

**NEWSLETTER
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Starting with the Labor-Day Weekend, the media has focussed in on attempts to live a long and healthy life and on the American epidemic of Diabetes II. I am going to address both of the issues in this newsletter:

FAT IS THE ISSUE: Or, at least it is being made the issue. It is true that obesity is one of the causes of Adult-Onset Diabetes or Diabetes II. In that way, obesity should shorten your life. The jury is still out on that one.

Every so often, I have a patient proudly proclaim that s/he has cut all the fat out of the diet. This is a very bad idea. Your body cannot function without fat. The myelin sheath on your nerves is made of fat. Lose it, and you have MS. A large percentage of your brain is composed of fat. You need Essential Fatty Acids referred to as Omegas: 3, 6, and 9. Omega 3s are found in fish oils. They improve brain function and most Americans do not get enough. Omega 6s are gamma-linoleic acid found in GLA-90 and Evening Primrose. Omega 9s are oleic acid, present in olive oil, nuts, garbanzo beans. If you are concerned with having "bad fats" in your system, I suggest cholestatin and phosphatidylcholine (lecithin).

If fat is the issue, then margarine is right up there as a bad fat. If you have abandoned butter on the notion that you are saving calories, guess again. Regular margarine not only has as many calories as butter, it is a transfatty acid which wreaks havoc with your health. Transfatty acids result from the hydrogenation of polyunsaturated oils

to make them solid. I myself use butter, even though it is an animal fat.

THE CARBOHYDRATE HYPE: This assumes that human beings are interchangeable, rather like screws or ball bearings. Unfortunately, carbohydrates are only the salvation for a tiny minority of people. For most of us, whose metabolisms went on the drawing boards in the Paleolithic, carbohydrates are not our friends. They equal obesity and Diabetes. They produce bursts of energy because your body immediately converts them into glucose – i.e. sugar. Unless you are a declared vegetarian, your best diet is lean red meat (especially if you have diabetes), poultry, fish, vegetables and fruit. If you cannot seem to lose weight, cut out the carbohydrates and see if that helps.

THE HUMAN GROWTH HORMONE DEBATE: If you were listening to “48 Hours” in the first week of September, you got a wealth of information on HGH. Some of that information was, shall we say, shaky. HGH does not have to be injected anymore. That was true when this therapy began and the only source for the hormone was cadavers. Now there are sublingual HGH sprays which deliver a smaller dose spread over the day. You can still take the injections, if you wish, but they are very expensive, even in Mexico. Somatotrophin in a spray has come down in price, from \$125 per ounce to \$105. An ounce lasts one person about 6 weeks.

Whenever something new comes along, there are going to be at least two schools of thought on it. The ultra-conservatives do not want to try anything for fear of what “might” happen. On the other hand, we know what will happen, to a certainty, if we don’t try to stave off the effects of aging.

Dr. Wang suggests: 1) Regardless of what diet you are on, you need to exercise. The human body was made to **move**, not to sit in front of TVs and computer monitors. Get out and walk. Dance. Lift weights. Do something. 2) Revamp your diet to protein-vegetable-fruit. You might try eating six small meals a day instead of three whoppers. 3) If you are over 40, you need supplementation for longevity.

The clinic stocks: EPA marine lipids, 50 caps, \$6.50
GLA-90, 90 caps, \$20.00
Evening Primrose, 50 softgels, \$9
Cholestatin, 90 caps, \$10
Phosphatidylcholine, liquid, 4 oz, \$14
Human Growth Hormone, 1 oz spray, \$105

We are always willing to ship to you. Postage will be added.

An excellent recipe for getting omega 9s is hummus:

Drain 1 can of garbanzo beans (also called chick-peas) and
Combine with fresh garlic to taste.
Add in hot red pepper to taste – any kind.
A tablespoon or so of fresh lemon juice.
Olive oil.

Place in food processor or blender and reduce to a paste. Add salt to
taste and eat with pita (if you can take the carbohydrate) or celery
sticks or whatever else you like.