

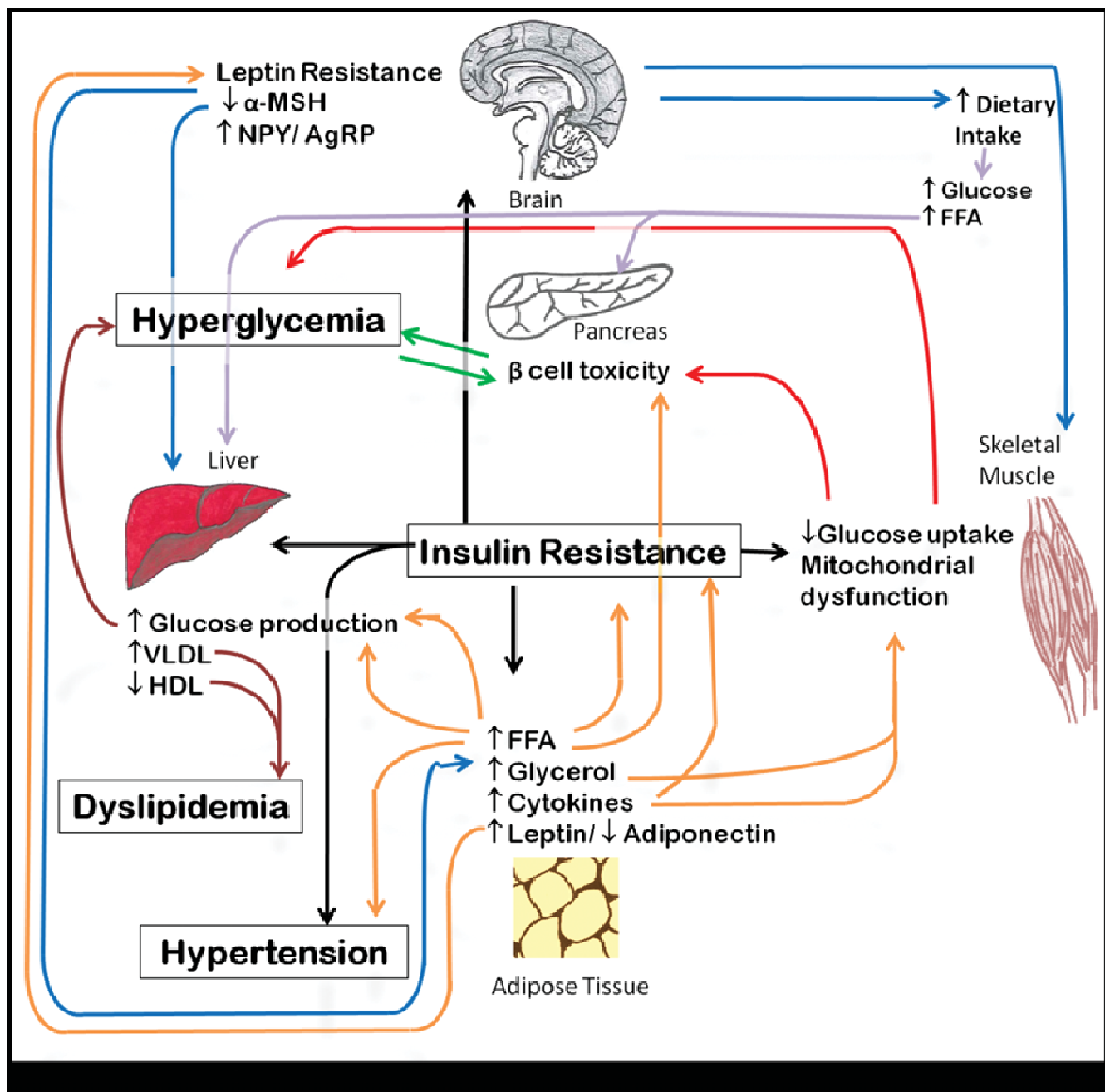


DR ELSTEIN'S NOVEMBER HIGHLIGHTS

from the world of health and nutrition

Obesity, elevated cholesterol levels and hormones

Insulin is the hormone made in the pancreas that helps glucose and fat to enter your cells so that they can be utilized to produce energy. Insulin also regulates appetite and helps prevent the accumulation of bad cholesterol. Once fat accumulates insulin becomes dysfunctional and the diagram below indicates what happens. When insulin doesn't work you get hungrier, eat more and weight gain increases.





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Aside from the obvious, which is losing weight, helping insulin to regain its mojo will help to reverse the disastrous metabolic consequences illustrated in the diagram. In men at least in part it's up to testosterone. There is good evidence that men who are struggling with their erections and sexual function might have compromised testosterone function, as well as suffer from a number of the negative effects of diminished insulin activity depicted in the above diagram, and need to have their cholesterol and heart function assessed. Erectile dysfunction can foreshadow a future heart attack.

In women oestrogen helps facilitate insulin function suggesting that for both sexes those who are troubled by metabolic challenges featured in the diagram, at least need to have their respective hormone functions [assessed](#).

Alpha-lipoic acid found in [Memozeal](#) is an antioxidant that can help activate insulin function.

Preventing and treating inflammatory bowel disease: ulcerative colitis

Recently in an update on Crohn's disease I indicated that treating this condition with a probiotic called VSL3, which contains beneficial bacteria, identifying food allergies, optimizing vitamin A and D status, supplementing with prebiotics comprised of nutrients like inulin and resistant starch that protect and nourish the lining of the bowel, together with omega-3 fatty acids and vitamins A, B and E, combine to help manage this condition.

There is evidence that consuming a diet rich in vegetable oils, margarine, red meat and cheese increases the risk of inflammatory bowel disease, specifically ulcerative colitis. A diet that contains healthy amounts of fibre, low GI fruits and vegetables has the capacity to prevent ulcerative colitis.

Scientific evidence shows that the probiotic VSL3 and one of the gut bacteria called E. coli Nissle 1917 can form part of the treatment of ulcerative colitis in addition to all the above measures listed to address Crohn's disease.



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Resveratrol update

Resveratrol is the darling of the supplement industry with the proposed capacity to prevent cancer and heart disease, help treat obesity and extend our lives. Unfortunately the evidence for this is derived from studies on rats, mice and worms. A recent review indicates that clinical trials with human subjects focusing on the health-promoting effects of resveratrol are lacking. Two clinical trials have been recently published showing that high doses of resveratrol might have anti-cancer effects. One utilised a sizeable 2.5 g of resveratrol/day and was found to significantly reduce the blood levels of insulin-like growth factor-1 and insulin-like growth factor binding protein-3, two substances connected with cancer, indicating a possible cancer preventive effect, the other daily doses of 0.5 and 1.0 g resveratrol/day causing a reduction of cell proliferation in colon cancer tissue.

Another trial using 5 grams of resveratrol showed that this dose could improve blood sugar control in diabetics, while another suggested that single doses of 250 and 500 mg significantly increased brain blood flow.

The vitamin controversy continues

I still have patients asking me about the wisdom of taking vitamin supplements especially after groups of experts are advising against taking vitamin E to prevent prostate cancer or indeed taking any vitamins after the evidence emerged that a group of women taking multivitamin supplements experienced a higher risk of dying. For those interested in a point of view supporting the need for taking supplements here is a link providing that;
http://articles.mercola.com/sites/articles/archive/2011/11/18/dangers-of-vitamins.aspx?e_cid=20111118_DNL_art_1