



E-spoons E-zine
February 2013

BONES AND BOWS

We're well into 2013, hopefully you've got your head out of those carbolicious clouds and you're placing bows on your dinner plate, as you enjoy that two for one deal on your new year's resolutions. Remember you need to sweat a little to keep dem bones clean and ensure you pass the sit-rise test with flying colours. To avoid broken bones eat lots of prunes, watch those acid suppression meds and get enough sleep. If you're often accused of being a lazy bones, you're probably a lot more efficient than you think, so take a few moments to bone up, by watching the first episode of Spoonful of Science TV to find out how, bone building meds go from being bone saviours to bone breakers with time.

The E-spoons E-zine is a monthly compilation of stories appearing on [7 Big Spoons™ blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

Living in the clouds is carbolicious

The start of the year is always a good time to seek a little enlightenment. But sticking your head in the clouds, suffers from one “small” problem.... the oxygen level in the air can be precipitously low. At altitudes of 4000 m, a breath of air contains about 40 % less oxygen than it would at sea level. Since oxygen is essential for “burning” fuel – getting enough energy high up in the stratosphere, can be problematic.

The team speculated that mice living at high altitude, might need to watch what fuel they put in their tank. Curious as to how animals cope, in such extreme environments, a team of researchers went in search of high living and low living mice. [Read more....](#)

There are two fuel sources that animals can use to RUN on - [carbohydrates](#) or [fats](#). [Watch this series of videos to learn more.](#)

- Carbohydrates are considered the low octane version of fuel – containing around 4 calories/gram.
- Fats are considered the high octane fuel, holding around 9 calories/gram.

Fat provides more punch. But burning fat requires more oxygen.

This leads to a dilemma.... high altitude living needs more punch (it's freezing, [so more fuel is burned for heat](#)), but this must be achieved with low oxygen. The team speculated that mice living at high altitude, might need to watch what fuel they put in their tank, opting to fill up on carbs.

The team found that the high altitude mice, did preferentially run on carbs, but to do this, they had special chemistry i.e. genetic adaptations, in their heart muscles, allowing them to squeeze more juice out of carbs, SAFELY. They needed these adaptations because using carbs is hard work, they create more oxidative stress than fats.



Few humans are real mountain men.

Unless your ancestors were from the mountains, you're unlikely to have the genetic adaptations that allow you to run SAFELY, on lots of carbs. It makes sense for you to fuel your tank, with a little more of the **high octane low oxidative stress fuel i.e. fat** and **cut back on those carbs**.

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If you can'tthen maybe you've

Got a sugar gremlin ?

Get help at www.sugargremlin.co.za

A meal without vegetables is like a present without a bow

It is nice, but it lacks that special touch.

I am definitely not a big fan of vegetables – I eat them, not quite under duress, although in days gone by, duress would have been a good word to describe the attitude which prevailed at the dinner table. My family subscribed to the **“Eat your vegetables or else”** mindset.

And my mother ALWAYS served vegetables with dinner. ALWAYS. So when they did not appear at ALL, at this year's “family” Christmas dinner, I found myself strangely VERY disappointed. The meal felt more than just incomplete.

Believe it or not, in a world in which many people are “vegetable haters”, some self-proclaimed, others closet haters, like me..... most people believe that the presence of a vegetable or two, on the dinner plate, sends a subtle message.....



“I LOVE YOU”

This is the finding of a recent study carried out by Cornell Food and Brand Lab. [Read more...](#)

And since, it is estimated only 23 % of meals served, include a REAL vegetable, that leaves a lot of plates..... some what loveless.

In this month of love.....spread a little love, by adding a vegetable or two to those dinner plates and turn dinner into a LOVE PACKAGE. .

Bon appetite with lots of BOWS & KISSES.



