

ASHBY ADVISOR

Seventy-eight edition
Summer 2015

Good news for you coffee drinkers. This study was published in *Diabetologia* by Harvard researchers looking at the effects of increased coffee consumption on developing Type II diabetes. The bottom line: increasing coffee consumption (regular only) lowered the risk of developing Type II diabetes by 11 - > 37%. Three (3) cups or more per day was 37% better than one (1) per day. Decaf had no effect. So moderate coffee intake can be a good thing. This study followed over 120, 000 men and women over two (2) decades.

Good news for people with Crohn's disease also. (Crohn's is an inflammatory bowel disease that has increased in incidence from 1 per 1000, 000 to 6.3 per 1000,000 over a thirty (30) year period.) Taking up to 10, 000 iu's of Vitamin D per day resulted in reduced disease severity and reported increase in quality of life scores. Most patients were taking 5,000 iu's per day long term.

Feeling a little more adventurous?

Well Dr. Ashby is....The office will close on Wednesday the 5th of August and re-open on Friday the 14th of August. Dr. Ashby is going to take a re-charge vacation. Office hours are as usual until then. Remember If something is not quite right.....Call sooner then later..... Andrea is going to play HOOKY.....she may be in periodically to check messages and schedule appointments.