August 2018 Newsletter

Turramurra Trotters
Running since 1974

Contents

The Newsletter

Re-cap of the month, plus announcements:

Dear all

Ralph Pain did a great job with the drinks during August as a reserve for Tennille Tysoe who was away and then had an illness preventing her from doing it. Next month (September) Alex & Pam Rosser are rostered.

We had the City to Surf (C2S) on 12 August with a reasonably sized contingent representing us.

I think I have most names but if I have not mentioned your name in the list below, apologies.

Richard Duggan	64.41	Mike Morrissey	58.19
Jon Fowler	66.18	Michael Fortune	63.32
Steve Myers	75.31	Roger Mail	71.55
Chris Curran	88.27	Brian Matthews	82.02
Lynn Matthews	130.15	George Chmiel	83.00
Ursula Chmiel	123.08	Charles Chan	73.18
Amy Chan	113.55	Daina Lee	68.59
Mel Duncan	77.08	Caroline Dean (aka P Amos)	85.21
Lyanne Pix	80.58	Hideko Yamamoto	79.37
Paul Toomey	73.33	Josh Fortune	110.10
Emily Matthews	63.29		

Debby Backhouse is our new Librarian and a copy of the books available to be loaned is attached. She also has a Chi running DVD as well. Debbie is away now and won't be back until early October. If you see a book which you wish to borrow send me a note and I will give the list to Debby upon her return. We usually borrow the books for about 3 weeks.

I received a note from Jacqui Calandra " Hi Alan, just finished Sunshine Coast Marathon wearing Trotters cap with friend Tinkerbelle who runs with people who are looking a bit tired after 40kms lots of fun, time 5.27 Best wishes Jacqui Calandra". In requesting permission to disclose her age she replied "Age only 76 but I want to run a marathon a year till I am 80 then I will retire and read more books!"

Regards

Alan

Morning, Noon, or Night – Is There a Perfect Time to Run?

Sometimes you feel relaxed and light when you're running; your body feels dynamic. Other times your feet feel heavy; every step is hard work. Does it depend on the time of day? And is there a perfect time of day to run when everything feels easier and your body benefits most from all the training sessions?

(A) Running in the morning

Advantage:

A run in the morning is the perfect way to start the day.

If you run in the morning, you can give your body a healthy dose of oxygen. Your metabolism will be pushed to burn more calories.

The higher oxygen content in the morning air makes it easier to breathe, especially in the summertime. It's also easier to run when it's still cool compared to the midday heat.

Disadvantage:

Running in the morning can feel harder than other times of the day.

Right after you get up, your joints might be stiff, your muscles tense and inflexible. This means that you don't have the necessary muscle control and coordination when you are running. That's why you should do a special, dynamic warm-up program in the mornings before you run, so you aren't fighting resistance in your muscles while you are running.

Important

Avoid tough interval training in the morning. Your body isn't ready to handle such intense stress and turn it into performance. The risk of injury or overexertion is very high at this time of day. This is also true for runs after a long nap.

Plus, your body loses a lot of water when you sleep. It is important to make up for this loss in advance so that you don't get dehydrated during your run.

(B) Running at lunch

Advantage:

Midday has the best conditions for a high-intensity run.

Your performance potential around lunchtime is 100%, and your body is not too tired from your daily activities. Your energy stores are well-filled – compared to the morning – and physical exertion feels less intense. These are the best conditions for an intense training run. The body handles speed training especially well in the middle of the day.

Disadvantage:

Running after lunch can be very strenuous.

Your body needs more time to digest depending on how heavy and rich your lunch was. In order to avoid having to deal with digestive problems (e.g. stomach cramps) during an intense interval training, follow these guidelines:

- **Wait about 30 minutes** after a light snack before you go running.
- If you ate a large lunch, **wait 1.5 to 2 hours** before your run.
- If running after eating doesn't make you feel good, do your training **before lunch**. However, it might be harder to run because your energy stores are not entirely full.

Man getting ready for a run"

(C) Running in the evening

Advantage:

A run in the evening is a good way to relax.

Are you stressed out at the end of a hectic workday and have trouble unwinding? An easygoing endurance run can help you blow off some steam. Since your body is still in performance mode, you don't need to warm up as much as in the morning. Plus, a relaxing evening run boosts your night-time fat burning.

