

# OnTrack to Wellness

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June 2022

## Deciphering Juice Detox Diets

By Cara Rosenbloom, RD

**If juice bars are popping up in your community or social media feed,** you've probably seen the claims about their detox cleanses. For about \$350 per week, you can sip juices that are said to reverse aging, burn belly fat, remove toxins and aid in weight loss.

**For the most part, science does not support these claims.** Juice can't reverse aging, can't burn belly fat, the toxin claim is too vague to measure since the toxins aren't specified, and weight loss will always accompany a very low-calorie diet but often will be regained quickly.

**The idea of detoxification is exciting** because it feels like a renewal or a do-over, and many people are enticed by the allure of cleaning out the junk in their body. But it's more marketing than science.

**What's scientifically valid?** Humans have a built-in detoxification system that works every minute of the day. Your lungs, liver, kidneys, digestive system and skin naturally eliminate waste through sweat, urine, feces and breath. It's important to eat a nutritious, balanced diet to support natural detoxification, but juices won't help eliminate toxins.

**And there's another concern.** According to the National Institutes of Health, some juices aren't pasteurized or treated to kill bacteria, which can be problematic for older adults, children or people with weak immune systems. Plus, there's some concern that drinking too many laxative-effect juices will cause dehydration and electrolyte imbalances.

**The bottom line:** Juice cleanses are unnecessary and should not replace a well-rounded diet.



### June 11 is Family Health and Fitness Day and is sponsored by the National Recreation and Park Association.

It's an opportunity for families to pursue fitness together. The CDC notes regular physical activity can help adults and children lower the risk for health problems now and in the future. Walking, hiking, biking and swimming are all ways parents and children can exercise together and have family fun in our nation's parks. Check out family-friendly activities at local parks. Virtual programs at home are an option, too. Learn more at [nrpa.org](http://nrpa.org).

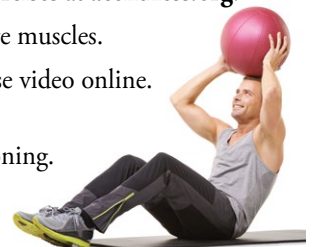


**Core muscles connect your upper and lower body,** supporting your spine, and overall function and mobility, especially important as you age. The core muscles are in your back, hips, pelvis and abdominal area. Weak core muscles make you susceptible to poor posture, frequent lower back pain and muscle injuries.

**Performing core exercises involves more than abdominal crunches.** It involves working and training the muscles in your pelvis, lower back, hips and abdomen to properly work together. This leads to better balance and stability to reduce fatigue, making daily life physically more comfortable.

**Core training movements can be simple; the key is proper form and safe progression.** To build core strength:

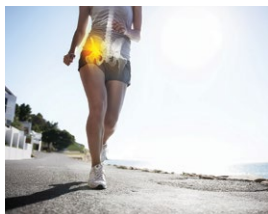
1. Talk to your health care provider about any health concerns, such as back pain or arthritis, before beginning a core-strengthening regimen.
2. Learn more; search for **core exercises** at [acefitness.org](http://acefitness.org).
3. Begin strength training the core muscles.
4. Shop for a core training exercise video online.
5. Take a class, such as yoga or Pilates, that emphasizes core toning.
6. Include a variety of exercises to get the best results.



**Weekly exercise goal:** Get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, or 75 minutes of vigorous-intensity aerobic activity a week, or a combination of moderate and vigorous activity.

**A strong core lets you enjoy activities,** including biking, golfing, racquet sports, running, swimming, baseball, volleyball, kayaking, rowing and many others. And if you sit for long periods, routinely get up and walk around to work your core and reduce back pain and stiffness.

# Get Healthy Hips



**Strong and flexible hip muscles provide stability to your lower body as you stand, walk or run.** But if your hips are weak, your knees can move out of alignment. That stresses joints and muscles, as well as increasing the risk of knee injuries and falls.

**Good news:** The exercises below from the American Academy of Orthopaedic Surgeons can help improve your hips.

**First, warm up with a five- to ten-minute walk or other low-impact activity.** And stretch before and after performing these hip-conditioning exercises. Aim for two sets of four repetitions daily of both exercises to strengthen your hips.



## Knee to Chest

- Lie on your back with your legs extended straight out.
- As you bend one knee, grasp your shinbone in your hands.
- Gently pull your knee toward your chest as far as it will go.
- Hold the stretch for 30 seconds; relax for 30 seconds.
- Repeat with the other leg. Then gently pull both legs in together toward your chest, hold 30 seconds and release.

## Standing Stretch

- For support, stand next to a wall. Cross the leg closest to the wall behind your other leg without leaning forward or twisting at the waist.
- Lean your hip toward the wall gently until you feel a stretch on the outside of your hip.
- Hold for 30 seconds; relax for 30 seconds.
- Repeat on the opposite side.

To learn more, search for **hip exercises** at [orthoinfo.aaos.org](http://orthoinfo.aaos.org).

# Food Allergy or Intolerance?



**If you feel sick after eating or drinking something, maybe it's a food allergy.** Or it could be a food intolerance. So, what's the difference? As it turns out, the difference is significant.

**Allergies are caused by an immune system reaction which can be life-threatening.** Anaphylaxis is the most severe form of an allergic reaction; other symptoms can include rashes and itching.

**An intolerance is caused by a problem in your digestive system or a food.** When people note a particular food gives them a stomachache, they are likely describing a food intolerance. Tracking foods you eat and your reactions can help you and your provider identify food intolerances and what you may need to avoid.

**Sometimes you can eat a small amount of food you're intolerant of without symptoms.** What's more, if a person has lactose intolerance, drinking lactose-free milk or taking a lactase enzyme can help prevent symptoms.

**While a food allergy can cause an upset stomach,** an allergy is an immune system reaction that affects multiple organs and can sometimes be lethal.

**Allergies are diagnosed by testing.** If you have a food allergy, avoid the allergen (e.g., peanuts, eggs, shellfish). Ask your provider about carrying an emergency epinephrine shot to stop any life-threatening reaction, which can occur even if previous reactions have been mild.

## Q: Depression symptoms in men?

**A:** While the diagnostic symptoms of depression are the same for everyone, the condition may present quite differently in men. Key distinctions include:

- Men may appear irritable or angry, rather than sad.
- Men may be less likely to discuss or admit to depressed feelings, or to seek help.
- Men may turn to alcohol or drugs, or risky behaviors, such as gambling, to cope with their moods.
- Men sometimes experience depression as physical symptoms, such as headaches or stomach upset.
- Men may escape family responsibilities through excessive work, or avoid both work and family obligations.
- Though men are less likely to attempt suicide, those who do are apt to use more lethal means, so take self-harm urges seriously.

**Fortunately, depression is highly treatable,** so consult your health care provider if needed. — Eric Endlich, PhD



**Note:** Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](http://coronavirus.gov).

The **Smart Moves Toolkit**, including this issue's printable download, **Cultivating Positivity**, is at [personalbest.com/extras/22V6tools](http://personalbest.com/extras/22V6tools).



6.2022