



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

**September, 2018**

**Vol. 4, No. 1**

***TOP OF THE NEWS:***

**Next Seminar October 27<sup>th</sup> on Transitioning in Later Life: Personal and Global Perspectives**

The next AgeWell seminar will be on Saturday, October 27, 2018 from 10am-12pm at our usual venue: Tucson Osteopathic Medical Foundation [3182 N. Swan Rd.](#)

At some point in our lives, we will be faced with realizing the “realities” of our personal aging: are we living in a setting appropriate for our health?; is our functionality and resilience optimal at our age?; do we need to downsize and begin to simplify our living environment and better utilize our resources?. Many of us who cherish the freedom of living in a progressive democratic society will be faced with ethical and to some extent political and philosophical considerations to reconcile: are societal resources appropriately distributed to the various age groups and to those in need? As a society and as individuals, how do we face the inequalities in distribution of wealth and resources? And ultimately what can we learn from different cultural and spiritual traditions regarding their perspective on stages of human behavior across the life cycle?

After an overview of the stages of human behavior and personal evolution as we age (and a presentation of models from different cultures, countries and spiritual traditions), I will present the path I am taking personally to transition into my next stage of aging and the reasons why as I concentrate on these questions. Personal change, though sometimes necessary, can be difficult, challenging, and sometimes quite painful and emotionally draining, especially to those who may be affected.

I encourage all of you to think about, writing down your thoughts, of your perception of the way you desire to transition into your “third age”, the decades ahead of you, whether you are 50 or 80. For instance, it is predicted that by 2050, 25% of the population will be over 65 in developed countries – and many will be living in solitude with very limited resources. And, loneliness even now is becoming one of our biggest problems, and will continue as isolation worsens without structural changes in countries such as the US.

What is the ideal living environment for you to age in place? Where in the world, if not the US, would you like to live in, and for what reasons? What type of health care do you desire (for example an emphasis on home care, team delivered like in hospice, more convenient and healthier living and health care environments, “open” choice of whom you see for health care and having different kinds of care covered by your insurance plan or Medicare, broader coverage)?

In another email later this month, I will send you a reading list to consider and some attached articles. Attached to this newsletter email is an article from The Guardian addressing these issues in England and Europe.

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

## **General Health Updates**

### **Reducing Inflammation**

As we age, our body suffers from increasing inflammation caused by foods we may eat and by an unhealthy environment. One natural way to reduce inflammation (and blood markers, such as your “sed rate” (ESR) or C-reactive protein, is to take L-arginine 500 mg 6 x daily for a month. This amino acid converts to nitric oxide, a vasodilator, and may also lower your blood pressure naturally.

Foods rich in L-arginine include: nuts (walnuts and hazelnuts), sesame and sunflower seeds, oats, brown rice, and dark chocolate.

### **Health benefits of living in glass cabins (in Sweden)**

To reduce stress, Sweden has been using glass cabins! Researchers took a group of people stressed out, took away their smartphones and computers, and sent them to a remote area to live in glass cabins. In just 72 hours, their blood pressure and heart rates plummeted. Their creativity skills improved, Surrounding nature was their primary experience.

This reminds me of the 10 happiest countries in the world (the US ranks # 18):

1. Finland
2. Norway
3. Denmark
4. Iceland
5. The Netherlands
6. Sweden
7. Switzerland
8. Canada
9. New Zealand
10. Australia

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

- First contact for health care in the near future may be primarily urgent care in your local urgent care center or pharmacy clinic; chronic care management and counseling for health problems, health promotion, and behavioral health will be the domain of primary health care practitioners through telemedicine, remote monitoring, and of course office visits
- Emergency care will be mostly provided in your home by first responders (paramedics that are also physician assistants or nurse practitioners trained in trauma), reducing ER visits to those who will need more extensive diagnostic evaluation and treatment
- Hospitals will become fewer and smaller, and will turn some floors into “life enhancement” units to teach patients how to eat healthier and exercise and better manage stress in 7-14 day stays covered by Medicare for All (a mini-Canyon Ranch experience); participants will agree to be monitored remotely through FitBit-like wearable devices recording their nutrition, exercise, stress levels, blood pressure, pulse, and personally relevant labs (cholesterol, inflammation markers, cortisol levels, etc.)

