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Food-Diet-Antioxidants and Coffee & Caffeine

We are constantly being told what we should eat and what we should avoid but, what is the truth? What's been coming to light in recent months is the benefits of drinking coffee and even caffeine is actually good for you. This is an important fact because coffee is one of the most popular beverages on earth.

In a recently reported research at the National Cancer Institute followed more than 400,000 volunteers, ages 50 to 71 with no major diseases at the start of this study in 1995 and followed till this report in 2012. By 2008, more than 50,000 of the group had died. The men of this group that reported drinking two or more cup of coffee a day were 10 percent less likely to die compared to those who did not drink coffee. Women of the group who drank coffee were 13 percent less likely to die during this study.

More recent studies have shown that moderate coffee drinking which is the equivalent of three or four 5-ounce cups of coffee per day showed a reduction in risk of developing Type 2 diabetes, basal cell carcinoma, prostate cancer, Parkinson's disease, and oral cancer and breast cancer recurrence.

Other important human studies published in 2012 that showed tested the blood levels of caffeine in older adults with mild cognitive impairment, were less likely to have progressed to full-blown Alzheimer's. However, it is unclear whether caffeine alone provides the benefits or other ingredients such as antioxidants.

Another research study showed that drinking tea or coffee had a benefit of lowering blood pressure. This study was done in France and was a retrospective analysis done on 176,437 individuals from age 16 to 95 and covered a period from 2001 through 2011. A further benefit from fresh grown coffee beans is that it contains vitamin B₃ also known as niacin. Coffee has shown to be the highest source of antioxidants concentration in the American diet.

Diet again comes into play in Alzheimer's disease (AD), by moderation of clearing amyloid, the toxic protein linked to this disease. A small pilot study was published online in the June 17, in JAMA Neurology, showed that diet high in saturated fat and with a high glycemic index for carbohydrates increases the levels of cerebrospinal fluid unbound A β , while a healthier diet decreases these fractions. The breakdown of the process to clear amyloid from the brain is likely a key factor leading to the most common form of AD. The process involves amyloid binding to apolipoprotein E (ApoE) if it is unbound or "free", it will build up and form toxic cluster called oligomers. The unbound form is called lipoprotein depleted or (LD). This study showed that the LD amyloid, and that a diet high in saturated fat, and sugar increase the free amyloid and the low saturated fat, low sugar, diet reduced levels.

In Health Bulletin/Newsletter-20, I explained the additional theory that the slowed uptake of the cerebrospinal through cranial faults can lead to the accumulation of the toxic cluster of amyloid protein and Alzheimer's. The formation of cranial faults, come from trauma such as car accidents, or concussion, as well as uneven stride length in walking. I suggest that you can also read the following Newsletters-#18 and #42 will help you understand how to prevent this dreaded disease.

So what can you do to stay well and protect yourself from Alzheimer's disease? May I make a suggestion that you evaluate your eating habits by keeping a food diary for at least a month and record every thing you eat and then bring this information to my office and I will go over this with you? I will help design a diet that will provide you with the greatest protection possible. Another think you can do, is make an appointment with my office for an examination and correction of any cranial faults and this should be done at least twice a year.

What is very important in maintaining a healthy brain is to maintain a healthy body. That means keeping the right weight and making sure that you are not becoming insulin resistant or becoming type 2 diabetic. Proper insulin level in the blood will help especially in the brain because it maintaining synapses and memory. Your diet should only use non saturated fats such as olive oil for cooking. Avoiding refined carbohydrates such as sugar and especially corn syrup will help prevent the type 2 diabetes.

We also have many types of food supplements available through our office, call for an appointment today.