

FRACKSON HEALTH CARE

#105-1001 Cloverdale Ave. Victoria BC V8Z 7L5

t.250.382.2225 www.fracksonhealthcare.com

June 2017 Edition



F
R
A
C
K
S
O
N

H
E
A
L
T
H

C
A
R
E

Please note our office will be closed on Monday July 3rd for the Canada Day long weekend.

Need an Energy Boost? Say No to Caffeine, Yes to Exercise

How many of us can honestly say we don't need a little energy boost now and then? In fact, for many people, that boost is needed throughout the day, every day. The solution is often caffeinated beverages such as energy drinks and coffee, but there's a safer, simpler, healthier definitely less expensive – and more effective – option: exercise.

And as little as 10 minutes of brisk physical activity could replace your usual caffeine-laden booster.

Sleep-deprived college students (reporting less than six-and-a-half hours of sleep per night) received a caffeine pill containing 50 mg of caffeine or completed a 10-minute stair-walking exercise. Feelings of energy and motivation, reaction times, short-term memory and other variables were assessed before and several times after the intervention, which was repeated several times over the course of three days.

Students who exercised reported significantly higher energy levels than students who took the caffeine pill, which contained approximately the same amount of caffeine in a can of soda or half a cup of coffee. Now that's the power of exercise in action! And considering the many proven health benefits of physical activity, why not kill two birds with one stone by limiting your caffeine intake and maximizing your exercise? You'll have more energy and be healthier. Your doctor can tell you more about the benefits of exercise and the risks associated with caffeine. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2383>

Healthy Aging: A Question of Calories?

Calorie restriction can be an important component of a sensible weight-loss program, particularly if caloric binging has been a staple of your weight gain.

But that's not the only benefit of cutting down on the calories, suggests research that examined data gathered as part of the National Institute on Aging's CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy) trial. Calorie restriction also may help slow the biological aging process itself.

In the study, researchers from Duke University School of Medicine analyzed data on 200-plus adults who restricted their calorie intake by 25 percent or maintained their regular diet, with the former group achieving an average 12 percent reduction in calorie intake over the two-year study period. Researchers assessed biological age before, during and after randomizing subjects by assessing biomarkers of cardiovascular, metabolic and immune function, among other variables.

At each annual follow-up assessment, subjects on the restricted-calorie diet experienced a small drop in their biological age (.11 years), while subjects not on calorie restriction saw their biological age rise by nearly a year (.71 years). What's more, calorie-restricted subjects actually moved closer toward a younger, healthier reference point (young, healthy people in their 20s) determined by the researchers, while subjects not on calorie restriction remained unchanged in terms of movement toward or away from that reference point.

The lesson: Less calories (as part of a sensible eating plan, of course) may be the anti-aging mechanism we've all been looking for! Talk to your doctor for more information and assistance designing a balanced, sustainable diet that works for you. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2381>