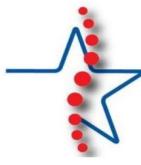


THE STAR



ALL STAR HEALTH CARE
PHYSICAL MEDICINE

210-521-6886

Healthy Aging: The Golden Years

Healthy Aging: Beyond 50

Healthy aging is a hot topic. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of nutritious foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging.

If an interest in healthy aging leads you to consider anti-aging therapies — such as restrictive diets, supplements or expensive treatments claiming to postpone or even reverse the aging process — be cautious. There's no quick fix when it comes to healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims.

Healthy Retirement

Whether you're still planning your retirement or you're ready to make the transition, there's much you can do to ensure a healthy retirement.

Start by learning what to expect as you get older, such as changes in muscle mass, sex drive, vision and cardiovascular health. After all, your dreams for a healthy retirement likely depend on good health. Then consider ways to maintain a healthy retirement. Focus on reducing your risk of falls, staying safe behind the wheel and improving your memory.

Another important aspect of healthy retirement is long-term care. Consider your options now — as well as how to pay for it — to help prevent hasty decisions later.



SEPTEMBER IS
Healthy Aging
MONTH

ALL STAR HEALTH CARE
PHYSICAL MEDICINE

Inside this issue

Healthy Aging: The Golden Years	1
Ketogenic Diet: Is it good for you?	2-3
Healthy Aging Infographic	4
Ketogenic Meal Plan.....	5
Refer a Friend.....	6

September 2019

Ketogenic Diet: Is the ultimate low-carb diet good for you?

Recently, many of my patients have been asking about a ketogenic diet. Is a ketogenic diet safe? Would you recommend it? Despite the recent hype, a ketogenic diet is not something new. In medicine, we have been using it for almost 100 years to treat drug-resistant epilepsy, especially in children. In the 1970s, Dr. Atkins popularized his very-low-carbohydrate diet for weight loss that began with a very strict two-week ketogenic phase. Over the years, other fad diets incorporated a similar approach for weight loss.

What is a keto-genic (keto) diet?

In essence, it is a diet that causes the body to release ketones into the bloodstream. Most cells prefer to use blood sugar, which comes from carbohydrates, as the body's main source of energy. In the absence of circulating blood sugar from food,

we start breaking down stored fat into molecules called ketone bodies (the process is called ketosis). Once you reach ketosis, most cells will use ketone bodies to generate energy until we start eating carbohydrates again. The shift, from using circulating glucose to breaking down stored fat as a source of energy, usually happens over two to four days of eating fewer than 20 to 50 grams of carbohydrates per day. Keep in mind that this is a highly individualized process, and some people need a more restricted diet to start producing enough ketones.

Because it lacks carbohydrates, a ketogenic diet is rich in proteins and fats. It typically includes plenty of meats, eggs, processed meats, sausages, cheeses, fish, nuts, butter, oils, seeds, and fibrous vegetables. Because it is so restrictive, it is really hard to follow over the long run. Carbohydrates normally account for at least 50% of the typical American diet. One of the main criticisms of this diet is that many people tend to eat too much protein and poor-quality fats from processed foods, with very few fruits and vegetables. Patients with kidney disease need to be cautious because this diet could worsen their condition. Additionally, some patients may feel a little tired in the beginning, while some may have bad breath, nausea, vomiting, constipation, and sleep problems.



Is a ketogenic diet healthy?

We have solid evidence showing that a ketogenic diet reduces seizures in children, sometimes as effectively as medication. Because of these neuro-protective effects, questions have been raised about the possible benefits for other brain disorders such as Parkinson's, Alzheimer's, multiple sclerosis, sleep disorders, autism, and even brain cancer. However, there are no human studies to support recommending ketosis to treat these conditions.

Weight loss is the primary reason my patients use the ketogenic diet. Previous research shows good evidence of a faster weight loss when patients go on a ketogenic or very low carbohydrate diet compared to participants on a more traditional low-fat diet, or even a Mediterranean diet. However, that difference in weight loss seems to disappear over time.

