

Health Radar

Get Healthy No Matter What Your Age

A Publication of NewsmaxHealth

Vol. 5, Issue 1 / January 2015

Contents

- 4 Dr. Mehmet Oz and Dr. Michael Roizen**
Cancer treatment revolution
- 5 Natural Health**
Curative powers of sea air
- 6 Holistic Medicine**
Should an osteopath be your doctor?
- 7 Digestive Health**
Dangers of eating dinner late
- 8 Ask the Doctor**
Gluten-free craze: What you need to know
- 9 Surgery**
6 ways to shape up before going under the knife
- 10 Medications**
Sometimes it's OK to take expired drugs
- 11 Latest FDA Approvals**
At-home colon cancer test
- 12 Breaking News**
Walnuts combat Alzheimer's
- 14 Nutrition & Wellness**
How much exercise is enough?
- 16 Breakthroughs**
Winning the fight against superbugs

Adrenal Reset Diet: Lose 9 lbs in 30 Days

Adjusting when you eat carbs can reverse weight gain caused by stress hormones, says a top doctor.

By Vera Tweed

As we live longer, weight seems easier to gain and much harder to lose. All too often, this is considered a normal part of aging — but it isn't, according to Dr. Alan Christianson, author of the new best-selling book *The Adrenal Reset Diet*.

"In many ways, what looks like aging is just decades of something not working right," he tells Health Radar.

More specifically, he says, weight gain in middle age or later is a sign of disrupted rhythms in cortisol, the stress hormone made by the adrenal glands, causing food to be preferentially stored as harmful belly fat instead of being used to generate energy.

Cortisol levels should be at their highest in the morning when we need energy, explains Dr. Christianson, founder of Integrative Health, an internationally renowned naturopathic medical practice in Scottsdale, Ariz.

As the day goes on, levels should gradually decline, allowing our bodies to wind down in the evening

so we can get a good night's rest.

But over the years, the cumulative effect of a poor diet, lack of exercise, exposure to pollutants, and life stressors disrupts this daily rhythm, promoting weight gain and preventing weight loss.

What's more, the malfunctioning adrenals lead to a chronic state of feeling both stressed out and fatigued, a condition Dr. Christianson refers to as "wired and tired."

Through years of research and clinical work, he found a simple way to reset such faulty adrenal rhythms, unblock weight loss, and enhance well-being.

Lose 2 Inches From Waist Fast

In a study at Dr. Christianson's clinic, participants on the Adrenal Reset Diet reduced their cortisol levels by more than 50 percent while losing an average of more than two inches from their waists and nine pounds in 30 days.

Many subjects reported sleeping better, feeling calmer, and having more energy.

The adrenal glands make cortisol and a weaker, dormant form of the hormone, cortisone, which is held in

reserve for use as needed.

When we are faced with a challenging, stressful situation, the brain and liver convert the weaker cortisone to the stronger cortisol to enhance energy and alertness.

In addition, the balance of cortisol and cortisone regulates the natural rhythm of our 24-hour wake-sleep cycle.

In the evening, for example, decreased cortisol levels enable melatonin to be generated for restful sleep.

Visceral belly fat around organs creates an imbalance in this process because it continually converts the weaker cortisone to the stronger cortisol, regardless of the time of day or the degree of stress facing us. And, it automatically increases the conversion of food to fat, rather than energy. Many attempts at weight loss are foiled by this disturbance.

"The more visceral fat someone has, the more the rhythm of their fat is disconnected from the rhythm of their body," says Dr. Christianson.

On the Adrenal Reset Diet, you can eat much of these vegetables whenever you want: alfalfa sprouts, artichokes, asparagus, bamboo shoots, bean sprouts, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumbers, eggplant, fennel, garlic, ginger, green beans, green onions, jicama, kohlrabi, leeks, mushrooms, okra, onions, peppers, radishes, rutabaga, greens of any type, snow peas, squash, tomatoes, tomatillos, water chestnuts.

However, he adds, "You can intentionally use food to repair that rhythm."

His breakthrough was discovering that cycling carbs in the course of the day resets the natural cortisol rhythm and unlocks the body's ability to lose weight naturally.

Low-Carbs in Morning

The secret is this: Eat the least amount of carbs, and a generous

amount of protein, at breakfast. Eat a bit more carbs at lunch, and the largest amount at dinner.

Protein is part of every meal: always a palm-size portion or, in the case of protein powder, 24 to 35 grams of protein per serving.

Compared to most American diets, the Adrenal Reset Diet does not include much starch.

Potatoes and other starchy vegetables are out. However, it does allow an unlimited amount of other vegetables.

The idea is to reset your rhythm, and once that's done, you can be more lenient with what you eat.

The meals below are examples you can use to devise your own menus. The more important tenet of the diet is to eat the lowest amount of carbs in the morning, slightly more at lunch, and the most at dinner.

You can vary protein sources with different types of low-mercury fish or seafood and lean meats or poultry.

Meat and poultry should be

Health Radar

Health Radar is a monthly publication of Newsmax Media, Inc., and Newsmax.com. It is published at a charge of \$39.95 per year, and is offered online and in print through Newsmax.com and NewsmaxHealth.com.

