



THE SKINny

A NEWSLETTER OF LISA BENEST, M.D.

Breaking the Corn Syrup Habit

In 1970, zero pounds of high-fructose corn syrup (HFCS) existed in the U.S. food chain. Today about 68 pounds of HFCS are consumed per person per year in the USA. The cheapest ingredients in the American food chain (profit factor) are air, water, salt and HFCS. HFCS is cheaper due to a combination of corn subsidies and sugar tariffs. Corn, and usually highly processed corn, has become a staple ingredient of the American diet.

HFCS, which is made from cornstarch, is now used to sweeten: Soft drinks (including some sports drinks), fruit juices, baked goods, canned fruits, dairy products, cookies, gum, jams and jellies.

So what makes corn syrup such an unhealthy, fat-promoting product?

Fructose is Metabolized to Fat.

Fructose converts to fat more than any other sugar. Research shows that fructose caused a general increase in both total serum cholesterol and in low density lipoproteins (LDL—also known as “bad cholesterol”), putting a person at risk for heart disease. Fructose also raises serum triglycerides significantly.

Increases obesity & diabetes.

Because it is metabolized by the liver, fructose does not cause the pancreas to release insulin the way it normally does with glucose. It interferes with glucose absorption, causing the body to pump out more insulin. This may be one of the reasons Americans continue to get fatter. Fructose also reduces the affinity of insulin for its receptor, which is the principle characteristic of type 2 diabetes. Contrary to common belief, corn is a grain, not a vegetable, and is definitely not fit as a

dietary staple and mainstay, primarily because of its high sugar content..



Here's how this works:

If you eat a diet that is high in sugar and grains, the sugar gets metabolized to fat (and is stored as fat in your fat cells), which in turn releases surges in leptin. Leptin is a hormone thought to be involved in appetite regulation. Over time, if your body is exposed to too much leptin, it will become resistant to it (just as your body can become resistant to insulin).

And when you become leptin-resistant, your body can no longer “hear” the messages telling it to stop eating, burn fat, and maintain good sensitivity to sweet tastes in your taste buds—so you remain hungry, you crave sweets, and your body stores more fat.

Fructose Has no Enzymes, Vitamins or Minerals.

Fructose contains no enzymes, vitamins or minerals. In fact, it leeches micronutrients from the body. Unbound fructose, found in large quantities in HFCS, can interfere with

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Hey! Billing Lady!



Q: Why am I getting a statement from your office right after my visit when my insurance has not yet been billed?

A: Our office now uses a billing service called Rand Medical Billing. Unfortunately they are set up to bill the patient

at the same time that they bill the insurance company. This is the way most billing companies operate. You do not have to pay the amount on the invoice until after your insurance company has paid its portion of the bill. At that point you will receive another statement that includes your insurance company payment received in addition to any balance you might owe.

The Corn Syrup Habit

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the heart's use of minerals such as magnesium, copper and chromium. Further, fructose may alter the magnesium balance in the body, leading to an acceleration of bone loss. However, eating a piece of whole fruit, which contains natural fructose, is not likely to be a problem for most people because fresh fruits contain the enzymes, vitamins and minerals that are needed for the body to assimilate the fructose.

Mercury.

A recent study reported that high-fructose corn syrup was commonly tainted with mercury. The mercury appeared to come from caustic soda and hydrochloric acid, two chemicals used in the manufacture of HFCS. Mercury acts as a poison to your brain and nervous system.

From GMO corn.

To add insult to injury, the corn used to make high fructose corn syrup nearly all comes from genetically modified corn, which is fraught with its own well documented side effects and health concerns, such as increasing one's risk of developing a food allergy to corn.

What to do.

One of the simplest and most important things you can do to limit fructose in your diet is eliminate sodas, sweetened drinks and fruit juices, as they have about eight teaspoons of fructose per serving. Switch to pure water as your beverage of choice and you will be well on your way to better health.

