

# Get Into **betterHEALTH!**

with Dr. Derek Lee

To join our e-mail list for our **free monthly newsletter**, just send the e-mail links of your friends and family to: [drlee@yourbetterhealthguide.com](mailto:drlee@yourbetterhealthguide.com)

**betterHEALTH clinic**

3838 Midland Ave., Suite 103

Toronto, ON, M1V 5K5

416-291-5120

January 2006: In this issue!

● **Your Personal Wellness Plan:**

**“A HOW-TO WORKSHOP”**

- **Large Employers Increasing Health, Productivity Initiatives**
- **Soy Foods Reduce Bone Fracture Rates**
- **Benefit of Regular Meals**
- **Heart Rate Response to Exercise and Mortality**

**If you have any specific questions just email me at**

**[drlee@yourbetterhealthguide.com](mailto:drlee@yourbetterhealthguide.com).**

**Dr. Derek Lee**

● **Your Personal Wellness Plan: A HOW-TO WORKSHOP**

**Presented by Dr. Derek Lee, HBSc, DC, CAFCI, SWC  
Certified Stress and Wellness Consultant**

When: Saturday, February 11, 2006  
9:00am to 12:00pm  
Where: betterHEALTH clinic  
How Much: \$95.00 per person, \$85.00 each for you and a partner  
Early Bird: Sign-up by Jan 30/06 and receive an additional \$10.00 discount.  
Limit: This workshop is limited to 10 people  
Materials: A complete stress and wellness workbook is included.  
Contact: [drlee@yourbetterhealthguide.com](mailto:drlee@yourbetterhealthguide.com) or 416-291-5120.

This 3 hour workshop focuses on discovering how stress affects you, your vulnerabilities to stress and your strengths in dealing with stressors. A workbook is provided to plan your individual stress management program in a step-by-step process. You will also learn how to relax and how to eat to reduce the effects of stress on your system.

## ● Large Employers Increasing Health, Productivity Initiatives

Employee wellness programs are quickly becoming the norm, not the exception in large corporations in America. In a world of high healthcare costs it makes good business sense for companies to promote healthier lifestyles.

In a recent survey of large employers, 41% said they already have health and productivity initiatives in place in their healthcare planning. Another 32% plan to initiate a wellness program within the next year. That makes a total of 73% or about  $\frac{3}{4}$  of all large U.S. companies. The question today is not whether to initiate a wellness program or not but when and how.

The survey further indicated that the more health and productivity programs a company integrates, the more likely they are to get the desired results - i.e., slower growth of healthcare costs and improved health and productivity of employees.

Reference: *Business Insurance*. Dec. 6, 2005.

## ● Soy Foods Reduce Bone Fracture Rates

Soy foods contain a plant-derived estrogen called phytoestrogen that seems to be protective against bone loss without the health hazard or taking estrogen. There has been some controversy about whether phytoestrogens had a protective effect on bone health. New research suggests that phytoestrogens in soy are in fact protective to the bones, reducing bone loss and decreasing fracture rates.

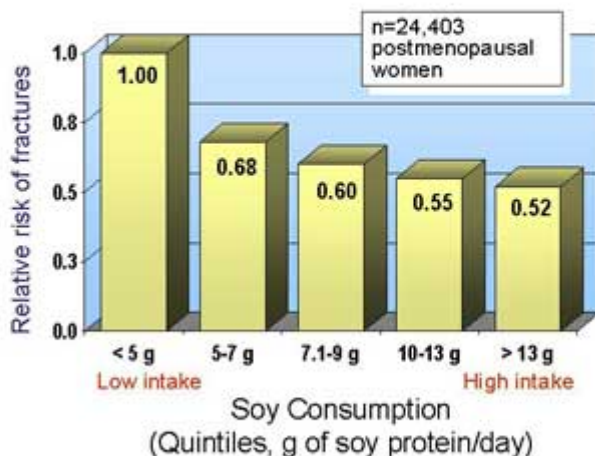
A large prospective study in China (75,000 women) studied soy food intake and risk for fractures over a 4.5-year period. They found that a high soy intake (more than 13 g soy protein/day) compared to a low soy intake (less than 5 g soy protein/day) cut the risk of fractures by over 1/3 (a 37% reduction) in all women. The average soy protein intake was about 8.5 g per day. This is equivalent to about 1 C of regular soymilk.

The researchers suggest that soy phytoestrogens may favorably affect bone cell activity, slowing bone loss and helping prevent fractures. In mid-life, both men and women lose bone at the rate of 0.3-0.5% per year. Soon after menopause, however, women lose bone at the rate of 3-5% per year for a 5-7 year period.

### Soy and Bone Fracture Rates (women first 10 years after menopause)

Fracture rates fell as soy intake increased in this large study of postmenopausal women.

Those eating the most soy had a 37% decrease in fracture rates compared to those eating the least soy.



