

Ask the Experts

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for stress!

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BottomLine Health

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>> BRINGING YOU THE WORLD'S TOP WELLNESS EXPERTS

Technically, you are. There is no cure for a hangover. While a morning drink might reduce some headachy symptoms, it's actually the alcohol leaving the body, a form of withdrawal, that causes a hangover. Having a drink only temporarily delays this withdrawal as the body engages in a complicated detoxifying process. Liver detoxification occurs at a rate of approximately one drink per hour, and nothing can speed that up. Staying well-hydrated and resting are healthier options for your husband. The Department of Health and Human Services' Dietary Guidelines for Americans recommend that people who drink alcohol do so in moderation—no more than two drinks daily for men (and up to one drink daily for women).

Laura Veach, PhD, associate professor of surgery and psychiatry/behavioral medicine, Wake Forest School of Medicine, Winston-Salem, North Carolina.

Help for low vitamin D

Help for low vitamin D

My doctor prescribed Drisdol for my low vitamin D levels. Is this better than over-the-counter vitamin D-3?

It may not be. Drisdol is a prescription form of *ergocalciferol*, which is vitamin D-2. A weekly dose of 50,000 international units (IU) is often prescribed to quickly raise vitamin D levels in the blood. This dose is far above the daily recommended dietary allowance of 600 IU for adults ages 51 to 70, so your vitamin D levels need to be carefully monitored if you take it.

Vitamin D works with calcium to

protect older adults from osteoporosis, and a sufficient level of the vitamin is believed to help prevent other conditions, including cardiovascular disease and diabetes. Too much, though, can raise calcium levels in the blood, which can lead to heart and kidney damage.

It may be better to take a daily dose of OTC *cholecalciferol*, also known as vitamin D-3, even if it takes longer to raise blood levels.

Consult a naturopathic doctor or internist trained in nutritional medicine to determine your optimal dosage of vitamin D.

Andrew L. Rubman, ND, medical director of the Southbury Clinic for Traditional Medicines, Southbury, Connecticut.

Is quinoa gluten-free? *

I served quinoa to a gluten-free guest, but she wouldn't eat it because she said it contains gluten. Is that true?

No. Quinoa is gluten-free. Because this seed is packed full of protein, fiber and B vitamins, it has become a popular substitute for grains for people on a gluten-free diet. The problem is that quinoa contains proteins that can mimic gluten and aggravate symptoms in those with celiac disease. Plus, it is often grown or processed with other grains and can be tainted with enough gluten to cause issues in those with sensitivity. When buying quinoa, be sure the label says "gluten-free," and don't

buy from bulk bins, which are easily contaminated.

Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University and the author of *The Portion Teller Plan*.

Snoring and weight

My husband snores, and his doctor told him that he needed to lose weight. How would that help?

Overweight people breathe with an airway thickened with fat. That narrow airway reduces the amount of air that gets into the lungs, resulting in snoring sounds. Poor muscle tone in the tongue and throat (common as we age) add to the problem.

Also, most people who snore have sleep apnea, a sleep disorder in which breathing repeatedly stops and starts. They feel tired even after a full night's sleep and may crave carbohydrates to give them energy, which makes it harder to lose weight.

WHAT HELPS: Besides losing weight, your husband should sleep on his side. He can also exercise his throat muscles by singing or reading aloud for 15 minutes twice a day. A sleep specialist can test him for sleep apnea and prescribe treatment, such as a device to keep his airways open.

Murray Grossan, MD, otolaryngologist, Tower Ear, Nose & Throat, Los Angeles.



"There are some things you learn best in calm, and some in storm." —Willia Cather, American author (1873–1947)