A ketogenic diet also has been shown to improve blood sugar control for patients with type 2 diabetes, at least in the short term. There is even more controversy when we consider the effect on cholesterol levels. A few studies show some patients have increase in cholesterol levels in the beginning, only to see cholesterol fall a few months later. However, there is no long-term research analyzing its effects over time on diabetes and high cholesterol.

Key takeaways from a ketogenic diet review?

A ketogenic diet could be an interesting alternative to treat certain conditions, and may accelerate weight loss. But it is hard to follow and it can be heavy on red meat and other fatty, processed, and salty foods that are notoriously unhealthy. We also do not know much about its long-term effects, probably because it's so hard to stick with that people can't eat this way for a long time. It is also important to remember that "yo-yo diets" that lead to rapid weight loss fluctuation are associated with increased mortality. Instead of engaging in the next popular diet that would last only a few weeks to months (for most people that includes a ketogenic diet), try to embrace change that is sustainable over the long term. A balanced, unprocessed diet, rich in very colorful fruits and vegetables, lean meats, fish, whole grains, nuts, seeds, olive oil, and lots of water seems to have the best evidence for a long, healthier, vibrant life.

Ketogenic Diet: Foods to Avoid

- Sugary Foods
 - Grains and Starches
 - Fruit
 - Beans or Legumes
 - Root Vegetables and Tubers
 - Low-Fat or Diet Products
 - Some Condiments or Sauces
 - Unhealthy Fats
 - Alcohol
- Sugar-Free Diet Foods

Ketogenic Diet: Foods to Eat

- Meat
 - Fatty Fish
 - Eggs
 - Butter and Cream
 - Cheese
 - Nuts and Seeds
 - Healthy Oils
 - Avocados
 - Low-Carb Veggies
- Condiments

HEALTHY AGING SURVEY

Asia Pacific is the fastest aging region in the world. More than 200 million people are expected to move into the ranks of the elderly aged 65 and above between now and 2030. By 2030, healthcare costs associated with aging will also cost the region up to US\$20 trillion¹, making this a pressing issue for the Asia Pacific region.

To uncover insights into the aging related health concerns and attitudes of people in the region, Herbalife Nutrition conducted the Healthy Aging Survey with 6,000 people aged 40 and above from 12 markets across Asia Pacific. The key findings are outlined in this infographic.

¹ Advancing into the Golden Years: Cost of Healthcare for Asia Pacific's Elderly Report by Marsh & McLennan Companies' Asia Pacific Risk Center

CONFIDENCE IN ABILITY TO AGE GRACEFULLY & HEALTHILY



TOP AGE-RELATED HEALTH CONCERN ISSUES



PERCEPTIONS OF CURRENT STATE OF HEALTH

Majority of Asia Pacific respondents consider themselves equally healthy or more healthy than others.
When assessing the more minute aspects of their health:



67%
said their
eye health



75%
said their
bone/joint health



78%
said their
digestive health



84%
said their
emotional health



87%
said their
heart health



87%
said their
mental health

In areas where early signs of anomalies are not easily detected, Asia Pacific respondents displayed higher levels of confidence in the state of their well-being, putting them at risk of overestimating the state of their own health.

is equally healthy or more healthy than others



TAKING STEPS TOWARDS HEALTHY AGING

When asked about whether they can take active steps towards healthy aging, eight in 10 respondents agree that they can.

43% will most likely engage in more
Regular Physical Activity

When we reach our late 30's and early 40's, we start to lose about a quarter pound of muscle each year. By engaging in regular physical activity that incorporates strength training, and consuming adequate dietary protein, this will help to slow down muscle loss and the loss of bone mass.

