



Health New Review

April 3, 2013

5) Nuts Prove to Be A Valuable Replacement Food for Diabetics – NOW Foods February 28, 2013

“2 ounces of nuts daily as a replacement for carbohydrate foods improved both glycemic control and serum lipids in type 2 diabetes... these data provide a specific food option for individuals wishing to lower the carbohydrate content of the diet in type 2 diabetes.”

4) Lost Sleep Can Lead to Weight Gain – NY Times March 18, 2013

“Metabolically, lack of sleep aged fat cells about 20 years. These subjects were in their low 20's but it's as if they were now middle-aged in terms of their response [to insulin]. We were surprised how profound the effects were.”

3) Walnut Consumption Is Associated with Lower Risk of Type 2 Diabetes in Women – Journal of Nutrition

Attention Women!

Having 2 servings of walnuts/week may lower your risk of Type 2 diabetes by 33%!

2) Eating Junk Food While Pregnant May Make Your Child a Junk Food Addict – Science Daily February 28, 2013

“...pregnant mothers who consume junk food actually cause changes [that result] in the babies being less sensitive to opioids, which are released upon consumption of foods that are high in fat and sugar. In turn, these children, born with a higher 'tolerance' to junk food need to eat more of it to achieve a 'feel good' response.”

1) Infants Are Fed Solid Food Too Soon, C.D.C. Finds - NY Times March 25, 2013

“When a baby is ready to start eating food, he will put his hands in his mouth, and you will see him actually making chewing motions. At 2, 3 months, they can't even hold their heads up well, and they can't sit, making it difficult, if not dangerous, to put solid food in their mouths.” -Dr. T.J. Gold

Have A Question About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!