



TOTAL WELLNESS NUTRITION NEWS December 2006

(914) 763-9107, www.totalwellnessnutrition.com
Offices in Katonah: 15 Parkway & S. Salem: 15 Gilbert Street

Message from Renee-

The holiday season is definitely upon us. The weather is starting to change, the Christmas decorations are going up and the holiday music fills our ears every time we turn on the radio. This is a blessed time of year but also a very harried and crazy one for many of us. I recently read this statement about the symptoms of inner peace and I wanted to share it with you to keep in mind if things get busy and hectic for you. I will be trying to keep the true meaning of the holidays in mind and I hope this message will help you to as well.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in judging self.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of ability to worry (this is a very serious symptom).
- Frequent overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed at your own risk.

Many blessings to you and your loved ones. Have a wonderful holiday and a happy and healthy new year. I feel very blessed to have you in my life.

Namaste,

Renee

UPCOMING ACTIVITIES

Holistic Mom's Group Holiday Get Together - 12/13/06 7:30-9:30 PM, 15 Parkway, Katonah. Free. I am happy to say that I will now be co-leading this group with Dr. Stuart Weisman. This is a wonderful group to share your mothering ideas, problems and meet a great group of people who want to focus more on holistic living. We are the Northern Westchester

chapter of this National organization. Our December meeting will focus on celebrating the holidays in peace. The Holiday Season is a powerful time for reflection, transformation, and unity. However, for many of us, these “deeper” aspects of the end of the year celebrations are lost in the stress of party obligations, gift purchasing, and travel plans. We invite you to an evening with Anthony Percoco to discuss the ways of re-capturing the “True” meaning of the Holiday Season, and to open to the powerful gifts of Peace and Joy. Bring a pot luck goody to share and enjoy this pre-holiday evening!

The Slow Down Diet – 6 Week Group Program - Jan 9, 16, 23, 30, Feb. 6, 13: 7-8 PM, Katonah Healing Alliance, 15 Parkway, Katonah. I will be incorporating exercises and ideas from Marc David’s Slow Down Diet Program into my successful 6 week group program to help people deal with the emotional side of eating issues. This program will focus on food awareness, boosting your metabolism, finding your eating rhythm, and finally ridding yourself of negative thoughts and behaviors surrounding food. This program is fun and informative, and an excellent way to get group support. The cost is only \$150 and includes 6 weekly meetings with great discussions, exercises, specific food plans, support and recipes. Register by Dec. 19th to reserve your place, (914) 763-9107. Group size is limited.

DON'T FORGET THAT I OFFER GIFT CERTIFICATES FOR YOUR LOVED ONES FOR THE HOLIDAY SEASON-GIVE THE GIFT OF GOOD HEALTH FOR THE NEW YEAR

In This Issue:

Good News for Chocolate Lovers

Milk Thistle for Diabetes?

Sugary Diets Raise Risk of Pancreatic Cancer Sharply

Good News for Chocolate Lovers



clump together compared to 123.

Scientists at the John Hopkins University School of Medicine say that a few squares of chocolate a day can reduce the risk of a heart attack by almost 50 per cent in some cases. The discovery came after volunteers for a trial on the effects of aspirin were disqualified for eating chocolate, despite being warned that this would interfere with results from the study. (Hey, when the craving strikes, who can resist?) Despite being barred from participating in the drug study, the chocolate-eaters blood was examined and compared with others who hadn't indulged in order to determine what effect cocoa has on platelets. Platelets from those who had eaten chocolate clotted more slowly than those who had not – taking an average of 130 seconds to

Professor Diane Becker said: “*What these chocolate ‘offenders’ taught us is that the chemical in cocoa beans has a biochemical effect similar to aspirin in reducing platelet clumping, which can be fatal if a clot forms and blocks a blood vessel, causing a heart attack.*” She continued: “*Eating a little bit of chocolate or having a drink of hot cocoa as part of a regular diet is probably good for personal health, so long as people don’t eat too much of it, and too much of the kind with lots of butter and sugar.*”

The full results of the study were presented to the American Heart Association's annual Scientific Sessions in Chicago recently.

Milk Thistle for Diabetes?

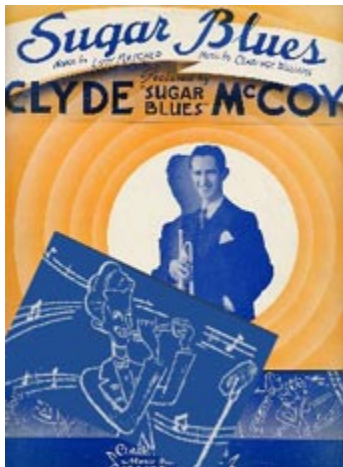


Do you think of milk thistle for diabetes? Recent research published in *Phytotherapy Research* looked at a group of 51 patients who had type 2 diabetes for at least two years. The entire group continued traditional oral hypoglycemic treatments during the trial, and were examined monthly. Twenty-five of the participants were given 200 milligrams of silymarin three times daily (600 mg/day) for four months, and the remaining 26 received a placebo.

The treatment group showed a significant reduction in glycosylated hemoglobin, fasting blood glucose levels, and an insignificant decrease in blood lipids. The fasting blood glucose levels and glycosylated hemoglobin levels increased significantly in the placebo group. So do take Milk Thistle if you are pre-diabetic or diabetic. As a nice added side benefit the milk thistle protects the liver from damage caused by pharmaceutical drugs.

