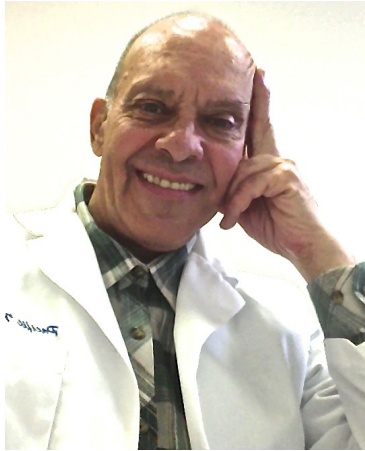


Nutrition Update: 2019



Organic milk is better for you than non-organic milk

-- A study published by the Center for Sustaining Agriculture and Natural Resources at Washington State University said that organic milk contains more heart-healthy fatty acids than regular milk. They tested over nearly 400 samples of organic and conventional milk over 18 months.

<https://www.nbcnews.com/healthmain/yep-organic-milk-really-better-you-regular-milk-2D11712970>

-- Another study compared drug residues in organic milk as compared to conventional milk. The results showed that the majority of samples of conventional, non-organic milk tested positive for certain low, chronic levels of pesticides, illegal antibiotics and growth hormones. The organic samples tested at either much lower or non-existent rates in comparison.

<https://www.usatoday.com/story/money/2019/06/26/study-finds-organic-milk-cleaner-than-conventional-dairy/1482508001/>

Fish oil supplementation: one of the best things you can add to your program

We recommend fish oil supplementation to almost every patient we see. Why? Extensive research clearly indicates fish oil's benefits for preventing and treating conditions like multiple sclerosis, prostate cancer, post-partum depression, mental health disorders, poor memory, inflammatory conditions, heart disease and more.

<https://www.medicalnewstoday.com/articles/40253.php>

Mercury and fish – which to eat, which to avoid

Mercury toxicity is sinister in that symptoms start to appear years after repeated, minimal to moderate exposure. But when the symptoms start to appear, brain and nervous system are the most susceptible. These symptoms include nervousness, emotional lability, insomnia, headaches, muscle twitching, tremors, decreased cognitive function, loss of coordination and others. Most mercury in our environment is a byproduct of industrialization. Unfortunately, the place in our food chain where the greatest concentration of mercury is found is in fish.

However, there is no need to avoid all fish as certain types sequester more mercury than others. This article discusses the types of fish that are considered safe and the types to avoid.

<https://foodandnutrition.org/from-the-magazine/micronutrients-mercury/>

Less than 7 hours sleep a night? Nutrition and insomnia: new findings

Along with low energy and fatigue, poor sleep is one of the most common complaints we hear from our patients. A June, 2019, news release of study findings from the American Society for Nutrition suggests that insomnia may in part be caused by a deficiency of critical nutrients.

https://www.eurekalert.org/pub_releases/2019-06/asfn-slp053019.php

The heart disease epidemic: almost entirely preventable

Americans are hooked on meat. Many Americans eat animal flesh three times a day. Grilling has been turned into an art form. In spite of the massive number of studies clearly advocating the benefits of a low-meat, high fiber diet, once you leave the West Coast or Northeast and peruse a menu in many other parts of the country, your veggie choices are limited to iceberg lettuce salads and canned succotash. A recent study from a team of researchers at Tufts University says that about a million deaths a year from cardiovascular disease are attributed to not eating enough fruits and vegetables. <https://www.docwirenews.com/docwire-pick/fruit-vegetable-consumption-cardiovascular-deaths/>

Vitamin D: what is all the hullabaloo?

Every single cancer patient I have ever treated has had abysmally low serum levels of Vitamin D. Having enough Vitamin D is important for a number of reasons, including maintaining healthy bones and teeth. Vitamin D may also protect against a range of conditions such as cancer, heart disease, type 1 diabetes, immune system deficiencies, cognitive impairment and more. If you are reading this and have never had your Vitamin D serum levels tested, it is important that you do so. At Pacific Naturopathic, we can help you determine the correct dosing levels to achieve and maintain a safe and protective serum level.

<https://www.webmd.com/diet/guide/vitamin-d-deficiency#1>