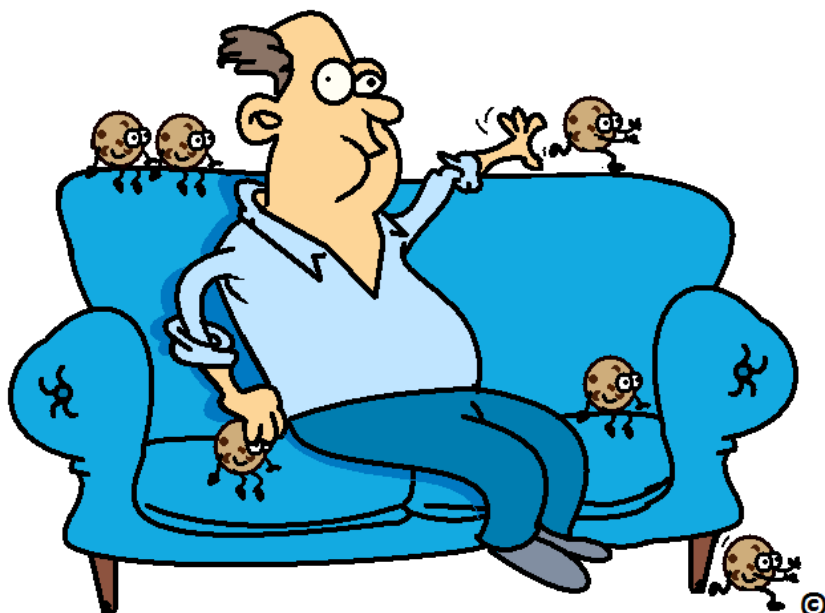
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A two for one deal on new year's health resolutions

How you doing on that New Year's Resolutions

“Eat less and move more”

By now, you've probably figured out, eating less AND moving more – is a lot like hard work. If you're looking to make the mammoth task a little easier, then you'll want to find out more about this awesome two for one deal.



Sitting on that couch tends to get a lot of bad press, **but love of the couch, is not causing obesity**

But **love of biscuits and cookies, is.**

And it is a whole lot easier to shovel biscuits into your mouth, when you're sitting on the couch.

So if you want to stop eating that junk – turn off the TV and do something else. **You don't ACTUALLY have to run round the house three times, just resolve to sit in front of the TV a little less.** This is the two for one deal discovered by researchers from Northwestern Medicine.

[Click here](#) to find out how just mustering up enough will power, to get off the couch, nothing more, translates to better health. Spending time away from the couch, will cause you to “accidentally” eat few cookies and improve your body chemistry.

Win-win. The two for the price of one deal !

Looking for other EASY WAYS to improve your body chemistry ?

Enrol in our free e-course.....

31 Days to Better Body Chemistry

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Sweat off the grime on old bones so they look brand new

Ever tried to fix up, a “fixer upper”. The DIY experts will tell you – the success of the project depends on removing all the junk first. You want to spend time – scrubbing off the grease and grime that has accumulated over the years, before you try to put a fresh coat of paint on. Skipping this step, will mean the fresh coat of paint – doesn't REALLY stick. So..... in a short time, you will once more, be sitting with, a “fixer” upper.

Bones work the same way.

Over time, they get covered with a “sticky” grime. The source of this sticky goo, is the bone itself. The osteocytes, which are the cells that make up your bone, push out a sticky protein, called sclerostin, as part of their day-to-day routine.

A team from Abdulaziz University in Saudi Arabia, discovered an easy way to remove the grime, so that bones remain squeaky clean and in tip top shape. The secret..... sweating up a storm.

[Read more.](#)

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So, get those bones jiggling, to protect yourself from osteoporosis.



Is floor phobia – a sign of the end ?



For many people, the idea of spending time on the floor evokes a minor panic.....

The phobia is not just **because it is dirty**..... it's difficult. It takes musculo-skeletal fitness, to drop to the floor and then rise.

But, the more proficient you are at doing it – the more likely you are to be around for the long haul. This is the finding of a group of Brazilian physicians, who have nicknamed this no cost test... the sit-rise test.

[Click here](#) to find out how to take the sit-rise test.

What is your score ?

Will you be around forever ? Or are you near the end of your tether ?

