



***Dr. Evan Kligman's
AgeWell Plan Newsletter
"A new way of being"***

April, 2018

Vol. 3, No. 4

TOP OF THE NEWS:

Next Seminar May 5 on Resilience, Dynamic Aging, and Regeneration

The next AgeWell seminar will be on Saturday, May 5, 2018 from 10am-12pm at our usual venue: Tucson Osteopathic Medical Foundation [3182 N. Swan Rd.](#) Susan Highsmith, PhD and a member of our AgeWell Plan will join me in exploring how to generate the ability to bounce back from the variety of challenges that can arise in life as we grow older. We will be talking about ways we can regenerate our physical as well as emotional and cognitive health. Research has shown the importance of "self-rating" ourselves as aging successfully as a way we can assess and integrate the multi-dimensional components of our past, present, and future. Dr. Highsmith will focus on how we can move beyond our heredity and utilize our conscious and subconscious mind to achieve a "dynamic" lifestyle of resilience, and the science of HeartMath. I will further explore the heart-brain-gut connection.

Please let Jessica or Janette know if you will be attending by calling the office at 326-0850 or emailing southwestintegrative@gmail.com

General Health Updates

Medication-Related Sensory Impairments

As we age, sensory changes (vision, hearing, taste, smell, and touch) can adversely affect our quality of life. Certain medications can further impair our senses, especially for those taking multiple medications or already suffering from frailty.

Here are particular medications affecting each of our senses (a more detailed article from Geriatric Medicine journal is available from our office):

Vision: antihistamines, some antidepressants, antipsychotics, gastrointestinal meds

Hearing Loss: aspirin, NSAIDs like Advil, Aleve, Ibuprofen; certain antibiotics

Smell and Taste: more common the greater number of medications taken; ACE-inhibitors for hypertension; antihistamines, antidepressants

Biotin and False Positive Lab Results

Biotin supplementation (a B vitamin found in B-complex and hair and nail supplements) can lower your TSH falsely making it appear one is hyperthyroid or taking too high a dose of thyroid medication.

Common Signs of B12 deficiency

Older people and those on a pure vegan diet are more prone to B12 deficiency. Here are common symptoms of this deficiency: anemia, fatigue, tingling in arms and legs (neuropathy), and loss of balance.

Nonpharmacological Treatments for Pain

1. Tylenol (acetaminophen) and NSAIDs in moderation – prolonged and high dose usage requires monitoring of liver and kidney function
2. Cognitive behavioral therapy – to change the way one experiences chronic pain
3. Somatic experience therapy and EMDR – especially if pain related to PTSD
4. Meditation, mindfulness, yoga
5. Physical therapy (including dry needling), and acupuncture
6. Neurofeedback and hypnosis to retrain the brain
7. Guided visualization/imagery

My Predictions on the Future Direction of Medicine and Health Care (to be updated each newsletter)

1. Daily microbiome check to improve mood and cognition and general vitality by manufacturing at home a customized probiotic and prebiotic on a daily basis
2. Guaranteed healthy sleep by mind-body technology. Too much or too little sleep can cause build-up of amyloid protein in our brain. In the future, we will be able to fall asleep and awaken on prescribed times to reduce plaque development.
3. Home is where health care will be delivered 90% of the time
4. Global health care teams – complementary and alternative health care specialists functioning as a team via telehealth and other communications pathways

MindHealth/BrainHealth

A Meditation Mantra

Many of us who meditate regularly or occasionally are very aware of our “monkey mind”. Our desire to clear our mind is often de-railed by random thoughts and bodily sensations. Ehei Dogen, the father of the Soto Zen Buddhist lineage, was awakened when hearing from his teacher that “studying Zen is the dropping off of body and mind.” By following and repeating silently to myself the mantra “no mind” breathing in, and “no body” breathing out at the start of my daily meditation, I have found my practice to be free of monkey mind interference.

