

Eating in 2020

Answers to Help With Your DIET RESOLUTIONS

by Charlene Mascoll

New diets and methods for losing weight are always coming and going. Each year there is always a trending diet that proclaims its restrictions deliver the best results. Meanwhile, the Internet is full of questions that readers like you google every year while you search for the best diet resolutions to achieve your weight loss, health and nutrition goals.

Unfortunately, most of the ranked answers on Google are from companies that are pushing their diet pills or plans. That is why we at Better Health decided to cut through all the drivel and thoroughly research answers to some of the most trending queries. Take a look so you can ensure that you have 2020 vision when formulating your goals for this year.

What is the ketogenic keto diet?

The ketogenic diet extremely limits your intake of glucose and causes your body to burn fat for energy. According to Julian Rowe, a registered dietician at Bajan Diet Designs Inc., 2019 was the year of the ketogenic diet. Rowe informed Better Health that most of her clients who were looking to lose weight wanted to do so by placing their bodies in a state of ketosis. Observing the trend in late 2019, she expected it to continue into 2020.

Does the ketogenic diet work?

The ketogenic diet is popular because it is a fast way to lose weight. The downside is as the body burns fat instead of carbs, acids called ketones build up within the body, causing some people to experience side effects. People in a state of ketosis may experience headaches, constipation, nausea, and fatigue. The ketogenic diet can also affect your kidneys and may cause kidney stones in some people.

The bottom line is the keto diet is an effective way to lose weight, but it should not be conducted for long periods. Furthermore, it is only recommended for healthy people because of its side effects. Interestingly, the diet has proven to be an effective treatment for people who have epilepsy.

What diet would increase my performance in bed?

A healthy diet is associated with a lower incidence of sexual dysfunction, and some foods are aphrodisiacs.

Moreover, foods that help with blood circulation can improve sexual health. Research has found that following a healthy heart diet may enhance sexual performance. Diets rich in whole grains, fibre, fruits, vegetables, nuts, and seafood, and foods that contain high levels of antioxidants, Omega-3s, L-arginine, and zinc, are recommended.

Is intermittent fasting safe for women?

Intermittent fasting is a popular trend in dieting, and many people incorporate gaps of intermittent fasting into their diet regime. Studies conducted on rats have shown promising results for this technique as it extended their life span and improved their cholesterol, blood pressure, and blood sugars. This dieting style, however, should be practised in a more relaxed fashion for women as low-energy diets can reduce fertility in women. In essence, how a woman eats affects her hormonal balance; reducing



protein intake affects the level of amino acids in females causing the level of estrogen levels to drop. Women should limit the length of time they fast based on their age, nutritional status, fitness, and anxiety level. Fasting in women is considered stress by the female brain.

Why is the Mediterranean diet called the best diet?

This diet seems to be gaining popularity in Barbados. It may trend during 2020 as the best diet to reduce heart disease, cancer, and protect against diabetes. The traditional Mediterranean diet started in the olive-growing areas of the Mediterranean area. The diet became popular when it was recognised that heart disease caused fewer deaths in this region. The diet is gaining popularity worldwide as the World Health Organisation has endorsed the Mediterranean diet as an "effective dietary strategy to prevent and control non-communicable diseases".

How do I start the Mediterranean diet?

Starting any diet can be quite challenging; however, it helps to make small changes in your eating habits. Try replacing red meat with fish or lessening the amount of meat you eat to once a week. You can also try replacing snacks with fresh fruits or a salad.

The Mediterranean diet is characterised by high daily consumption of fruits, vegetables, whole grains, and healthy fats, a moderate intake of dairy products, and a weekly intake of fish, poultry, beans, and eggs. The diet also allows for red wine in moderation. It is essential to recognise that this diet is not only about food but about the social and cultural practices of people in the Mediterranean region in the 1960s. Share your meal rather than eating alone, have a post-meal afternoon nap, lengthy meal times, and a lot of physical activity, including dancing and walking.

How do I maintain my diet resolutions?

Often we make incredible resolutions at the beginning of a new year, but they never really seem to stick. To boost the likelihood of sticking to your diet resolutions, you can employ some of the below tactics:

- don't expect fast results;
- write your resolutions;
- place your resolutions where you will see them every day;
- make small, incremental changes in your diet patterns;
- surround yourself with people who support your goals;
- opt to walk instead of taking the car;
- get more sleep;
- leave yourself audio, visual and written reminders; and, above all,
- be gentle with yourself. Remember, although discipline is necessary, real change takes time.



Julian Rowe of Bryan Diet Design Inc.

Marijuana as Medicine PART 2

by Charlene Smith



On Friday December 7, 2018, The Honorable Prime Minister Mia Mottley announced

that the Barbadian government is on board with making medical marijuana a reality. But, what are the real medical benefits and side effects of the plant?

