The
Liker Health Report
Keeping People Focused on Staying Fit & Healthy
Summer 2022

Eat Yourself Clean

Detox Your Body with the Foods You Eat (and Don't Eat)

The sad truth is that man-made toxins are ubiquitous in the modern world and there might not be a whole lot that we can do about it. The key, however, is minimizing exposure as best you can by not ingesting pesticide or herbicide contaminated foods. But first, you'll need to know which conventionally-grown foods contain the fewest and which foods contain the most amount of pesticides and then make choices appropriate for your nutritional lifestyle. Every year, the non-profit Environmental Working Group (EWG) publishes a list of the produce with the most and least pesticide residues to help consumers choose healthy vegetables and fruits. The EWG's 2022 Shopper's Guide to Pesticides in Produce™ can be found at **ewg.org** and is an excellent resource which features the Dirty Dozen™ and the Clean Fifteen™.

A better solution to avoid pesticides is eat organically-grown produce. This may not be feasible depending on available options or financial resources. Organic produce can cost upwards of 10-40% more than conventionally-grown produce. So, if conventionally-grown produce is the only option, it's prudent to minimize the fruits and vegetables that are most subjected to pesticide use. That means prioritizing your food budget to favor the "cleaner" foods. It also means your intake of toxins will decrease over time, and your body will gradually rid itself of some of the accumulated pesticides and herbicides its been harboring over the years. Consider shopping at the local Farmer's Market or growing some vegetables in a backyard or patio garden. One of the first things you'll notice is how fresh and delicious a home-grown tomato or zucchini tastes, and your body will thank you for it.

Eating Clean: 2022 Edition

The Dirty Dozen™	The Clean Fifteen™
1. Strawberries	1. Avocados
2. Spinach	2. Sweet corn (non-GMO)
3. Kale, collard & mustard greens	3. Pineapple
4. Nectarines	4. Onions
5. Apples	5. Papaya (non-GMO)
6. Grapes	6. Sweet peas (frozen)
7. Bell & hot peppers	7. Asparagus
8. Cherries	8. Honeydew melon
9. Peaches	9. Kiwi
10. Pears	10. Cabbage
11. Celery	11. Mushrooms
12. Tomatoes	12. Cantaloupe
	13. Mangoes
	14. Watermelon
	15. Sweet potatoes

SOURCE:
Environmental Working Group
ewg.org

RESEARCH PEARLS:

TV Viewing & Coronary Heart Disease

Researchers from the Universities of Cambridge and Hong Kong have determined that regardless of genetic risk, watching too much TV increases the risk of coronary heart disease (CHD). Individuals who watched four or more hours per day had the greatest risk. A 6% lower risk was observed in individuals who watched 2 to 3 hours per day, and 16% lower risk in individuals who watched less than an hour per day. In this study of 50,000 participants, genetic susceptibility and known CHD risk factors were completely independent of the amount of TV viewing time. Interestingly, the researchers did not find an association with computer use (another form of screen time). They hypothesized that TV viewing typically occurs following the evening meal, which is usually the most calorie-dense meal of the day and leads to higher blood levels of glucose, fats, and cholesterol. TV viewing also elicits more snacking than web surfing – factors that increase CHD risk.

BMC Medicine. 2022 May 24;20(1):188.

Protecting Your Lungs

Respiratory Health is Vital to Other Systems

Respiratory health has become exceedingly apparent in the wake of COVID-19, yet few realize how sensitive the lungs really are, even in the absence of viral infections. Irritation and injury can also be caused by stress, obesity, and air pollution, in additional to the usual suspects – colds and flu, seasonal allergies, asthma, and smoking. Healthy lungs are critical to the health of the body's other organs which rely on oxygen delivery and carbon dioxide removal.

EMOTIONAL/MENTAL STRESS

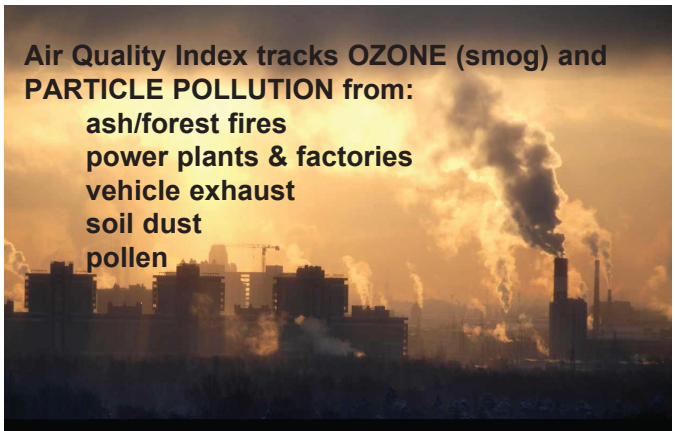
The body releases hormones (i.e., adrenaline, cortisol) in response to stressful situations. For most people, this isn't dangerous, but for people with asthma or COPD, this can result in shortness of breath and feelings of anxiety or panic. Increased cortisol levels can also increase appetite, leading to overeating. Smokers often experience increased tobacco cravings.

OBESITY

Most obese or overweight individuals experience breathing problems because they are unable to take in a full breath. The smaller lung capacity is caused by extra abdominal fat which impedes the diaphragm from drawing in air to fully expand the lungs. A build-up of fat secretes pro-inflammatory hormones which increase inflammation in the lungs and throughout the body.

INDOOR & OUTDOOR AIR POLLUTION

A wide range of indoor and outdoor pollutants can cause or worsen lung problems – from seemingly minor irritation (i.e., coughing) to more serious chronic conditions with repeated exposure (i.e., asthma, cancer). Indoor air quality can be improved to some degree by removing the source of the pollution (i.e., paint, cleaning chemicals, carbon monoxide, carpets), but not outdoor air quality. When the local air quality index is poor, stay indoors if possible.



With every breath, we are inhaling what's in our environment.

Stephen Baldassarri, MD

Dear Dr. Liker...

Why do I feel nauseous during a workout or right afterwards?

During a workout, especially one that is strenuous, blood flow is increased to the muscles being utilized, as well as the heart, lungs, and brain. The arteries feeding these tissues are widened to handle the additional blood flow. At the same time, the arteries feeding the digestive system are narrowed by as much as 80% because the demand for oxygen-rich blood is automatically de-prioritized.

If you've just eaten a meal, the stomach muscles are active (to digest the food) and they demand more blood flow. But if you decide to exercise right after, or within about 2 hours of eating, there's a conflict with the muscles that also demand more blood flow. The muscles win out, so the decreased blood flow to the G.I. tract triggers intestinal nerves which in turn, may cause feelings of nausea.

If you experience nausea with intense exercise, the first step you should take is to avoid exercising until after the bulk of your last meal has digested – at least 2 hours. Fatty foods, high-fiber, and some high-protein foods are associated with an increased risk of post-workout nausea. Choose high quality carbohydrates, protein, and unsaturated fats for the meal prior to working out since these are easier to digest. Drink plenty of water before and after your workout to stay hydrated, and avoid energy drinks, sodas, juices, and highly caffeinated beverages.

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