



Doctors' Choice

N U T R I T I O N

SEPTEMBER 8, 2011

VOLUME 3, NUMBER 9



Dr Aaron Hoo



Dr. Martha Reid

Serving Vancouver's
Westend since 2001

Doctors' Choice
Nutrition

1190 Thurlow St
Vancouver, BC
V6E 1X3

Phone
604-688-1169

Fax
604-688-1176

We're on the Web!

doctorschoicenutrition.ca

In the News – Patients with high cholesterol and metabolic syndrome benefit from soy protein, plant sterols, hops extract and acacia proanthocyanidins!

1. Katherine Olson replaces Patrice Rahman at the clinic's front desk – please join us in welcoming her
2. JOIN US on Facebook!! Just follow the Facebook link on our website and select "LIKE" to connect
3. Voted WE Best of the City Silver Winner in Best Natural Health Practitioner – THANK YOU!!



Subjects with elevated LDL cholesterol and metabolic syndrome benefit from supplementation with soy protein, phytosterols, hops *rho* iso-alpha acids, and *Acacia nilotica* proanthocyanidins

An analysis of a 12 week, randomized trial in adults with metabolic syndrome and elevated cholesterol (LDL-C > 4.15mmol/L) were analyzed. Subjects in the control group consumed a modified Mediterranean-style, low-glycemic load diet (MED, n=12) while subjects in the treatment group received a phytochemical-enhanced diet (PED, n=12) consisting of the same low-glycemic load diet plus a medical food containing soy protein and plant sterols (phytosterols), as well as a nutraceutical containing hops extract, *rho* iso-alpha acids and proanthocyanidins from acacia bark. All 24 subjects received identical aerobic exercise counseling. At 12 weeks, while there was no difference in the mean weight loss between the two groups, however, those in the PED (treatment) group exhibited greater improvement than the MED (control) group – the results in the treatment group achieved statistical significance in the following markers for cardiovascular disease: total cholesterol, LDL-C (bad cholesterol), cholesterol/HDL-C (good cholesterol), apoB, apoB/apo A-1, and homocysteine. Everyone in the PED group, but only one third of those in the MED group achieved a reduction in their LDL-C to below 4.15mmol/L.

The authors concluded that individuals with high cardiovascular disease risk benefit from a soy/phytosterol containing medical food and phytochemical supplementation (hops and acacia extract) with lifestyle modification. Lerman, RH, Minich DM, Darland G et al. *J Clin Lipidology*. Vol 4(1), p 59-68. 2010

Advice from Dr. Aaron Hoo

In the last 10 years of private practice, I have seen more and more patients with complaints of high cholesterol and blood glucose, as well as an ever creeping increase in weight. I myself have a family history of heart disease, diabetes and cholesterol; additionally, over the last few years, I've begun to see my cholesterol values creep up into the abnormal range. Ultimately, our genes are influenced by lifestyle and dietary habits and it is my personal goal to manage my cholesterol levels as well as those of my patients. The risk of cardiovascular disease is not one to be trivialized as it is the number one killer of Canadian men AND women. My own father passed away from an aortic dissection where his aorta burst in three different locations!! This is definitely not the way I would want to leave this earth – would you?

As such, this month's highlighted study is a great reminder for me and to all of you, to really focus on achieving a healthful life – one that is punctuated by the absence of disease. I spoke of therapeutic lifestyle changes (FirstLine Therapy) over the last 2 months; FirstLine Therapy focuses precisely on the Mediterranean diet, augmented with medical foods as those studied in the research above. For information



Doctors' Choice

N U T R I T I O N

SEPTEMBER 8, 2011

VOLUME 3, NUMBER 9

on the medical food, please log onto my online store <http://www.meta-ehealth.com/site/office/index.jsp> and look up **UltraMeal Plus 360** for its ingredient listing and pricing.

Featured Recipe

Pached Peaches: (serves 4)

Ingredients: 6 oz. unsweetened apple juice (not from concentrate); 1 cup water, 1 tbsp finely grated lemon peel, 1 tsp. vanilla extract, 4 medium size ripe peaches/nectarines (organic); 4 sprigs fresh mint for garnish

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to a boil and reduce heat. Cover and simmer for 10 minutes. Add peaches and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits. On each plate, arrange 2 peach halves in the center and garnish with mint.

Bon appétit!

Clinic Savings



Doctors' Choice
N U T R I T I O N

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**