

**Caffeine Use Disorder— It's For Real**

People often joke about their daily dependence on coffee, but new research is finding caffeine dependence is no laughing matter. A recent literature review cites population-based studies in which over 50% of regular caffeine users have



serious trouble reducing or quitting their consumption, even if they have conditions negatively impacted by caffeine (pregnancy, heart condition, bleeding disorders).

**PositiveTip:**

*Regular exercise, a wholesome diet and adequate sleep will help you stay alert without caffeine.<sup>4</sup>*



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**References:**

1. davidagus.com
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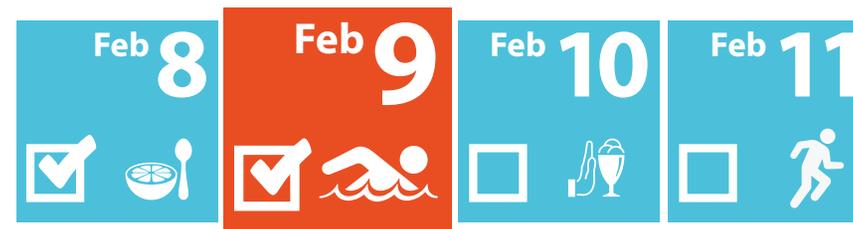
## The Surprising Benefits of a Health Schedule

By Brian Bell, MPH

Are you often busy and stressed, with seldom enough time in the day? Do you feel like you're losing the battle for your health?

You may need a health schedule, which is an organization of your critical health habits: eating, exercise and sleeping. We tend to schedule life according to work

**A scheduled life is an abundant life.** Now, you may bristle at the thought of a schedule, ("it's tedious", "life's unpredictable", "I have one and it's too full!") but the truth is the right kind of schedule (and right attitude towards it) can set you free from harried busyness and put you back in control of



and leisure. Then we squeeze in meals on the run, the once-a-week jog and some quick, fitful shut-eye (after work or our favorite TV show, of course).

I'm suggesting we flip this on its head.

Create a health schedule that carves out time for healthy eating, sleeping and exercise habits. Then... you'll be more productive at work, enjoy your leisure and reduce your risk for chronic diseases like heart disease, diabetes and hypertension.

your life.

There are three simple steps to a healthy schedule: identify the Reasons, Routines and Rewards.

Olympic athletes live by strict exercise regimens, dietary requirements and sleep routines. Why? They have a meaningful goal.

What are your health goals? When you have your own "gold medal" health goals, then a schedule isn't a restriction... it's a propulsion. It is the way you achieve those goals.

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## The Disease of Kings

By Max Hammonds, MD, MPH

Several of the major characters in Charles Dickens' novels suffer from inflammatory arthritis. As Dickens described it, an attack of this arthritis would last for several days, would be very painful with a high fever and a

red, swollen joint—usually the big toe, but sometimes the ankle or knee. Almost always this character would be

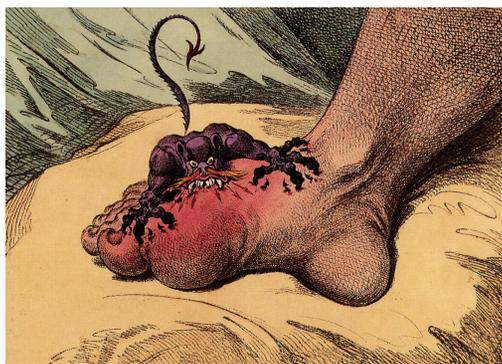
rich, overweight, and gluttonous, consuming large amounts of meat, rich desserts, and alcohol. Common among the rich and affluent, it was known as “the king of diseases and the disease of kings”—it was called gout.

Modern medicine has discovered that genetics plays a large part in developing gout. The disease occurs nine times more frequently in males, peaking at age 70-75. The underlying cause is an elevation in uric acid in the blood stream, usually as

a result of the inability of the kidney to excrete uric acid in the urine. The excess uric acid crystallizes in the joints of the body, sometimes in the tendons and occasionally under the skin. In the joints the uric acid crystals cause an inflammatory reaction that results in a hot, red, painful joint, ultimately leading to the crippling total destruction

of the joint. Uric acid can also crystallize in the kidney causing blockage and/or kidney failure. Where does the uric acid come from? Look at the description of the character in the Charles Dickens' novel. High meat intake, especially the “sweetbreads” (kidney, liver, brains, and other internal organs), seafood (both crustaceans as well as fish), and high-fructose products contribute to the increase in uric acid. (Interestingly, high uric acid veg-

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etable sources do not cause an elevation of uric acid.) Large alcohol intake decreases the kidney's ability to excrete the uric acid and causes dehydration, increasing the concentration of the uric acid in the blood and the joints. As in our Dickens' character, gout occurs more frequently in those who are overweight, have high blood pressure, and have increased insulin resistance.

The major lifestyle interventions recommended to decrease uric acid levels and decrease the frequency of gout attacks include discontinuing the use of meat (including poultry) and sweetbreads, seafood, and alcohol, increasing the use of Vitamin C foods, and avoiding obesity.



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Are you getting the Dickens' picture? Living the lifestyle of a pauper—a lacto-vegetarian diet low in rich foods and high in Vitamin C, sufficient exercise to maintain ideal body weight, and avoidance of alcohol—will help to control “the rich man's disease” in those whose genetics predispose them to gout.

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I've chosen three simple “Olympic-themed” goals to pull me forward.

**Gold:** climb mountains and play hockey with my kids/grandkids at 70 (long-term).

**Silver:** bike/run/rollerblade across Canada over the next ten years.

**Bronze:** stay below 160 pounds this year.

Dr. David Agus outlines the benefits of determining your own personal health goals (which he calls “metrics”) for long-term health in his book<sup>1</sup> “The End of Illness”. He's designed a FREE questionnaire to help get you started.<sup>2</sup>

### Trivia: Running

? miles per day reduces risk of breast cancer mortality by 95%?



Walkers didn't show any significant reduction in risk.<sup>3</sup>

Answer: 2.5+

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