



You Are What Your Mother Ate!

A critique of the scientific validity of the dietary advice in Men's Health magazine discovered nuggets claiming meat can give men "a testosterone boost," but we've known for a quarter century that a meal with that much fat can drop testosterone levels by nearly one-third within hours. In fact, a significant drop of both free and bound testosterone in the bloodstream occurs within just one hour of it going in one's mouth, whereas a low-fat meal of mostly carbs has no such effect. Based on *in vitro* studies on the effects of fat on testicle cells in a petri dish, researchers suspect fat in the blood may actually suppress testosterone production in real time. If you feed people lots of eggs and meat, including fish and poultry, and then switch them to a diet with bread, fruit, vegetables, and sugar—but about the same amount of fat—all their testosterone levels go up. Even more importantly, however, all their levels of cortisol, a stress hormone produced by our adrenal glands, go down.

Having low stress hormone levels is good, because high cortisol levels may "strongly predict cardiovascular death" in men and women both with and without pre-existing cardiovascular disease. In fact, this may help explain "death from a broken heart," the heightened heart attack and stroke risk in the immediate weeks following the loss of a spouse. Higher cortisol levels days, months, or even years after losing someone you love may increase cardiac risk and reduce immune function.

These spikes in stress hormone levels every time we eat a lot of meat may not just affect our health, but that of our children. Substantial evidence now suggests that maternal diets of high protein density have adverse effects on the fetus. For example, back in the 1960s, an experiment was performed on pregnant women in Scotland, in which they were told to eat a high-meat diet in hopes of preventing preeclampsia, a disease of pregnancy. It didn't work. In fact, the lowest preeclampsia rates I've ever seen were among women eating strictly plant-based diets—only 1 case out of 775 pregnancies. Preeclampsia normally strikes about 5 percent of pregnancies, so there should have been dozens of cases, suggesting a plant-based diet could alleviate most, if not all, of the signs and symptoms of this potentially serious condition. So what did happen when pregnant women went from eating about one daily portion of meat to about two portions a day? Mothers who ate more meat and fewer vegetables during pregnancy gave birth to children who grew up to have higher blood pressures.

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted."

— White, Ministry of Healing, p.128

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How To Avoid BPA

nutritionfacts.org, June 18, 2019

The purported link between obesity and hormone-disrupting plastics chemicals like bisphenol A (BPA) was initially based in part on observations that the rise in chemical exposure seemed to coincide with the rise of the obesity epidemic. But where are we getting this dangerous chemical from? Through research, it was found that processed, plastic packaged products loaded the body with BPA. When subjects were removed from these foods, and turned to fresh food diets for three days, the BPA levels dropped tenfold.

Diet by Design

nutritionfacts.org, June 13, 2019

Fruits and vegetables are not only good for us but are vital to our survival. Indeed, we are one of the few species so adapted to a plant-based diet that we could actually die from not eating fruits and vegetables, from the vitamin C-deficiency disease, scurvy. Most other animals simply make their own vitamin C.

Plants create antioxidants to defend their own structures against free radicals. Free radicals can breach our defenses and cause damage that accumulates with age, leading to a variety of disease-causing and ultimately fatal changes. This is where plants may come in: Plant-based, antioxidant-rich foods traditionally formed the major part of the human diet, so we didn't have to develop a great antioxidant system. We could just let the plants in our diet pull some of the weight, like giving us vitamin C so we don't need to make it ourselves.

Beer Phytoestrogens

nutritionfacts.org, June 4, 2019

Why do alcoholic men develop so-called man boobs and other feminine traits? We know estrogens produce feminization, and our liver clears estrogens from the body. So why does the problem still exist.

Plants contain phytoestrogens, but the dose is so small it would not have great effect, but hops are very high which makes beer the most potent phytoestrogen.

One explanation proposed for the adverse effects of high-meat/fish consumption is that this may increase maternal cortisol concentrations, which, in turn, affect the developing fetus, resetting his or her stress hormone thermostat to a higher level. But, we don't know until we put it to the test. And indeed, researchers found higher blood cortisol levels in both the sons and daughters of women who had reported higher meat/fish consumption, about a 5 percent increase for every meat serving per day. Such diets may present a metabolic stress to the mother and kind of reprogramme the adrenal axis of their children, leading to lifelong hypercortisolemia, elevated levels of stress hormones in the blood. This may help explain why every daily portion of meat during late pregnancy may lead to a 1 percent greater fat mass in their children by the time they reach adolescence. So, this could increase the risk of their children becoming obese later in life and thus has important implications for public health and in terms of prevention of obesity.

What if they're already born? We may be able to bring down children's stress hormone levels with similar dietary changes, but this is just baseline stress hormone levels. Do children of mothers who eat more meat during pregnancy also have exaggerated responses to life stressors? Researchers put them through a stressful challenge—public speaking and mental arithmetic—and then measured their cortisol responses. If their mum ate less than two servings of meat/fish a day while she was carrying them, they got little shots of stress hormones from their adrenal glands. Those whose mums ate more really got stressed out, and those whose mums ate the most—17 or more servings a week, which is more than 2 servings each day—appeared to be really quaking in their boots. In a way, you are what your mother ate.

— Michael Greger MD, FACLM, June 25, 2019



Vitamin K2 + D3

If you get little time outdoors in the middle of the day between May and August, you may consider taking vitamin D tablets to avoid becoming low or deficient. According to the ministry of health 27% of New Zealanders are below the recommended blood level.

Vitamin K2 + D3 combines two powerful nutrients extensively researched for their contribution to the health of bones, teeth and the cardiovascular system.

- 5000 IU Vitamin D3 + 100 Mcg Vitamin K2
- 60 Veggie softgels

Formulated with the plant based ingredients, MenaQ7 K2 (from chickpea) and Vitashine Vegan D3 (from Lichen) and Organic Virgin Coconut Oil. Non GMO Project Verified.



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Pumpkin Soup

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|--------------------------------|-------------------------------|
| 10C chopped pumpkin | 1t salt |
| 2 onions, sliced | 6C water |
| 2 carrots, sliced | 270 ml can Ayam coconut cream |
| 4 garlic cloves, crushed | 2t coriander |
| 2T Tamari/Braggs Liquid Aminos | |

Put chopped pumpkin, carrots, onions, garlic, tamari, salt and water into a large saucepan. Bring to the boil and simmer until pumpkin is cooked, about 15-25 minutes.

Cool slightly. Blend until smooth. Stir through coconut cream and coriander.

Serves 10-22

—Recipe from Highwood Health Retreat Kitchen.