

What's Happening at Baze Chiropractic:

Dr. Baze will be out of the office next Wednesday August 5th through Saturday August 8th.

Coconut Flour to the Rescue!

Coconut Hazelnut Cookies (Gluten Free)

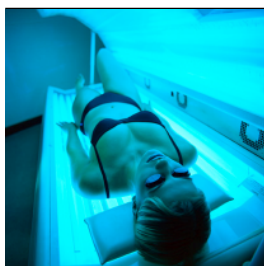
Makes About 3 Dozen

Ingredients

½ cup (1 stick) unsalted butter, room temperature
¾ cup dark brown sugar, packed
1 egg, lightly beaten or 1/3 cup hazelnut milk
2 teaspoons real vanilla extract
¾ cup fine-grind rice flour
1/3 cup coconut flour
2 tablespoons potato starch
½ teaspoon sea salt
½ teaspoon baking powder
½ teaspoon baking soda
½ cup hazelnuts, coarsely chopped
½ cup unsweetened coconut flakes

1. In a large bowl, cream butter and sugar until smooth, then blend in egg (or hazelnut milk) and vanilla well.
2. Sift together the dry ingredients (next 6 items) and fold into butter mixture, then stir in nuts and coconut.
3. Drop by the tablespoon (2 inches apart) onto baking sheets and bake at 350 degrees until golden (10-12 minutes). Do not overbake.

~Ann Lovejoy, Seattle Post



WHO: Tanning Beds Cause Cancer

Indoor Tanning Causes Melanoma, Report Shows

The World Health Organization's (WHO) International Agency for Research on Cancer (IARC) announced today that it has moved UV tanning beds to its highest cancer risk category -- "carcinogenic to humans."

Prior to the move, the group had classified sun lamp and tanning bed use as "probably carcinogenic to humans."

In an interview with WebMD, the IARC's Vincent Cogliano, PhD, called the scientific evidence linking indoor tanning to the deadly skin cancer melanoma "sufficient and compelling."

A dramatic rise in melanoma, especially among young women, has been seen in recent years.

Cogliano said studies conducted over the past decade provide an "abundance of evidence" that tanning bed use has played a role in this rise, along with direct sun exposure. "People mistakenly see a tan as a sign of health when it is actually a sign of damage to the skin," he says.

UVA and UVB Cause Cancer

Cogliano says the IARC group met last month to review the research on tanning beds and the role ultraviolet light exposure plays in skin cancer.

The studies found that ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC) radiation all cause cancer in animal models, he says.

This is significant because the indoor tanning industry has often claimed that tanning beds are safe because the bulbs have more UVA radiation than UVB, says American Cancer Society Deputy Chief Medical Officer Len Lichtenfeld, MD.

"This report puts to rest the argument that tanning with UVA light is safe," Lichtenfeld said in a statement. "As noted by the IARC report, UVA light is also a class I carcinogen and should be avoided."

The report cited the group's own research analysis published in 2006, finding the use of tanning beds before age 30 to be associated with a 75% increase in melanoma risk.

A separate study reported last July by researchers from the National Institutes of Health found that melanoma rates among young women in the United States almost tripled between 1973 and 2004.

Beginning in the early 1990s, a particularly dramatic increase was seen in thicker and more lethal melanoma lesions, leading the researchers to conclude that tanning has probably played a significant role in this increase.

Early this year, researchers from the Northern California Cancer Center reported that melanoma cases doubled in the U.S. between the mid 1990s and 2004. The researchers concluded that the increase could not be explained by better screening and earlier detection of the cancer.

About 62,000 new cases of melanoma were diagnosed in the U.S. and about 8,000 people died of the disease in 2008, according to the ACS.

"We were not able to examine possible causes for this increase, but there is a lot of evidence that it is related to tanning," Clarke tells WebMD.

Study co-author Eleni Linos, MD, DrPh, of Stanford University, points to studies showing increases in outdoor and indoor tanning in recent years, especially among young women. "One of the established risk factors for melanoma is UV light, so both exposure to sun and exposure to tanning beds are probably risk factors."

Tanning Industry Responds

Last September, International Tanning Association (ITA) Executive Director John Overstreet told WebMD that a report by leading researchers in the fields of melanoma research, dermatology, and cell biology calling for greater regulation of indoor tanning included "irresponsible assertions without providing any concrete link between indoor tanning and melanoma."

