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STUDIES SHOW Type 2 Diabetes is Reversible

Professor Roy Taylor at Newcastle University, UK has spent almost four decades studying Type 2 Diabetes and will present an overview of his findings at the European Association for the Study of Diabetes in Lisbon.

In the talk he will be highlighting how his research has revealed that for people with Type 2 diabetes:

1. Excess calories leads to excess fat in the liver
2. As a result, the liver responds poorly to insulin and produces too much glucose
3. Excess fat in the liver is passed on to the pancreas, causing the insulin producing cells to fail
4. Losing less than 1 gram of fat from the pancreas through diet can re-start the normal production of insulin, reversing Type 2 diabetes

This reversal of diabetes remains possible for at least 10 years after the onset of the condition.

“I think the real importance of this work is for the patients themselves,” Professor Taylor says. “Many have described to me how embarking on the low calorie diet has been the only option to prevent what they thought—or had been told—was an inevitable decline into further medication and further ill health because of their diabetes. By studying the underlying mechanisms we have been able to demonstrate the simplicity of Type 2 Diabetes.”

“The good news for people with Type 2 Diabetes is that our work shows that even if you have had the condition for 10 years, you are likely to be able to reverse it by moving that all important tiny amount of fat out of the pancreas. At present, this can only be done through substantial weight loss,” Professor Taylor adds.

Professor Taylor explained the science behind the mechanisms: “Work in the lab has shown that the excess fat in the insulin producing cell causes loss of specialized function. Removal of the excess fat allows resumption of the specialized function of producing insulin.”

The plan utilized by the study participants included two phases. “The Phase 1 is the period of weight loss—calorie restriction without additional exercise. A carefully planned transition period leads to Phase 2—long term supported weight maintenance by modest calorie restriction with increased daily physical activity.”

This approach consistently brings about 15kg of weight loss on average.

Since the details were posted on the Newcastle University, UK website, this method has been applied clinically and highly-motivated patients have reported that they have reversed their Type 2 Diabetes and continued to have normal glucose levels.

Patients or GPs who would like more information about the diet that reverses Type 2 Diabetes should see the Magnetic Resonance Centre website.

Newcastle University. “Type 2 diabetes is a reversible condition.” ScienceDaily. www.sciencedaily.com/releases/2017/09/170913084432.htm (accessed October 24, 2017).

PLANNING TIPS

For a Low-Stress Holiday

While the holiday season brings joy and togetherness, it can also bring stress for you and your family. Staying on a budget, managing multiple commitments, and finding the perfect gift are all stressors that many of us face this time of year. Fortunately, by getting organized and planning ahead of time, you can help reduce your holiday stress.

Write down any known commitments. Does your child's school have a holiday concert? Are you planning on hosting a holiday dinner? Making a list of your commitments will help you plan your time and avoid double-booking yourself.

Create your budget now. If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.

Start shopping early. Do you already know what you want to get some people on your list? Don't be afraid to shop early. You can sometimes get great deals on presents before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.

Though these tips won't prevent all of the holiday stress you may experience, they can definitely help reduce it. If you experience a lot of holiday stress, try these coping mechanisms to get your stress under control.

Medline Plus Coping Mechanism:
https://medlineplus.gov/stress.html#cat_78

CHILDREN'S SELF CONFIDENCE & Its Effects on Math and Reading Abilities

A new study has found that students' perception of their abilities in math and reading play an important role in motivating their achievements over time. The findings come from researchers at Pontificia Universidad Catolica de Chile and the University of Michigan.

"Our study shows that youths' perceptions of their abilities in middle childhood are important in promoting their later achievement in math and reading," explains Maria Ines Susperreguy, assistant professor in the Faculty of Education at Pontificia Universidad Catolica de Chile, who led the study.

The researchers looked at three data sets of children ages 5 to 18. Each data set included measures of self-concept and standardized assessments of early and later academic achievement.

Students' self-concept was defined as their perceptions of their capabilities to succeed on academic tasks. The study considered children's earlier achievement as well as their characteristics and backgrounds, including birth weight, race/ethnicity, gender, age, and their mother's education.

The study found that children's beliefs about their math and reading abilities explain some of the variance in their later math and reading achievement, after controlling for demographics and children's characteristics, as well as prior academic achievement.

"When trying to understand the issues of low academic performance, we often examine what additional skills children need to succeed in school," says Pamela Davis-Kean, Professor of Psychology and Research Professor at the Institute for Social Research at the University of Michigan, who coauthored the study. "Our findings, replicated across three data sets, show that it is important to understand the relation between children's perceptions of their abilities and later achievement."

Society for Research in Child Development. "Students' self-concepts of ability in math, reading predict later math, reading attainment." ScienceDaily. www.sciencedaily.com/releases/2017/09/170919091005.htm (accessed October 24, 2017).



NEW APP USES SMARTPHONE SELFIES To Screen for Pancreatic Cancer

University of Washington researchers have developed an app that could allow people to easily screen for pancreatic cancer and other diseases by snapping a smartphone selfie.

BiliScreen uses a smartphone camera, computer vision algorithms, and machine learning tools to detect increased bilirubin levels in the white part of the eye.

One of the earliest symptoms of pancreatic cancer, as well as other diseases, is jaundice, a yellow discoloration of the skin and eyes caused by a buildup of bilirubin in the blood. The ability to detect signs of jaundice when bilirubin levels are minimally elevated, but before they're visible to the naked eye, could enable an entirely new screening program for at-risk individuals.

In an initial clinical study of 70 people, the BiliScreen app correctly identified cases of concern 89.7% of the time, compared to the blood test currently used.

University of Washington. "New app uses smartphone selfies to screen for pancreatic cancer." ScienceDaily. www.sciencedaily.com/releases/2017/08/170828140716.htm (accessed October 24, 2017).

BiliScreen uses a smartphone's built-in camera and flash to collect pictures of a person's eye as they snap a selfie. The team developed a computer vision system to automatically and effectively isolate the white parts of the eye, or sclera. The app then calculates the color information from the sclera and correlates it with bilirubin levels using machine learning algorithms.

"Pancreatic cancer is a terrible disease with no effective screening right now," Taylor said. "Our goal is to have more [of the] people who are unfortunate enough to get pancreatic cancer to be fortunate enough to catch it in time to have surgery that gives them a better chance of survival."



NOVEMBER RECIPE Orange Honeyed Acorn Squash

- 3 acorn squash (small)
- 1/8 cup orange juice
- 1/4 cup honey
- 6 Tbsp. butter
- 1/8 tsp. ground nutmeg (optional)

Heat oven to 400 F. Cut squash in half. Remove seeds and place halves in shallow baking pan. Combine orange juice and honey in a small bowl. Mix well. Put some of the mixture in each squash cavity. Add 1 Tbsp. of the butter to each squash half. Sprinkle with nutmeg if using. Cover pan with aluminum foil to keep steam in and speed up cooking. Bake for 30 minutes. Remove foil and bake for 30 minutes more, or until squash is tender.

Yield: 6 Servings. Each serving provides 170 Calories, 4 g of Fat, 34 g of Carbohydrates, 3 g of Saturated Fat, 40 mg of Sodium, 3 g of Dietary Fiber, 2 g of Protein. Percentage daily values are based on a 2,000 calorie diet. Source: USDA

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