Reduce air pollutants in your home
- Use natural cleaning products & sprays
- Refrain from smoking or being exposed to second-hand smoke

HEART



- Reduce your intake of grains & sweets
- Exercise regularly
- Drink organic whey protein from grass-fed cows
- Keep your stress under control
- Keep your cholesterol within healthy levels

STOMACH & INTESTINES



- Fermented foods
- Probiotics
- Consume raw, whole foods
- Chew your food thoroughly

SKIN



- Eat a healthy diet that is suitable for your nutritional type, focusing on whole, organic foods
- Dark green, leafy vegetables such as kale, spinach & broccoli
- Consider vegetable juicing
- Foods that are high in carotenoids & omega-3 fats
- Use only certified organic skin products

JOINTS (OSTEOARTHRITIS)



- Omega-3
- Vitamins D3 & K
- Curcumin
- Boswellia, ginger & bromelain
- Evening primrose, black currant & borage oils
- Exercise

For More Health Tips, Visit www.Mercola.com

FRUIT DIET



Are There Any Health Benefits of A 72 Hour All Fruit Diet?

A 72-hour fruit diet is a type of fasting that involves eating only fruits and some vegetables for three days. Some people claim that this diet can provide various health benefits, such as improved digestion, fat burning, reduced illness, and detoxification. However, these claims are not supported by scientific evidence, and the diet may also have some risks and drawbacks.

Some of the potential benefits of eating fruits in moderation are:

- Fruits contain fiber, which can help lower your cholesterol and encourage regular bowel movements.
- Fruits are rich in vitamin C, which helps keep your teeth and gums healthy and supports your immune system.
- Fruits provide potassium, which can help maintain a healthy blood pressure and regulate fluid balance in your body.
- Fruits are a source of folate, which can help the body produce red blood cells and support healthy fetal development.
- Fruits have antioxidants, which can protect your skin and fight off illness by limiting the production of free radicals.

Some of the potential risks of following a 72-hour fruit diet are:

- The diet is very restrictive and may lead to malnourishment, as it lacks several nutrients that are vital for overall health, such as protein, fat, calcium, B vitamins, and omega-3 fatty acids.
- The diet may cause digestive problems, such as bloating, abdominal cramping, and pain, due to the sudden increase in fiber intake.
- The diet is high in sugar, even though it is from a natural source, which may make it unsuitable for people with diabetes, prediabetes, polycystic ovarian syndrome, or insulin resistance.
- The diet may not induce ketosis, which is a state where the body uses stored fats as a source of energy, as some people

claim, because fruit is a carbohydrate-containing food³.

- The diet may not provide any long-term benefits, as any weight loss achieved may be due to water loss or muscle loss, and not fat loss.

Therefore, a 72-hour fruit diet is not a healthy or sustainable way to lose weight or improve your health. It may have some benefits when eaten in moderation, but it also has many risks and drawbacks when followed for a long period of time. A balanced and diverse diet that includes a variety of foods from all food groups is the best way to meet your nutritional needs and support your well-being. If you are interested in trying a fruit-based diet, you should consult your doctor first to make sure it is safe and appropriate for you. **Content by Emily Pankratz – Nutritionist**



Basic Rules 101 For Health & Fitness: There are many aspects of health and fitness, and different people may have different goals and preferences. However, some basic rules that apply to most people are:

- Eat a balanced and nutritious diet that provides enough energy and nutrients for your body. Avoid processed foods, added sugars, and trans fats, and limit your intake of alcohol and caffeine. Choose foods that are rich in protein, fiber, healthy fats, vitamins, minerals, and antioxidants. Some examples of healthy diets are the Mediterranean diet, the DASH diet, and the ketogenic diet.

- Drink plenty of water to stay hydrated and support your bodily functions. Water helps regulate your body temperature, flush out toxins, lubricate your joints, and transport nutrients and oxygen to your cells. Aim for at least eight glasses of water a day, and more if you exercise or live in a hot climate.

- Do regular physical activity that includes both aerobic and anaerobic exercises. Aerobic exercises, such as running, cycling, swimming, or dancing, improve your cardiovascular health, endurance, and calorie burn. Anaerobic exercises, such as lifting weights, doing push-ups, or sprinting, increase your muscle strength, power, and metabolism. The Department of Health and Human Services recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, and strength training exercises for all major muscle groups at least two times a week.

- Warm up before and cool down after your workouts to prevent injuries and enhance your performance. Warming up prepares your body for the activity that's about to come by increasing your blood flow, heart rate, and joint mobility. Cooling down helps your body return to its normal state by lowering your heart rate, blood pressure, and body temperature. Stretching can also help improve your flexibility and range of motion.

- Rest and recover adequately to allow your body to heal and adapt. Overtraining can lead to fatigue, injury, illness, and burn-



out. Make sure you get enough sleep, which is essential for your physical and mental health. Aim for seven to nine hours of sleep a night, and avoid caffeine, alcohol, and screens before bed. You can also use relaxation techniques, such as meditation, yoga, or deep breathing, to reduce stress and promote well-being.

- Monitor your progress and adjust your plan as needed. You can use various tools, such as a scale, a tape measure, a fitness tracker, or a journal, to track your weight, body fat percentage, body mass index, waist circumference, heart rate, calories, steps, distance, or mood. These can help you evaluate your results and see if you are meeting your goals. You can also use them to identify areas of improvement and make changes to your diet or exercise routine accordingly.

