

# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

February 2024



## The Dark History of Seed Oils

Every day you are eating oils that were only used in industrial machines just 100 years ago. These oils, later referred to as “vegetable oils” were actually seed oils that were chemically extracted from grains, seeds, or beans and used in industrial machines before the early 1900’s. **So how did they become food?** This goes back to two soap makers in the early 1900’s – William Procter and James Gamble who had historically made soap from rendered pork fat. Procter and Gamble were innovative and decided to create a new type of soap from seed oils. Around this time, cottonseed oil which had long been used for lighting lamps, was replaced by petroleum oil. Cottonseed oil became a “toxic waste” until the enterprising Procter and Gamble realized that all that unwanted cottonseed oil could be used to produce soap. They soon learned it could also be chemically altered via hydrogenation to turn it into a solid cooking fat resembling lard. In 1911, they came out with the first hydrogenated oil food product, later referred to as Crisco. Other “vegetable oils” followed soon after – soybean, canola, corn, and safflower oils became the predominant cooking oils used in American kitchens.

We’ve been told for decades that vegetable oils are “heart healthy”, but how is this possible? In the late 1940’s, a small group of cardiologists were members of a new organization called the American Heart Association (AHA). They received a \$1.5 million donation from Procter and Gamble. Due to this generous gift of cash from the makers of Crisco, the AHA now had sufficient funding to grow its national profile as a physician’s organization dedicated to heart health. Not surprisingly, the AHA was also quick to endorse seed oils as a healthier alternative to traditional animal fats.

During the early 1950’s, a physiologist and researcher named Ancel Keys introduced his Diet-Heart Hypothesis. He presented data that seemed to suggest a link between saturated fat and cholesterol intake to heart disease. In Key’s study, the data supported his hypothesis, however it was later discovered he intentionally left out data that did not correlate with his hypothesis. Citing animal fats as “unhealthy”, Keys recommended the consumption of seed oils. Soon, there were ads for “heart healthy” margarine (a solid vegetable oil), while saturated fats were labeled as “heart clogging”. The general public accepted this “truth” since it came from scientists and the AHA.

During the last 100 years, heart disease and cancer rates have risen as the public has consumed less saturated fat, increased its carbohydrate intake, and greatly increased the consumption of seed oils (predominantly used in processed foods). Obesity rates have mirrored the same substantial climb. **Are big corporations, politicians, and policymakers prioritizing economic interests over public health?**

## Monthly Motivation >>>

"Use the gym as a celebration of what your body can do. Don't use it to punish yourself for what you ate."

[www.fit.health](http://www.fit.health)

## BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 7:30-8:30 & 11:30-12:30

Where: Royal Palm/Grand Cypress Rooms

Cost: \$5 - payable by cash, check, or Venmo at time of class




\*Some classes will not meet due to Town Center Events.

For up-to-date calendar, visit [www.fit.health/groupfitness](http://www.fit.health/groupfitness)

Join  
US!

## *Ditch the "Dad Bod" -- It's No Joke*

- **Abdominal Fat** -- Fat isn't created equal. Visceral fat (beer belly) is the most dangerous. It's fat packed around your organs that releases hormones/proteins that create inflammation. Over time this increases your risk of stroke, cancer, diabetes, dementia, and heart attacks.
- **Insulin Resistance** -- Insulin is a hormone produced by the pancreas. Poor diet/exercise and abdominal fat limit insulin from moving sugar from the blood into cells. Over time, your body becomes less responsive to insulin. The pancreas can't keep up and you've become diabetic.
- **Chronic Inflammation** -- The combination of insulin resistance and visceral fat are a recipe for widespread inflammation. Inflammation moves throughout the body damaging joints, organs, blood vessels, and the nervous system. Heart disease is often blamed on things like cholesterol and salt, but years and years of inflammation is the REAL cause. Over time this leads to coronary artery disease, heart attacks, and even strokes.
- **Joint Breakdown** -- High levels of chronic inflammation will cause cartilage to break down. This leads to widespread pain common in the back, neck, shoulders, and knees. Arthritis has as much to do with chronic inflammation as it does wear and tear due to poor mechanics. The "dad bod" also asks joints to carry more weight. Even ten pounds of extra weight increases the stress on your knees by 30-40 pounds while walking. Your cartilage continues to break down and soon you will develop a lifelong relationship with your orthopedic surgeon.
- **Low Testosterone** -- Testosterone is essential for metabolism, muscle development, cognition, energy, and fertility. The average 25 year old today has the testosterone levels of a 45 year old 30 years ago. Beer, poor sleep, processed foods, and a sedentary lifestyle are a perfect recipe for low testosterone.
- **Weakness** -- Muscles respond to stress. You can't build muscle if you don't work them. Muscle strength will continue to decline as you age. Strength training slows the decline. Increased muscle mass helps to improve your insulin sensitivity, metabolism, and testosterone levels.
- **Sleep Apnea** -- Increased weight is the #1 cause of sleep apnea, a disorder that causes a person to stop breathing while sleeping. This can happen a hundred times a night. Over time, it puts excessive stress on the heart and can lead to high blood pressure and other cardiac issues.
- **Cognition** -- Brain fog is often the result of inflammation. Inflammation in the body can be expressed as pain, but the brain doesn't have this option. This results in increased fatigue, anxiety, and even depression. Dads often feel "numb" to life.