The health world is more often than not, fixated with **cardio-vascular fitness** – how you cope on a treadmill, gets way more attention, **than whether you can get out of the chair**. You need musco-skeletal fitness too.

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A prune a day will keep your bones strong, an apple won't

Bones are calcium, so they NEED calcium. So health gurus tell us, the "secret" to having bones of steel, is a diet rich in dairy, **preferably low fat**. Failing that, **swallowing a calcium supplement** is the way to go, to avoid bone breaks and crumbling.

No bones about it – bones do need calcium, BUT... if you want a sturdy structure to keep you propped up, under all circumstances – you need more than just a regular coat of calcium paint, you need to make sure you're also putting on some primer.

And the primer for bones, includes some odd ingredients.... silicon, boron and inositol, in addition to more routine items, like magnesium and vitamin C. Bones need some pretty weird stuff.

Now these odd ball ingredients are found in a variety of fruits and vegetables – which is why including **broccoli, peas and carrots** in your diet, is a good idea. But ... not everyone is doing it.

So is there a one stop shop for better bones, that tastes a little more pleasant than broccoli ? Prunes provide. [Read more....](#) And as an added bonus, they help keep you REGULAR.

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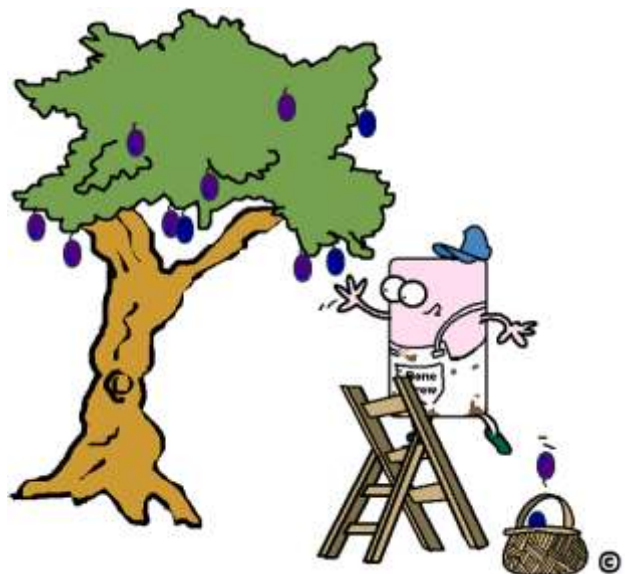
Squelching the fire of indigestion is burning your bones

You're all too familiar with that "STOMACH ON FIRE" feeling – to keep it at bay, you've resorted to routinely swallowing your acid suppression meds.

You've been taking them for years.

BUT..... your stomach is meant to be acidic. The acid bath, sets the wheels in motion for protein digestion and it helps extract a whole host of other vital goodies, notably **vitamin B12** and CALCIUM.

Calcium – this is the fundamental ingredient that makes bones so we should all be on a get calcium programme. [Click here to learn more](#) about GETTING calcium. It turns out.... a little acid, definitely helps with calcium absorption.



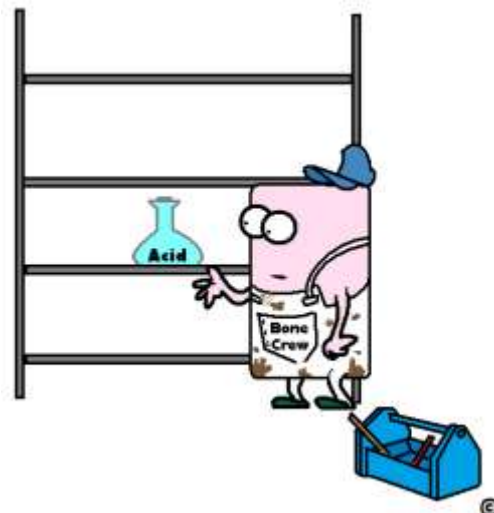
Numerous studies have shown, people who use acid suppression meds for a year or more, are more likely to end up breaking a bone. The group of medicines, particularly associated with crumbling bones, are those, belonging to a group of drugs, known as PPIs or proton pump inhibitors e.g. omeprazole.

