



Choices Healthy Views

Doctors Choice

by Dr. Devin A. Mikles MD, MD(H), FACP

Finding the most effective program for weight loss can be a challenging process. Having the right information about the precise needs as it relates to each individual’s medical status and physiology is important in determining what will work most efficiently, and what will be medically safe. Based on current research, we know that the Mediterranean or Paleo diet plans are generally the most healthy choices for an overall dietary plan for the majority of individuals, but when taking other factors into consideration, modifications to those diet regimens may need to occur in order to maximize the weight loss process.

In this newsletter, you will find a number of articles summarizing some of the healthy and successful approaches to weight management, and some of the tools that can be used to gather physiologic information that can guide the course of decision making. You will also find recommendations for some of our most popular weight loss medical foods that when used as part of a medically directed weight loss program, can optimize success.

Finally, we also include information about a program for our newest functional medicine approach to the treatment of PTSD.

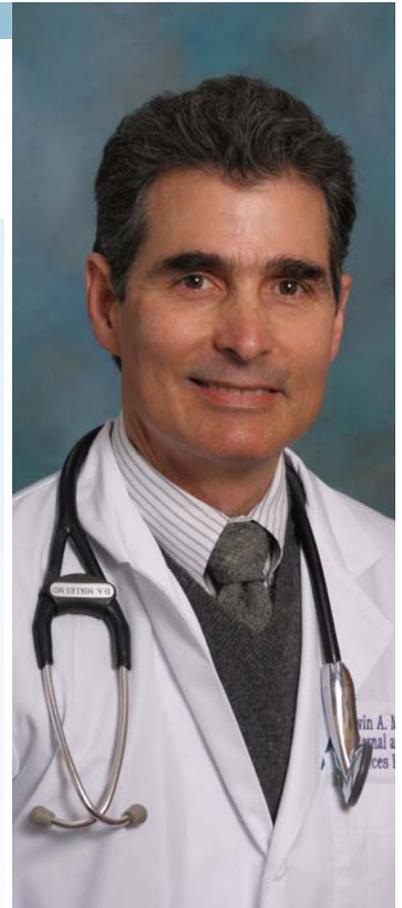
What’s New at Choices

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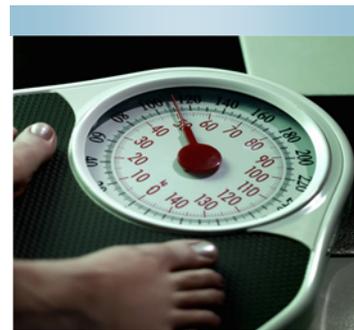
www.choiceshealthcare.com

Research Weighs in on Weight Loss in 2014

by Peggi S. Cross, PhD

2014 produced a considerable number of papers that summarized multiple clinical weight loss studies for us. The factors that contribute to the best weight loss results include:

- Diet combined with exercise
- Primary care and nursing support and
- Using Smart apps to track performance, calories and results



In a review of 48 randomized trials on weight loss using popular diets (including 7286 participants) researchers found comparable weight losses over 6 and 12 month periods for three types of diets shown in the table below (Johnston et al., 2014).

Type of Diet	Branded Diet	Median Weight Loss at 6 months (lbs)
Low carbohydrate	Atkins, South Beach, Zone	19.25
Moderate macronutrients	Biggest Loser, Jenny Craig, Nutrisystem, Volumetric, Weight Watchers	14.95
Low fat	Ornish, Rosemary	17.61

For persons with diabetes, a low carbohydrate diet can reliably reduce high blood glucose and lead to elimination of medication requirements without the adverse side-effects that medications can have. A comparison of low glycemic index diets to low carbohydrate diets showed significantly lower HbA_{1c}, glucose and triglycerides for the low carbohydrate diet (Feinman et al., 2014).

Primary care intervention and smart tools can help

Continuous human support is advantageous in any weight loss program and a feasibility study of a web based weight management program (Positive Online Weight Reduction; POWER) was done to assess the effectiveness of different levels of **nursing support** and web based interaction. Mean weight loss doubled when patients combined monthly nursing sessions with a web-based weight management program compared to usual care, the web-based program alone or nursing visits alone (Yardley et al., 2014). A recent review of the iPhone and android apps for weight loss can be found at: <http://www.healthline.com/health-slideshow/top-iphone-android-apps-weight-loss#1>

Studies in the United Kingdom have found that primary care physician care referral to commercial weight loss providers are acceptable and have short term efficacy and trials are underway to determine the optimum program duration and cost effectiveness (Ahern et al., 2014).