Nootropics for enhancing brain function

Nootropics are compounds that enhance brain function. Most of them are actually drugs like Provigil, nuvigil, Adderall, or adrafinil and used for “off-label” purposes to improve focus, motivation, clarity, and memory. However, there are natural substances that are safer with fewer if any potential side effects, available without prescription. Common natural and commercial non-prescription products are listed below. The only one that I am familiar with is L-theanine which I can recommend. The others are listed as information only. I would be happy to discuss the others with you if interested, should L-theanine not provide you with a sufficient enhancement of brain function, and you desire to try other natural nootropics

1. L-theanine for calm alertness, improved reaction time and mental endurance. Found in black and green tea. Also promotes relaxation, alertness, and arousal. Works synergistically with caffeine. Together the two increase reaction time, memory, and mental endurance. If taken as a capsule supplement, dose is 200 mg to take in the AM with coffee.
2. Bacopa monnieri for attention, mood, stress, and memory. This is a small water plant native to India and is classified as an “adaptogen” to help your body adapt to stress. Especially helpful to enhance attention and mood in healthy adults over age 65. It may take up to 4 weeks of daily use to feel the benefits. Daily dose is 750 mg. It is taken with a fat source to increase its absorption.
3. Ketoprime for energy and stress contains a neuroprotective agent called oxaloacetate that can shield your brain from environmental toxins, and also decrease brain inflammation. It may also promote brain recovery after stress or trauma. Dose is 1 lozenge taken in the AM.
4. Forskolin + Artichoke extract for memory, focus, learning is an Ayurvedic medicine used for thousands of years. Forskolin increases the cAMP molecule which is essential for memory formation and learning. More effective when combined with artichoke extract which inhibits an enzyme that breaks down cAMP. The commercial name is CILTEP.

Posture and Mind-Body Health (by Ann Baldwin, PhD)

Posture is a mind-body issue, and an index of personality. “A poised and upright bearing usually connotes strong mentality, health, self command, leadership” and resiliency. Poor posture can cause pain throughout your body, especially your neck and lower back, and lead to degenerative arthritis in these areas. It can also cause muscle fatigue, shortness of breath, and poor circulation that impairs oxygen delivery to vital organs such as the brain and heart. When you sit in a crunched position (especially when you are sitting using the computer to type a long newsletter!), your intestines may fold up, leading to poor digestion and constipation. Studies have shown that people who slouch report increased feelings of depression and lower energy than those who don’t slouch. Correct breathing can also help you with your posture.

Neuropathy Massage Protocol

Peripheral neuropathy is an increasingly common problem affecting hands and feet. It is most common among diabetics, or people who have had certain types of chemotherapy to treat cancer. However, the majority of times there is no known cause. Medications usually tried to reduce numbness, tingling, and pain have limited benefits. Here is a neuropathy massage protocol my massage therapist uses and has significantly reduced my neuropathy symptoms. Try this protocol (or consider having a friend or partner do this) on your hands and/or feet if you have neuropathy. (if desired, ask for a copy of the full protocol next time you are in the office).

1. Stroking, light pressure, using your whole hand
2. Compression, light pressure, using your whole hand
3. Stretching, to your tolerance, full range of motion
4. Digital kneading, light pressure, to your tolerance

Pressure Points to Improve Your Concentration and Memory

Here are some pressure points you can massage every day (or a friend or partner can massage for you). After four weeks, most people will be able to appreciate the benefits on your mind and body.

1. Stress reduction point: 1 cm below base of your skull and 3 cm from the spine on both sides. Place the index and middle finger on the two points and massage them for 7-8 minutes. Repeat the process 3 x a day to get the best results.
2. Points to prevent headaches and dizziness: 3 finger widths below the knee, on the outside of the leg. Bend your knee and feel the muscle move under your fingers as you massage the area. Press it in for 5 minutes once a day.
3. "Third eye" point: between the eyebrows, and between the nose bridge and the forehead, press this spot gently for 3-4 minutes and repeat 2-3 x a day to also help treat symptoms of the flu or cold such as fever, blocked nose, and nasal congestion headaches.
4. Left big toe affects the right side of your brain, and the right big toe affects the left side: massage both big toes at the same time by moving your thumb on the underside of the big toe and massage the toe for 1-2 minute.

HeartHealth

Why is it that most people who have heart attacks or strokes have few or no *conventional* risk factors?

