



E-spoons E-zine
April 2012

SWEET 'N SPICY

Spinning the diet yo-yo begins when you bite into too many sweet apples, crammed full of fruit sugar which fattens up junior through accelerated fat cell filling. However, spoonfuls of this sugar, will not fatten a cat, but burning a little fruit sugar, will definitely help appease a drunk bat. Moreover, cane sugar burning generates sustainable power, enough to cause the big toe to glow in a gouty attack, but it takes a lot more heat to burn extra fat. HAPPY EASTER !

The E-spoons E-zine is a monthly compilation of stories appearing on [7 Big Spoons™ blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

Yo-yo dieting is still better than not going on diet

Losing weight is seldom the problem for the serial dieter – the problem is keeping the fat from creeping back.

Most dieters have gained and lost their extra fat several times. It is demoralizing to say the very least. Maybe if you're currently looking at the extra large version of yourself – the idea of going on D-I-E-T feels pretty close to DYING. Is it worth it? Could the fluctuating weight not be a health risk in itself?

Science answers this difficult question with a resounding , YES, it is better to have lost and gained than never to have lost at all.

Read how [yo-yo dieting mice outlive their fat-all-the-time counterparts, while enjoying better overall health.](#)

So the take home message – even if your BIG diet doesn't bring permanent thinness, it still brings health benefits. So don't give up.

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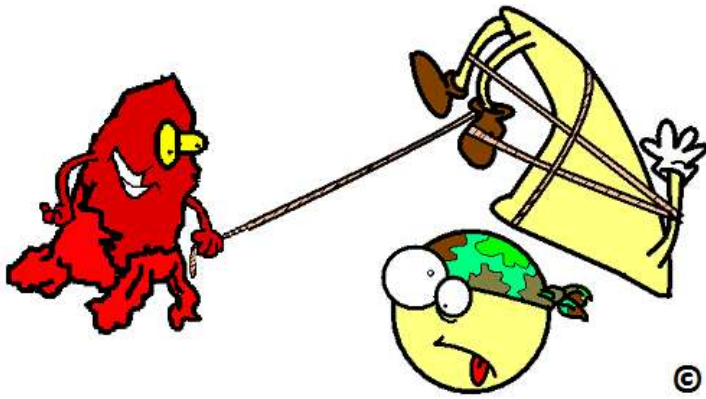
Biting into too many "apples" the beginning of obesity ?

Human woes officially began when Eve persuaded Adam, to take a bite from the fruit of the tree of knowledge. Research published by the American Physiological Society suggest that biting into fruit sugar (fructose), is the beginning of fatness.

The body's energy requirements are typically tightly regulated in NORMAL people. A key player in keeping the body properly fuelled up, is leptin. Leptin keeps tabs on the fat fuel supply and initiates appropriate responses when fat levels change.

- If the body's fat levels dwindle, leptin levels drop – kick-starting a massive drive to eat i.e. the hunger response
- If the body's fat levels rise, leptin levels rise too – launching a laid-back, engorged sense of satisfaction i.e. the appetite suppression response.





In the obese, the leptin regulator is shot. The excess fat, spikes the leptin levels into the stratosphere, but the message falls on deaf ears. Despite adequate fat supplies, eating never stops. Excess calories in, ultimately translates to excess fat.

As obesity rates have climbed, science has scrambled to provide explanations.

Fructose, more specifically, high-fructose corn syrup frequently appears on the fat charge sheet. But, up until now, it has been difficult to make the charges against fructose stick.

Read about the [discovery that it is fructose which ties leptin up in knots, starting the obesity rot.](#)

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Do you know what is sabotaging your weight loss plans ?

Enrol in the brand new

“Cheat the Fat Genes Programme”

And uncover the schemes and devices that sabotage your waist line.

Juicing up is fattening up

As a health conscious Mom, you’re monitoring what your kid drinks.

- Milk, often low-fat, is in.
- Cola is out.
- Juice is in.
- Coffee is out. [More for your sanity than juniors wellbeing.](#)
- Water is in.

