

The

Liker Health Report



Keeping People Focused on Staying Fit & Healthy

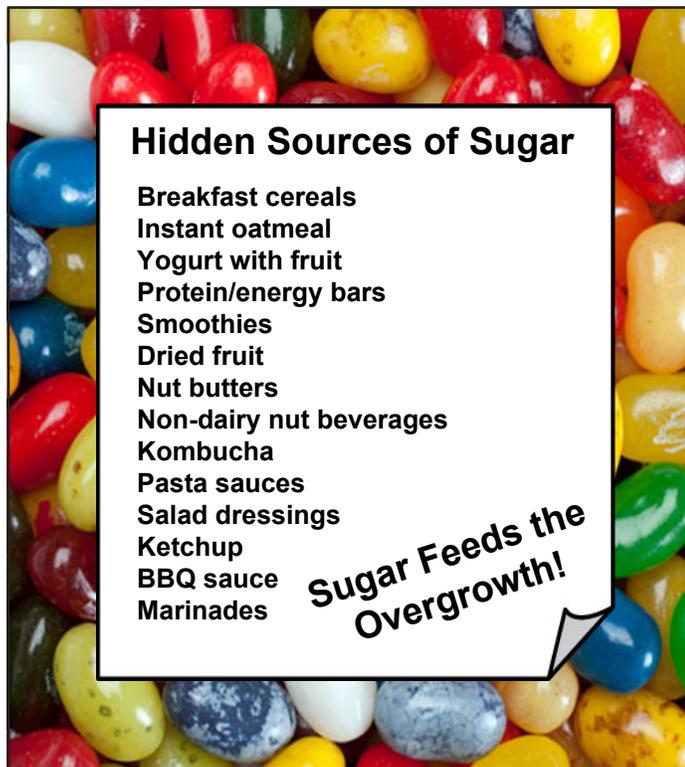
Winter 2023

SIBO and SIFO

The Importance of Gut Microbial Health to Minimize Digestive Issues

A healthy gut is a happy gut – as the saying goes. Ensuring the gut microbiota are living harmoniously is key to avoiding gastrointestinal distress, which can contribute to bloating, pain, unpleasant gas, and occasional diarrhea or constipation. The ecosystem of bacteria, fungi, viruses, and other microorganisms is usually good at maintaining an equilibrium amongst the various species. The gut microbiome is comprised primarily of "good" bacteria, or probiotics, which play the biggest role in keeping all the other species in check. Yet for many people, the microbial balance gets out of whack, usually after a round, or multiple rounds, of antibiotics or some type of infection. A lot of "good" bacteria are unintentionally killed off in addition to the "bad" bacteria. Depending upon the health of the ecosystem and lack of corrective measures, it may not regain its equilibrium and instead, fall into a state of dysbiosis, or dis-equilibrium. Small intestine bacterial overgrowth (SIBO) and small intestine fungal overgrowth (SIFO) are two G.I. conditions that may arise and cause more than just G.I. distress for the patient.

SIBO is a condition in which specific strains of bacteria that are not native to the small intestine begin to colonize to such an extent that the overgrowth results in serious medical problems. This can include impaired absorption of vitamins and nutrients, an electrolyte imbalance, diarrhea, weight loss, anemia, and osteoporosis. SIFO occurs when yeast (candida) over-colonizes, and it's often the result of taking antibiotics or steroids. Although immunocompromised patients are more likely to have SIFO, it's probably under-diagnosed in the general population. The tell-tale signs include indigestion, bloating, burping, flatulence, nausea, and diarrhea.



Hidden Sources of Sugar

- Breakfast cereals
- Instant oatmeal
- Yogurt with fruit
- Protein/energy bars
- Smoothies
- Dried fruit
- Nut butters
- Non-dairy nut beverages
- Kombucha
- Pasta sauces
- Salad dressings
- Ketchup
- BBQ sauce
- Marinades

Sugar Feeds the Overgrowth!

