



Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

Bacteria found in dirt eases depression

British scientists have discovered that a bacteria found in soil stimulates the release of serotonin in the brain. (Serotonin is the happy chemical in the brain that is targeted by anti-depressant drugs.) (1) This finding may relate to other research that has shown that cells in the immune system respond to and also release serotonin. The bacteria, called *Mycobacterium vaccae* is part of the natural flora in our body. Scientists advise that staying too clean may have a negative effect on mood.

Comment: This is timely news, because antidepressant use is growing by nearly 5% per year in Australia. 12.3 million prescriptions were issued last year alone. (2) Time to get back into garden!

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Does pollution cause diabetes?

The development of diabetes and associated conditions has been linked to environmental pollutants. A study published in *Diabetes Care* has found that people who have the highest level of stored toxins were **38 times** more likely to have diabetes than people with a lower level of stored toxins. Even if they were overweight, people with low level of toxins did *not* develop diabetes. (3)

An editorial about the study published in the *Lancet* made the following statement: 'This finding might imply that virtually all the risk of diabetes conferred by obesity is attributable to persistent organic pollutants, and that obesity is only a vehicle for such chemicals. This possibility is shocking. (4) (*Obesity is a vehicle because fat stores and concentrates the toxins.*)

Comment: The diabetes study looked at toxins that are most prevalent in humans. The ones studied are found in the tissue of at least 80% of people, and they include dioxin, PCB, and pesticides.

Some types of chemicals are toxic even at a very low dose

Bisphenol A, used by the plastic industry, has also been linked to diabetes. Bisphenol A is a particularly worrying toxin because research shows that is possibly *more toxic at a low dose than it is in a higher dose!* (5) The reason for this paradox is that the toxic effect is due to its hormonal effect. Hormones can be more potent when they are less concentrated. Bisphenol-A is a heavy suspect for many types of hormonal problems including breast and prostate cancer. It is present in many household goods such as plastic liners in food cans, soft baby toys, and some kinds of water bottles. Tests have found it to be present in 95% of urine samples from people in the US.

How to avoid and eliminate toxins:

- Lobby your government to regulate industry to reduce chemical emissions
- Do not spray pesticides in house or garden
- Do not use harsh cleaning products
- Filter chlorinated products out of drinking water
- Never microwave in plastic
- Limit the use of canned goods (because of plastic lining)
- Exercise until you perspire or use a sauna. (*Perspiration is a good way to remove fat-soluble toxins such as bisphenol-A.*)
- Eat vegetables, especially broccoli. (*Cruciferous vegetables assist liver detoxification.*)
- Take selenium supplements for detoxification
- Consult one of our Naturopaths for a unique detoxification process called homotoxicology.

The Pill causes Polycystic Ovarian Syndrome

The Pill worsens the insulin resistance that causes PCOS. In 2003, the Journal of Clinical Endocrinology & Metabolism published an article called 'A Modern Medical Quandary: Polycystic Ovary Syndrome, Insulin Resistance, and Oral Contraceptive Pills'. (6) The Pill has been standard treatment for PCOS, and yet, perversely, it appears to worsen the metabolic problem that is at the root of the condition. The authors say: '...what has been lacking is a critical examination of whether oral contraceptives might...exert adverse metabolic effects with long-term consequences..'

Comment: I propose that the Pill has made additional contributions to the epidemic of PCOS. The Pill is known to cause permanent hormone changes, even once it is stopped. (7). Most doctors agree that it can take 1 to 2 years for normal menstrual cycles to resume after stopping the pill (8.9.10).

PAN found innocent

Two charges of manufacturing safety against PAN Pharmaceuticals were thrown out of court on April 17, 2007. (11)

In May 2003, 1500 natural supplements were withdrawn, but there was never a single report of an adverse reaction.

References:

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- (9) Gnoth, C et al. Cycle characteristics after discontinuation of oral contraceptives. Gynecol Endocrinol 2002;16(4): 307-17.
- (10) Vessey, M et al. Return of Fertility after discontinuation of oral contraceptives: influence of age and parity. The British Journal of Family Planning. 1986; 11: 120-124.
- (11) Court finds PAN Pharamaceuticals innocent. 18 April 2007. Australian Democrats Press Release.
- (12) Mattson, MP et al. Beneficial effects of intermittent fasting and caloric restriction on the cardiovascular and cerebrovascular systems. The Journal of Nutritional Biochemistry 2005. 16(3): 129-137

Intermittent eating:

A Unique method for Weight Loss:

It's good to skip meals! Research from the Institute on Aging has shown that intermittent fasting prevents diabetes, slows aging, improves weight loss, and improves brain function. Blood tests show that this method of eating improves insulin sensitivity, reduces inflammatory markers and makes the body more tolerant to stress. It also assists with detoxification. The benefits were similar to exercise and calorie restriction, but without the calorie restriction! (12).

Who should do it? Intermittent eating is beneficial for weight loss, Polycystic ovarian syndrome (PCOS Type 1), diabetes, chronic stress, sleep problems, and premature aging. Pregnant women and children should not use the method. Patients taking insulin should consult their doctor first.

How to do it:

- Always have a large breakfast and lunch. (As you become healthier, you will find that you regain an appetite for breakfast.)
- 1 to 3 nights per week, you must skip dinner, or replace dinner with a protein smoothie. The nights should not be consecutive.
- A non-dairy smoothie is recommended, because dairy sensitivity is a common impediment to weight loss. A recipe suggestion is:
 - 1 and ½ cups rice milk
 - ¼ cup tinned coconut milk
 - 2 scoops whey isolate protein powder
 - 2 tbsp LSA powder
 - 1 cup frozen blueberries
- Have the smoothie by 6 or 7pm, and then do not eat again until breakfast. Water and herbal teas are permitted.
- If you choose to not use the smoothie, have a snack or light meal by 3pm, and then have only water or one of the following by 6pm: Miso soup or other clear soup, fresh vegetable juice.
- Restrict activity after the 7pm smoothie, and attempt to have 8 hours of sleep.
- It is acceptable to eat larger meals the day after fasting. This is not a calorie restricted diet.

What to expect:

- Improved sleep and better tolerance to stress
- Detoxification
- Increased appetite for breakfast and better blood sugar control
- Weight loss of 0.5 to 1kg per week, particularly around the waist

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