In the spring of 2008, the ITA launched a nationwide campaign questioning this link. In a news release issued at the time, ITA spokeswoman Sarah Longwell said, "Both the sun and tanning beds have been unnecessarily demonized by special interests using junk science and scare tactics."

But in a news release issued today, ITA President Dan Humiston acknowledged that UV exposure from tanning beds is not discernibly different from UV exposure from the sun.

"The fact that the IARC has put tanning bed use in the same category as sunlight is hardly newsworthy," he noted. "The UV light from a tanning bed is equivalent to UV light from the sun, which has had a (carcinogenic) classification since 1992. Some other items in this category are red wine, beer, and salted fish. The ITA has always emphasized the importance of moderation when it comes to UV light from either the sun or a tanning bed."

~ By Salynn Boyles; WebMD Health News; Reviewed by Brunilda Nazario, MD

Health Tip of the Week:

Treating Insect Bites by Type

Ammonia is a base, or alkali, and alkalis neutralize acids. Most bug stings are acid based, like wasp and ant venom. So dabbing ammonia on the sting (or baking soda) will help neutralize the acid. But contrary to popular belief, honeybee stings will not be helped by this method. Honeybee venom is a protein, and amazingly, meat tenderizer works for this. The itch from mosquito bites is actually caused by histamine, the body's chemical reaction to the bug's saliva. Best remedy for this is hydrocortisone cream.

~Sue Naumy



Why is Wheat Gluten Disorder on the Rise?



A study using frozen blood samples taken from Air Force recruits 50 years ago has found that intolerance of wheat gluten, a debilitating digestive condition, is four times more common today than it was in the 1950's.

The findings contradict the conventional wisdom that the sharp increase in diagnoses of wheat gluten intolerance has come about because of greater awareness and detection. It now seems likely that dramatic changes in the American diet have played a role.

The disease occurs in people whose bodies cannot digest gluten, a protein found in wheat, rye and barley. The undigested protein triggers the immune system to attack the lining of the small intestine, causing diarrhea, nausea and abdominal pain.

The researchers who conducted the study also found that the recruits who had the undiagnosed digestive disorder, called celiac disease, had a four-fold increase in their risk of death.

*~Minneapolis Star Tribune July 1, 2009
~Gastroenterology July 2009; 137(1):88-93*

According to statistics from the University of Chicago Celiac Disease Center, an average of one out of every 133 otherwise healthy people in the United States suffers from the digestive disease known as celiac disease (CD).

Previous studies have found that this number may be as high as 1 in 33 in at-risk populations.

Unfortunately, despite its rapidly increasing prevalence, it still takes an average of four years to reach a diagnosis if you're symptomatic. This delay in proper diagnosis can dramatically increase your risk of developing other diseases such as autoimmune disorders, neurological problems, osteoporosis, and even cancer.

For example, if you're diagnosed with celiac disease after the age of 20, your chances of developing an autoimmune condition skyrocket from the average 3.5 percent to 34 percent.

Additionally, according to this latest study, undiagnosed CD was associated with a nearly four-fold increased risk of premature death.

What Causes Celiac Disease?

Celiac disease, also more casually referred to as wheat- or gluten intolerance, occurs when your body cannot digest gluten, a protein most commonly found in wheat, rye and barley. However, it's very important to realize that these are not the only culprits that can cause severe problems. Other grains such as oats and spelt also contain gluten, and gluten can be found in countless processed foods without being labeled as such.

"Gluten" comes from the Greek word for glue, and its adhesive properties hold bread and cake together. But those same properties interfere with the breakdown and absorption of nutrients, including the nutrients from other foods in the same meal.

The result is a glued-together constipating lump in your gut rather than a nutritious, easily digested meal.

The undigested gluten then triggers your immune system to attack the lining of your small intestine, which can cause symptoms like diarrhea or constipation, nausea, and abdominal pain.

In more recent years it's been shown that the condition can also cause a much wider array of symptoms that are not gastrointestinal in nature, further complicating proper diagnosis.

Over time, your small intestine becomes increasingly damaged and less able to absorb nutrients such as iron and calcium. This in turn can lead to anemia, osteoporosis and other health problems.

The rapid increase in celiac disease and milder forms of gluten intolerance is no surprise considering the modern Western diet, which consists in large part of grain carbohydrates.

Additionally, modern wheat is very different from the wheat your ancestors ate. The proportion of gluten protein in wheat has increased enormously as a result of hybridization.

Until the 19th century, wheat was also usually mixed with other grains, beans and nuts; pure wheat flour has been milled into refined white flour only during the last 200 years.