Indeed, half of the people who suffer a stroke or heart attack have normal cholesterol levels, for example. Researchers are now studying how an accumulation of mutated stem cells in bone marrow increases a person's risk of dying within a decade, usually from a heart attack or stroke, by 40 to 50%. The medical term for this condition is "clonal hematopoiesis of indeterminate potential", or CHIP for short.

CHIP is emerging as a risk factor more powerful than a very high LDL or high blood pressure, and is NOT uncommon. The condition is more likely to occur as we age. It is predicted that 20% in their 60s and up to 50% in their 80s have it.

The CHIP mutation seems to be acquired, and not inherited. Exposure to toxins like first or second hand tobacco smoke or environmental or occupational toxic agents, or just bad luck, may lead to this condition.

I have not read any research study on CHIP that aligns with the PULS cardiac test we have tested in our patients with a high risk of developing heart disease. However, people with a high PULS score may have an increased number of mutated white blood cells coming from their bone marrow and that appears to be one factor increasing their risk of developing heart disease. However, a 115-year old woman was reported in 2014 to have her entire supply of white blood cells generated by mutated stem cells in her bone marrow. The mutated stem cells outlast normal stem cells in the marrow. So it is hard to explain the longevity of the 115 year old woman! It is easier to explain how artery-obstructing plaque filled with white blood cells not being removed by a low level of a PULS marker to “clean up” dead cells can lead to heart disease. So this is quite a complicated paradox now, but keep in touch re: future stories about CHIP. But *Caution: don't freak out if you have a high PULS score. This is only my theory!*

Blood tests are available to see if you have CHIP, but they currently cost thousands of dollars. The best way to avoid heart disease and stroke at this time, regardless of having CHIP, is to reduce known factors, eat a whole foods plant-based and anti-inflammatory diet, reduce toxins in your body including excess alcohol and sugar, and exercise daily, sleep well, and manage your stress as best you can!

Sitting May be Injuring Your Heart

The more you sit for extended time periods, the greater likelihood of some cumulative injury to your heart muscle. People sitting 9 or more hours per day are more prone to developing diabetes, heart disease, heart failure, and other chronic problems, and this risk remains high even if we exercise.

The mechanism of harm seems to come from prolonged sitting causing elevated levels of the protein troponin, produced by heart muscle cells when damaged or dying. The extreme increase in troponins occurs with a heart attack. But researchers are now finding that even slightly elevated levels of troponin may be a sign of chronic heart muscle damage.

The Dallas Heart Study found those people sitting 10 hours or more developed “subclinical cardiac injury”. Sedentary lifestyle is also associated with obesity, diabetes, insulin resistance and fat deposition in the heart.

The “cure” – a standing desk; frequent sitting “interruption” by standing exercises and stretches.

Cardiovascular fitness for mild cognitive impairment

Cardiovascular fitness (CRF) has been associated with better white matter (integration on brain MRI studies) fiber integrity in people with mild cognitive impairment. CRF increases VO₂ max, maximal oxygen intake and improves executive functioning.

GutHealth

How to eat for pleasure and health at the same time

According to local nutritionist Hana Feeneh, MS, RS, “our brains are wired to experience pleasure from eating”. However, she feels that we are often distracted when eating - when we eat while watching TV or reading a book, or eating in the car, or when rushed, or when we use food to distract us from unpleasant thoughts of guilt or shame, or ruminating thoughts. What are the problems that develop if we routinely eat this way?

Here are my answers:

- we eat too much, and too fast
- we don't chew our food sufficiently
- we are more likely to develop heartburn or GERD, as our food is inadequately digested
- we are more likely to develop a hiatal hernia
- we don't appreciate the taste, flavor, and texture of the food we eat

Here are Hanna's recommendations on how to eat:

- savor your food
- be attentive to what you are eating
- eat with others to foster social connections (a study of 7th Day Adventists discovered greater longevity among those who ate desserts daily since they ate with others, but never had desserts when eating alone)
- choose food that are naturally flavorful, adding herbs and spices liberally

Apple Cider Vinegar – An Update

Apple cider vinegar may reduce or slow the increase in blood sugar after eating and may modestly aid with weight loss. Only the liquid form appears to provide health benefits. Typically one teaspoon or one tablespoon is diluted in 1.5 to 8 ounces of warm water and taken before meals. However, chronic use may erode tooth enamel. It may also slow the movement of food in the stomach. This is how it slows or lowers increases in blood sugar after eating. Used topically, it has some anti-bacterial properties, especially inhibiting certain bacteria such as Staphylococcus and Pseudomonas aeruginosa. Highly concentrated apple cider vinegar has been successful in removing warts. (from ConsumerLabs)

Cancer Prevention and Treatment

Is it true that some vitamins or supplements can cause cancer?