— “ —  
There is nothing  
stronger than a  
broken man who  
has rebuilt himself.  
— ” —



### Ingredients

- 2 tbsp extra virgin olive oil, divided
- 4 bell peppers (any color)
- 1 large onion
- 1 (8oz) package sliced mushrooms (white or baby bella)
- 12oz sirloin or flank steak, thinly sliced
- 1 tbsp Italian seasoning
- 1/2 tsp ground pepper
- 1/4 tsp salt
- 2 tbsp Worcestershire sauce
- 8 slices provolone cheese



### Instructions:

1. Preheat oven to 375°F.
2. Halve peppers lengthwise and remove seeds. Rub 1 tbsp oil on inside of peppers. Place on baking sheet and bake until tender (about 20-30 minutes).
3. Meanwhile, thinly slice onion, mushroom (if not sliced already), and steak -- but keep separate.
4. Add remaining oil to large saucepan and place over medium heat. Once warm, add onions until golden brown (about 5 minutes). Add mushrooms until cooked (about another 5 minutes). Add steak, Italian seasoning, salt and pepper and cook about 3-5 minutes. Remove from heat and add Worcestershire sauce.
5. Preheat broiler to high. Divide the filling between the pepper halves and top each with a slice of provolone. Broil for 2-3 minutes, or until cheese is golden and melted

yum!

## Did You Know...?

- **A new study reveals bottled water contains up to 100 more microplastic particles than previously estimated.** Utilizing advanced techniques, researchers found that popular water brands contain an average of 240,000 microplastic particles per liter, a count that's 10-100 times higher than past estimates. Notably, 90% of these plastics are tiny nanoplastics, so small they can penetrate human cells and tissues and even cross the blood-brain barrier, potentially impacting human health. Opt for water in glass bottles or invest in a good water filtration/reverse osmosis system.
- **If you are craving something sweet, eat something sour instead (it really works!).** Eat sour foods such as lemon, pickles, or pickle juice. The sourness takes away the desire for sweets. Remember, you control the food, not the other way around.
- **Walking is brain medicine.** Researchers studied 78,000 people aged 40-79 wearing fitness trackers for 3+ days, followed for 7 years. Those walking 9,800 steps daily had a 51% lower dementia risk.
- **Ever notice how your brain can begin to get foggy after sitting down for too long?** Researchers have conducted a study which revealed that executing just one minute of half-squats carried out every 20 minutes during prolonged periods of sitting boosted the cognitive abilities of the participants. Squats are one of the very best exercises one can do!
- **Resistance training offers alternative or complementary treatment approaches to traditional therapies to reduce anxiety and depression.** Resistance training improves cerebrovascular health by making blood vessels more flexible and less stiff, leading to better blood flow which is essential for good brain health. This, in turn, supports cognitive function and mood regulation, possibly reducing anxiety and depression symptoms. Additionally, resistance training increases muscle fiber recruitment and coordination, indirectly benefiting brain areas responsible for mood and stress management.



recommendations & referrals are the core of our businesses and always greatly appreciated!

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