Disadvantage:

An evening run can make it hard to fall asleep.

Perhaps you want to really let off some steam in the evening with a high-intensity run. But be careful, you might struggle to fall asleep: your body is re-energized by the workout.

Summary: schedule your runs according to your individual goals

No matter the time of day that you run, there are advantages and disadvantages as well as different training effects. Think about your individual goals when you schedule your runs. Do you want to lose weight, reduce stress, get faster, or run farther?

a. If you want to **maintain your performance** level, you can train at **any time of the day**. Make sure you warm up properly.

b. **Midday runs** are best for **intense interval training to boost** your performance.
c. Training runs for general **rest and recovery** are best done in the **evenings**.

Early bird or night owl?

It is also wise to think about whether you are more energized in the mornings or evenings when you run. As soon as you decide to join a race, make sure you can perform at the desired level at the starting time. This is something you can train your body to do.

Basically, the best time for you to run is when it feels easiest for you. Factors like daily schedules, sleep patterns, work, leisure time, family, and meal times usually play a major role when planning your runs as well.

Does Full-Fat Dairy Promote Heart Disease? Research Says No

Story at-a-glance -

- Saturated fats do not clog your arteries or promote heart disease. On the contrary, these fats are important for optimal health, and actually combat many of today's chronic diseases, including heart disease
- Analysis of the blood fats in more than 2,900 adults revealed the mortality rate during a 22-year period was identical regardless of levels — a finding that exonerates whole milk as a health wrecker
- People with higher levels of heptadecanoic acid — a component of butterfat — had a 42 percent lower risk of stroke, the analysis found
- A 2014 systematic review concluded current evidence does not support cardiovascular guidelines that discourage saturated fat consumption
- Research has also shown eating high-fat cheese raises your high-density lipoprotein (HDL) cholesterol, which is thought to be protective against metabolic diseases and heart disease

Whole milk, cheese and butter have long been demonized as unhealthy, their saturated fat content incorrectly identified as a driver of obesity, heart disease and related health problems. We now know eating fat does not make you fat. Science has also demolished the idea that saturated fats clog your arteries and promote heart disease. On the contrary, these fats are important for optimal health, and actually combat many of today's chronic diseases, including heart disease.

While the low-fat myth still lives, the 2015 Dietary Guidelines for Americans[1,2] does recognize that reducing TOTAL fat intake has no bearing on obesity or heart disease risk.

Instead, the guidelines rightfully warn that sugar and refined grains are the primary culprits. Unfortunately, the guidelines fall far short by still suggesting a 10 percent limit on saturated fats specially, and the low-fat dairy recommendation remains. This, despite the fact that mounting research supports consumption of full-fat dairy products over low-fat ones.

Full-Fat Dairy Consumption Has No Influence on Mortality Rates

In a recent article in The Atlantic,[3] senior editor Dr. James Hamblin discusses "the vindication" of full-fat dairy, and the research that's tossing low-fat recommendations by the wayside. One of the most recent studies,[4] which analyzed the blood fats in more than 2,900 adults, found the mortality rate during a 22-year period was identical regardless of their levels. "The implication is that it didn't matter if people drank whole or skim or 2-percent milk …" Hamblin writes.

At the end of the day, consumption of dairy fats — either high or low — does not appear to influence your risk of death. Corresponding author Marcia de Oliveira Otto, assistant professor of epidemiology, human genetics and environmental science at the University of Texas School of Public Health, told Hamblin, "I think the big news here is that even though there is this conventional wisdom that whole-fat dairy is bad for heart disease, we didn't find that. And it's not only us. A number of recent studies have found the same thing."

For example, a systematic review and meta-analysis[5] published in 2014, which looked at 32 observational studies with well over half a million participants, came to the conclusion that "Current evidence does not clearly support cardiovascular guidelines that encourage high consumption of polyunsaturated fatty acids and low consumption of total saturated fats."

Otto did note, however, that whole milk is likely a healthier choice for the fact that low-fat products contain added sugars, and excessive sugar consumption, as you probably know, raises your risk of virtually all chronic disease.