Sodas, of course, are not the only source of HFCS (though they represent one of the main ones). This sweetener is also in many processed foods and fruit juices. So to avoid it you need to focus your diet on whole foods and, if you do purchase packaged foods, become an avid label reader...and put it back on the shelf if it lists high-fructose corn syrup as an ingredient—especially if it's the first or second highest labeled ingredient.

Did You Know . . .



A research study has determined that children who get a dose of honey, cough less and sleep

better than those who get cough medicine with dextromethorphan (DM), the ingredient in most over-the-counter products for coughs. DM cough medicines, which earn about \$50 million in sales each year, have previously been shown to be of little benefit to children. Honey has long been used as a natural remedy for sore throats and coughs. A common natural cure is tea with honey and lemon. Parents are advised not to give honey to any child under the age of 1 year as infants younger than that are at risk for botulism from honey.

Studies have found that soap and water work better than the waterless, alcohol-based hand wipes and rubs. These products kill both good and bad bacteria, thereby contributing to the development of antibiotic-resistant bacteria. Furthermore, the active ingredient in most antibacterial products is triclosan, a synthetic chemical that not only kills bacteria, but has also been shown to kill human cells. In a recent study by the CDC, 75% of Americans had detectable levels of triclosan in the urine. In addition, triclosan has been detected in our aquatic environments and in some food sources.

Our CEGA-Ferulic serum increases your sun protection by eightfold! The addition of the plant based ferulic acid greatly enhances the existing effects seen in the combo of vitamins C, E and green tea extract. Treatment with 10% vitamin C solution increases skin vitamin C levels by a factor of about 27, far higher than can be achieved though oral intake. Topical vitamin C increases collagen synthesis and is used to enhance wound healing and to correct wrinkles. CEGA-Ferulic pro-

vides significant antioxidant, photoprotective & anticarcinogenic properties—an optimal way to protect the skin from sun damage. You can purchase CEGA-Ferulic in the office, or order online.

The US Food and Drug Administration (FDA) has a voluntary reporting system for adverse reactions or problems with drugs, medical devices and other FDA-regulated products. MedWatch is intended to detect safety concerns and issue medical product safety alerts, product recalls & withdrawals and changes to labeling to protect the public health. To report an adverse event, you must fill out a Form FDA 3500 online at www.fda.gov/medwatch or by phone at (800) FDA-1088.

In the largest study yet of the association between vitamin D (the sunshine vitamin) and respiratory infections, people with the lowest blood vitamin D levels reported having significantly more recent colds and cases of flu. The risks were even higher for those with chronic respiratory disorders, such as asthma. Vitamin D plays a key role in the immune system. In fact, the wintertime deficiency of vitamin D, even in Southern California, has been implicated in what is known as the “cold and flu season” in addition to the “winter blues”. It is estimated that over 95% of US seniors as well as 85% of the American public are deficient. You can check your vitamin D levels with a simple blood test.

The Spray-On Tan Solution, DHA, contains lead, mercury and arsenic. In the 1970s DHA was approved in the USA for bronzers to be rubbed onto the skin, BUT it is not specifically approved for use in spray tan booths. When it is inhaled or sprayed onto the porous mucous membranes of the body, it can enter the bloodstream, leading federal regulators to call the procedure “unsafe”. DHA has been known to cause coughing, difficulty breathing, fainting and dizziness. The greatest danger comes if you undergo the procedure without protecting your eyes, nose and mouth.

Tone, Texture & Tighten



Now there's Active FX cosmetic laser with clearly visible results in a single TOTAL FX treatment.

- Reduces wrinkles and fine lines
- Causes skin tightening
- Great for crow's feet around the eyes and loose eyelid skin
- Noticeably improves skin tone & texture
- Results continue improving 3-5 months after procedure by stimulating collagen remodeling

The results of ActiveFX/Total FX laser treatment are long-term and, with proper sun protection, can persist for many years. Most effects of treatment become visible right away, whereas others – such as new collagen formation – build up gradually and become more evident over time.

