Diet And Pancreatic Cancer

Health Day (consumer.healthday.com) - Healthy Eating Might Ward Off Pancreatic Cancer: Study - By Steven Reinberg - (Thursday, August 15, 2013)

In a study of more than 500,000 Americans, those who ate a healthy diet reduced their risk for pancreatic cancer by 15 percent.

The diet used in the study followed federal dietary guidelines from 2005 and recommended eating a variety of nutritional foods and limiting saturated and trans fats, cholesterol, added sugars, salt and alcohol.

"Maintaining a healthful diet has many potential health benefits," said lead researcher Hannah Arem, from the division of cancer epidemiology and genetics at the U.S. National Cancer Institute.

"Our study specifically suggests that individuals who reported dietary intakes in adherence with the federal dietary guidelines had a lower risk of pancreatic cancer," she said.

Arem said this finding shows only an association, and does not prove that eating a healthy diet prevented pancreatic cancer.

"The study was conducted in an observational cohort, meaning that we cannot draw conclusions about cause and effect," she said.
Baby Food And Allergies

Reuters (reuters.com) - Fresh, Unprocessed Baby Foods Tied To Fewer Allergies - By Kerry Grens - (Friday, August 09, 2013)

Babies who ate more fruits and vegetables and fewer packaged foods were less likely to develop food allergies in a new study that looked at overall diet patterns instead of just specific foods.

"We have been aware that certain diets seem to reduce the risk of allergy in infants," said Dr. Magnus Wickman, a professor at the Karolinska Institute in Stockholm, Sweden, who was not involved in the study.

"The mechanism behind that is that we think that different kinds of fatty acids and antioxidants, different kinds of vitamins and essential minerals are good for your health and also prevent allergy," he said.

Researchers estimate that up to eight percent of children have a food allergy.

Parents are sometimes advised to avoid certain foods as a means of preventing food allergies from starting. But Kate Grimshaw, lead author of the new study and a researcher at the University of Southampton in the UK, said she's been concerned that parents are reducing the nutritional diversity of their infants' diet without there being a great deal of evidence to back it up.

Patients' Rights To Integrative Medicine

The Huffington Post (huffingtonpost.com) - Beltway Battle Over Patients' Rights to Integrative Medicine and Health - By John Weeks - (Monday, August 12, 2013)

A battle inside Congress and the Executive branch over the right of patients to choose care from the types of practitioners they prefer is erupting inside the Beltway.

At stake is the meaning and potential revocation of "non-discrimination in health care," Section 2706 of the Affordable Care Act. The requirement is due to become law in January 2014.

Congress and the Executive, in the form of the US Health and Human Services, are sparring over congressional intent. Now seven medical specialties have backed H.R. 2817 to entirely gut the non-discrimination section.

A key dimension to Section 2706 is patient access to covered services from licensed doctors of...
chiropractic, practitioners of acupuncture and Oriental medicine, naturopathic physicians, massage therapists, and to home births via non-nurse, certified professional midwives.

The potential for medical doctors to offer integrative medicine and health strategies in which a patient has access to covered services of licensed integrative health practitioners is also on the line.

U.S. Senator Tom Harkin (D-Iowa), the key sponsor of the non-discrimination section, was urged to include this language by the Integrative Healthcare Policy Consortium (IHPC) and the American Chiropractic Association. Each represents integrative health professions typically red-lined out of appropriate insurance coverage.

Dr. Calabrese And Hormesis

The Huffington Post (huffingtonpost.com) - Toxicology Rock Star: The Inspiring Story of Dr. Edward Calabrese, Hormesis and the Dose Response - By Amy Rothenberg, ND - (Tuesday, August 14, 2013)

In last week's issue of Critical Review of Toxicology, Edward Calabrese, Ph.D., lays out his understanding of the mechanisms at play in hormesis.* Hormesis is a dose-response phenomenon characterized by low-dose stimulation and high-dose inhibition. Historically, dose-responses have been thought to occur in a linear fashion from low-dose to high. A non-linear response, such as the hormetic response, has potential application in most every scientific field. This paper offers the first wide-reaching documentation of mechanisms of hormetic dose/concentration responses. For the past 20 years, Calabrese has been at the center of much of the research on hormesis. He writes in the abstract:

Regardless of the model (i.e. in vitro or in vivo), inducing agent, endpoint, or receptor/cell signaling pathway mediated mechanism, the quantitative features of the hormetic dose/concentration responses are similar, suggesting that the magnitude of the response is a measure of biological plasticity, within a broad range of biological contexts. These findings represent an important advance in the understanding of the hormetic dose/concentration response, its generalizability and potential biomedical applications, including drug discovery/efficacy assessment and the risk assessment process.

I had the opportunity to hear Dr. Ed Calabrese's keynote lecture on hormesis at the 28th annual American Association of Naturopathic Physicians annual convention in Keystone, Colo. earlier this month. I sat alongside hundreds of naturopathic physicians from all over America, leaning in, to better grasp the meaning of his research and possible relevance to an extensive list of fields including biology, toxicology, the environment, pharmacology and medicine. His talk was riveting, funny and had broad sweeping implications and applications.
Toxic Sugar

The Huffington Post (huffingtonpost.com) - Study Shows Sugar Is Toxic In Mice -- What This Might Mean For You - By Rachel Tepper - (Tuesday, August 13, 2013)

A study published Tuesday in the journal Nature Communications puts forth shocking new claims about the detrimental effects of sugar intake at levels currently considered safe.

Researchers at the University of Utah fed mice a daily diet of 25 percent extra sugar -- the equivalent of a healthy human diet plus three cans of soda. They found that female mice were twice as likely to die and have fewer babies than those on a diet without the added sugar. Males were 25 percent less likely to present normal territorial behavior and reproduce.

Despite this, the mice didn't become obese or demonstrate significant metabolic symptoms. Those effects the researchers did see, however, were just as harmful to the mice's health as being the inbred offspring of two cousins.

The study's senior author, biology professor Wayne Potts, stressed the relevancy of the study to humans. "Our results provide evidence that added sugar consumed at concentrations currently considered safe exerts dramatic adverse impacts on mammalian health," Potts said in a press release. "I have reduced refined sugar intake and encouraged my family to do the same," he added.

The study contrasts with previous research work that involved feeding mice exceedingly large quantities of sugar disproportionate to levels seen in human diets.