## **How to Stay Young**

PBS aired this show recently regarding research going on mostly in Europe and England on the impact of lifestyle on the aging process. Here is a synopsis of “take-home” recommendations:

- Having a positive attitude adds about 7 years to our life span
- Sit to rise test: without using arms or legs, go from sitting with ankles crossed to a standing position; 5 points max, and subtract a point for each limb need to complete the rise; repeat from standing to sitting; 5 points max as well
- DNA, as measured by a DNA methylation age blood test, is damaged by a poor lifestyle; in twin studies, this test has shown a 5-10 year difference in life expectancy in identical twins based on this blood test; the lifestyle factor with the most impact on this difference is.....stress!
- Studies have shown that life span/life expectancy is determined by lifestyle (75%) and genes (25%)
- Studies among Seventh Day Adventists in Loma Linda, California highlight the benefits of a vegan diet, or at least minimal red meat in one’s diet; those on a vegan diet experience a 50-75% reduction in chronic illnesses as they age
- Eating nuts 5 x a week or more led to a 50% reduction in heart attacks in a Loma Linda study
- Maximize the “color” diversity of foods on your dining room table
- The best exercise to reduce frailty is dancing or an exercise bicycle? In a study of doing either exercise 3 x a week, a blood test was done to measure the amount of degeneration of the neuromuscular junction. Which group had led muscle degeneration? ..... Dancer muscle was 15% healthier (less muscle degeneration)! Why?..... When you dance, you exercise your brain, improve balance and strength, remain more flexible, and socially interact with a partner.
- Bringing your dog to work decreases your stress and improves concentration. Also, studies show a decrease in blood pressure and pulse. PS you are welcome

- to bring your dog with you to an office appointment, but please notify our office in advance. I bring my dog Brie to work when no “dog appointments” are made!
- A rare condition called Laron’s Syndrome markedly slows down the aging process and provides immunity against developing diabetes and cancer, and heart disease. In this syndrome, there is a lack of a certain growth hormone, and a 17 year old person will appear to be 7 years old! Studies ongoing with about 50 people from around the world at the Longevity Institute in Los Angeles.

## **MindHealth/BrainHealth**

### **What exercises are best to reduce depression?**

Just about any exercise can help improve your mood compared with doing nothing at all, but some types are more effective than others. On average, people report having an average of 3-5 days of poor mental health in any given month.

According to a study in the journal Lancet – Psychiatry, even walking or housework may reduce the number of days of poor mental health by an average of 1.5 days a month, or 43%. Team sports, cycling, and aerobic and gym exercises has the biggest effect, reducing poor mental health days by about 20%. Walking was linked to a 10% reduction.

People who worked out for 30-60 minutes at a time, 3 to 5 days a week, seemed to get the most benefits, compared to those who exercised either less or more. People who exercised 23 times a month or for longer than 90 minutes per session, had worse mental health. Optimal time seems to be 45 minutes a workout.

Why is exercise good for mental health? One explanation is neurobiological – exercise boosts brain-derived neurotrophic factor BDNF a nerve growth factor that plays a role in mood. Also social interaction and putting structure into your life – making you sleep better.

### **Behavior change after knowing your genetic risks?**

Studies in 2010 and 2016 found no evidence that giving people DNA-basis risk estimates for chronic disease changes behavior. However, with the widespread availability of more affordable genetic testing from companies like 23andMe, and ActX, a new study found that higher percentages of participants had lost weight and quit smoking after learning their risk for ischemic heart disease, based on both traditional and genomic risk factors.

