



Newsletter, Volume 2, Number 6 – June 2010

In the News

**** 15% Discount offered on all medical aesthetic procedures for men during the month of June at pHresh Spa.**

**** Save 10% on mens' health physical exams**

**** Save 10% on dermal fillers (eg. fillers for nasolabial folds, marionette lines, & lip augmentation)**

**** Save 10% on products for medical weight loss solutions**

A randomized, placebo-controlled, double-blind crossover study recently published examined the effect of supplementation with Quercetin on performance during exercise (June 2009). Quercetin (a potent antioxidant and flavonoid that can be found in onions and garlic) was found to enhance the performance of treatment subjects during prolonged exercise. The subjects were healthy but untrained in physical activity, and received 500mg of Quercetin twice per day for 7 days. The authors concluded that supplementation enhanced aerobic capacity while delaying fatigue during prolonged exercise, but also extrapolated the results to implicate beneficial results in overall health promotion and disease prevention (1. Davis MJ, Carlstedt CJ, Chen S, et al. The dietary flavonoid quercetin increases VO₂max and endurance capacity. International Journal of Sports Nutrition and Exercise Metabolism [epub ahead of print June 24, 2009].

Naturopathic Options:

Last month, I wrote about energy drinks consumed by the public to help increase their energy throughout the day. I alluded to the use of herbs like adrenal adaptogens such as Licorice root extract and Ashwaganda or Siberian ginseng as excellent alternatives to these energy drinks that contain a lot of sugar. From the study above, Quercetin might also be a good consideration especially when starting a new exercise regimen.

Essentially, it's about supporting an increase in oxygenation of your tissues for optimizing your health. Tissue oxygenation promotes a reduction in lactic acid accumulation post-exertion (hence reduced muscle aches and pain), but also helps to maintain a relatively alkaline tissue environment (this has implications in the prevention of cancer). Furthermore, increased oxygenation of tissues promote prolonged exercise tolerance and increased muscle regeneration post exertion.

Advice from Dr. Aaron Hoo

If you or someone you know has chronic low energy and muscle aches, consider examining whether lack of tissue oxygenation is a factor. Additionally, ask your healthcare provider to rule out low thyroid function or anemia. Start with the basics such as getting optimum amount of sleep, effective stress management, regular exercise, drinking plenty of water, as well as 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 ball rolling on some inexpensive in-house tests to assess your pH and oxygenation status.

Otherwise, consider checking out my online store: http://www.doctorschoicenutrition.ca/online_store.html, log in with your username and password and look for the following products: **Inflavonoid Intensive Care, Magnesium Glycinate, Endura and Co-Q10 ST100**

Featured Recipe

VEGETABLE DAAL CURRY (serves 2)

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Ingredients: 1 tsp. olive oil, ¼ cup onion, 1 tsp. turmeric powder, pinch of cumin, ¼ tsp. coriander powder, 1 carrot, sliced, 1 cup cauliflower pieces, 1/3 cup red lentils, 1 cup water, ½ cup coconut milk, salt to taste.

Heat olive oil and add onion, turmeric powder, coriander powder, and cumin. Saute.

Add carrot and cauliflower pieces, stir to coat. Add red lentils, coconut milk and water. Bring to a boil, reduce heat, and simmer for about 40 minutes.

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**