



OPTIMUM HEALTH NEWSLETTER

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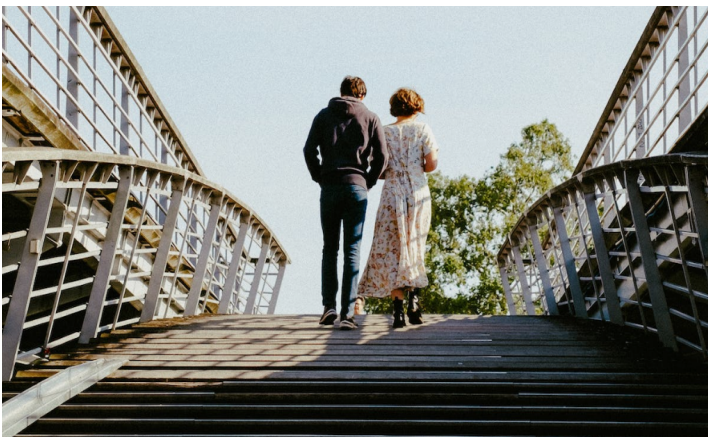
Happy New Year everyone! Hope this first edition of the Optimum Health Newsletter finds you healthy and happy. This newsletter is a way for us to stay better connected. It also allows sharing of important health information with you. I hope you find it of value. Dr. M

SCORCHING HOT MEDICAL NEWS!



To Couch Potato or Not to Couch Potato?

What is the difference between a true couch-potato (completely sedentary person) versus someone who gets only 1-2 minutes of exertional activity three times daily (false couch potato) - such as climbing stairs or walking briskly? This was the question that British researchers wanted to answer. So they followed 25,241 individuals between the ages of 40- 69 who wore accelerometers on their wrists.



At the end of 7 years the researchers compared the mortality rates between the two groups and here's what they found:

1. Death from all causes including cancer was 40% lower in the quick burst exercisers

(false couch potatoes) versus the true couch potatoes (no exercise group).

2. Death from cardiovascular disease such as heart attacks and strokes was almost 50% less in the quick burst exercise group (false couch potatoes).

3. And finally, 93% of the quick burst bouts were only two minutes.

Bottom line: Even the slightest amount of exercise, 6 minutes per day, cuts overall mortality by 40% for people who are completely sedentary.

By no means should brief short burst exercise be a replacement for the recommended 150 minutes of aerobic activity weekly, but this study shows that every little bit makes a huge difference.

Findings were published in the journal: *Nature Medicine*

Nice summary in [JAMA](#).

ALTERNATIVE MEDICINE - DEEP DIVE



Increasingly, more of you are asking for non-prescription options regarding your health- Care. Fortunately, we are entering a new era in which higher quality studies are being conducted regarding alternative therapies. As always, my first criteria in this area is safety/quality, then effectiveness.



There are multiple alternative therapies to reduce your risk of heart attack and stroke, but in this

episode we will explore the benefits of Green Tea.

Derived from the plant *Camellia sinensis*, green tea contains high amounts of polyphenols - especially **EGCG**- much more than black tea. Matcha green tea contains more than regular green tea.

OverView

Epigallocatechin gallate (EGCG) is a type of catechin, which is a type of flavonoid found in green tea. It is the most abundant catechin in green tea and is responsible for many of the health benefits associated with green tea consumption. Some of the health benefits of EGCG include:

- **Antioxidant properties:** EGCG is a potent antioxidant that can help protect cells from oxidative stress and damage caused by free radicals. This may help to reduce the risk of chronic diseases such as heart disease.
- **Weight loss:** Some studies have suggested that EGCG may help with weight loss by increasing fat oxidation and metabolism. However, more research is needed to confirm these effects.
- **Cognitive function:** Some research has suggested that EGCG may improve cognitive function and protect against age-related cognitive decline.
- **Heart health:** EGCG has been shown to have a number of beneficial effects on heart health, including lowering blood pressure, reducing cholesterol levels, and improving arterial function.

Overall, EGCG is a compound with many potential health benefits, and green tea is a good source of this catechin.

Diving Deeper

Five cups per day of green tea has been shown to [reduce heart attack risk & death](#) from heart attack by 20%. **Four cups/day** has been shown to [reduce systolic blood pressure by 6% and left ventricular hypertrophy](#).

[LDL cholesterol reduction](#) of 7.2 mg/dL has also been determined in a meta-analysis. **Three cups** or more/day have been associated with a [21% reduction in ischemic stroke](#).

The biggest challenge is consuming enough green tea. There is a convenient, safe and affordable green tea capsule that you can take once daily that equals at least 5

cups of green tea/day for about 33 cents/day. You can find it here at the newly opened [Supplement shop](#) on my coaching website. I use the [Life Extension “Mega-green tea extract”](#). *For more on the genesis of the Supplement Shop [click here](#)*. Disclosure: we do receive a sales stipend for purchases through the shop.

OPTIMUM HEALTH KITCHEN



Vegan “Chicken” Noodle Soup

This is a straightforward soup recipe that will keep you warm this winter. It does have a few processed carbs in the noodles. You can substitute lentil or spinach noodles for less of a glycemic hit.



It's a recipe that you can make in high volume, place in the freezer or tupperware in the fridge to last you the week.

This recipe can be found at [Cooking for Peanuts](#) by Nisha along with many other delicious recipes. Perusing her website, I thought she did a nice job with the layout, recipe descriptions and visuals. You can also follow her on [Facebook](#) or [Instagram](#).

Plant-based foods are powerful medicine...and that means less medications, less time spent with doctors and a longer health span. Bon appetit!

OPTIMUM HEALTH CLINIC



On January 26th our own Olivia Calderon will be committing one of the greatest acts of selfless service possible. She will be donating a kidney. Please help acknowledge and support her through this process. And, please consider becoming an organ donor.



Yay Olivia!!!



DEPT. of KINDNESS & WISDOM



I believe that the
greatest gift you can
give your family and the
world is a healthy you.

Joyce Meyer

Invest in yourselves and one another...



for being the best patients a doctor could wish for.
Each one of you inspires us!

Please feel free to share this newsletter with family
& friends.

Until next time,

D. Reed Miloy MD