The resulting high-gluten, refined grain diet most of you have eaten since infancy was simply not part of the diet of previous generations.

The Many Symptoms of Gluten-Intolerance

In addition to nausea, diarrhea, constipation and abdominal pain, celiac disease may manifest clinically with an array of non-gastrointestinal symptoms, such as:

Osteoporosis or osteopenia; tooth enamel defects; Vitamin K deficiency; central and peripheral nervous system disease; dementia, and impairments in mental functioning that could cause or aggravate autism, Asperger's syndrome, ADD or schizophrenia; dermatitis Herpetiformis (DH), a skin condition that causes intense itching and blistering; anemia of various types; infertility, and earlier menopause; organ disorders; weight loss or gain; depression; and fatigue.

How to Treat Gluten Intolerance and Celiac Disease

The treatment for celiac disease or gluten intolerance is a gluten-free diet, which means abstaining from grains and any food that contains gluten. A blood test can verify whether or not you actually have the condition.

Typically, avoiding gluten for a week or two is enough to see significant improvement.

Continued →

Dr. Baze's Health Talk Series



Understand Your Body In a New Way



Wednesdays, 6:15 pm at Baze Chiropractic

The 7 Keys to Optimum Health: Aug. 5th

Exercises for Optimum Health: Aug. 26th

Stress Management for Optimum Health: Sept. 9th

Nutrition for Optimum Health: Aug. 12th



However, in my experience, about 75-80 percent of ALL people benefit from avoiding grains, even whole sprouted grains, whether you have a gluten intolerance or not. This is because, typically, grains rapidly break down to sugar, which causes rises in insulin that exacerbate health problems such as:

**Overweight
High blood pressure**

**High cholesterol
Type 2 diabetes**

Cancer

The only consistent exceptions would be those whose nutritional type is a carb type and you don't suffer symptoms of intolerance. However, it's still important to realize that there is a major difference between vegetable carbs and grain carbs, even though they're both referenced as "carbs." Unlike vegetables, grains convert to sugar, which is not something anyone needs in their diet in high amounts.

The rising prevalence of celiac disease is clear evidence that we're simply not designed to consume such vast amounts of starch- and sugar-rich foods so many now indulge in. In short, most people are consuming far too much bread, cereal, pasta, corn (a grain, not a vegetable), rice, potatoes and Little Debbie snack cakes, with very grave health consequences.

Yes, this even includes organic stone ground whole grains. Obviously these are healthier for you for a large number of reasons, but ultimately they cause the same problems through two mechanisms. Reaction to the protein gliadin in the wheat, and adverse impact on insulin metabolism.

The fact is that two-thirds of the U.S. population is overweight or obese, and one in four Americans is diabetic or pre-diabetic. These are clear signs that our diets have strayed too far from the norm of what your body actually needs.

Fortunately there are communities in the US where overweight people are the minority. I spent ten days in Aspen, Colorado in early July and my guess is that less than 5 percent of the population is overweight. Of course many European communities have levels this low, but it is very uncommon in the US.

Hidden Sources of Gluten

In order to combat gluten intolerance, it's not enough to simply avoid grains. You must also pay attention to the quality of all the other foods you eat.

Remember, 90 percent of the money Americans spend on food is for processed foods. When you choose foods like this, not only are you bound to experience physical complications in one way or another, but if you have celiac disease it's even more imperative you avoid processed foods due to hidden gluten.

Unfortunately, food manufacturers are not required by law to identify all possible sources of gluten on their product labels, so reading the label may not be enough.

Gluten may still be hiding in processed foods like ready-made soups, soy sauce, candies, cold cuts, and various low- and no-fat products, just to name a few, under labels such as:

Malts

Hydrolyzed vegetable protein (HVP)

Starches

Texturized vegetable protein (TVP)

Natural flavoring

Celiac.com has a long list of label ingredients that typically contain hidden gluten.

For helpful tips and guidelines on how to approach food companies for more detailed information about their ingredients, see 'The Gluten Solution' site. They also offer more detailed information about the current state of gluten-free labeling legislation.

That said, your best bet is to stick to a diet of fresh, whole foods (preferably organic whenever possible). Not only will you keep your celiac disease under control, but you will also experience numerous other benefits such as increased energy, enhanced mood, and a lower risk of chronic illness. If you want more information about celiac disease, the following web sites are good places to start:

www.celiaccenter.org

www.celiac.com

UK Web site for sufferers of celiac disease: www.coeliac.co.uk

~ Dr. Joseph Mercola