Marijuana's scientific name is cannabis and there are three major species of the plant; cannabis Sativa grows the tallest of the three, while cannabis Indica is stocky bushy plant and cannabis Ruderalis is the smallest of the group. Hemp is also a traditional name for the non-drug version of the plant.

The World Health Organization (WHO) in a 2016 report on cannabis entitled 'The Health and Social Effects of Non-Medical Cannabis Use', stated

that ten years of worldwide research revealed the Sativa strain was the most popular choice for recreational use. It contains "at least 750 chemicals and some 104 different cannabinoids". WHO's research indicated that cannabis contains two main cannabinoids. Delta-9-tetrahydrocannabinol (better known as THC) is the cannabinoid with the highest concentration. The second ranking cannabinoid is called cannabidiol (CBD) and is a non-psychoactive compound.

How do Cannabinoids work in the body?

In 1990 Dr Lisa Mastuda discovered a cannabinoid receptor in the human brain. Scientists now call this part of the central and peripheral nervous system the endocannabinoid system (ECS). This system affects a person's ability to reason, their motor ability and emotional well-being. Cannabinoids in marijuana directly affect this integral

human system and some researchers say that natural cannabinoids found in cannabis help to support this system.

Medical Marijuana

Barbadian endocrinologist and internal medicine specialist, Dr Carlisle Goddard highlighted that marijuana has been proven to treat various ailments. Twenty-first-century clinical studies from Canadian, American and Israeli sources have shown scientific benefits of medicines formulated from cannabis; however, Dr Goddard encouraged **Better Health** to remember the true 20th century Jamaican pioneers.

"My personal viewpoint is still very open on medical marijuana, in that it can treat [conditions like] chronic pain syndrome and epilepsy. The cannabinoids have a role in medicine as they have been proven to help people with eating disorders [and] people with diabetes as it can help keep the metabolic rate low. The Caribbean is

fortunate as Professor [Manley] West of Jamaica would have been the first to elucidate a chemical from marijuana to treat glaucoma," he said.

- **Marijuana and Glaucoma**

Sunilandjamaica.com reports that after hearing claims from Jamaican fishermen that marijuana use allowed them to see fish better at night. Professor Manley West and Dr Albert Lockhart used dogs as test subjects and began studies in 1964 on the health effects of marijuana. They found that marijuana reduced intraocular pressure, making it beneficial to patients with glaucoma. In 1987, they released an eye drop called Cannasol, derived from cannabis extracts. In 2001, another eye drop, Cantimol, was developed. This contained Cannasol and beta blockers. Marijuana is now being recognised worldwide as a treatment for glaucoma. However, reports suggest that smoking marijuana only reduces eye pressure for four to five hours.

- **Marijuana and Asthma**

Studies have proven that cannabinoids treat inflammation and as a result, can be an effective treatment for asthma. This was also a view held by Professor West as he also pioneered a drug from marijuana extracts called Asthasol for the treatment of asthma.

- **Marijuana and Multiple Sclerosis**

The multiple sclerosis (MS) community in Barbados has been

one of the foremost advocates for medical marijuana and for good reason. Research indicates that marijuana helps to treat their pain and spasms. According to the United Kingdom's Multiple Sclerosis Trust website, Sativex® (nabiximols) is a cannabis-based mouth spray derived using THC and CBD to treat "MS related spasticity".

- **Marijuana and Diabetes**

Diabetes is the foremost non-communicable disease in Barbados. But, according to studies published in the American Journal of Medicine and the Natural Medicine Journal, marijuana use not only regulates blood sugars but users have "lower levels of fasting insulin", insulin resistance and are less likely to be obese.

Additionally, marijuana has been heralded as a treatment for epilepsy, chronic pain management, arthritis, spinal cord injury, HIV/AIDS, cancer, insomnia, inflammatory bowel disease, alzheimer's, Crohn's disease, nausea, wasting syndrome, muscle spasms anorexia and palliative care.

Side effects of Cannabis

During an interview on Mayo Clinic radio, Internist and addiction specialist Dr Jon Ebbert said that about ten per cent of chronic marijuana users

experience withdrawal. He, therefore, stated that this is classified as dependence. Dr Goddard shares the view that marijuana can be addictive and maintains that as Barbados embraces medical marijuana, we must be cognisant of its side effects and the need to be able to have measured dosages.

"With western medicine, we have worked out dosages and curves [with] the current methods of usage of marijuana. You can't quantify that like how we would do a tablet like Amoxil. It has its own challenges," he noted.

Marijuana has its benefits. However, as Dr Goddard highlights, it also has challenges. But, through on-going studies, these challenges may be better managed.

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