### **Unusual Strategies for Fighting Dementia and Memory Loss**

From the Netherlands, an unorthodox approach: harnessing the power of relaxation, childhood memories, sensory aids, soothing music, family structure and other tools to heal, calm and nurture. Researchers there have found that lower stress and discomfort has a direct physiological effect. Simulated trips in buses or on beaches through guided imagery or settings in a room. In the 80s, the Netherlands started to have “snoezel” rooms with light, aroma, massage and sound therapy, to let patients relax and access memories often blocked when getting routine care, either at home with family or in institutions.

I recall “reproduced” offices in a memory care unit in Tucson for former professionals who would “go to work daily”. It provided people with advanced dementia a sense of purpose and brought back some basic skills they had lost over the years.

### **Brain Stimulation Study at University of Arizona Seeking Research Volunteers**

Would you like to exercise your mental skills and stimulate you brain? The ACT Study at the University of Arizona Psychology Department is evaluating mental and brain stimulation for older adults age 65+. If you are healthy, able to come to the University 5 days for 2 weeks, and once a week for 10 additional weeks and willing and physically able to have 3 MRI scans in one year, and you are free of neuropsychiatric illness and dementia, please call 520-626-6025, if you would like to participate. Compensation will be provided.

### **What is Cognitive Aging?**

A lifelong process of gradual, ongoing, yet highly variable changes in cognitive function that occur as people get older. Some cognitive functions decrease predictably, such as memory and reaction time, whereas some other functions are either maintained or may even increase, such as wisdom and knowledge.

Cognitive aging is a natural process inherent in all humans and aging. It occurs across the spectrum of individuals as they age regardless of initial cognitive function. It is a highly dynamic process with variability within and between individuals. It involves biological, structural, and functional brain changes. It does not lead to dementia.

Health and environmental factors over the lifespan influence our cognition. Modifiable and nonmodifiable factors include genetics, culture, education, medical comorbidities, acute illness, physical activity, and general lifestyle behaviors. It can be influenced by development beginning in utero, infancy, and childhood.

Cognitive aging is not a disease, but it is a natural process and a major public health issue. More research is needed to identify ways all of us can cognitively age well!  
(JAMA, Blazer et al, 2015)

### **Association of Cardiovascular Health Level in Older Age With Cognitive Decline and Incident Dementia**

Seven metrics of heart health (nonsmoking, bone mass index < 25, regular physical activity, eating fish twice a week or more, eating fruits and vegetables at least 3 times a day, cholesterol < 200, fasting glucose < 100, and blood pressure <120/80 ) are associated with a lower risk of dementia and lower rates of cognitive decline.

Another study (both published in JAMA 8/21/18) found these 7 heart health metrics associated with MRI findings of higher cerebral vessel density and caliber, higher cerebral blood flow, and fewer white matter hyperintensities.

### **As you get older, does time seem to just fly by?**

Our brain marks time through fresh experiences that create memories. As we grow up, we are constantly learning and changing and making memories. Especially in later adulthood, we are settling down into a routine which makes the months and years start to blur. I can remember in great detail my life events in the 1970s when I was in my 20s – a time when life was full with diverse experiences and constant change. I remember every song I enjoyed and everyone I knew. As I approach age 70, I have a hard time remembering much detail as time flies by and life's routine is repeated week after week.

To keep the mind sharper and to keep from time flying by, we need to deliberately create new memories and experiences. Do new things every weekend. Travel more and read diverse genres of literature.

(Adapted from AARP The Magazine/September 2018)

### **Om-Ah-Um: A Chant for Relaxation and Sleep**

I belong to a monthly Transpersonal Group for meditation. This month, we practiced a chant that I experienced as a profound sense of openness, slowing down, and floating. It was as if new neuronal pathways were being created that re-set my breathing and mind rhythm. I now start my daily morning 30 minute meditation with a 5 minute chant: a deep nasal sound of “om, ahh, oom” phonetically. I also now use this chant at bedtime, and after nocturnal awakenings to go back to sleep.

A recording of this chant by Dr Hayward Fox is below for those receiving our newsletter electronically.