Also, while dairy consumption overall had no impact on mortality, Otto's team found certain saturated dairy fats did have specific health benefits. For example, those with higher levels of heptadecanoic acid — a component of butterfat — had a 42 percent lower risk of stroke. Other studies have found heptadecanoic acid may also help reverse prediabetes,[6] and full-fat dairy such as whole milk has been linked to a lower risk of Type 2 diabetes.

Raw Versus Pasteurized Milk

No discussion about dairy would be complete without mentioning there's a big difference between pasteurized dairy products and raw ones. Milk can only be consumed in its raw, unpasteurized state if the milk comes from organically-raised, grass fed cows. Animals raised in concentrated animal feeding operations (CAFOs) are not only routinely fed antibiotics and other drugs, making their milk unsuitable for raw consumption, their living conditions promote disease that necessitates pasteurization to kill of pathogens.

From a nutritional perspective, the differences in diet also play a significant role. Raw, grass fed cow's milk contains a number of health-promoting components that you simply cannot get from pasteurized CAFO milk.

The grain- and sugar-based diets of CAFO cows alter their digestive health and the nutritional composition of the milk. According to a 2015 study[7] in The Journal of Allergy and Clinical Immunology, children who drink raw milk have lower rates of viral and respiratory tract infections, including regular colds. According to the authors:

"Early life consumption of raw cow's milk reduced the risk of manifest respiratory infections and fever by about 30 percent … [T]he public health impact of minimally processed but pathogen-free milk might be enormous, given the high prevalence of respiratory infections in the first year of life and the associated direct and indirect costs."

As evidenced in other studies, they confirmed that raw milk boosts immune function and lowers inflammation, as revealed by reductions in C-reactive protein levels among raw milk drinkers. Raw milk also contains:

Healthy bacteria (probiotics) that nourish your gut microbiome	Beneficial raw fats, amino acids, and proteins in a highly bioavailable form, all 100 percent digestible
More than 60 digestive enzymes, growth factors and immunoglobulins (antibodies). These enzymes are destroyed during pasteurization, making pasteurized milk harder to digest	Vitamins A, B, C, D, E and K in highly bioavailable forms. Also has a balanced blend of minerals (calcium, magnesium, phosphorus and iron) the absorption of which is enhanced by live lactobacilli
Phosphatase, an enzyme that aids and assists in the absorption of calcium in your bones, and lipase enzyme, which helps to hydrolyze and absorb fats	Healthy unoxidized cholesterol
High amounts of omega-3 fats while being low in inflammatory omega-6	Conjugated linoleic acid (CLA), which has a number of health-promoting benefits, including anti-cancer activity

Is Raw Milk Dangerous?

While the authors suggest that raw milk may have health hazards that need to be overcome, such fears are vastly overblown, and their views are probably just reflecting the official propaganda against raw milk, which appears to be more about protecting the CAFO dairy industry than protecting consumers against truly dangerous products.

The U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) insist that raw milk will increase your risk of death and disease, but Europe — where raw milk consumption is far more common — is not experiencing this issue, and foodborne illness statistics offer no support for such fears whatsoever. In fact, research[8] by Dr. Ted Beals shows you're 35,000 times more likely to get sick from any other food than raw milk.

Both the FDA and USDA warn that raw milk can carry disease-causing bacteria, — completely ignoring and overlooking the fact that these bacteria are the result of industrial farming practices that lead to diseased animals. Healthy animals raised on pasture simply will not harbor dangerous amounts of pathogenic bacteria. The only way their raw milk warning would make sense is if it specified that you should never drink unpasteurized CAFO milk, as that could indeed be disastrous.

