

Board Certified Clinical Nutritionist

Renee A. Simon, MS, CNS



Total Wellness Newsletter

(914)763-9107 rsimon312@aol.com

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Is Your House Killing You?



There are silent killers in our midst. Not knife-wielding psychopaths or a creepy green mist, but ominous nonetheless. They're most likely in your basement, in the soil, under the sink and in the air. Daily exposure to fumes, pesticides and other known carcinogens can make you uncomfortable and

Greetings!

Greetings! I hope you are enjoying this wonderful spring weather. Spring is a time for regeneration and renewal. For those of you who may be feeling sluggish or who would like to lighten up physically, emotionally, and spiritually you might want to consider my 21 day spring rejuvenation program. Many have done the program and rave about their results! Call (914) 763-9107 for more information. I look forward to speaking with you soon. Renee

UPCOMING EVENTS

Worden Chiropractic, Danbury, CT, May 23rd, 7 PM, Free Book Discussion and Signing For Take Back Your Health, A Total Wellness Guide for You and Your Family, Healing Your Metabolism and Fearless Aging. Call (203) 748-8093 to register.

Borders Books, Mt. Kisco, NY, Saturday, June 10th, 2 PM, Free Book Discussion and Signing For Take Back Your Health, A Total Wellness Guide for You and Your Family. Learn A Simple 4 Step Program To Help You Take Better Care of Yourself & Your Family. Health Make-over Stories Will be Reviewed From The Book as Well as a Q & A Session to Answer Your Tough Nutrition Questions. Call (914) 241-8387 to Register.

• [CoQ10 and Statins: The Vitamin C Connection](#)

even shorten your life.

Annie B. Bond realized these risks during a three- month hospital stay after she was poisoned by a pesticide used at her New Haven, Conn., apartment complex in 1980.

She suffered the effects of organophosphate pesticides, which left her tired and listless and eventually lead to depression. It was undiagnosed until Bond visited a specialist with training in environmental contaminants.

"Once the doctors finally figured out what was wrong with me ... my body just needed clean air," Bond said from her home in upstate New York. "Once I got in clean air, I got so much better, it was incredible."

Every home, no matter how clean, contains natural and man-made toxins. Reducing the concentration of these toxins, Bond said, is crucial to a healthier environment.

Call our office to find out more about healthier cleaning products, and air and water purifiers.

[Find out more...](#)

Quick Links...

- [Buy Renee's Book](#)
- [Total Wellness Website](#)

Diane De Maio
nutritionforu@msn.com

"We are now in a position to witness the unfolding of the greatest medical tragedy of all time - never before in history has the medical establishment knowingly created a life threatening nutrient deficiency in millions of otherwise healthy people." - Peter H. Langsjoen, MD



Ubiquinone (CoQ10) is a popular heart medication. Until 2001, it was only available by prescription in Japan. The public is hardly aware that an increasingly popular class of cardiovascular drugs called statins (HMG-CoA reductase inhibitors) interfere with the body's synthesis of CoQ10.

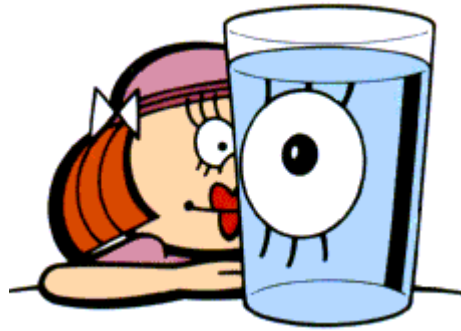
Top selling statin drugs, such as Lipitor and Zocor, earn their makers in excess \$20 billion per year. These drugs lower the endogenous production of cholesterol and are often touted as "life saving" by cardiologists and the Media.

Are the statin drugs really good for us, or are cardiologists mistaken? How can drugs that lower the body's production of CoQ10 benefit heart patients? Are the health benefits attributed to CoQ10 supplementation hype or is it that there is something fundamentally wrong with the thinking and science being used by those who market statin drugs?

Topics covered in this article include:

- COQ10 Basics
- Various Health Benefits Attributed to COQ10
- COQ10 Supplementation is Necessary as we Age
- The Vitamin C Connection
- The Statin Dilemma
- Vitamin C And Mortality
- Adverse Side Effects of Statin Cholesterol Lowering Drugs:

Please Call our office for info on the best CoQ10 Supplements.



months and every four months later up to 3 years of age. They also analyzed the fluoride concentration of well waters and various purchased drinks. The children had their teeth examined by a dentist when they were 7 to 12 years old. The findings were presented during the annual meeting of the American Association of Dental Research.

There are many natural children's vitamins without fluoride to choose from. Call our office for more information.

[Read on...](#)

• **Recipe of the Month**

Chicken in Ginger-Coconut Sauce

- 1 Tbsp Tamari Soy Sauce
- 1 Tbsp Rice Vinegar
- 1 tbsp French Ginger Sauce
- 8 4 ounce Chicken Breasts
- 2 tbsps Flour
- 1 tsp Turmeric, Ground
- 1/4 tsp Salt
- 1/4 tsp Black Pepper, Ground
- 1 tbsp Canola Oil

For Sauce:

- 1 tbsp Canola Oil
- 2 Tbsp Lemongrass
- 1 tbsp Ginger Root, finely minced
- 1 can light coconut milk
- water
- 1 Tsp Tamari Soy Sauce
- 1 Tsp Turmeric, ground
- 1 Tbsp Fresh Cilantro, minced
- 2 Tbsps Scallions, thinly sliced

Instruction: To make Chicken: In a bowl, combine 1 tbsp of tamari, rice vinegar and ginger juice. Brush both sides of the chicken breast and marinate in the refrigerator overnight. Season the flour with spices and lightly coat both sides of chicken breast. Add 1 tbsp of oil to a heated skillet and sear the chicken on both sides. Repeat and then bake at 350 degrees until white throughout. To Make Sauce: 1 tbsp of oil in heated pan. Add lemongrass, ginger and saute for about 1 minute. Then mix the coconut milk with enough water to make two cups of liquid. Add the

mixture to the lemongrass and ginger. Add tamari and tumeric. Simmer for about 10 minutes. Remove from heat and adjust seasoning to taste. Add cilantro and scallions, stir briefly and serve over chicken breast.

Makes 1 Servings, Per serving: 217 calories, 6.5 g fat, 9.8 g carbohydrates, 28 g protein, 0.4 g fiber and 414 mg sodium.

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Total Wellness | rsimon312@aol.com | S. Salem | NY | 10590