These are some of the basic rules for health and fitness that can help you achieve a healthier and happier life. However, remember that everyone is different, and what works for one person may not work for another. You should consult your doctor before starting any new diet or exercise program, and listen to your body's signals and feedback. You should also enjoy the process and have fun with your activities, as this can motivate you to stick to your plan and reach your goals. *Content by Roger Adams,*

Age	Grams of protein each day
1-3 years	13
4-8 years	19
9-13 years	34
Females 14 and older	46
Boys 14-18 years	52
Men 19 and older	56

BENEFITS OF STRETCHING

Injury prevention and less muscle soreness

Stretching before and after physical activities help warm the body up, thereby decreasing the risk of injury and muscle soreness.

Increased flexibility and joint range of motion

Flexible muscles can improve your daily performance. Tasks such as lifting packages and bending down become easier and less tiring.

Improved circulation

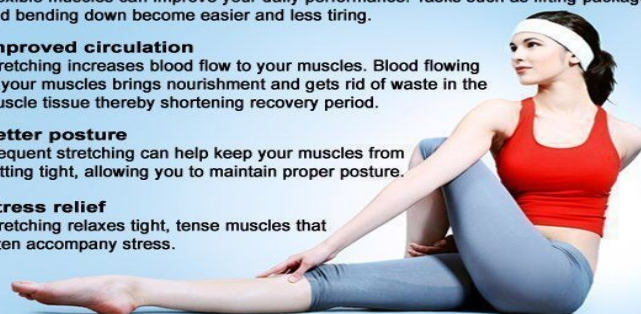
Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste in the muscle tissue thereby shortening recovery period.

Better posture

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture.

Stress relief

Stretching relaxes tight, tense muscles that often accompany stress.



10 Things to Know About Long Covid

'Long-COVID': 75% COVID-19 patients suffer from symptoms post-recovery



Long Covid is a term that describes the persistent and diverse health problems that some people experience after being infected with the coronavirus that causes Covid-19. It can affect anyone, regardless of age, gender, or severity of the initial infection. Here are 10 things you should know about Long Covid:

Long Covid is not a single disease, but a collection of symptoms and conditions that vary from person to person. Some of the most common symptoms include fatigue, shortness of breath, brain fog, loss of smell or taste, chest pain, heart palpitations, headache, insomnia, anxiety, and depression. Some people may also develop new health problems, such as diabetes, heart damage, lung scarring, kidney impairment, or autoimmune disorders.

Long Covid can last for months or even years after the initial infection. There is no clear definition or diagnosis of Long Covid, but generally, it is considered to occur when symptoms persist for more than four weeks after the onset of Covid-19. However, some people may experience Long Covid symptoms even if they did not have a positive test or a confirmed case of Covid-19.

Long Covid can affect anyone, but some people may be more at risk than others. Factors that may increase the risk of developing Long Covid include having a severe or prolonged Covid-19 illness, being older, being female, having a pre-existing medical condition, or having a weakened immune system. However, Long Covid can also occur in young, healthy, and asymptomatic people.

Long Covid can have a significant impact on the quality of life and well-being of those who suffer from it. Long Covid can impair the ability to work, study, exercise, socialize, and perform daily activities. It can also cause emotional distress, isolation, stigma, and financial hardship. Long Covid can affect not only the individual, but also their family, friends, and caregivers.

Long Covid is not fully understood, and there is no specific treatment or cure for it. The causes and mechanisms of Long Covid are still being investigated, and there may be multiple factors involved, such as viral persistence, immune dysregulation, inflammation, organ damage, or psychological stress. The

treatment of Long Covid is mainly supportive and symptomatic, and may require a multidisciplinary approach involving different specialists and therapies.

Long Covid is a global health challenge that requires more research, recognition, and resources. Long Covid is a new and emerging phenomenon that poses a significant burden on the health systems and societies of the world. There is a need for more data, evidence, and guidance on the epidemiology, diagnosis, management, and prevention of Long Covid. There is also a need for more awareness, advocacy, and support for the people living with Long Covid and their caregivers.

Long Covid can be prevented by preventing Covid-19. The best way to avoid Long Covid is to avoid getting infected with the coronavirus in the first place. This can be done by following the public health measures, such as wearing a mask, maintaining physical distance, avoiding crowds, washing hands, and ventilating indoor spaces. It is also important to get vaccinated against Covid-19, as vaccines can reduce the risk of infection, severe illness, and Long Covid.

Long Covid can be detected by monitoring your symptoms and seeking medical attention. If you have had Covid-19, or suspect that you have been exposed to the coronavirus, you should monitor your symptoms and consult your healthcare provider if they persist or worsen for more than four weeks. You should also seek urgent medical care if you experience any serious or life-threatening symptoms, such as chest pain, difficulty breathing, or confusion.

Long Covid can be managed by following your doctor's advice and taking care of yourself. If you have been diagnosed with Long Covid, you should follow your doctor's recommendations and treatment plan, which may include medication, rehabilitation, counseling, or referral to a specialist. You should also take care of your physical and mental health, by eating a balanced diet, staying hydrated, getting enough rest, managing stress, and seeking support from your family, friends, or a support group.

Long Covid can be overcome by being patient, hopeful, and resilient. Long Covid can be a challenging and frustrating condition, but it is not a hopeless one. Many people with Long Covid report gradual improvement over time, and some recover completely. You should not lose hope or give up on your recovery, but rather focus on your strengths, achievements, and goals. You should also remember that you are not alone, and that there are many people who understand and support you.

I hope you found this article informative and helpful. Please let me know if you have any feedback or questions. **Content by Joanne Ceimo, MD**

BENEFITS OF EXERCISE



IMPROVE YOUR MENTAL
HEALTH AND MOOD.



REDUCE YOUR RISK
OF HEART DISEASES.



HELP YOU CONTROL
YOUR WEIGHT.



HELP YOU QUIT
SMOKING.



STRENGTHEN
YOUR BONES
AND MUSCLES.



REDUCE YOUR
RISK OF FALLS.



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