

I have tried to find the time over the years to put together a little something to help inform and educate my patients. Well that time has finally come. I read approximately 75 news releases, articles and studies a week. I will not bore you with all the details of every one of those readings. Instead, I have decided to highlight a few items and give you the briefest synopsis. If you do not wish to receive these, just type “remove” in the subject bar and reply. Andrea and I know what it is to filter through unwanted emails, and we do not wish to add to yours.

## ASHBY ADVISOR

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To carb or not to carb.....

What is the current thinking on low carb, high carb, and medium carbohydrate diets and mortality?

August 16<sup>th</sup>, 2018 The Lancet by author Walter Willet, MD and others. They followed over 15,000 people over 25 years.

Bottom Line Results: Both high carbohydrate and low carb diets were associated with increased mortality. 50-55% carb intake faired the best. Also, lower carbs with higher animal protein and fat was associated with higher mortality. Low carb with plant-based fat and protein had lower mortality (more vegan)

Not surprising. So eat less animal fats and proteins, eat more plant sources, ie; nuts, nut butters, vegetables, whole grain breads, etc..., and consume 50% of your calories in carbs for best results. (I also try to look at extra fiber when choosing carbs. For instance, I can get whole grain bread with 3 grams of fiber per slice or 5 grams per slice – you know which one I choose when I can.

Fiber is critical for keeping up the balance of microbes in your gut. More fiber is associated with a healthier microbiome.

Shocking findings regarding quadriceps (thigh) strength for people in their 80’s were reported in PLOS ONE February 13<sup>th</sup>, 2020. Thigh strength loss from age 80-87 was 70%!! In comparison the strength loss in the seven years prior to age 80 was 7%. The study followed 600 men.

The main reasons that were suspected as the cause:

- 1) Sedentary life style
- 2) Loss of nerve function to the muscles

So strength training and staying active are crucial to minimizing strength loss.

The authors of the study recommended that aging people undergo assessments of strength and physical function to identify those with deficits, with appropriate prescriptions for exercise programs. (That doesn’t sound like something you would get with an annual physical.)

“Nothing is impossible. The word itself says “I’m possible!” – Audrey Hepburn