

Is Diabetes Related to Artificial Sweeteners?

Mice given non-caloric sweeteners developed glucose intolerance more quickly than those given sucrose or glucose. In these animals the artificial sweeteners quickly altered the mouse microbiome in favor of pathways that enhance absorption of calorie rich glucose and short-chain fatty acids. Authors suggest this may help explain the

diabetes epidemic, although this needs to be reproduced in humans. ⁴

PositiveTip:
Emphasizing healthy food choices, cutting back on “junk” food, and physical activity is better than depending on non-caloric sweeteners to control weight.



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References:

1. <http://goo.gl/t8y6Rg>
2. <http://goo.gl/7JwCNR>
3. <http://goo.gl/JCwlnp>
4. <http://goo.gl/NAVo7p>

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Helping You to Better Health



Healthy, Happy Holidays

by Fred Hardinge, DrPH, RD

Add the holiday hustle to an already hectic life and you may be tempted to call a halt to all celebrations! Here are a few simple steps that can make your holidays enjoyable.

You will be more fun to be around when you are rested!

4. Stay spiritually grounded. Don't let all the holiday details rob your time with God. Good planning and lifestyle habits are not

1. Plan ahead. It is usually the last minute rush that creates the stress and takes the fun away from



BE Joyous and Happy!

the celebrations. By spreading the myriad “to-dos” over several months the holidays will be more relaxing and rewarding.

a substitute for the peace and strength that comes from the Lord. “Great peace have

those who love Your law, And nothing causes them to stumble” (Psalms 119:165).

2. Continue physical activity. This will help you deal more positively with the pressures of the holidays—and can burn the extra calories you are tempted to eat.

5. Be generous. Not every good gift costs a lot of money. In these economically difficult times be creative. Make something special for those you love. For some the gift of time in a visit might be more appreciated than a costly present.

3. Sleep enough. Adequate rest can be a bit like a tranquilizer! Fatigue increases irritability and decreases your ability to cope with stress—and it lowers resistance to all the holiday indul-

6. Don't forget the traditions. Every family has them. It may be a favorite activity, a special deli-

See “Holiday Tips” on Page 3

What Would It Take?

What would it take to eliminate 80% of the cancers and 90% of the cardiovascular disease?



From the 1960's onward evidence has been mounting regarding what it would take to eradicate the medical conditions which seem to define the health status of western culture. When a third world country "advances" to second or first world status, they also develop increased heart and vascular disease, stroke, hypertension, cancer, type II diabetes, appendicitis, gall bladder disease, obesity. Why should this be? Are these diseases inevitable? Two recent studies shed revealing light on the answer to this question.

The American Heart Association¹ published their most recent statistics on the probable causes of heart attack and stroke.

by Max Hammonds, MD, MPH

From 12 different national and international sources, they looked at seven key indicators and reported the percentage of US citizens who met at least five of the following seven criteria:

1. Non-smoker
2. BMI of less than 25 (how much you weigh for how tall you are)
3. Physical activity of at least 30 minutes a day 5 days/week
4. Total cholesterol of <200 mg/dl
5. Blood pressure of <120/80
6. Fasting blood sugar of <100 mg/dl
7. A healthy diet: plenty fruits and vegetables, essential fatty acids, low in sodium, no too much sugar, and lots of dietary fiber

See "Possible" on Page 3

Grocery Store Psychology

Almost 50% of what we buy in a supermarket was unintended when we walked in the door!

Bon Appétit published a revealing interview with five experts that will irritate and inform you about what you are up against when you venture into the modern supermarket.³

PositiveTip: A good list helps ensure disciplined shopping.

Holiday Suckers

Roll back WAS: \$3.00

\$2.99

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Only 48% of those from 12-19 years of age met at least 5 of these. Twenty-nine percent of those 20-39 years of age met them. Eleven percent of those 40-59 met them, and only 5.8% of those over 60 did so. Sadly, areas where choice plays a pivotal role in reaching the criteria such as physical activity, non-smoking, BMI, and dietary goals, not one age group scored even 1% compliance for these four criteria. Not one age group scored even 1% for 4 of the 5 dietary goals.

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To emphasize the devastating effect of failing to make the lifestyle choices to reach these goals, a Swedish study reported that compliance with five lifestyle choices in combination could prevent 79% of heart attacks in men. Yet only 1% of the 20,000 men studied actually carried out the five lifestyle choices recommended.²

As you look forward to a new year, determine to chose a healthy lifestyle, work with your health care provider or lifestyle coach to become a good statistic.



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"Holiday Tips" from Page 1

cacy, a unique way of decorating the tree, singing favorite songs around the piano, or listening to familiar music. These "old favorites" provide feelings of warmth that we all need. You may want to start new traditions, too.

7. Make the holiday meals healthy. Special and healthy are not oxymorons! Find recipes that are lower in fat, cholesterol, salt, and sugar. Modifying the old favorites with less of these often results in better taste—and most people will not know the difference! (We at PositiveChoices.com believe that a meatless meal is the healthiest.) No matter how healthy the food, avoid eating too much.

8. Avoid the alcohol and other mind-altering drugs. Too many special occasions are spoiled by drinking. Friendship and fellowship are truly enjoyed to the fullest with clear minds. You'll be a safer driver, too!

It is our prayer during these holidays *"that God, the source of hope, will fill you completely with joy and peace because you trust in him."* *"Thanks be to God for His indescribable gift!"* (Romans 5:13 and I Corinthians 9:15). May this peace fill you during these holidays and throughout the coming New Year.