If you're taking a PPI on a regular basis – your bones are at risk !

You need to take precautions !

Don't wait until a minor fall, turns into a MAJOR ordeal to discover you've got bone problems. Strive for better body chemistry. Enrol in our free e-course, [31 Days to Better Body Chemistry](#).

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Need a little help with a health problem ?

Complete a body audit and discover the habits that are hurting your health. Then draw up a personalized action plan, to improve your overall body chemistry. To book your body audit, drop me an e-mail at drsandy@spoonfulofscience.com or phone 083 262 5023 to book an appointment.

Sleepy heads have sleepy bones which doesn't bode bone well

You know you need it, SLEEP.....but there just aren't enough hours in the day to do it ALL. So you'll sleep when you're dead, in the mean time you apply a little more make up to hide the "frackenstein meets the wolfman" look and slurp a mega dose of caffeine, to get you going.

The focus of BEING HEALTHY, is to eat "right" and exercise enough. Getting sufficient sleep is often regarded as an optional extra. It's NOT. The human body was not designed to run 24 / 7.



Sleep deprivation contributes to

- Metabolic problems which lead to bigger bellies and heart attacks
- Thinking problems
- Behaviour problems, including the grouch syndrome and the "FEED ME, SYMORE, FEED ME" syndrome
- Bedroom problems and now.....

BONE PROBLEMS.

This is the finding of research carried out by scientists at the Medical College of Wisconsin. [Read more....](#)

So let sleeping bones lie in.

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Fat people aren't lazy they just have very busy friends

The gurus tell us, the secret to health, is to move more and eat less. Many people subscribe to the idea, that the problem with fat people, is that they just don't move enough i.e. they are lazy. The reality, moving a whole lot of extra kilograms around is hard work, so someone with extra pounds is more likely to be a couch potato.

But it is increasingly clear, being a couch potato, does not make you fat.

That said, whether you are fat or thin, young or old, being a couch potato can never be described as a health move, so don't say I said it was okay not to move.

But your weight may still be related to laziness levels..... not yours, but that of your “friends” – the trillion odd bacteria camped out in your gut.

Most of these dinner guests are **good guys** - tasked with **helping us get the FULL nutritional value from what we've eaten.**



For years, we've known gut bacteria LOVE carbohydrate dinners, especially, the indigestible bits that we refer to as fibre. Deep in the colon, they ferment these undigested food fragments, turning them into energy for themselves, nutrients for you and a little gas for the neighbourhood.

Researchers from the University of North Carolina have discovered gut bacteria are not only tucking into carbs, they are also involved in digesting fats. And who is living in the gut, is influencing how well dietary fat is absorbed from the intestine. [Read more...](#)

There is definitely a lot more to calorie maths than the simple formula... Calories in = calories out.

Need to lose some weight ? Tried the eat less, move more idea without much success ? Beating obesity requires better body chemistry. Contact Dr Sandy at 083 262 5023 for more info.

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Bisphosphonates long term, are bone breakers not bone saviours

If you're taking a bisphosphonates to keep your bones strong - you need to watch this video.



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Want to keep “Boned up” on “Bone matters” ? Follow our Bone board on Pinterest.

Other posts appearing on the blog in January...

- [The recipe for a chick magnet is insulin dependent](#)
- [Are your bones paying your oxidative stress bill ?](#)
- [Wrap that broken bone in a vitamin D splint](#)
- [If you need to bring peace to the board room, hire a dog](#)
- [A bucket list does not work as well as a REAL to-do-list](#)
- [The nicotine brain buzz can create stinking thinking](#)
- [Up the ante when deciding by using a little ant wisdom](#)

Next month we will be PUMPING a little IRON. Look out for the next edition of E-spoons in your inbox on 6 March 2013 (the first Wednesday of the month).

Yours scientifically

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