The owner, publisher, and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved.

Any unauthorized reproduction or distribution of information contained herein, including storage in retrieval systems or posting on the Internet, is expressly forbidden without the consent of Newsmax Media, Inc.

For rights and permissions contact Newsmax Media, Inc. at PO Box 20989, West Palm Beach, Florida 33416 or copyright@newsmax.com.

Editor Steve Plamann

Health Marketing Manager Amanda Leth

Art/Production Director Phil Aron

For Subscription/Customer Service inquiries, call 1-800-485-4350 or

e-mail healthradar@newsmax.com.

Send email address changes to

healthradar@newsmax.com

© 2015 Newsmax Media, Inc. All rights reserved.

Newsmax is a registered trademark of Newsmax Media, Inc. Health Radar is a trademark of

Newsmax Media, Inc.

NEWSMAX  health • NEWSMAX

Please note: All information presented in Health Radar (including answers to reader questions) is for informational purposes only, and is not specifically applicable to any individual's medical problem(s), concerns, and/or needs. **No content is intended to be a substitute for professional medical advice, diagnosis, or treatment.** All information presented in Health Radar should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication's contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. **Any action you take on the basis of the information provided is solely at your own risk and expense.** The opinions expressed in Health Radar do not necessarily reflect those of Newsmax Media, Inc.

Cortisol disruption manifests itself in three main ways. In addition to the Adrenal Reset Diet, here are steps you can take to remedy specific cortisol problems.

► **Stress and insomnia:** Chronically high cortisol levels leave you feeling edgy and mentally scattered, and make it difficult to fall asleep. Drink lemon balm tea in the morning and passionflower tea in the evening. Do strength training exercises.

► **Wired and tired:** Erratic swings in cortisol can lead to bursts of energy followed by crashes. Besides daytime tiredness, this can cause you to wake up frequently at night. Dr. Christianson recommends taking 100 to 300 mg of rhodiola extract in the morning, and 500 to 1,000 mg of ashwagandha in the evening. Both supplements are widely available at health-food stores or on the Internet. Do cardiovascular exercise such as walking or jogging, varying low and high intensities.

► **Fatigue:** Chronically low cortisol makes you exhausted most of the time, and sleep is not refreshing. Take 30 to 100 mg of American ginseng in the morning and drink chamomile tea in the evening, with ginger or peppermint, if you prefer. Do gentle, relaxing exercise, such as a walk in the morning and evening or a slow-paced form of yoga.

organic and free range, but if that isn't possible, look for meat from animals raised without hormones or antibiotics.

Breakfast

Breakfast can be leftover lean meat, poultry, or fish from yesterday's dinner, with non-starchy vegetables.

Or, have a high-protein, low-carb smoothie. Blend these ingredients with ½ cup each of ice cubes and water:

- 1 serving sugar-free protein powder
- 1 handful frozen berries
- 1 cup unsweetened flax milk
- 2 tablespoons flax or chia seeds
- 1 small handful frozen spinach or other frozen greens
- ¼ cup cooked navy beans

If you are not used to eating much fiber, start with a smaller quantity of seeds and gradually work up to the full amount over a month or so.

If you need a sweetener, use stevia or monk fruit, also called lo han, which is commonly available at health food stores.

Lunch

Eat a big salad with a palm-size serving of fish, lean meat or poultry. Here's an example:

- ½ cup cooked black beans
- 1 palm-size serving of canned salmon
- Several handfuls of romaine, or red or green leaf lettuce
- 1 large handful cherry tomatoes

Dress the salad with 1 tablespoon olive oil and ½ teaspoon red wine vinegar, and season to taste.

Dinner

Carbs at dinner should be 1 cup (cooked) brown rice, quinoa, or beans. Here's a basic stir-fry recipe for one meal:

- 2 teaspoons toasted sesame oil
- 1 garlic clove, minced
- ½ cup diced onion
- 1 large handful broccoli florets
- 1 small handful sliced button mushrooms
- 1 teaspoon grated fresh ginger
- 1 cup cooked brown rice
- 1 cooked chicken breast, diced
- 1 teaspoon soy sauce

Heat 1 teaspoon of the oil in a saucepan or wok. Cook the garlic and onion for about 1 minute.

Add vegetables and ginger, and cook until lightly soft, about 5 minutes. Add the rice, chicken, soy sauce, and remaining teaspoon of oil and stir, until all ingredients are warm.

Dessert

Use fruit as a dessert or treat. But because fruit is high in sugar, limiting it to two or three servings per week will accelerate weight loss.

Lifestyle Changes

Simply walking or doing some other type of daily exercise will help to reset the adrenal glands, says Dr. Christianson. He also recommends one long, but low-intensity, 2½-hour exercise session per week, which can be a leisurely hike or bike ride.

Important

As a subscriber to **Health Radar**, you may have opted to get this newsletter with our Convenient Automatic Renewal program. If you decide not to cancel your subscription, your credit card will be billed each year and read NMX*HEALTH RADAR on your credit card statement. Thank you.