22% will most likely make
Better Nutrition Choices

As we grow older, we need more protein in order to manufacture muscle tissue. It takes 20g or more protein per meal to stimulate protein synthesis in older adults. Aim for 20-30g of protein at each main meal – about half the breast of a chicken, a fish fillet or a cup of non-fat cottage cheese.

19% will most likely engage in more
Mentally-Stimulating Activity

Like a muscle, the brain performs better when it gets regular exercise. By incorporating educational pursuits, bilingualism and solving puzzles, this can help to lower the risk of dementia, improve memory recall and maintain higher cognitive performance.

8% will most likely take
Health Supplements

While taking health supplements might not be top-of-mind for most, you can boost your nutritional intake by consuming protein-rich meals or meal replacement shakes. Based on your needs, you may also develop a daily regimen of multivitamins, calcium and vitamin D supplements.

8% will most likely go for more
Regular Health Check-Ups

Getting our health checked by professionals regularly becomes increasingly important as we age. People with heart, emotional and mental health issues can exude subtle early symptoms that are not noticeable to most, making regular health checks necessary for our health regime.

Sample Meal Plan for Ketogenic Diet

Monday

- Breakfast: Bacon, eggs and tomatoes.
- Lunch: Chicken salad with olive oil and feta cheese.
- Dinner: Salmon with asparagus cooked in butter.

Tuesday

- Breakfast: Egg, tomato, basil and goat cheese omelet.
- Lunch: Almond milk, peanut butter, cocoa powder and stevia milkshake.
- Dinner: Meatballs, cheddar cheese and vegetables.

Wednesday

- Breakfast: A ketogenic friendly smoothie
- Lunch: Shrimp salad with olive oil and avocado.
- Dinner: Pork chops with Parmesan cheese, broccoli and salad.

Thursday

- Breakfast: Omelet with avocado, salsa, peppers, onion and spices.
- Lunch: A handful of nuts and celery sticks with guacamole and salsa.
- Dinner: Chicken stuffed with pesto and cream cheese, along with vegetables.

Friday

- Breakfast: Sugar-free yogurt with peanut butter, cocoa powder and stevia.
- Lunch: Beef stir-fry cooked in coconut oil with vegetables.
- Dinner: Bun-less burger with bacon, egg and cheese.

Saturday

- Breakfast: Ham and cheese omelet with vegetables.
- Lunch: Ham and cheese slices with nuts.
- Dinner: White fish, egg and spinach cooked in coconut oil..

**YOU CAN'T HELP
GETTING OLDER,
BUT YOU DON'T
HAVE TO GET OLD.
-GEORGE BURNS**

Follow us on Facebook to stay up to date on our upcoming office relocation. Our new address will soon be:

7180 Bandera Rd. San Antonio, TX 78238
Our phone number will be the same
(210)521-6886

Refer a Friend and get entered into our drawing
To win a \$50 gift certificate to Longhorn Steakhouse!



7042 BANDERA RD. SAN ANTONIO, TX 78238

210-521-6886

Lose weight **NOW!**



Don't wait to lose weight, **Call us NOW** to schedule your **FREE CONSULTATION!**

Find out why our **Physician Directed** weight loss program is helping so many lose weight and keep it off!

- Medically Supervised Visits
- Increase Energy
- Feel and look better
- FDA approved appetite suppressants available
- HCG Injections available
- Non-Surgical
- Increase Metabolism
- Burn Fat
- Lipotropic and B-12 injections available
- Insurances accepted

Call NOW to set up your FREE consultation:
(210) 521-6886



7042 Bandera Rd.
San Antonio, TX 78238
(210) 521-6886

FREE Vitamin B-12 Injection with initial weight loss consultation

With this coupon. Not valid with other offers or prior purchases. Federal restrictions apply

10% off the purchase of your first injection

With this coupon. Not valid with other offers or prior purchases. Initial weight loss screening must precede purchase of first injection. Federal restrictions apply

Call our Office TODAY and

Find out about our Medical Weight Loss Program!

Call 210-521-6886