

HEALTH NUGGETS, MARCH, 2020

- 1) One of the most frequently asked question of clinicians these days (before the coronavirus) is, “Are CBD products safe?” First research is lagging behind public acceptance. There are health claims ranging from helping with pain to cancer prevention. Cannabis sales are expected to reach \$80 billion by 2030. Legally, hemp cannot contain more than 0.3% THC. Since CBD is now classified as a medicine, oversight has shifted from the DEA to the FDA. Most commercial hemp producers only use female plants to minimize the risk of sexual reproduction. However, hemp grown outside a greenhouse remains susceptible to male pollen exposure, which can lead to the THC production.

A recent study found that approximately 70% of CBD products are mislabeled, with many containing THC exceeding 0.3%.

The FDA approved Epidiolex for the treatment of seizures. I used Marinol for terminally ill patients.

Studies suggest chronic dosing of CBD up to 1500mg/d is well tolerated. Oil is favored due to the ease of ingestion. However, CBD oil is poorly absorbed in the GI tract so only about 6% is absorbed. Aerosolized is absorbed much better.

The FDA warns patients about purchasing CBD online. The products are highly variable which affects how well they work and safety concerns.

Reputable sources use a 3rd party to verify their claims.

- 2) If you don't eat fish, a study of almost 13,000 people followed for 5 years showed that taking omega-3's at least 1 g had a 40% reduction in risk for an MI.
- 3) You may remember colloidal silver. In 1999 the FDA banned OTC drugs with colloidal silver. (Silver can build up in the body causing a permanent graying of the skin.) You can still find it however in supplements like Sovereign Silver.
- 4) Lets talk about kitchen sponges and dishcloths: They need to be sanitized daily—2 min in th4e microwave. In a survey done in MI households, 86% had yeast and mold, 77% had coliform bacteria such as E. Coli, & 18% had Staph. However, sponges have a short lifespan. Throw them out every 2 weeks. Or use a dish brush. Just soak it for a minute every night in diluted bleach, then rinse & air dry.
- 5) Multivitamins: the COSMOS is studying 21,444 men & women. The trial will look at CA, heart dz, stroke, memory, and more, but we won't have results until 2021. As we age we tend to eat fewer calories, so our intake of vitamins & minerals starts to go down. But they may not drop to levels that would cause a deficiency. Sufficient levels of Vitamin B-12 do go down as we age, because we don't absorb vitamin B-12 from foods due to less stomach acid. That's why anyone over 50 should take at least 2.4 micrograms/ daily from a supplement or fortified food.

If you do decide to take one, talk with your doctor and choose one of the major generic brands and don't get fancy with herbals and botanicals. Also

think twice about gummies, because you need at least two a day and they are less complete. Consider only if you can't swallow pills.

- 6) Do antiperspirants cause cancer? In the two largest studies, with a total of 2000 women using deodorants up to once /d had no higher risk of breast cancer (or Alzheimer's) than those who never use them. Fragrances can disrupt hormones that are linked to breast cancer, so go fragrance-free.**
- 7) Taking extra Vitamin D won't protect your bones. The study used 2000 IU/D or a placebo. After 2 years Vitamin D takers had no higher bone density. So up to age 70 take 600 IU/d and over age 70 take 800 IU/d.**
- 8) About processed foods, a wise saying to remember is: "Made with" often means "made with very little."**
- 9) A little about snacks: Hippeas—I thought what a great snack—4 g protein. However, they blend chickpea flour with nutrient-poor rice flour and tapioca starch, toss in pea hull fiber then they puff everything into a Cheetos-like shape. Of course, it's ultraprocessed. You're much better off with whole beans.**

Also the "Yes Peas" are a good snack.

Another good snack, however, is tzatziki. It's a cucumber-garlic-dill dip that's made from yogurt. And it has half the calories of hummus. Great for a raw veggie snack.

What's the problem with microwave popcorn? Palm oil—a very saturated fat. But Quinn Microwave popcorn comes with packets of liquid oil & seasoning to toss in after popping. Its unsaturated sunflower oil.

Another good food is tempeh. It starts with whole cooked soybeans. Slice into cubes, marinate in teriyaki sause, and saute.

- 10) The US Preventive Services Task Force now recommends screening of all adults for Hepatitis C virus. So on your next annual exam (when we aren't all concerned with COVI-19) talk with your clinician about it. This applies to all asymptomatic adults aged 18-79 years.**