Active FX/Total FX Success Stories

“The Active FX/Total FX laser has been AMAZING!! My skin is so much smoother, the wrinkles have decreased and my skin is glowing!! I am constantly getting compliments on how great my skin looks!” DR

“The Active FX/Total FX laser procedure I had was a life changing experience. My skin's texture and color changed dramatically. It went from being rough and drab to becoming softer, smoother and now it glows. I used to be a sun addict but now I avoid it-especially for my face. I see the difference and I want to keep the fresh look.”
BL

“I see great improvement around my eyes after having the Active FX/Total FX treatment. I am very pleased and would do it again in a heartbeat!” SC

“I had the Active FX/Total FX laser done three months ago. I love the results...they were even more than I expected. My skin is much tighter, more even and glowing, and the wrinkles are gone. The recovery was minimal. I love the results!!” RM

“After years of enjoying the great outdoors, my face was filled with sun kisses. At first, it did not bother me but soon all I saw in the mirror was brown. I elected to try the new Active FX/Total FX treatment. I can't tell you what a difference it made. All of the sun damage was taken away. My face, for the first time in years, was me! The skin was smooth. The color was light and bright. It is healthy again. I have never received so many compliments! Thanks to all of Dr. Benest's staff.” MK

Featured Products

Vitamin D

Need a good vitamin D supplement? Try our liquid vitamin D3. It is super absorbable, inexpensive and delivers 1000 units of D3 in each drop!

Latisse

We carry Latisse, an FDA approved prescription used to grow eyelashes, making them longer, thicker and darker.

Ormedic Skin Care

Try our new Organic line of skin care products. They all contain potent anti-oxidants, such as Japanese green tea, chamomile & aloe vera, with no chemical preservatives and fragrance composed of 100% essential oils. Great for sensitive skin and safe for use during pregnancy and breastfeeding!

Organic Passion Fruit Peptide Peel

This refreshing new peel contains organic aloe, passion fruit, papaya, pineapple, pumpkin and many more skin hydrators and anti-oxidants. Ideal for sensitive skin. It is safe for use during pregnancy and breastfeeding as well!

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Free Nutritional Analysis!!

Ever wonder if the food choices you are making are the right ones? Now you can find out if your diet includes the vitamins, minerals and proteins that anyone needs to stay healthy. Take a free on-line nutritional analysis, and get the report delivered to your email. If you want to discuss the results, book a complimentary 15 minute consultation with Anne Dunev. It takes only a few minutes of your time - and you are taking a big step towards better health. Go to www.nutrients-fromdiet.com and type in 307-82000 in the box that's titled "enter practitioner code".

How Nutrition Works to Help You Feel and Look Better

By Anne Dunev, PhD, C.N.

Your body has 40-60 trillion cells. A billion cells are replaced every hour. Cells are made out of “building materials” like protein and minerals. Vitamins (vita-because they are vital to health) are “helpers” that unlock the process of building new cells.

Food you eat is the only place where the body can get the building materials to make healthy cells. If an essential element is missing, the body will make an inferior cell. That is the beginning of a disease state. Inferior cells cannot fight off infection, and organs and glands formed of inferior cells cannot function correctly.

Whenever there is a problem, disease, or non-optimum condition in the body, there is always a nutritional deficiency underlying it. Correct the deficiency, and the body can start to get well. Medical drugs relieve symptoms, but they do not trigger the healing process of the body.



Dr. Anne Dunev

Many conditions are not diseases, such as fatigue, allergies, hormonal imbalances, mood imbalances. But they are signs of deficiency and can be helped with nutritional medicine and changes in diet and lifestyle.

The most cost effective way to buy vitamins is to find out exactly what your body needs. Otherwise you are taking a shot in the dark. The best vitamins are the ones closest to Nature-food source vitamins. To find out if Nutritional supplements can help you, book a complimentary 15 minute consultation. Start feeling better, looking better, and enjoying better health. Nutritional medicine is true prevention.