[Chanting Om Ah Hum](#)

## **HeartHealth**

### **High HDL may actually increase your risk of having a heart attack**

(Adapted from Family Medicine Smartbrief 8/28/18)

In a 4-year study of 6,000 adults (men and women) over age 63, those with HDL cholesterol levels about 60 were at a 50% higher risk for heart disease death, compared with those whose HDL levels were 41 to 60. HDL levels below 41 were also at increased risk. Other studies at UCLA found over 20 years ago that HDL could be pro-inflammatory in certain circumstances and contribute to narrowing the arteries. Other researchers feel the risk is when HDL is over 80, and perhaps higher among women.

Since medical school, I have also heard and believed that high HDL protected us from heart attack and was often referred to as the “Lazarus” gene. If you have a high HDL, please discuss with me at your next visit how to reduce risk of inflammation.

**Which one of the following supplements has been shown to reduce the risk for stroke and cardiovascular disease?**

Vitamin D  
Calcium  
Vitamin C  
Folic Acid  
Niacin

\*Answer is at the end of the newsletter (78% of doctors got it wrong!)

### **Grapefruit juice and statins**

For those on statin drugs to reduce cholesterol, grapefruit juice has been considered a no-no. This is because even one daily glass of grapefruit juice increases blood levels of statins by about 80-260%, depending on which statin is taken. It always seemed to me that this interaction would be efficacious for heart health! And indeed, research is showing this to be the case: *grapefruit juice is not contraindicated when taking statins.*

### **Benefits of a Plant-Based Diet for Heart Health**

According to the Physicians Committee for Responsible Medicine's review article in the journal *Progress in Cardiovascular Disease*, based on multiple clinical trials and observational studies, a plant-based diet:

- Reduces the risk of death from cardiovascular disease by 40%
- Reduces the risk of coronary heart disease by 40%
- Fully or partially opens blocked arteries in up to 91% of patients
- Reduces the risk of hypertension by 34%
- Is associated with 29 mg/dL and 23 mg/DL lower total cholesterol and LDL levels, as compared with non-vegetarian diets
- Is associated with significant weight loss

Animal-based food products are packed with saturated fat, cholesterol, heme iron, and environmental pollutants. However, plant-based diets help you skip these problems and are typically richer in fiber and phytonutrients like carotenoids, anthocyanins, and lycopene – which reduce inflammation and oxidative stress.

## **GutHealth**

### **Our microbiome contributes to various chronic conditions**

Ongoing research suggests there is good evidence the probiotics are beneficial in a number of illnesses: metabolic disorders, obesity, diabetes, psychiatric illnesses, depression, ASD (autism spectrum disorder), eczema, and rheumatic arthritis.

## Matching your probiotic to particular conditions

Certain strains are more effective for particular chronic conditions:

Irritable bowel syndrome (IBS)	Lactobacillus and Bifidobacterium 20-40 billion for 4-6 weeks
Inflammatory bowel disease	The above specie, 225 billion for 8-12 weeks to induce remission, and longer to maintain
Antibiotic-associated diarrhea	Lactobacillus and Bifidobacterium or Saccharomyces 10-20 billion twice daily for 2 weeks
Acute diarrhea	L casei rhamnosus 10-20 billion for 5-7 days, or Saccharomyces 500 mg/d for 5-7 days
Traveler's diarrhea	Sacchararomyces 500 mg/day for 3 weeks, or lactobacillus 20 billion a day for 3 weeks
Diabetes	Lactobacillus and Bifidobacterium 10-40 billion for 6-8 weeks

Journal of Family Practice, January 2016

\*\*\*Copies of this journal articles are available at our front desk

## Eye Health

As we age, our eyes are vulnerable to 4 conditions: glaucoma, macular degeneration, cataracts, and dry eyes. Here are some of the warning signs and ways you can save your sight:

Cataracts – poor night vision and sensitivity to glare; wearing sunglasses with lenses that block 99 to 100 % of UVA and UVB radiation may reduce the development and progression of cataracts.

Glaucoma – loss of peripheral vision is a key sign; in one study, walking 7000 steps 5 days a week lowered glaucoma risk by 73 percent.