The earlier the intervention the better

An analysis of 407 women aged 50-60 on a weight loss program indicated that people fell into one of three categories of weight loss: 1) no weight loss (298/407 participants), 2) steady weight gain (48/407) and 3) steady weight loss (48/407). Persons who had relatively low body weight at age 40 who had just gained weight in the year preceding the program were the most likely to lose weight in this study (de Vos et al., 2014).

A systematic review of the literature for weight loss in menopausal women indicated that participation in an exercise program combined with dietary interventions might prevent adiposity increases associated with menopause (Jull et al., 2014).

Applying this knowledge

If you are considering a weight loss program, look into the different diet and exercise programs to determine which ones would be most agreeable to you so that you will be more able to stick to the program. Armed with that information, make an appointment with your primary care provider and ask for guidance in determining which diet and exercise program is right for your situation.

References

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Measurements for Weight Loss

by Bonnie Elkhair FNP-C, CNS

Is your body composition healthy ?

What better way to assure a healthy Happy New Year during all of 2015, than to enjoy the strength and stamina of a lean body, not saddled with carrying around unattractive lumps of fat? Unhealthy body composition, a disproportionate balance between lean muscle and fat mass, leads to high blood pressure, heart disease, diabetes, stroke, arthritis, hormone imbalance, digestive problems, breathing problems, sleeping problems, esteem problems, even certain types of cancer. The status of our body composition can be measured or assessed by a variety of methods. Building and maintaining good body composition is a health concern best managed with a visit with your primary care provider (PCP) at least annually.

An important indicator of healthy body composition is Body Mass Index (BMI). BMI is the measurement of your weight in kilograms (kg) divided by height in meters squared. Smart phone Apps and computerized graphs provide quick access to BMI measurements. BMI calculations are commonly done by medical assistants in health clinics as part of annual wellness exams. Normal BMI is 18.5 – 24.9. BMI less than 18.5 defines “Underweight.” BMI 25-29.9 defines “Overweight.” BMI of 30 or greater defines “Obesity.”

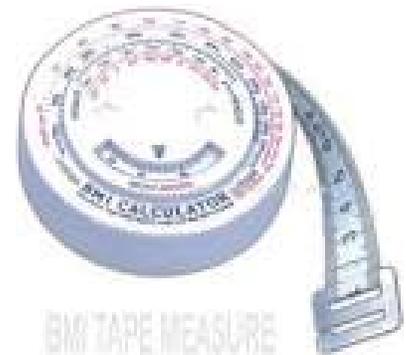
Bio-electrical Impedance Analysis (BIA) is a computerized non-invasive medical test of body composition. It provides objective data regarding your hydration status, basal metabolic rate, BMI, percent body fat, and percent lean muscle mass at the time of testing. Findings are used for individualized,

targeted dietary and lifestyle counseling during a clinic visit. The BIA can also provide assessment of body inflammation, helpful in guiding decisions about detoxification needs. The test is commonly repeated periodically during weight loss programs, or for surveillance of chronic diseases such as heart disease or diabetes.

Several simple methods are available to estimate general body composition in the privacy of your home, such as waist-to-hip ratio, waist circumference, and skin fold thickness. Abnormal findings should be discussed in a clinic visit with your PCP when discovered. Waist-to-hip ratio is a measurement of hip circumference at the widest part of your buttocks, compared to a measurement of waist circumference at the smallest circumference of your natural waist, usually just above the belly button. People with apple shaped bodies (more weight around the waist) have higher risk of health problems than people with pear shaped bodies (more weight around the hips). Adult male waist-to-hip ratio greater than 0.9, or adult female waist-to-hip ratio greater than 0.85, is unhealthy.

Adult male waist circumference greater than 40 inches, or adult female waist circumference greater than 35 inches, is unhealthy.

