



Doctors' Choice

NUTRITION

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In the News – Effect of whey protein isolate on body composition, lipids, insulin and glucose in overweight and obese individuals

1. Dr. Hoo will be away on vacation from July 8-24th inclusive; please schedule your appointment upon his return or schedule an appointment with Dr. Martha Reid by calling the office at (604)688-1169
2. Alyssa has taken a 1 year maternity leave; her replacement is Veronica. Please join us in welcoming Veronica to Doctors' Choice Nutrition
3. JOIN US on Facebook!! Just follow the Facebook link on our website and select "LIKE" to connect
4. Voted WE Best of the City Silver Winner in Best Natural Health Practitioner – THANK YOU!!



Effect of whey protein isolate on body composition, lipids, insulin and glucose in overweight and obese individuals. Pal et al. Br J Nutr. 2010 Sep; 104(5):716-23

A study published in the British Journal of Nutrition examined seventy men and women (mean age of 48.4 years and mean BMI of 31.3 kg/m²) were randomized to whey protein, casein or glucose (control) supplementation for 12 weeks. The authors found fasting triglycerides levels were significantly lowered statistically in the whey group compared to control at 6 weeks (P=0.025) and 12 weeks (P=0.035); furthermore, total cholesterol and LDL (bad) cholesterol were also significantly reduced at 12 weeks in participants taking whey protein (P=0.026 and P=0.045, respectively) compared to those taking casein and those in the control group (P<0.001 and 0.003, respectively). Of note, fasting insulin levels were also significantly reduced in the whey group (P=0.049) versus the control group (P=0.034). The authors concluded that supplementing with whey proteins improve fasting lipids (total cholesterol, LDL, and triglycerides) and insulin levels in overweight and obese persons.

Advice from Dr. Aaron Hoo

Some of you already know that I have had excellent success with, and believe in therapeutic lifestyle changes in addition to healthy nutritional regimens and exercise (see Testimonials on <http://www.doctorschoicenuitration.ca/testimonials.html>) . You may also know that I have prescribed whey proteins for many years, especially for patients who are challenged by altered body composition and wish to lose fat mass in a healthy manner. The study cited above is simply another confirmation of the need for a comprehensive whey protein formulation to support patients who wish to lose unwanted body fat. For more information on the medical food I suggest, please log into my online store <http://www.meta-ehealth.com/site/office/index.jsp> and look up the following medical foods: **UltraMeal, UltraMeal Plus, or UltraMeal Plus 360** for their ingredient listing and pricing.



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Westend since 2001

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We're on the Web!**

Featured Recipe

Kasha (serves 2):

Ingredients: 1 tsp. olive oil; ¼ cup chopped onions; 1 celery stick, diced; ½ cup uncooked kasha (buckwheat groats); 1 cup water; salt and pepper to taste

Saute onion and celery in oil. Add buckwheat and water, bring to a boil. Reduce heat and simmer for 20 minutes. Season with salt and pepper as desired.

Add kasha dish to your favorite protein dish, whether poultry, fish or legumes.

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****