Grass fed milk, on the other hand, rarely ever poses a health risk when consumed raw, provided the producer is following good, sanitary practices, and organic dairy farms are required to follow stricter protocols in this regard. An investigation by Mark McAfee, CEO of Organic Pastures Dairy — which included a FOIA request to the Centers for Disease Control and Prevention for data on deaths claimed to be related to raw milk — revealed:[9]

- There have been no reported deaths from raw milk in California
- The two deaths the CDC lists as being related to raw milk were actually due to illegal Mexican bathtub cheese, and not raw milk produced in the U.S.
- The last people to die from milk died from contaminated pasteurized milk
- According to a Cornell study performed on CDC data, 1,100 illnesses were linked to raw milk between 1973 and 2009. Meanwhile, 422,000 illnesses were caused by pasteurized milk. While no one died from raw milk, there were at least 50 deaths from pasteurized milk or pasteurized cheese

Research Exonerates High-Fat Cheese

As with whole dairy, research into the health effects of cheese have come to exonerating conclusions as well. As reported by Joanna Maricato, an analyst at New Nutrition Business, in 2015:[10]

"In the past, studies focused on analyzing individual nutrients and their effects on the body. Now, there is a growing tendency to look at foods and food groups as a whole … As a consequence, amazing results are appearing from studies on dairy and particularly cheese, proving that the combination of nutrients in cheese has many promising health benefits that were never considered in the past."

For example, research published in 2016 found eating high-fat cheese helps improve your health by raising your high-density lipoprotein (HDL) cholesterol.[11] Higher HDL levels are thought to be protective against metabolic diseases and heart disease. Nearly 140 adults were enrolled in the 12-week study to investigate the biological effects of full-fat cheese.

Divided into three groups, the first two were told to eat either 80 grams of high-fat or reduced fat cheese each day. The third group ate 90 grams of bread and jam each day, with no cheese. None of the groups saw any significant changes in their low-density lipoprotein (LDL) cholesterol, but the high-fat cheese group increased their HDLs.

Another study[12] published that same year showed that cheese consumption helps prevent fatty liver and improves triglyceride and cholesterol levels — parameters used to gauge your cardiovascular disease risk. Studies have also found that full-fat cheese can be useful for weight management.[13] In one, they found it helps ramp up your metabolism, thereby reducing your obesity risk.[14]

Roquefort cheese in particular has been linked to cardiovascular health and improved longevity, courtesy of its anti-inflammatory properties.[15,16] Cheese — especially when made from the milk of grass-pastured animals — is also an excellent source of several nutrients that are important for health, including:

- High-quality protein and amino acids
- High-quality saturated fats and omega-3 fats
- Vitamins and minerals, including calcium, zinc, phosphorus, vitamins A, D, B2 (riboflavin) and B12
- Vitamin K2 (highest amounts can be found in Gouda, Brie, Edam. Other cheeses with lesser, but significant, levels of K2: Cheddar, Colby, hard goat cheese, Swiss and Gruyere)
- CLA, a powerful cancer-fighter and metabolism booster

Butter and Fermented Raw Dairy Are Superior Choices

While raw, whole milk provides plenty of valuable health benefits, it is still high in natural sugars, and could easily throw you out of ketosis if you're on a cyclical ketogenic diet. You can still reap the benefits of raw dairy, though, by including cheese, butter and fermented products such as kefir or yogurt made from raw, grass fed milk.

Personally, I go through anywhere from half to a full pound of raw butter every week, typically on sweet potatoes that I consume after my strength training sessions. Studies have linked butter consumption to a number of health benefits, including a lower risk of heart disease, cancer, arthritis, osteoporosis, asthma and obesity. It also promotes thyroid health and good digestion, and supports fertility and growth and development in children.

Raw, organic yogurt and kefir have the added benefits of being lower in sugar and providing you with high amounts of probiotics, both of which are side effects of the fermentation process. Store bought yogurt and kefir really cannot compare though. For starters, they're typically chockfull of added sugars, which nourish disease-

causing bacteria in your gut. And, since they are pasteurized, commercial yogurt and kefir contain only the probiotics added back in afterward. These facts apply to both organic and nonorganic brands.

Many may also contain artificial sweeteners, colors, flavors and additives, none of which will do your gut and overall health any favors. The good news is yogurt and kefir are both easy to make at home, provided you have access to raw milk. For guidance and instructions, see "How to Make Fresh Homemade Yogurt." If for whatever reason you still prefer to buy ready-made products, the Cornucopia Institute's Yogurt Report[17] can guide you toward the healthiest commercial alternatives

Surprising things you shouldn't eat after the gym

CHOOSING the wrong post-workout snack can negate all your hard work. Stay away from these painfully common errors.

