



### In the News – Happy New Year everyone!!

1. Effects of whey protein isolate on body composition, cholesterol, insulin and glucose
2. From this point on, I am donating 5% of all monthly clinic sales to a local charitable organization – A Loving Spoonful, a volunteer-run organization that prepares nutritional meals for those living with HIV/AIDS. [www.alovingspoonful.org](http://www.alovingspoonful.org)

#### Effects of whey protein isolate on body composition, cholesterol, insulin and glucose in overweight and obese individuals

A recent article published in the British Journal of Nutrition examined the effects of whey protein isolate on body composition and blood markers of diabetes and heart disease in overweight and obese persons. The study included seventy men and women with a mean age of 48.4 years and mean Body Mass Index (BMI) of 31.3 kg/m<sup>2</sup> (obese); subjects were randomized to whey protein, casein or glucose (control) supplementation for 12 weeks in a parallel study design. Results indicated that fasting triglyceride levels were markedly lower in the whey group versus the control group at 6 and 12 weeks. Additionally, there was a significant decrease in total cholesterol and LDL (bad) cholesterol at week 12 in the whey group compared to the casein and control groups. Fasting insulin levels and homeostasis model assessment of insulin resistance (both markers for pre-diabetes) were also significantly decreased in the whey group compared to the control. The authors concluded that the study once again demonstrated that supplementation with whey proteins improve fasting cholesterol and insulin levels in overweight and obese individuals (Pal et al., Br J Nutr. 2010 Sep; 104(5):716-23)



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#### Advice from Dr. Aaron Hoo

My Christmas tree and wreath are still hanging in my home; the tempting treats and leftover food are calling my name, but another year and another Christmas holiday season is over. While the gyms and workout trainers are no doubt jumping on the call to begin 2011 with a commitment fitness and exercise, I will choose to remind myself and you, of the absolute necessity to integrate healthy eating to the mantra of "exercise". I have already provided some of you the research on the benefits of whey protein medical foods (shakes) in conjunction with therapeutic lifestyle choices – First Line Therapy. The First Line Therapy program teaches us how to exercise and eat nutritious foods, all the while proving repeatedly that if adhered to, it shifts the body composition (higher muscle mass, lower fat mass) while normalizing blood sugar, cholesterol and insulin levels – all of which are simple markers for diabetes and cardiovascular disease. The following URL link provides a greater discussion on the First Line Therapy program:

[http://www.doctorschoicenutrition.ca/special\\_programs.html#FirstLine](http://www.doctorschoicenutrition.ca/special_programs.html#FirstLine)

#### Naturopathic Options:

Let us start the new year with a re-commitment to eating smaller portion meals; try using a salad plate instead of a dinner plate. Starting the day with a healthy and nutritious breakfast has also been shown to modify body composition to a healthier BMI. Drink at least 1.5-2.0 litres of water daily and start exercising (whether at the gym, community center or outdoors) at least 30 minutes three times per week. Let's minimize our intake of alcohol and coffee, and commit to increasing our intake of vegetables and fruits (at least 2 servings each per day). For more information on the whey protein medical foods I prescribe for patients wanting to improve their body composition, please check 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: **UltraMeal Plus or UltraMeal Plus 360.**

#### Featured Recipe

**Barley Pilaf with Mushrooms (serves 6): 166 calories, 22g (59%) carbs, 3g (8%) protein, 6g (33%) fat per serving**

**Ingredients:** 3 tbsp. olive oil; 1 celery stalk, thinly sliced; 1/3 cup white wine; 2 cups cooked barley (cooked in chicken or vegetable broth with ¼ tsp. salt); ½ cup onion, chopped; 8 mushrooms, thinly sliced; 1 ½ cups chicken or vegetable broth. Saute onion, mushrooms and celery in oil over medium heat until softened, not brown. Add wine and cook over high heat until slightly thickened. Add cooked barley and broth, bring to a boil. Cook for 10 minutes; garnish with parsley and serve hot.

Bon appetit!

#### 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\*\***

