

Perth Diet Clinic



GROWTH HORMONE AND WEIGHT LOSS

Growth hormone (also known as Somatotropin) is a hormone synthesized and secreted by cells in the anterior pituitary. It is a major participant in the control of growth, as well as protein, fat and carbohydrate metabolism. In general, Growth Hormone stimulates protein synthesis, enhances the utilization of fat, and helps to maintain normal blood glucose levels. Deep sleep, exercise, stress and low blood glucose are factors that increase Growth Hormone secretion. Elevated blood amino acids and low blood fatty acids inhibit Growth Hormone secretion.

Consequences of Growth Hormone deficiency in adults include increased body fat, particularly central adiposity, decreased muscle mass, decreased bone density, increased LDL (bad) cholesterol, decreased HDL (good) cholesterol, and decreased insulin sensitivity. Growth Hormone deficiency occurs as a consequence of a structural pituitary disease or peripituitary lesion, e.g. pituitary adenoma, or as a result of treatment, e.g. cranial irradiation, surgery. However, Growth Hormone secretion appears to naturally decrease in all people by the age of 21. This is especially true in obese people.

A Melbourne-based pharmaceutical company has developed a weight loss drug based on part of the human growth hormone molecule. Although the drug is still being trialled, researchers say that preliminary results are encouraging. Of course, the possibility of negative side effects, as

well as the financial cost, are factors one must take into consideration before deciding whether to use a particular drug. As previously mentioned, deep sleep and exercise help to increase Growth Hormone secretion.

Therefore, a healthy diet balanced with regular exercise and a good night's sleep we believe is the superior alternative.



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ASIAN SALAD HOT OR COLD

- 500 g lean beef or pork strips
- 2 tablespoons soy sauce
- 1 teaspoons oil
- 2 tablespoons lemon juice
- 1 teaspoon crushed garlic
- 1 teaspoon chopped ginger
- 3 cups mixed vegetables
- 1 tablespoon pine nuts



Grill thick rump or fillet steak until medium rare, let sit for a moment and then slice thinly.

Toss in marinade and leave.

Prepare a range of vegetables, allowing about 3/4 cup per serve. They can be snow peas, capsicum, baby corn, broccoli, cauliflower or any others that seem desirable.

Microwave vegetables until just tender, crisp, (under cooking more than over cooking). Immediately toss in with beef and sprinkle with 1 tbsp of pine nuts if desired.

Serve hot or cold.

An excellent dish with a light soup on an Winter evening.

NOTE: If you are going to serve it cold then blanch the vegetables to prevent further cooking before tossing with meat and chilling.

Yield 4 Serves

Nutrients per Serve

KJ-877 Calories- 209, Protein-32.5g, Carbohydrate-3.3g, Fat 7.2g

CHICKEN AND GRAPE SALAD

- 2 medium size cooked chopped skinless chicken breasts (300g)
- 1 medium avocado, without skin or stone (200g)
- 2-teaspoons lemon juice (10g)
- 3 sticks finely chopped celery (225g)
- 2 medium Lebanese cucumbers (200g)
- 4 finely chopped spring onions (50g)
- 300 g of seedless grapes, red or green
- 4 lettuce cups (200g)

Sprouts

Dressing

- 2 tablespoons fruit chutney (50g)
- 1/3-cup 97% fat free mayonnaise (85ml)
- 1/2-cup non-fat natural yoghurt (125ml)
- 1-teaspoon curry powder (1g)

Prepare all ingredients but keep 4 slices of avocado and 8 slices of cucumber separate for garnish.

Toss together chicken, remaining cubed avocado with lemon juice, celery, remaining cucumber, spring onions and grapes.

Mix together chutney, mayonnaise, yoghurt and curry powder.

Fold dressing into chicken mixture.

Fill well-washed lettuce cups with chicken mixture.

Serve garnished with a little avocado and cucumber with sprouts.

Serves 4

Nutrients per Serve

KJ-1548.5, Calories-359.3, Protein-25.8g, Total Fat-16.0g, Sat-Fat- 4.3g

Visit our web site at

<http://www.perthdietclinic.com.au>

for nutrition information, health and cooking tips and an abundance of recipes.

VITAMIN K

Vitamin K is a fat-soluble vitamin that cannot be made by our bodies although bacteria in our gut can probably make about half our needs. As a result intake from food need only supply about half our requirement. The USA standard recommends adults consume 70 to 140mcg a day or about 2mcg per kg of body weight. That means that larger people can have more. Babies should have 10 to 20mcg and children and adolescents about 15 to 100mcg.

Newborn babies can sometimes suffer vitamin K deficiency, as can people who do not absorb fat. Those with liver disease may require more vitamin K. Some proteins in bone and kidney are vitamin K dependent, so that vitamin K may have functions in these tissues as well.