Macular degeneration – difficulty adjusting vision to the dark, straight lines that look wavy

Dry eyes – eyes produce fewer tears and oils to prevent tears from evaporating; more common in women; OTC artificial tears or anti-inflammatory eye drops by prescription can help

## The AgeWell Kitchen

Hummus is a protein-packed, light and healthy snack option. You can pair it with a flatbread, carrots, snap peas, celery, use it as a salad dressing or spread it on a sandwich. It's versatile and so incredibly easy to make at home. Combine it with the therapeutic benefits of hemp oil and you've got yourself the perfect midday pick-me-up, appetizer option or happy hour snack.

### Ingredients for Hemp oil Hummus

Makes 1 1/2 cups

Hemp oil\_30 cc, recommend the product Nutiva Hemp Oil for cooking

1 15-oz can chickpeas or 1 1/2 cups cooked chickpeas

1/4 cup tahini

1 garlic clove, minced

3/4 tsp kosher salt

1/2 tsp ground cumin

2-3 tbsps of water, depending on desired consistency

A pinch of ground paprika for garnish

### How to Make Hemp Oil Hummus

Rinse the chickpeas thoroughly and let them drain completely in a colander.

Once the chickpeas are ready, add them to your food processor with the hemp oil, lemon juice, tahini and salt.

Blend ingredients in the food processor until creamy; add water for desired consistency.

If you want to take your hummus to the next level, when serving make a small indentation in the center of the hummus and add a drizzle of extra virgin olive oil and a dash of paprika.

Recipe from HELLO MD

## Vegan and Gluten-Free Cooking Class for AgeWell Members

### A Taste of the Sonoran Desert

Join Dr. Kligman, Holistic Health Coach Tara Kligman, and Plant-Based Chef Erik Korchmaros for a Southwestern culinary adventure. The evening starts with a cooking class highlighting the native and medicinal foods of the Sonoran Desert. Afterwards a delicious five-course, vegan, gluten-free meal will be served featuring some of these special ingredients. Come with questions and curiosity as we will end the evening with a Q&A discussion about all things nutrition and cooking.

*When:* Sunday, September 30 5PM-7:30 PM

*Where:* Dr. Kligman's home

*Fee:* \$45

Max 12 people

Please email Tara Kligman to register: [taraveda@gmail.com](mailto:taraveda@gmail.com)

### **Vegan 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](http://www.vegboxusa.com/mealplan) or email them at [vegboxmealplan@gmail.com](mailto: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 or 520-338-3739.

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

### **Reducing Air Pollution with Foods**

(Adapted from Blue Zones, 8/30/2018, NutritionFacts.org by Dr Michael Greger, and WHO)

Air pollution is currently the ninth leading cause of death and disability in the world. Each year millions of people die from respiratory-related afflictions, but there are a few foods you can add into your diet to combat pollutants. Millions of people die around the world from lung cancer, emphysema, heart disease, and respiratory infection – all connected to harmful effects from pollutants. Other conditions are worsened by air pollutants – such as asthma, liver disease, and diabetes.

- Broccoli can dramatically boost detox enzymes in our liver and help decrease inflammation in our bodies. Eating more than 2 cups of broccoli, cabbage, cauliflower, kale, or other cruciferous veggies a day is associated with 20% reduced risk of dying, as compared to a third of cup a day or less.
- Here is a list of cruciferous vegetables that boost detox enzymes to combat the adverse effects of air pollutants:
  1. Alfalfa sprouts
  2. Arugula
  3. Broccoli
  4. Brussels sprouts
  5. Cauliflower
  6. Kale
  7. Radish
  8. Turnips

## **Vegetarian and Vegan Food Pyramid**

See additional attachment that was sent with your email

### **The AgeWell Medicinary**

#### **UltraCell CBD**

After exploring various brands of CBD hemp oil, we have selected UltraCell by Zillis to stock in our medicinary. AgeWell Plan members will be able to purchase this product 20% off during the months of September and October, 2018. This brand is a full spectrum, cannabinoid rich, and water soluble hemp oil. It is made from organic hemp and is laboratory tested to be shown to be free of any bacteria, pesticides, heavy metals, or THC. It is available in two flavors (lemon and berry) and in two bottle sizes a ( 7 ml “mini” for 116.7 mg (\$30 – extra 10% discount in September and October, plus tax), and 30 ml 1 oz size for 500 mg (\$120 – extra 10% discount in September and October, plus tax).