But as obesity rates climb in both adults and kids – it might be time to rethink the healthfulness of those **IN beverages.**

If you crunch the numbers – a glass of apple juice can actually have a few more calories than a glass of cola.

[Surprised ?](#)

But of greater significance, is the glass of apple juice has more fruit sugar. And fruit sugar is NOT a health food.

To keep healthy , you need to limit ALL sugared beverages. This doesn’t just mean laying off the coke and cream soda, it also means limiting fruit juice too.

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The obesity epidemic is rampant among our children. Find out how to help your little one avoid being a fat kid too. Invite Dr Sandy give a FREE presentation at your school / Mom’s group or sign up your family for the “Cheat the Fat Genes programme”.

A spoonful of fructose makes the fat cells full

Biochemically speaking, sweetness is packaged in structures composed of a six carbon ring. There are quite a few variations of the theme – the two big ones are glucose and fructose.

For the most part, outside of the body the two are indistinguishable. We mix and match the two in different combinations to turn things sweet.

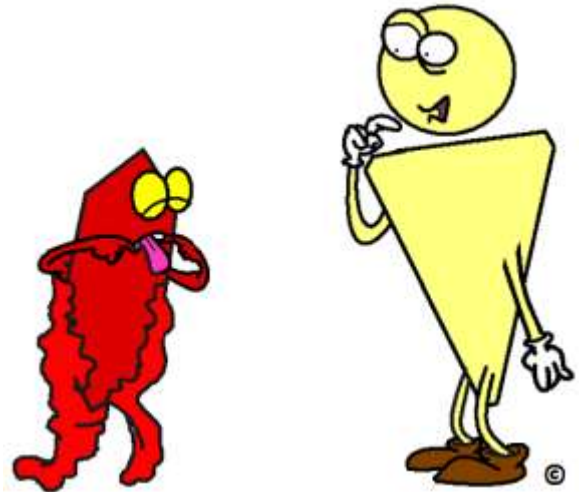
So....

- Cane sugar (also known as sucrose or table sugar) consists of 50 % glucose and 50 % fructose
- Corn sugar (also known as high corn fructose sugar) consists of 45 % glucose and 55 % fructose
- Honey consists of 36 % fructose

But the story inside the body is a little different.

Find out [why fructose makes fat cells full and why fructose is not a health food](#).

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Fat cats don't do sugar



If only I was cat women. I am not really coveting her nine lives etc. The kitty characteristic I yearn for is tied up in the taste buds. The average pussy cat can't taste sugar !

Cats, both domestic and wild, are unable to taste sweet compounds because the gene that programmes the sweet taste receptor is defective. The loss of this receptor has not left the average pussy cat feeling miffed and deprived. Mother Nature ordained the feline to be an OBLIGATE carnivore i.e. cats ONLY eat meat.

Not sure, pet food companies received this memo from Mother Nature, ingredients of modern day cat food often fall short on meat and err towards potatoes and things.

It is not just a cat thing, [find out which other mammals can't taste sugar](#).

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Fructose is a hangover cure for bats. And humans ?



The morning after the night before can leave one feeling ~~a bit~~, a lot worse for wear. As humans, a mega-dose of [aspirin](#) and a little peace and quiet, can aid the recovery process.

But what if you're a fruit bat that accidentally took a few bites too many of an overripe fig ?

Find out [what intoxicated bats do to cure their hangover](#). This bat hangover cure, will probably also work for you.

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Running the world on sugar power



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2012 has been declared the International Year of Sustainable Energy for All.

Biofuels are one big idea, that is being touted as a way to provide this much needed energy. The world is at the cusp of a new energy dispensation, but currently burning things other than fossil fuel, although possible, is not really sustainable and puts food supplies at risk.

But there is one big exception – a spectacular success story. [Learn more about how sugar wastes are turned into electricity.](#)

SUGAR POWER !



Time to change what is out in gout ?



That bout of excruciating agony, centred around your big toe, arises because the body has accumulated too much uric acid. Unable to pee it out, it has been squirreled away, in the form of uric acid crystals – apparently a good place to horde these crystals is your big toe “joint”. Go figure.