Vitamin K is mostly known for its involvement in the formation of coagulation factors in our blood that help reduce the risk of haemorrhaging or bleeding. This becomes important if you are susceptible to blood clotting and are on a preventive medication such as warfarin.

Warfarin interferes with the formation of the vitamin-K-dependent clotting factors. If you are taking warfarin, it is important to have a stable intake of vitamin K. It is not suggested that Vitamin K rich foods be omitted except for dark leafy greens such as spinach. Other foods should be monitored to help to maintain a steady intake of the vitamin.

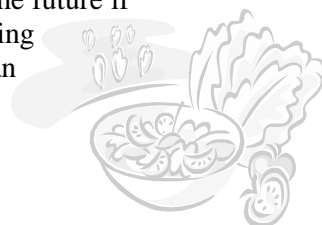
Soybean, Canola and olive oil are reasonably high in Vitamin K so choosing Safflower or corn oil instead is recommended although if the quantity is small, it is of little concern.

Restrict consumption of foods high in vitamin K to ½ cup or less. This applies to wheat germ, wheat bran, spinach, soybeans, lettuce, cauliflower, cabbage, broccoli and liver.

Those foods containing moderate amounts of vitamin K such as carrots, peas, strawberries, asparagus, green beans, potatoes and mince can be consumed safely in quantities up to 1 cup.

Foods such as apples, oranges and milk containing very little Vitamin K.

There is a new anticoagulant called Exanta™ that is waiting approval in the USA and Europe. This does not react with Vitamin K so in the future if it becomes available here watching Vitamin K may not be such an issue.



NEW DIETITIAN - KRISTY MANNERS



Kristy Manners is a newly accredited Dietitian with the Dietitians Association of Australia in addition to being a member of Sports Dietitians Australia. She comes to the practice with a 7 year medical background working as a Paramedic with St John Ambulance and now combines Dietetics within her career path.

She has Dietetics experience working within the mining industry, conducting workshops to sporting groups, organising diabetic and gestational diabetic clinics and working within a hospital environment.

Kristy is an accredited Food Cent Advisor Trainer – a WA Department of Health initiative to provide nutrition education and budgeting skills to low income earners. One of her many interests is in mother and child nutrition, particularly culturally diverse groups, which developed out of her involvement as a health aid worker in Cambodia. She is also an accredited trainer for the Parental Guidance Recommended course – instigated by the Cancer Council for parental nutrition workshops.

Much of her extra-curricular duties revolve heavily around triathlons and triathlon training, hence her interest in sports nutrition.

Kristy is available on Tuesdays in West Perth and will take on further work as it becomes available. She does lectures and demonstrations as required. Her confident sunny disposition will appeal to all.

WEST PERTH

12 -14 Thelma Street West Perth Phone : 9322 4680	N. Campbell	Monday	10.00am - 5.30pm
Fax : 9321 4775 Email: staff@perthdietclinic.com.au	P. Stacy/ K. Manners L. McEvoy	Tuesday	10.00am - 5.30pm 7.00am - 11.00am
Metered parking available in Thelma and Murray Streets. Thelma Street is a cul-de-sac (between Colin and Havelock Streets) and must be approached via Murray Street heading into the city.	A. Williams	Wednesday	7.00am - 5.30pm
	L. McEvoy	Thursday	7.00am - 5.30pm
	T. Herrmann/ K. Manners A. Williams	Friday	7.30am - 12.00noon 12.00noon - 5.30pm
	L. McEvoy / A. Williams	Saturday	8.30am - 12.30pm

APPLECROSS

Applecross Medical Group 764 Canning Highway Applecross Phone : 9364 6444	L. McEvoy	Monday	8.00am - 1.00pm
	P. Stacy	Wednesday	1.00pm - 6.30pm

KARDINYA

Kelso Medical Group Suite 8, South Street Kardinya Phone : 9331 3366	A. Williams	Tuesday	1.00pm - 6.00pm
	P. Stacy	Thursday	1.30pm - 6.00pm

DUNCRAIG

Sports Medicine Glengarry Unit 1, 64 Arnisdale Road Glengarry Phone : 9246 4055	L. McEvoy	Tuesday	2.00pm - 6.00pm
		Wednesday	8.00am - 12.30pm

NORANDA

Noranda Medical Centre Unit 1, 46 Benara road Noranda Phone : 9442 5111	T. Herrmann	Thursday	1.00pm - 5.00pm
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OCEAN REEF

Ocean Reef Family Medical Practice Unit 5, 81 Marina Boulevard Ocean Reef Phone : 9307 5344	S. McGough	Saturday	9.00am - 12.00 noon
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ROCKINGHAM

Movewell Physiotherapy Delta Health Centre 24 Pedlar Circuit Rockingham Phone : 9527 3844	A. Williams	Thursday	12.00noon - 5.30pm
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