

## Exercise, Not Calories To Blame for Obesity Epidemic?

Stanford researchers believe their research shows that decreased leisure exercise is the primary culprit for our obesity epidemic. Over the past 20 years the average daily caloric intake has remained steady,

but physically inactive leisure time has jumped from 19% to 52% in adult women and 11% to 44% in men.<sup>4</sup>



**PositiveTip:**  
*Eat a healthy diet and get daily exercise to maintain a healthy weight. Reducing exercise is always a health risk.*



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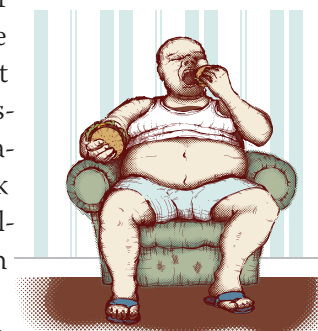
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## Obesity and Risk of 17 Cancers

by Elvin Adams, MD, MPH

One of the risks to health from obesity is cancer. Early studies indicated obesity was a risk factor for developing cancer of the uterus, gallbladder, and kidney. A new and extremely large study has clarified what has not been known about obesity and cancer until now. Very large studies can tease out even the smallest positive or negative relationship between risk factors and the development diseases such as cancer.



increased. Obesity is a major contributor to cancers of the uterus, gall bladder, kidney, liver and colon. Obesity is a small but statistically significant cause of cancers of the esophagus, stomach, pancreas, post-menopausal breast cancer, cervix, bladder, brain, thyroid, and leukemia. Obesity was not associated with cancers of the mouth, lung, premenopausal breast cancer, malignant melanoma, or prostate cancer.

This new study included 5.23 million individuals in the Clinical Practice Research Datalink in the United Kingdom. Over the study period more than 200,000 cases of cancer developed in this population. In addition to measuring various levels of obesity, it was possible to take into account and control for a person's gender, menopausal status, cigarette smoking, age and other factors known to contribute to the development of cancer.<sup>1</sup>

The risk of many cancers increased in a linear fashion as weight

Ellen White a 19th century health reformer saw this day coming. She said, "The human family has been growing more and more self-indulgent, until health has been most successfully sacrificed upon the altar of lustful appetite."<sup>2</sup>

The Bible advises us to be careful in what and how much we eat. "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31(NKJV)

See "Obesity" on Page 3

## Not Everything That Irritates Is Gluten

by Max Hammonds, MD, MPH

The latest “dietary fad” is to eliminate gluten. Note the labels on tomatoes and bottled water: “Gluten Free” as if this is a sign this food product is healthier than the competition.

» **Truth 1:** All tomatoes and all bottled water is gluten free – always has been.

» **Truth 2:** Not everything that irritates the bowel is gluten.

For decades, people have known about lactose intolerance. Some people (less than 10% Caucasians, up to 75% other groups) lack the enzyme to digest lactose, or milk sugar in the upper small

bowel. Transported further down the GI tract, the molecule osmotically pulls water into the bowel and is fermented by bacteria. The water and the hydrogen gas causes flatulence and bloating of the bowel, causing swelling, pain and discomfort, bowel irritation and dysfunction—resulting in constipation and/or diarrhea. (This is NOT a “milk allergy”—which is due to

a reaction to milk protein.)

Much less common, a few people lack the enzyme to digest galactose, one of the simple sugars in lactose. The symptoms: water retention and fermentation by bacteria resulting in hydrogen gas which bloats the bowel and irritates it, causing flatulence, swelling, pain, discomfort, and dysfunction—constipation and/or diarrhea.

Only a few people cannot absorb as much fructose as other people. The result: water retention, gas formation from bacterial fermentation—flatulence, swelling and pain, constipation and/or diarrhea.

Now consider FODMAPs—Fermentable, Oligo-, Di, Mono-saccharides and Polyols. The most egregious of this group are lactose, fructose and short-chain fructose molecules, galactose and short-chain galactose molecules, and artificial sweet-

See “Gluten” on Page 3



“Gluten” from Page 2

eners. These are all poorly absorbed by most people but are poorly tolerated by less than 10% of people. The result: water retention, gas formation from bacterial fermentation—flatulence, swelling and pain, constipation and/or diarrhea.

Some people are intolerant to wheat gluten due to an autoimmune disorder. These individuals react to gliadin in the wheat protein. The symptoms are similar to those mentioned above, but with serious, long-term risks. Less than 10% of people are intolerant to gluten—found in wheat, rye, and barley.

» **Lesson 1:** There are many types of food intolerances but few people who actually have these problems.

» **Lesson 2:** If you are not having these symptoms, DO NOT AVOID perfectly nutritious foods in balanced amounts from a wide variety of sources. Don't buy in to the marketing hype. Think carefully; eat healthfully. If you have questions, ask your health professional and do your research. Don't assume.



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“Obesity” from Page 1

Heed this advice. Lose those extra pounds. It will reduce your risk of developing some 17 different types of cancer. It will impart health, prolong your life and bring glory to God.

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## The Mighty Soybean

Soyfoods have been the source of much confusion over their safety, especially the phytoestrogens. Today research confirms their safety in humans. While these molecules are structurally similar to estrogens, they act differently in humans and are much weaker. Several servings of soyfoods per day have been found to be safe and beneficial.<sup>3</sup>



**PositiveTip:** Choose to eat a serving or two of soyfoods each day for your health!