- supplementation with beta-carotene may increase risk of lung cancer in smokers and those exposed to asbestos
- retinol (pre-formed vitamin A) may reduce risk of melanoma in women
- selenium from supplements may increase the risk of death from prostate cancer; however selenium supplementation may reduce deaths from other cancers, such as esophageal

- low-dose vitamin E may help prevent prostate cancer (but only mixed, natural tocopherols rather than synthetic alpha type), but high-dose vitamin E may increase risk; vitamin E may reduce risk of liver cancer
- adequate intake of folic acid lessens the risk of developing certain cancers, but high intake from supplements or fortified foods may increase the risk of prostate cancer
- high intake of calcium supplementation may the risk of prostate cancer, but calcium from food sources may reduce the risk of colon cancer
- taking a modest, not high-dose, multivitamin may reduce the risk of prostate cancer, although not deaths from prostate cancer; women who took multivitamins and had invasive breast cancer were less likely to die of the disease
- higher consumption of fish has been associated with a reduction in deaths from prostate cancer
- muscle-enhancing supplements have been linked to an increase risk of testicular cancer
- curcumin has been shown to reduce the number of pre-cancerous changes that can occur in the colon
- consuming extra virgin olive oil may reduce the risk of breast and colon cancer
- men with higher vitamin D levels AND very high calcium intake may be at increased risk of developing prostate cancer; however, some lab studies have shown vitamin D to inhibit prostate cancer cells

Gut microbes shape response to cancer immunotherapy (and risk of initiating or promoting cancer?)

New studies are indicating that the composition of gut bacteria can influence the effectiveness of certain cancer immunotherapy drugs and that manipulating the gut microbiome may potentially expand the number of people who benefit from cancer immunotherapies.

We know that cancer cells show up from time to time in nearly all individuals, but due to genetics, our diet, or other unknown variables, the body and/or mind is able to block the initiation of a metastatic process and/or the promotion of cancer cells before they become metastatic. One might postulate that the gut microbiome has the potential to cause the initiation or promotion of programmed cell death protein inhibitors that could enhance the natural process by which the body destroys the early evolution of some dysplastic or potentially metastatic cells.

As stated in this JAMA article from February 6, 2018, “additional research is needed to uncover the precise mechanisms by which bacterial strains exert such profound immunomodulatory effects in the body”.

Bone Health

Osteoporosis and Men

Men sustain about 40% of all osteoporotic fractures, and by age 70, the prevalence of osteoporosis is about the same among men and women. Yet, we rarely screen (DEXA scans) men for this condition! Why? It is not on the “radar” screen for Medicare and the

US Preventive Services Task Force! Yet, hip fracture in men has a mortality rate of over 37%, 3 times higher than that of women with the same fracture.

Here are risk factors for men:

- certain ethnicities and geographies: Caucasians in the US; Scandinavia
- age over 70 (however 13% of white men over 50 will experience at least one osteoporotic fracture)
- use of steroids
- hypogonadism (low testosterone)
- diabetes
- alcohol abuse
- smoking
- low body weight
- immobility

The National Osteoporosis Foundation does recommend screening men over age 70, and men ages 50 to 69 who have risk factors and/or a history of a fracture after age 50.