Source: <http://www.newstarget.com/020971.html>

November 27, 2006



Sugary Diets Raise Risk of Pancreatic Cancer Sharply

Swedish study links sugary drinks, snacks to increased rates of a particularly deadly cancer
by Craig Weatherby

Sugar has plenty to answer for from a public health perspective. And dental caries are far from the worst or even the most likely consequence of overindulging one's sweet tooth. (Crackers and other sticky carb-rich snacks generate cavities more reliably.)

Modern food manufacturers add sugar to almost every packaged product, and their motivation derives from the effects of human evolution. Our primeval craving for simple carbohydrates, especially sugars, causes us to respond to sweet tastes by sending a signal from palate to brain proclaiming "dude, this is high-value food".

But what once served as a critical capacity—one that helped early humans choose the most energy-rich forage—now causes us to over-consume sugary sodas, coffee drinks, pastries, candies, and gratuitously sweetened processed foods of every description.

And sugar now comes in many forms, from the traditional cane sugar (sucrose) and honey to the manmade high-fructose corn syrup found in everything from tomato sauce to mayonnaise.

The direst dangers of excess sugar are increased risks of diabetes and cardiovascular disease, with many studies showing that excess blood sugar leads to "glycation" of LDL cholesterol and thereby to build up of arterial plaque.

Not coincidentally, elevated levels of an inflammation marker called C-reactive protein enhance uptake of glycated LDL cholesterol by immune system cells: an effect that promotes formation of arterial plaque (Zhong Y et al 2006).

This recently discovered effect may turn out to explain why elevated blood levels of C-reactive protein—and the pro-inflammatory diets that cause them—are associated with increased risk of developing cardiovascular disease.

Sugary drinks and snacks seen to raise risk of killer cancer

Thanks to revealing new research from Sweden, we can now add increased risk of pancreatic cancer to the list of sugar's evil effects (Larsson S et al November 2006).



Scientists at Stockholm's respected Karolinska Institute have been publishing a series of cancer studies based on large population surveys, designed to reveal any dietary risk factors.

The new study involved almost 80,000 healthy women and men, and the results points an accusatory finger at sugar with regard to pancreatic cancer.

Pancreatic cancer is an uncommon but frequently fatal form of cancer, and it is promoted by the chronically elevated levels of insulin associated with poor glucose control: a dysfunction induced by sugar-heavy diets.

The new Karolinska study began in 1997 when scientists asked the participants about their diets, and ended in June 2005, when they used the Swedish cancer registry to identify 131 people from the group who'd developed cancer of the pancreas.



**Susanna
Larsson,
PhD**

As lead author Susanna Larsson said, "It is perhaps the most serious form of cancer, with very poor prognoses for its victims. Since it's difficult to treat and is often discovered too late, it's particularly important that we learn to prevent it."

The Swedish findings indicate that the risk of developing pancreatic cancer correlates closely with the average amount of sugar in a person's daily diet.

Compared with people who rarely drank sweetened beverages or creamed fruit (a popular Swedish treat), those who did so habitually ran sharply increased risks:

- People who consumed sweetened soda or fruit-based drinks twice a day or more were 90 percent more likely to develop pancreatic cancer.
- People who added sugar to food or drinks (e.g. coffee) five times a day or more were 70 percent more likely to get pancreatic cancer.
- People who ate creamed fruit at least once a day were 50 percent more likely to develop pancreatic cancer.

The new results present the first evidence that overindulging in sweet foods and drinks raises the risk of this especially dangerous cancer.

In addition to cutting back on sugar consumption, recent research suggests that higher intake of vitamin D may help prevent pancreatic cancer.

While a prior Karolinska study failed to find any protective effect from diets high in fruits and vegetables, diets rich cruciferous veggies (e.g., cabbage, broccoli, kale, Brussels sprouts) seemed to provide some anti-cancer protection to the pancreas (Larsson S et al February 2006).

Sources

- Larsson SC, Bergkvist L, Wolk A. Consumption of sugar and sugar-sweetened foods and the risk of pancreatic cancer in a prospective study. *Am J Clin Nutr.* 2006 Nov;84(5):1171-6.

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- Lyons TJ. Glycation and oxidation: a role in the pathogenesis of atherosclerosis. *Am J Cardiol.* 1993 Feb 25;71(6):26B-31B. Review.
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RECIPE

Seasoning your style of evangelism

The Doer, the Influencer,
the Relator, the Thinker.
Of these four personality
types, which are you?
Which is the person
you're witnessing to?

BY KIMA JUDE



ALL-PURPOSE SEASONING:

This recipe, used with permission, is taken from "**NEWSTART® Lifestyle Cookbook**," page 167.

- 2 tablespoons onion powder
- 2 tablespoons parsley flakes
- 1 tablespoon celery salt
- 1 teaspoon turmeric
- ½ teaspoon garlic powder
- ¼ teaspoon marjoram
- ¼ teaspoon savory

Combine all ingredients and mix well. Store in an airtight container. Yields 13 teaspoons. This recipe can be added to fish, chicken or a veggie dish to add the flavor without the added fat.

Questions or Comments?



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

Renee Simon, M.S., CNS
Board Certified Holistic Nutritionist
15 Gilbert Street
South Salem, NY 10590
phone 914-763-9107
fax 914-763-9104
rsimon312@aol.com
<http://www.totalwellnessnutrition.com>