*Archives of Internal Medicine*. 2005;165:1890-95. Sept. 12, 2005.

Protective benefits of soy in the diet was especially noted in women soon after menopause, when bone loss is at its highest rate. Fractures were reduced by half (48%) in women eating the most soy during the first 10 years after menopause.

**Summary:** Clinical guidelines recommend against the use of HRT as a first line therapy for prevention of osteoporosis in postmenopausal women and place more emphasis on alternatives such as regular exercise, getting adequate vitamin D and calcium, eating more fruits and vegetables (especially leafy greens), getting adequate vitamin B-12 and folic acid, and now eating more soy foods and soymilk.

Reference: Zhang X et al. Prospective cohort study of soy food consumption and risk of bone fractures among postmenopausal women. *Arch Intern Med.* 2005;165:1890-95. Sept. 12, 2005.

## ● Benefit of Regular Meals

The concept of eating regular meals has gone by the wayside for many people in recent years, but new research shows benefits from eating meals at regular times each day. Test subjects were given regular meals for 2 weeks and then irregular meals for 2 weeks. Here are some of the advantages they found when people ate regular meals versus having irregular meal times:

- A lower energy intake for the day
- More calories burned following their meal (thermogenesis)
- Lower total and LDL cholesterol levels
- Lower peak insulin levels and lower overall insulin response

All of these benefits can help you naturally maintain a healthy weight, improve cholesterol levels, and improve insulin levels, which can have an impact on diabetes prevention. For best health, keep meal times regular whenever you can.

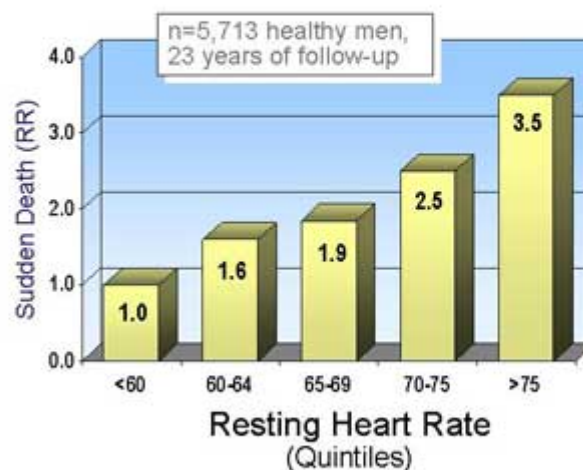
Reference: Farshchi HR et al. Beneficial metabolic effects of regular meals frequency on dietary thermogenesis, insulin sensitivity, and fasting lipid profiles in healthy obese women. *Am J Clin Nutr.* 2005;81:16-24. Jan. 1, 2005.

## ● Heart Rate Response to Exercise and Mortality

It is well established that one of the best predictors of good health and a long life is peak aerobic capacity (a measure of maximum physical performance). Now 3 other fitness measures have been found that are also strong predictors of survival: resting heart rate, maximal increase in heart rate with exercise, and heart rate recovery.

### Resting Heart Rate and Sudden Death

A high resting heart rate was linked to increased risk of sudden death from a heart attack.



*New England Journal of Medicine.* 2005;352:1951-8. May 12, 2005.

Fitness data was gathered on 5,713 healthy men between the ages of 42 and 53 years. During the next 23 years of follow-up, researchers tracked the number of men who died suddenly from a heart attack. After analyzing the fitness data, 3 factors were found to be strong predictors of sudden death:

- **A high resting heart rate** (greater than 75 beats/min) at the start of the study. These persons were 3.9 times more likely to die suddenly than men with heart rates less than 60 beats/minute. As a person begins to exercise and get more fit, resting heart rate generally drops as much as 10-15 beats/minute - indicating a stronger, healthier heart.
- **Unable to increase heart rate** from resting to an additional 89 beats/minute at peak exercise intensity. This inability of the heart rate to increase to a near predicted maximal heart rate increased the risk of sudden death 4-6 fold.
- **Slow heart rate recovery**, dropping less than 25 beats in the first minute following maximum effort. A slow heart rate recovery increased the risk of sudden death by 2.2 times.

Fortunately, a regular aerobic exercise program can help improve all of these risk factors.

Reference: Jouven X et al. Heart-rate profile during exercise as a predictor of sudden death. *NEJM*. 2005;352:1951-8. May 12, 2005.

## Office Hours.

### betterHEALTH Clinic

Monday	9:15 - 12:00/2:30 - 7:00
Wednesday	9:15 - 12:00/2:00 - 5:30
Friday	9:15 - 10:30/4:00 - 6:00
Saturday	9:00 - 12:00 (every other Saturday)

### Corporate Clinics

Tuesday	Kraft Canada, Rogers Barrie
Thursday	Rogers Cable York Mills
Friday	Rogers Cable Richmond Hill