Treatment options are the same for men and women. First line of therapy would be bone-building dietary (especially rich in calcium and vitamin D) and supplementary nutrients (probiotics and prebiotics, see article below) and exercises (weight-bearing, at least 3 days per week). Second line would be the same pharmacologic therapy as prescribed for women. Testosterone therapy is recommended for men with osteoporosis and a low level of testosterone, under 200. Such supplementation will decrease bone turnover and increase bone density. (from the Journal of Family Practice)

Connecting Gut Bacteria and Bone Health

Experiments in mice have found that their gut microbiome regulates their bone mass. Modification of their microbiome with probiotic and prebiotic supplementation showed a beneficial effect on general bone health under nondiseased conditions and reduced bone loss in estrogen-deficient mice. (from Today's Geriatric Medicine)

Heel pain and plantar fasciitis

Here is a muscle-strengthening program to treat this common problem:

1. roll up a T-shirt to create a cylinder
2. place the cylinder about 2-3 inches away from the edge of a stair or step
3. perform a heel raise lasting at least 5 seconds going up
4. perform 1 set of 10 repetitions using body weight

Role of Magnesium in Fracture Risk

Higher intake of magnesium from your diet especially and supplements has been found to significantly reduce the risk of fractures in a study of older men and women. (ConsumerLabs)

The AgeWell Book Club

“The end of wellness?” Barbara Ehrenreich’s new book, *Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer*”, poses the thought that there is an age at which death no longer requires much explanation. Now at age 76, (she has a PhD in Immunology) she writes that she reached the realization four years ago that she was old enough to die. A journalist and political activist, she just doesn’t want to spoil the time she has left undergoing myriad preventive medical tests or restricting her diet in pursuit of a longer life.

I see there are 3 themes in her message that deserve a deeper understanding of the importance of reaching a balance as we age into our last several decades of life. First is the question of when is the right time to stop getting colonoscopies, other cancer screening tests like mammograms and pap smears and DEXA scans? When is it okay to stop taking statins for heart disease prevention? Second is the realization we will all inevitably die and how would we like to spend our final years, our “end of life”, even if we feel in relatively good health? Do we want to keep up “healthy lifestyles” regarding our nutrition, physical activity, managing our stress, etc.? Third, when do we want to receive “palliative care” for managing symptoms we may have, rather than routine diagnostic, evaluation, and therapeutic treatments – whether we are basically healthy or dealing with a recurring cancer or heart disease?

I doubt if we had all of our patients complete such a questionnaire there would be a consensus. However, I hope the medical/healthcare “profession” and all of us as patients can feel comfortable posing and answering these questions. We are living in an era when “end of life” discussions and planning is no longer limited to the terminally ill. And, the answers to these questions should be individually tailored by us as patients rather than be dictated to us by our health care practitioners, our health insurance plan or Medicare, or by professional scientific consensus protocols.

Natural Causes is a thought provoking book and I recommend it to all of us who feel these kinds of questions are worthy of dialogue.

The AgeWell Kitchen

Vegan and Gluten-Free Meal Plans from VegBox

Whether you are interested in transitioning to a whole food plant-based diet gluten-free and soy-free, or you are a committed vegan and would like to have meals prepared for you due to your busy schedule, Chefs Erik Korchmaros and Tara Kligman are now providing weekly meal plans for delivery to your home or workplace or for pick-up at the Sunday Rillito Park Farmer’s Market. Brochures for more information are available at our office. Also, you can find out more or sign up for the meal plan at their website www.vegboxusa.com/mealplan or email them at vegboxmealplan@gmail.com.

VegBox also provides personal catering for home or office. Contact them at the above email address or by phone at 520-313-4151.

Mention you are part of Dr. Kligman's practice and the AgeWell Plan for special attention!

Recipe for Coconut Bacon

Coconut "bacon" was a favorite item at our cooking classes held this past January. Here is the recipe from VegBox:

10 oz. bag of coconut smiles (available at Natural Grocers)
3 Tbsp. apple cider vinegar
2 ½ Tbsp. maple syrup
1 ½ Tbsp. liquid smoke
1 tsp Himalayan salt
1 ½ Tbsp. black pepper
2 ½ Tbsp. tamari
2 ½ Tbsp. nutritional yeast
2 Tbsp. flax meal
1 ½ Tbsp. garbanzo flour

Cooking directions: if you have a dehydrator, lay flat on a sheet for 6 hours at 135 degrees. Or in an oven, lay flat on a sheet at 200 degrees for 3 hours. Rotate every 30 minutes.

