Water Protects Against Heart Disease

Researchers at Loma Linda University now report a highly significant association between daily water intake and the risk of dying from heart disease. Their study involved 8,280 men and 12,017 women who were enrolled in the Adventist Health Study in 1976. At the time of enrollment all participants were free of heart disease, stroke and diabetes and were 38 years of age or older. During six years of follow-up 246 of the participants died from coronary heart disease. The researchers discovered that men who drank five or more glasses of water a day had less than half the risk of dying from heart disease than did men who drank two or fewer glasses. In women the risk reduction was 40 per cent.

Frequent consumption of liquids other than water was, however, associated with a significantly increased risk of death from heart disease. Men with a high intake of milk, coffee, tea, juice and carbonated soft drinks had a 1.5 times higher risk while women with a high intake of these fluids had a 2.5 times higher risk.

All the correlations were independent of other recognized risk factors for heart disease. The researchers speculate that the intake of fluids other than water may cause relative dehydration of the blood. Research has shown that consumption of juices and carbonated drinks results in a rapid increase in blood viscosity and that sugar-containing drinks can elevate triglyceride levels quite considerably.


Professional Member Profile

Women's Health

The Traditional Chinese Way

Treating infertility with TCM and Acupuncture

Lorne Brown received his training in Traditional Chinese Medicine (TCM) from the International College of Traditional Chinese Medicine of Vancouver. He has a Bachelor of Science in Mathematics from the University of Western Ontario and is a registrant in good standing with the College of Traditional Chinese Medicine Practitioners and Acupuncture of British Columbia.

Most recently, Lorne has incorporated an evidence-based acupuncture protocol into his practice that has demonstrated a positive influence on the pregnancy rate in patients who undergo assisted reproduction therapy. Approximately one in six to 10 couples experience problems with fertility. Recent medical research has shown that acupuncture can improve the outcome of conventional Western techniques (Assisted Reproductive Techniques), improving ovarian response and uterine receptivity. The treatment of infertility with Traditional Chinese Medicine dates back centuries to 1143 AD. Lorne has found that TCM can help "turn back the reproductive clock" for women seeking to conceive. It normally requires at least three months of treatments (three menstrual cycles) to normalize a woman's cycle. It is a safe, natural and cost-effective treatment.

Research has shown that acupuncture influences hormonal pathways, and assists internal energies to restore endocrine harmony. Certain meridians influence the internal organs, some control the reproductive organs, and others affect the hypothalamic-pituitary-gonadal axis, which is responsible for ovulation and sperm production. All need to be balanced for optimum function. TCM can not only make you healthier and stronger, but also helps to create a healthier environment for a harmonious pregnancy.

It is Lorne's treatment philosophy that no one discipline may successfully treat all conditions or pathologies exclusively. He places strong value on the different strengths that other health-care professionals are able to offer and he feels that patients are best served by a multidisciplinary team approach.

Lorne operates his general practice in Vancouver and has a special interest in treating women's health conditions (including menopause, infertility, and PMS) digestive and gastrointestinal disorders, and pain from musculoskeletal injuries and imbalances.

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