**Rickets Disease on the Rise**

A re-emergence of the childhood disease Rickets is on the rise across the nation as well as in England and Scotland. Reports of the disease have been on the rise over the past couple of years and they are causing the health community to raise a red flag.

Rickets results from a Vitamin D deficiency (which is necessary for bones to absorb Calcium), most commonly in children that can cause fractures and severe bone deformity such as the tell-tale bowing of the legs. The disease has not been a problem for nearly 80 years. However, it is not too unreasonable to believe that it could reach near epidemic proportions if proper care is not taken to stop its progression say doctors.

There are several reasons for the rise in cases. One reason is that breastfeeding mothers are not getting enough Vitamin D to be sufficiently expressed in breast milk. The main factor is that the worry of (Continued on page 4)

**Employee Spotlight: John Michael Smith**

We would like to welcome our newest nutritionist, John Smith and his family to Mobile and our clinic. Since we have expanded our service to general human nutrition we have seen a boom in clients and have felt the need to our staff.

Smith is a native of Orlando, Florida. He attended undergrad at the University of Florida where he received a B.S. in Human Nutrition. He received his Masters in Human Nutrition from the University of Alabama in Birmingham.

Following his graduation from UAB, he served a stint at Boston Medical in Boston Massachusetts working with their Nutrition staff. He specializes in gestational and infant nutrition; an area where we have been looking for expertise since our expansion.

Smith will be starting in the clinic at the beginning of December and we are excited to add a new member to our staff. Smith wished to add, “I am very excited about this opportunity. I look forward to joining a great staff and getting back to a warm climate very soon”.

Photo by http://www.jmu.edu/apcstrength/justinjones.shtml

Bowing of legs from Rickets

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Sibutramine Pulled off Market

The weight loss drug Sibutramine sold under the brand name Meridia has been pulled from shelves by its manufacturer. The drug was an appetite suppressant that was used in conjunction with diet and exercise.

Sibutramine lowers food intake and raises thermogenesis by lowering the body’s uptake of serotonin and noradrenalin. In lay-men’s terms, the drug limits the amount of appetite controlling hormones that are produced and passed between neurotransmitters in order to make a person less hungry so they can better benefit from diet and exercise.

In studies done by the manufacturer, it was found that Sibutramine raised people’s risk for experiencing cardiovascular events such as heart attack and stroke. The drug was voluntarily pulled off the market by its manufacturer and production stopped after the negative findings.

If you are currently taking Sibutramine under any brand name you should stop immediately and call your doctor for advice on another switching to other treatments.

Gatorade: the Drink for Endurance Athletes

According to a new study, Gatorade can increase your endurance. The research analysts at the University of Miami have concluded this. Researchers say that it has long been argued whether or not Gatorade and similar energy drinks actually worked or if it was simply a placebo effect.

Gatorade, founded at the University of Florida in 1965, has been esteemed as the premiere performance energy drink for athletes. Competitors have released similar drinks that have taken some of the company's market share, but the new study claims Gatorade has the highest athletic benefit. According to the research, athletes who consumed 1 oz of Gatorade per mile during a 10 mile run outperformed those who consumed the same amount of Powerade. Both drinks replace electrolytes in the body. However Gatorade (as hypothesized by Dr. Doe of University of Miami) provides the body with a better balance of electrolytes and sugar to water ratio. “With this study we have proven that these energy drinks work.”

They replace the electrolytes athletes lose when they sweat in training and competition and give the extra push to keep going. It just so happened, that Gatorade produced the best results out of the other drinks.”
A Note For Our Athletes

To our athletes out there who are trying to add some muscle to their frames it is very important to get protein in your body.

You need to get whey protein within 30 minutes of your workout. You should continue to get protein at two hours and six hours after your workout in order to allow your muscles to fully recover.

Protein powders and shakes are made using milk proteins. There are two types of milk proteins: whey and casein.

For ages whey was thought to be more of a high quality protein than casein. However, this is not true; as long as you get your protein products from reputable manufacturers both types will be high quality.

Now it is understood that casein actually takes longer for your body to breakdown. It is kind of like taking a time release pill. It can provide you with that dose of protein at two hours and six hours following your workout. It maybe more time efficient to make your protein shakes with whey and casein.

Performance Product Spotlight

CytoSport’s Muscle Milk will provide you with high quality lean whey protein great for post workout muscle recovery.

CytoSport’s Complete Casein Protein Powder is designed to allow your body to continue getting protein even after that Muscle Milk has been digested. Casein is harder for your body to digest, therefore, it will stay with you longer and continue to provide your muscle with high quality fuel for recovery and size.

CytoSport’s Fast Twitch pre-workout mix will give you the extra power you need to fuel even your most intense workouts. Its patent formula specifically fuels your Type II muscle fibers, know as fast twitch muscle fibers, to give increase your explosive abilities. It also contains caffeine for energy and creatine to aid in recovery.

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skin cancer is causing people, specifically women, to wear more sunscreen more often. This does not allow the mother to get enough sunlight; which is the best catalyst for Vitamin D production. It is also possible that breastfeeding mothers are not getting enough Vitamin D through their diet. Many foods and drinks such as milk and orange juice are fortified with Vitamin D to aid supplementation. However, mothers who are breastfeeding are recommended to have their babies given either Vitamin D shots or other forms of appropriate supplementation such as infant formula.

Another reason deals with toddler aged children and Rickets. Again, we see that sunscreen is being used too much and children are not getting enough sunlight or children are not receiving adequate nutrition. Doctors recommend that breastfeeding mothers get sufficient sunlight, (in fact it only takes 15 minutes for your body to get enough Vitamin D) eat a proper diet, or supplement their babies diet with Vitamin D.

### Unhealthy Eating Habits

While a lot of unhealthy eating habits may seem obvious there are quite a few that are not. So… here are some not so obvious unhealthy eating habits.

**Skipping Breakfast:** While some dieters might think this is a good step at keeping the calories off, it is actually contradictory to loosing weight. By skipping breakfast your body goes into a starvation response. Your metabolism slows down; so, you are not burning as many calories and your metabolic rate stays lower the rest of the day. But if you eat breakfast you will jump start your metabolism.

**Skipping Meals:** We are all guilty of getting too busy and skipping lunch. And you might think that it is not so bad; however, you are allowing you blood sugar levels to drop and when you do finally eat, you will spike your insulin. When your insulin levels spike your body will store more fat. Not what you had in mind when you skipped that one meal.

**Not Eating All Day:** This can become just plain dangerous. By not eating you are allowing your blood sugar levels to drop too low. Low enough that you may in fact pass out. Passing out might not necessarily be that bad but if you are driving a car or walking down stairs the results can be devastating. Another dangerous thing about allowing your blood sugar to drop and then it spike again, you are putting yourself at risk for diabetes.

**The 3 Day Diet:** While it might seem like a really good idea, the three day diet often involves not eating at all or eat very few calories a day. The lowest amount of calories a person should get in a day is 800, and the people that do that are on a special diet and are monitored by doctors. Once again we see a dangerous drop in blood sugar, and a spike when you do eat once again. Also, because the three day diet is not a sustained diets (meaning it lasts three days and then you go back to your normal eating) you will tend to gain more than you have lost. Doctors have now expressed concern that this “yoyo” dieting is more harmful than persistent overweight.