Drugs can bring relief, but the long term solution – CUT OUT PURINES. Translated, that means cut out the meat and beer, AND SPINACH.

But have the health gurus got it wrong ?

Purine chemistry is not just about meat and spinach. Find out [the real culprit behind those elevated purine levels](#) so you can get relief from big toe torment.

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Are you longing for a deep meaningful conversation about your health, but your doctor and pharmacist are too busy to answer your questions.

Book a one-on-one health conversation with Dr Sandy.

Get the science not the hype !

Talk about

- *Exactly what is wrong with you and what is likely to happen going forward.*
- *How do the drug(s) you've been prescribed work ? Do you really need to take them all ?*
- *Are there things you can do to make the drugs work better ?*
- *What can go wrong ? What should you look out for ? Is there anything else you can do ?*
- *Are there foods/supplements that could help ? Are there foods/supplements that you should avoid ?*

Sun is more than a skin burner it is also a fat burner

Two people have managed to pad themselves up with 10 kg of fat. Both embark on a calorie restricted diet, with the hopes of extricating the extra fat. Who will be more successful ?



The one with more vitamin D.

Read more about the University of Minnesota study that [compared weight loss with and without vitamin D](#).

The weight loss industry sell lots of lotions and potions which they claim help you lose weight. Ingredients include

- Stimulants such as caffeine, ephedrine etc.
- Fat burners such as carnatine, clavulenic acid
- Appetite suppressents such as Hoodia

Most of the time, the benefits of these ingredients are either risky or a little iffy and probably don't warrant the cost. If you're looking to [cook the books](#) with a little pharmacological intervention, maybe try vitamin D as your fat burner.

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Are you spending a fortune on supplements, hoping they will help you lose weight and stay healthy ?

Learn which ones really do help, which ones do nothing and which ones are actually hurting you.

Enrol in the brand new

"Cheat the Fat Genes Programme"

And find out how to get your engine firing on all cylinders without spending a fortune.

Other stories from the blog this month.....

- [Bad body chemistry can strike at any age – teenagers are in trouble](#)
- [Old dogs can learn new tricks when oxidative stress is less](#)
- [Are your tired eyes causing you to crave sugar ?](#)
- [Collaborating ? Testosterone is the elephant in the room](#)

- Hoodia capsules are not appetite suppression bushmen style
- A coke a day does not ADD LIFE !
- Owning a gene is only half the story

Did you enjoy the E-zine ? Forward the E-zine to a friend or

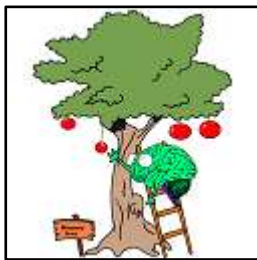
Give us a like on **facebook**

Thank you for taking the time to read the e-zine. I love hearing from readers, so [drop me an e-mail](#) to let me know which story you enjoyed the most, did you learn something new or do you have a different perspective.

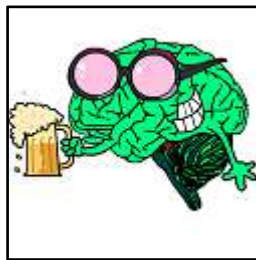
Did you catch this month's Neurotechnology Tips ?

Neurotechnology tips provides tit bits of science to help you buzz up your brain performance.

[Click here](#) to have a Neurotechnology Tip delivered directly to you in box next week.



You've got to hang out in the "right" tree to remember more



Are you in the habit of wearing rose-coloured beer glasses ?



Passing through a door can scramble your brain

Next month we will be investigating a few "fishy" things. Look out for the May edition of E-spoons in your inbox on 2 May 2012 (the first Wednesday of the month).

Yours scientifically

Dr Sandy



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The cartoons were drawn by [Guy Alain Ngangob](#) – drop him an e-mail if you need a cartoon or two. If you want to access the science articles used to compile the newsletter, visit the relevant pages on the blog and follow the link.

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