

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Message from Renee-

Spring is finally here! With that comes warm weather, flowers blooming, birds chirping away. What an enchanting time of year. I wish you many happy days communing with nature and sharing in the joys of this season. Be well.

Namaste,

Renee

Renee's Upcoming Workshops

[New Approaches To Cleanse Your Total Body](#)

* 05/02, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932

After this class we will be starting a 3 week Cleanse/rejuvenation program as a teleclass that you can do from home. See details below.

[Using The Slow Down Diet to Reach Your Weight and Health Goals](#)

* 05/07, 7-8:30 PM, Ridgefield Recreation Center, (203) 431-2755

6 Weeks to Fitness & Better Health Without Dieting

* 8-9 PM, 6 Consecutive Weeks; This is a Teleclass; you can participate at home in your pajamas! The Dates will be set when the class is full

* Combines Nutrition Education, Accountability, and Support using Principles and exercises from *my book Take Back Your Health*. This class will work on the emotional aspects of over eating and help you to boost your metabolism, reach and keep your ideal weight, and improve your food and body awareness.

* The class is \$147 for all 6 classes and includes: lectures, exercises, specific food plans, support and recipes. Go to www.reneesimon.com for more information and to register.

Building a Family Wellness Program

* 05/17, 7-9:00 PM, Ridgefield Recreation Center, (203) 431-2755

* 05/08, 7-9:00 PM, Katonah/Lewisboro Continuing Ed, (914)763 -8932

* 05/10, 7-9 PM Westchester Community College in Somers, (914)606-6839

Do you have spring fatigue?

In European Natural Medicine they recognize a disease that is unknown here: spring fatigue. It is thought to be due to increased fat and meat intake in the winter, shortage of greens and lack of exercise. So, they treat it with lots of fresh greens (asparagus, chives, watercress, dandelions, stinging nettles come to my mind), more exercise (garden work, for instance, and walking/hiking), Sauna and lots of fresh water.



If so, try our 3 Week Spring Cleanse Program?

Call our office to find out more about our upcoming cleanse programs to get rid of this problem. There is going to be a 3 week cleanse teleclass coming up soon so you can do the whole program, get all the recipes, meal plans, nutritional products, and support from home by calling our bridge line at the class time. All the materials are downloadable, products will be shipped to your house and you get email support for the whole 3 week program. Call us at 914 763-9107 to participate in this rejuvenation program. Don't worry if you miss 1 or more calls because they are all recorded and available within 48 hours.

Mercury, Mercurial Lies, and the Miars That Tell Them

One in six children born to mothers with dangerous levels of mercury
by Kenneth P. Stoller, MD, FAAP

Man-made sources in the U.S. pump more than 150 tons of mercury pollution into the air each year.



Worldwide sources add hundreds of tons more. The wind spreads this mercury across the globe. Much of it returns to earth to contaminate our lakes and streams as methylmercury, a persistent bioaccumulative neurotoxin that poisons a wide variety of wildlife species. Humans are exposed to methylmercury by eating contaminated fish, and many states have been forced to warn their citizens against eating the fish they catch. Several commercially available seafood species also have high methylmercury levels.

The FDA has warned women to limit their fish consumption, and they have set an "action level" to limit methylmercury in seafood, but this level is not enforced. The EPA and the NRC have recommended a much lower level, primarily to protect unborn children, who are the most vulnerable to methylmercury. Lower IQ levels linked to mercury exposure in the womb cost the USA \$8.7 billion a year in lost-earnings potential according to a study done by the Mount Sinai Center for Children's Health and the Environment. If it were publicly acknowledged that mercury pollution was the trigger for the autism epidemic this number would be in the trillions of dollars. One in six children are born to mothers with dangerous levels of mercury in their blood – perhaps the same one in six that the CDC admits have a neurobehavioral disorder.

Click here to read entire story.

Research on Correlation Between Autism, Cell Phones, and Wireless Computers

by Tamara Mariea

<http://www.genengnews.com/news>



Today the incidence of autism in the United States is 1 in 150 children, according to published CDC reports, a horrific increase from the end of the 1970s, when the ratio of autism in our society was 1 in 10,000, before the cell phone, wireless and similar technologies were introduced into the environment that produce radio waves. Tamara Mariea, founder of Internal Balance(TM), Inc., is releasing findings from more than five years of research on clients with autism, and other membrane sensitivity disorders that point to electromagnetic radiation stress, which increases with the proliferation of cell phone and wireless use, as one of the potentially major root causes of the explosion of autistic cases in the past two decades. Electromagnetic radiation stress in people's lives continues to explode as radio waves in the air that carry the latest communication technology such as cell phones and wireless computers bombard our bodies.

"My recent awareness of the research being done by Tamara Mariea, CCN with autism and EMR (Electromagnetic Radiation), suggested to me that it may be an important missing link. Since we know that electrical currents at microvolt levels in the body are of vital importance, it makes a world of sense to research the potential of electromagnetic pollution in the etiology of disease. There is no doubt that we are

seeing a severe epidemic rise of autism in children and the widespread use of electronics and wireless devices may well be a factor that has been ignored," said Derrick Longsdale, M.D., F.A.A.P., F.A.C.N., CNS. Dr. Longsdale is a DAN! Protocol practicing doctor.

[Click here](#) to read entire story.

Epilepsy Linked to Gluten Sensitivity



50% of epileptics are cured on a gluten free diet. Common symptoms of gluten intolerance include abdominal distress, anemias, learning disorders, short stature, attention deficit, headaches and migraines, epilepsy, rashes, hives, infertility, fetal loss, osteopenia, and osteoporosis.

Source: Dr. Tom O'Bryan- Clinical Rounds April 4, 2007. For more information, [click here](#) to read the DFH AllerGzyme tech sheet. To order this product mention that Renee Simon is your nutritionist.

RECIPE OF THE MONTH

Pistachio Crusted Salmon (Serves 4)

Ingredients:

- 1/8 cup grated pistachio
- 1/2 cup spelt or oat flour
- Generous pinch of sea salt
- Cracked pepper
- 4 3 ounce fillets of salmon
- Two tbs. olive oil
- Chopped parsley for garnish
- 4 wedges of lemon for garnish



Directions:

1. In a mixing bowl combine flour, salt, pistachio and pepper.
2. Heat olive oil in a sauté pan on medium high.
3. Drudge fish through dry mix on both sides.
4. Place fish gently into sauté pan for four-five minutes on each side.
5. Garnish with parsley and lemon slice upon serving.

This great recipe was featured in our last cooking class. Please call our office if you are interested in attending a lunch or dinner cooking class.

Questions or Comments?



This newsletter is being brought to you free of charge from Total Wellness Nutrition. Please direct questions and/or comments to:

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