Health Benefits of Microgreens and Sprouts

Microgreens are seeds grown in soil and harvested within 1-3 weeks. Sprouts are seeds grown with only water, and ready to eat in about a week. They have 40-100 times more vitamins and nutrients than regular sized vegetables! They are high in chlorophyll which helps build and oxygenate blood, reduce inflammation, calm the nervous system, detoxify, revitalize tissue and balance pH levels. Consider adding these to your daily nutrition for weight loss, energy, and improved energy as well. You can add them to salads, juices, and smoothies.

We get our microgreens and seeds, and information about their health benefits, from Sunflower Superfoods and they have a booth at the Sunday morning Rillito Park Farmer's Market. They are grown organically.

There are a variety to choose from; each provides a spectrum of vitamins, minerals, and important acids and antioxidants. Our favorite are broccoli sprouts, lentils, sunflower, and mung beans. Bon appetite!

Is it Better to Cook with Coconut Oil or Olive Oil?

This is a common question asked at our cooking classes and during office visits. It is better to cook with olive oil in terms of your health. A tablespoon of coconut oil has 6 x the amount of saturated fat compared to olive oil. Olive oil also contains more polyunsaturated and monounsaturated fats that are part of the heart-healthy Mediterranean diet.

However, the main type of saturated fatty acid in coconut oil is lauric acid, which increases our HDL, the good cholesterol. So coconut oil is a better choice than some other saturated fats. It is also rich in phytochemicals that have important antioxidants.

Bottom line: it depends. Using both seems to be a healthy way, but more olive than coconut oil. And basing use on what you are cooking and what may add more flavor or taste. (NYT)

Calender of Events

Exploring your Heart Field with Horses and Art

Ann Baldwin, PhD is a Reiki master and part of our community AgeWell Team. She is well known for her mind-body research and the health benefits of being with horses.

A special 1-day workshop on Saturday May 12, 2018 from 11 am to 4 pm at Rancho Luz in the Dragoon Mtns, 9 miles from Tombstone is designed to help you tune into your heart and enhance the messages it transmits to yourself and others. You will be greeting horses, getting as close as you like, and with Ann and her colleague Aida Alghosaibi-Stoklos, Artist, discover how they read your heart. Through color, Aida will assist you in expressing any feelings that may arise. A short walk through this awe-inspiring landscape will complete your experience.

For registration information and directions, contact Ann at 520-991-9458 or email her at abaldwin@mnd-body-science.com or go to the website www.mind-body-science.com

New and Ongoing Services and Classes At Southwest Integrative Healthcare

Somatic Yoga

Stuart Moody, MA, counseling psychology and multiple Yoga certifications, is one of our AgeWell Plan members and provided a sampling of somatic yoga exercises at our March seminar on improving our sleep. Due to popular demand, he will be offering a 6-week series of somatic yoga classes starting October 2nd. Classes will be held at our office on Tuesdays from 10 am to 11:15 am and the price for the series will be \$50 for AgeWell members.

Topics following by specific yoga exercises weekly will be:

- Introduction to Somatic Movement
- Balance from Within
- Better Sleep through Yoga
- Headache Relief
- Natural Vision Improvement
- Yoga for Energy

If interested, and this series will fill up fast, please contact Karen Autrey at our office 520-326-0850, or email her at kvautrey@gmail.com.

Alexander Technique and Movement Re-Education

Rochelle Reea continues to practice and teach to patients the Alexander Technique to improve people's posture and movement, and focuses on the prevention of musculoskeletal problems so we can age more gracefully.

She is offering another series of classes and a hands-on interactive experience at our office on Fridays May 18 and 25, and June 1 from 9 am to 10 am. Classes are limited to only 4 people. If interested, please call Rochelle at (520) 425-1690 or email her at Rochelle@painreliefthroughmovement.com. Mention you are an AgeWell Plan member for a discount.

Nutritional Counseling

Tara Kligman is available starting in May to see patients at our office for personal counseling on cooking and transitioning to a plant-based diet. If interested in scheduling a counseling session, please call her at 520-338-3739 after April 24, or email her at taraveda@gmail.com.

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