An Effective (Yet Easier) Method of Fasting

The practice of fasting typically ranges from strictly restricting food intake to consuming nothing but water, and people may fast for physical or spiritual health. It is crucial to enter and exit fasting in a careful manner, and it is usually recommendable to have medical supervision during fasting, especially if one has any health conditions. When performed properly, the benefits of fasting are many and legion: better balance between body fat and lean mass, healthier weight, greater physical comfort, and reduction in disease symptoms. Recent research also suggests that fasting may also impact cellular aging processes, triggering rejuvenation and DNA repair programs that have little opportunity to take place in bodies that are fed continuously.

A new line of research into the mechanisms of aging has found several dozen plant foods that do not overly interfere with beneficial metabolic effects of fasting. **Adults consuming such foods** in a controlled way for one 5-day span each month over a 3-month period lost weight, body fat, 1-2 inches of waistline, and blood pressure levels. They also showed improvements in measures of inflammation and lipid/cholesterol and glucose metabolism, especially those subjects who started with elevated test results. Though portions are limited and energy intake is restricted to 800-1100 calories during the 5 days of this "fasting-mimicking diet," the metabolic changes wrought tend to be maintained rather longer, even after resuming a less restricted yet still basically healthy diet. Animals given this fasting-mimicking diet showed increases in their **healthy portion of their lifespan** (termed the "healthspan") of over 11 percent—which, in humans, is the equivalent of approximately 8 extra years of healthy, comfortable, enjoyable function. Devoting 5 days a month to a fasting-mimicking diet may be one of the more promising investments to consider, as this mode of eating could not only improve human health but also ease the environmental burden of food production.
Meals That Support Gut Restoration

Successful and comfortable implementation of programs for restoring healthy gut function takes the expert touch of a seasoned clinician, but respecting these programs' underlying principles can guide the preparation of meals that will help maintain their benefits: removing obstacles to gut healing and normal function, replacing digestive factors, reinoculating healthy flora, and repairing the gut lining.

One example of a prepared dish that incorporates ingredients that can facilitate each of these steps is the traditional beet soup called borscht. Borscht typically contains beets, potatoes, carrots, onion, celery, dill and other herbs, vinegar or lemon, and yogurt or sour cream. The vegetables (especially beets) and herbs in borscht can aid intestinal transit and gently support microbial balance in the gut, and lemon, vinegar, and herbs will also stimulate the secretion of digestive enzymes and juices. If you use yogurt and sour cream containing live probiotic cultures, they will provide healthy flora to temporarily reside in the intestines. The vegetables further provide prebiotic carbohydrates to support the growth of other beneficial microbes, and when gut bacteria ferment these carbohydrates, they can produce short-chain fatty acids that promote proper growth of cells in the digestive tract and help heal the digestive lining. A full spectrum of intestinal benefits!

SNiPpets

How significant to health are particular single nucleotide polymorphisms, also known as SNPs? SNiPpets is a ongoing exploration of this topic. This column is produced by Jeffrey Bland, PhD and the Personalized Lifestyle Medicine Institute.

With This SNP, Ca/Mg Balance May Affect Colorectal Tumor Risk

Some evidence suggests that generous intakes of calcium, whether dietary or supplemental, may help reduce overall risk for colorectal cancer. Colorectal adenoma, though generally benign, can be a pre-cancerous condition signaling colorectal cancer. Among those with a genetic polymorphism related to parathyroid control of calcium and magnesium metabolism (the minor variant TT genotype for SNP rs11022858), this beneficial relationship was maintained, as calcium intakes of at least 1000 mg per day reduced risk for colorectal adenoma by 64% in these individuals. However, in those with CC or TC genotypes, high magnesium (rather than calcium) intake was associated with 27% reduced risk for colorectal adenoma.

Probiotics for Both Gut and Skin Microbiomes?

Eczema (atopic dermatitis) is a troubling skin affliction that generally requires detailed analysis of diet and lifestyle factors to treat. It affects young and old, but therapy earlier in life may save years of discomfort and be more likely to succeed. Probiotics are not infrequently used for...
this condition, and a recent Chinese meta-analysis suggests that supplementation with lactobacilli along with prebiotic factors that support their growth may significantly impact management of atopic dermatitis in children under 3 years of age, with greater results found in those over 1 year old or with more severe symptoms. An additional finding was that preventive use of these combination synbiotics might reduce risk for the condition by almost half, though these results lacked full statistical strength. While probiotics are typically taken orally for internal use, it is interesting to note that direct topical application of them has also received study. And why not? With the recent science boom regarding microbiomes, we now understand that the skin has its own microbiome just as the gut does.

In this FMU interview, dermatologist Valori Treloar, MD, speaks with Dr. Jeffrey Bland about how diet can aggravate dermatological conditions, and introduces strategies for improving skin health from Dr. Treloar's book The Clear Skin Diet.

Registration Closes Friday!

This is the last newsletter you'll receive before the 2018 Thought Leaders Consortium and if you've been waiting to register, the time to act is NOW. Online registration for this conference closes Friday, October 5th. Finalize your plans today using the links below. We hope to see you in Tucson! If you'd like to follow our social media updates during this event, look for #PLMI2018.

Registration website: https://bit.ly/2NA0NFM

Venue details and reservations: https://westinlapalomaresort.com/

Questions about this conference can be emailed to Annette Giarde, PLMI Operations Manager: annettegiarde@plminstitute.org
Enjoy this brief excerpt from Dr. Antoun’s presentation at the 2017 Thought Leaders Consortium.

To view the full-length video, visit www.plminstitute.org and click on the Education Portal.

One-time user registration is required, but access is free. Explore more than 50 videos in the archive, a unique educational resource brought to you by the Personalized Lifestyle Medicine Institute.

The Science of the Fasting-Mimicking Diet and Its Impact on Aging and Chronic Disease

Joseph Antoun, MD, MS; CEO & Chairman of the Board, L-Nutra

"We treat Alzheimer’s different than cancer different than diabetes—are they really different? If they were different and independent, why you don’t see Alzheimer’s at age 22? Why you don’t see the first infarct at age 24? And why you don’t get diabetes at age 19? For him, we accepted socially that these are linked to aging, but we never actually looked at aging as the catalyst of these diseases. And if we try to understand how we age and we can impact the process of aging, if we can enhance the pace and quality at which we age, then can we actually push all these diseases further down the road a few years and gain in healthspan, or the healthy part of our life?"