CBD (cannabidiol) is a non-psychoactive component of the industrial hemp plant. CBD has been shown to reduce symptoms and conditions such as seizures, peripheral neuropathy, premature ejaculation, intraocular pressure in glaucoma, spasmodic dysmenorrhea, asthma, traumatic brain injury, and COPD. Psychiatric conditions such as post-traumatic stress disorder, depression, bipolar disease, and anxiety may also improve with CBD.

The FDA considers hemp to be a dietary supplement. It can be legally purchased and consumed in any state without a prescription or medical marijuana certification card.

#### **L-arginine**

500 mg capsules for lowering blood pressure (see description of L-arginine under General Health updates). This will replace a product no longer available, called Perfusia,. Also, members will receive a 20% discount during September and October.

### **Recommended SmartPhone App**

The *Nutrition Guide for Clinicians* app is available at the App Store and Google Play, and covers nutritional advice for nearly 100 diseases and conditions. The app is free, and also includes in-depth examinations of general nutrition, macronutrients, micronutrients, and nutritional requirements for all stages of life.

## Recommended Movie

If you subscribe to Netflix, I strongly recommend you watch the documentary movie ***The Bleeding Edge***, by renowned Tucsonan documentary filmmaker Kirby Dick. The movie deals with the potential dangers of various types of joint replacement materials, and other insertable devices in the body. Especially if you may need in the future, or have had a complication from a prior, joint replacement or other type of artificial material inserted into your body, this movie will prepare you to do important research on your own regarding the safety of such products.

## New and Ongoing Services and Classes At Southwest Integrative Healthcare

### ***Mindfulness Classes***

Our in-office mindfulness course helps bring greater awareness to our lives. Sherril Howard continues to offer our beginner as well as intermediate classes. Our patients continue to give the course excellent ratings! She guides participants through a deepening practice with meditations, homework, and all receive weekly recorded guided meditations.

Sherril will be leading an Introductory 3 week class on Mondays in October (11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>) from 2 to 4 pm in our office conference room. Cost for AGEWELL members is only \$75 for the course. Please call Sherril at 520-400-8184 or email her at [howharr1@gmail.com](mailto:howharr1@gmail.com) with any questions or to sign up for the course.

### ***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. Her next classes are:

When: Sept 28, Oct 5 & 12

Where: SW Integrative Medicine, Dr Kligman's

Time: Friday, 9:30 AM – 10:30 AM

Cost: \$60 for 3 classes-Cash or Check

If interested, please call Rochelle at (520) 425-1690 or email her at [Rochelle@painreliefthroughmovement.com](mailto:Rochelle@painreliefthroughmovement.com).

### ***Nutritional Counseling***

Tara Kligman is available until mid-November 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, or email her at taraveda@gmail.com.

## Calender of Events

### ***Mindful Living Day-Long Retreats***

At her private home in Catalina, AZ, Reverend Cynthia Spencer will be leading silent retreats on October 20 and November 10. These retreats help you explore and become aware of your bodies, sensations, emotions and thinking.

In addition to Mindful Living retreats, she will lead “Listening to Me” workshops to teach listening skills, story telling, and life commandments to allow us to listen better to ourselves and to live more fully conscious lives.

Much in line with the theme of our October seminar, Cynthia writes “we are able to reboot, reform ourselves, our habits and knowledge, as we reach new levels.”

To register and for information, you can Cynthia at [cms614@me.com](mailto:cms614@me.com)

Answer to the question “Which supplement best to use to reduce the risk of stroke and cardiovascular disease? – Folic Acid; try the Methyl-Protect from Xymogen, from our office Medicinary