RESEARCH PEARLS:

Influenza Vaccination Reduces Stroke Risk

Using population data from Alberta, Canada, researchers have determined that a person's risk of stroke (any type) is reduced if they have recently received an influenza vaccination. The analysis involved 4,141,209 adults who had received at least one flu shot over a period of nine years. The risk reduction was applicable to all adults with varying types of stroke risk. In other words, a flu shot was beneficial to all people, not just those with a high stroke risk. The only people that did not experience any additional benefit were people *without* hypertension.

This study builds upon the fact that a respiratory infection (i.e., the flu) often occurs prior to a stroke and/or heart attack. Influenza vaccinations are associated with both a reduced risk of heart attack and hospitalization due to heart disease. This is the reason why patients with existing heart disease are advised to get an annual flu shot.

Lancet Public Health 2022;7:e914–22.

Toxic Load

Personal Care Products Are Chemical-Rich

This may come as a shock to some, but the average woman uses twelve personal care products every day, accounting for 168 different chemicals. The average man's daily chemical load is about half that, with 85. These were the results of a survey by the Environmental Working Group (EWG), the same group that keeps a watchful eye on pesticides in supermarket fruits and vegetables.

Many of these chemicals are applied directly to the face and body (i.e., not washed off) where they are readily absorbed into the skin and travel to the bloodstream. Some are harmless, but others are well-known as endocrine disruptors, neurotoxins, carcinogens, and potential carcinogens. With long-term use, it's difficult to know exactly what they're doing to the body and how long they remain in the tissues.

There's no need to forego a daily beauty regimen because the EWG does offer an online "Skin Deep® Cosmetic Database" to review ingredients, products, brands, and specific chemicals. Take an inventory of commonly used products to determine whether there are safer alternatives or any items that can be minimized or eliminated.

- ✓ shampoo / conditioner
- ✓ wash-in hair colorants / permanent hair color
- ✓ bar soap / liquid soap / body wash
- ✓ facial scrub / body scrub
- ✓ make-up removal cloths
- ✓ shaving lotion or gel
- ✓ hair removal creams
- ✓ astringent / facial toner / aftershave
- ✓ body lotion / moisturizer / hand lotion
- ✓ facial moisturizer / facial oil / anti-aging serums
- ✓ sunscreen / sunblock
- ✓ acne spot-treatments
- ✓ make-up / foundation / blush / lipstick / lip gloss
- ✓ hair gel or spray
- ✓ deodorant / feminine hygiene sprays
- ✓ perfume / body spray / cologne
- ✓ nail polish / nail polish remover

www.ewg.com/skindeep

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3K+ brands

*The Earth is a fine place and
worth fighting for.*

Ernest Hemingway

Dear Dr. Liker...

Why are dry shampoos being recalled and are they really that dangerous?



An independent monitoring group found that many popular brands of spray-on dry shampoo contained elevated levels of benzene, a known carcinogen. This led to the products being removed from store shelves, and it also sounded the alarm about potential problems in the raw materials supply chain.

Benzene is formed during natural processes, such as forest fires, and is found in cigarette smoke, crude oil, gasoline, and vehicle exhaust. Benzene is used industrially to produce other chemicals that are involved in the manufacture of plastics, synthetic fibers, lubricants, dyes, detergents, drugs, and pesticides. According to the CDC, benzene ranks in the top twenty most widely used chemicals by volume in the United States.

Long-term benzene exposure – 1 year or longer, as defined by the CDC – affects the blood by inhibiting red blood cell production in the bone marrow; this can cause anemia, excessive bleeding, or inhibit the immune system's normal ability to fight infection. The U.S. Department of Health and Human Services has determined that benzene is carcinogenic. Long-term exposure by breathing in benzene can cause leukemia. Despite benzene's abundance in products and the environment, limiting your exposure is advisable to help minimize potential health damage.

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