WHETHER you're trying to peak your endurance, pump your muscles or palm off some body fat, choosing the wrong recovery foods can negate all your hard work. Here are some surprisingly common mistakes people make when heading from the kettlebells to the kitchen.

Protein overdose

For the modern fitness enthusiast, slurping down a protein shake post-workout in the 'anabolic window' is a must, right?

While body builders, vegetarians, pregnant women or people recovering from surgery may benefit from protein supplementation, the average gym-goer will get more than enough protein from the real deal. Think lean sources of meat, fish, eggs, nuts, dairy, legumes and wholegrains. Save your money.

Protein shakes may not be the best choice of food after a workout.

Hightailing for high fats

You've just done a 60-minute spin class, so hoeing into peanut butter treats works wonders? Not necessarily. Ingesting only fats (even if they are the healthy kind) fails to provide your muscles with all the raw material they need to replenish and repair. This is mainly because exercise recovery relies on a balanced blend of carbohydrates and protein, too (more on that later).

Despite the popularity of ketogenic diets (high fat, low carbs), as with most diets that eliminate entire food groups (grains, beans and legumes, most fruits, starchy vegetables, sugars), many people aren't able to maintain it for long periods of time.

While keto diets have been shown to help athletes control body weight, reduce body fat, and maintain muscle mass (note most studies are small). Other studies show some negative effects, such as elevated levels of free fatty acids, which may impair metabolism and contribute to central nervous system fatigue. Additionally, there's always a risk for nutrient deficiencies, such as fibre because the diet is low in fruits and grains.

"A high-fat diet might not be right for everyone" adds sports dietitian Ashleigh Brunner from Body Fusion in Sydney. "Carbs are our main fuel source during exercise, and inadequate carb refuelling may compromise training output, intensity and consequently preferable adaptations to get stronger and fitter.

'Low' or 'no' carbs

Whatever you're training for, carbs are not the enemy. If you avoid them in your after-activity feed, you'll fail to adequately replenish the energy you've just burnt, in addition to leaving you under-recovered the next time you hit the gym. Refuelling with carbs is just as important as doing so with protein. This combination will help you replenish glycogen stores as well as stimulate the growth of new muscle protein. Good post-training options include wholegrain bread with lean protein, such as eggs or tuna and salad; stir-fry with lean meat, vegetables and brown rice; or a salad with sweet potato and legumes. On-the-go options include a milk-based drink with fruit (i.e. smoothie) or oat-based bar with yoghurt.

Supplements over sustenance

Sports drinks or other brightly-coloured beverages have surged into popularity. But are they necessary? If you're doing more than 90 minutes of high intensity training at a time, then suffice to say a sports drink will help replace the fluids you lose.

The electrolytes (e.g. sodium) will help to regulate the body's fluid balance (compared to water alone), while the carbohydrates provide energy to replenish the energy after a session. The reality is though, for the average Australian who exercises, sports drinks are not essential. The excess calories will only end up on your waistline. Finally, skipping a post workout meal once in a while is not a huge deal, but it shouldn't become a habit. Brunner says "An empty stomach can do the opposite of what you're intending: failing to assist muscle recovery and glycogen repletion. Additionally it could mean a bounce back in appetite leads to over snacking on unhealthier options" The recipe for optimum results is no secret: real food, good sleep and, of course, regular exercise.

Bars with no benefits

You shouldn't judge a bar by its cover; especially an energy bar. Unfortunately, even the most popular post-workout bars are often no better than your average chocolate bar. The reason is many of them are sugar-rich and ultra-processed offering little 'refuel value'. If you love grabbing a bar on-the-go post-sweat, make sure you scan its nutritional value and swap ultra-processed kinds for ones made of real foods and wholegrains. The shorter the ingredients list, the better.

Drinking your way to dehydration

There's a prevalent sporting culture of training your heart out then cracking open a beer. Some people may tell you that it has a similar 'refuel' result to a sports drink, but alcohol carries a potentially dangerous effect: dehydration. As you can imagine, not hydrating effectively after a grind at the gym can inhibit your muscle recovery. Further, drinking is a real culprit for disrupting sleep quality — another physiological function that's critical for post-workout replenishment.