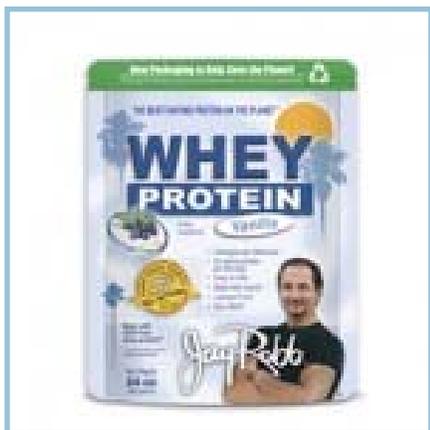
Skin-fold thickness can be measured with purchased special calipers at defined body sites such as abdomen, arms, and shoulder blades. The procedure can feel somewhat invasive, and requires a second person. Generally speaking, using your fingers and pinching more than one inch is unhealthy.



Natural Medicine Store Favorites

by Brian Whitney

A meta-analysis of the use of whey protein as a supplement without dietary modification and as a replacement for other sources of calories indicated that when whey protein was used as a replacement, mean body weight decreased by 9.25 pounds and body fat decreased by 8.25 pounds. When resistance exercise was added, lean body mass increased by 4.94 pounds (Miller et al., 2014).



- Sourced from grass fed cows not treated with rBGH (Recombinant Bovine Growth Hormone)
- 25 grams of protein per serving!
- 23 (30 gram) servings per bag (approximate)
- Lactose-Free
- Non-GMO (made with lecithin from Non-GMO sunflower seeds)
- Gluten-free ingredients
- No fat, No cholesterol
- No sugar, No aspartame
- No artificial colors, flavors or sweeteners
- No casein, No MSG

Substituting whey protein for other sources of calories decreases weight and replaces body fat with lean body mass.

FIT Food™ Whey represents an extraordinary breakthrough in body composition/weight management functional food formulas. Our medical board of advisors' primary objective in researching and developing FIT Food Whey was to find a pure source of quality whey protein that is free of genetically Engineered hormones (rBST and rBGH) which, though banned in other countries, are used in the United States dairy industry. There are growing concerns regarding the effects of these hormones, especially in early puberty.



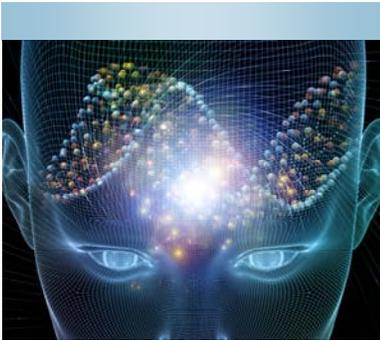
After a thorough review, our researchers determined that the stringent standards imposed by the New Zealand Ministry of Agriculture and Forestry (MAF) upon New Zealand dairy farmers results in the purest and most bioactive whey protein available. In addition to prohibiting the use of synthetic hormones in New Zealand's dairy industry, MAF-mandated feeding, climate, and calf-birthing practices further contribute to the superior quality of New Zealand's whey protein. Although importing New Zealand whey protein into the United States is more costly, our board of advisors recommended that FIT Food Whey must contain 100% pure New Zealand whey protein.

* These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.



Choices Natural Medicine Store

Choices Natural Medicine Store is located just off our lobby and is open to the public. The store provides a selection of physician grade, high quality nutritional supplements to complement the management of your health and provide nutritional support for healing and prevention. All products we sell follow FDA good manufacturing practices and provide independent laboratory analysis for pesticides, chemical contaminants, heavy metals or uncharacteristic microorganisms. Our goal is to provide the best products available on the market to complement your health care needs.



Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chines Herbal Medicine

Focus on PTSD

New initiatives in PTSD treatment are underway at Choices

Choices is on a mission to provide the latest evidence-based scientific information on the physiological changes that occur in a range of illnesses and PTSD is one of the first conditions we are focusing on. Our goal is to interpret the incredible amount of research being published, to comprehend how the environment, diet, supplements and complementary care influence illnesses, and to look for safe solutions so that those afflicted can make informed choices in life style changes that optimize quality of life.

What makes our work different

Our work is unlike any others in that it focuses on the latest evidence-based research being done and physiological treatments, rather than the psychological treatments which have been addressed so well by others. We believe you need both in order to heal and we have **the other missing half of the equation.**

For more information about our progress and an upcoming **retreat that we have planned in May** to debut our PTSD protocol see us at **PTSDRetreat.com.**

Devin A. Mikles, MD, MD(H), FACP and Peggi S. Cross PhD

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PROGRAM**



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