



OPTIMUM HEALTH NEWSLETTER

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SCORCHING HOT MEDICAL NEWS!



Behind The Label: The Darkside of Supplements - A Dangerous Problem With An Easy & Safe Solution

**BEHIND THE LABEL:
The Darkside of
Supplements
What To
About It**



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Common sugar substitute linked to heart attacks and strokes

- Erythritol, a very common sugar substitute (sugar alcohol), has recently been all over the news. Research published last month in **Nature Medicine** showed a strong association of erythritol blood levels and cardiovascular risk. The highest 25 percentile erythritol blood levels were 2.5 and 4.5 times more likely to have a cardiovascular event than those in the lowest 25 percentile.
- Erythritol is often added to products such as Stevia. It's found in many Splenda products. Because Splenda is a very common brand, here is the [LINK](#) to the Splenda website that lists their products that do and do not contain erythritol:
- Because the FDA considers erythritol as GRAS (generally recognized as safe) companies do not have to list it on their nutrition labels. Unless:
 - The nutrition label claims, "**Zero Calorie**" or "**No sugar.**" These key phrases require the manufacturer to list the amount of sugar alcohol.
 - Erythritol is frequently the main ingredient in some "monk fruit products."
- Look for food label clues that a food product contains erythritol:
 - "Low sugar or no sugar"
 - "Contains sugar alcohol"
 - "Keto or diabetes safe"
 - "Artificially sweetened"
 - "Low calorie"
 - "Naturally sweetened"
- Exposing human blood to high concentrations of erythritol promotes clot formation. This was seen in 8 patients that consumed 30 grams of erythritol at once- which is a very high dose! Most servings of erythritol are far lower than that. In Europe, the average adult consumes approximately 5.5 grams/day.
- Sugar and processed carbs are the main cause for the obesity pandemic and a leading risk factor for having cardiovascular events thus not a safe long term choice.. **Using natural fruits (berries) in their whole form is the best option to sweeten one's food.**

- Another common sugar alcohol, **Xylitol**, has also been shown to promote blood clotting. Further studies are pending.
- There have been no reports from the other forms of sugar alcohols listed below in regards to increasing clotting or cardiovascular events:

- **Sorbitol.**
- **Maltitol.**
- **Mannitol.**
- **Isomalt.**
- **Lactitol.**
- **Hydrogenated starch hydrolysates.**

- We need more studies to show cause and effect. But there is a lot of smoke here. In the meantime, it would be wise to keep both erythritol and xylitol intake to less than a teaspoon/day. Which means < 4-5 grams/day.
- For High risk people: History of heart attack or stroke, hypercoagulable tendency - genetics or history of a deep vein thrombosis, it would be wise to avoid sugar alcohols until we get more clarity on this issue.

OPTIMUM HEALTH KITCHEN



Dr. Miloy's Lentils & Rice

Lentils carry more antioxidant punch than any other member of the legume family. This easy to make recipe can readily be adjusted to suit your taste. Bon Appetit!

Ingredients:

- 1 cup lentils
- 1 cup brown rice
- 2 cups water or vegetable broth
- 1 onion, chopped



- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper (optional)
- 2 tablespoons olive oil
- Salt (easy does it!) and pepper to taste

Instructions:

1. Rinse the lentils in cold water and drain.
2. In a pot, heat 1 tablespoon of olive oil over medium heat. Add the onion and garlic and sauté until the onion is soft and translucent.
3. Add the lentils, 2 cups of water or vegetable broth, cumin, coriander, turmeric, and cayenne pepper (if using) to the pot. Bring to a boil, then reduce heat to low and simmer for 25-30 minutes or until the lentils are tender.
4. While the lentils are cooking, rinse the rice in cold water and drain.
5. In another pot, heat 1 tablespoon of olive oil over medium heat. Add the rice and stir for 1-2 minutes until the rice is coated in oil.
6. Add 2 1/2 cups of water or vegetable broth to the pot and bring to a boil. Once boiling, reduce heat to low and cover the pot with a tight-fitting lid. Simmer for 40-45 minutes or until the water has been absorbed and the rice is tender.
7. Once the lentils and rice are both cooked, mix them together in a large bowl or on a platter. Season with salt and pepper to taste.
8. Serve hot and enjoy!

Optional garnishes: Chopped fresh cilantro, sliced green onions, sliced avocado or a dollop of low sugar yogurt.

CLINIC



To speed up and make your medication refill process easier, please call your pharmacy first.



DEPT. Of KINDNESS & WISDOM

“If you want to find happiness, find gratitude.”

~ Steve Maraboli



THANK
you

We are grateful for the chance to make a positive difference in your life. Thank you for being a part of the Optimum Health community,

Please feel free to share this newsletter.

Until next time wishing you peace and health,

Dr. M