



## Newsletter, Volume 2, Number 5 – May 2010

### In the News

**\*\*Dr. Hoo's Stress Buster Formula and Dr. Hoo's Cold Buster Formula are now available at Choices Market in Yaletown.**

**\*\* 15% Discount offered on all medical aesthetic procedures by Dr. Hoo during the month of May 2010.**

A recent study published in the American Journal of Medicine investigated the possible link between the consumption of energy drinks and heart attacks. The controlled trial examined whether energy drink consumption altered platelet and endothelial (the inner lining of blood vessels) function. Fifty healthy volunteers (34 male/16 female average age 22) participated in the study. Platelet aggregation (this makes your red blood cells stick together) and endothelial function were tested prior to and an hour following the intake of a 250ml sugar-free energy drink. Compared with baseline values, there was a significant increase in platelet aggregation following energy drink consumption with no change found in the control group. Additionally, endothelial function decreased following energy drink consumption. The authors also noted a significant increase in the mean arterial blood pressure following energy drink consumption vs. control. Since heart attacks are associated with both platelet and endothelial dysfunction, the authors concluded that energy drink consumption acutely increases the risk of sudden cardiac death and myocardial infarcts. (Am J Med. 2010 Feb; 123 (2): 184-7)

#### **Naturopathic Options:**

People tend to depend on energy drinks to boost their energy, especially if they feel a lull in their day. A drop in blood sugar may contribute to fluctuations in energy; additionally, depression, adrenal depletion, hypothyroidism, anemia or even stress may play a significant role in low energy throughout the day. Drinking caffeinated beverages or energy drinks are stimulants which may actually be masking an underlying condition. If you find yourself 'addicted' to these energy drinks, consider checking in with yourself to see if you're feeling stressed, getting enough sleep, or eating regular small portion meals. Some herbal preparations which are wonderful adrenal adaptogens include Licorice root extract, Ashwaganda, Siberian ginseng, and Astragalus.

B-vitamins also provide wonderful support for managing ongoing stress while supporting adrenal function, liver detoxification, red blood cell production among many other enzymatic processes.

### Advice from Dr. Aaron Hoo

If you or someone you know have ongoing complaints of low energy, start with the basics such as getting optimum amount of sleep, stress management, regular exercise, drinking plenty of water, and eating 4-5 small portion meals throughout the day. If you think there might be an even more serious underlying issue, please come in for a consultation and we can get to the bottom of the issue. Otherwise, consider checking out my online store:

**[http://www.doctorschoicenutrition.ca/online\\_store.html](http://www.doctorschoicenutrition.ca/online_store.html)**, log in with your username and password and look for the following products: Serenagen, Glycogenics or Adreset .

## Featured Recipe

ROASTED SALMON OR RED SNAPPER WITH SALSA (SERVES 8)


**Ingredients:** 4 salmon or red snapper fillets, 8 oz. each; 4 tsp olive oil; 1 tbsp fresh lime juice; 1 tbsp cilantro, freshly chopped; sea salt and pepper to taste.

Preheat oven to 400 degrees. Brush 1 tsp olive oil on baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro; brush on each fillet. Sprinkle with sea salt and pepper to taste. Allow to sit for 15 minutes then bake for 20 minutes or until just cooked. Garnish with Salsa (recipe below) and serve immediately.

Salsa: Ingredients: Combine in a bowl: 2 large tomatoes, diced; 2 scallions, chopped; 1 tbsp cilantro, chopped; 1 clove garlic, chopped; 1 tbsp olive oil; 2 tsp fresh lime juice

Bon a petit!

## Clinic Savings



**Bring this portion into the clinic to receive**

**15% off**

**your next supplement purchase**

\*\*This offer is not to be used with any other discounts or in-store promotions.  
Offer applicable once per month per household\*\*



**Bring this portion into the clinic to receive**

**15% off**

**Medical Aesthetics Procedures (Expiry May 31, 2010)**

\*\*This offer is not to be used with any other discounts or in-store promotions.  
Offer applicable once per month per household\*\*