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Total Wellness Newsletter

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Offices in Katonah: 15 Parkway & S. Salem: 15 Gilbert Street

In this Issue

Upcoming Events

Sun and Seafood May Curb Lymph Cancer

Does Fish Oil Lower Cholesterol

Mothers Fish Oil Supplements Benefits Kids Brains

Recipe: Garbanzo Noodle Casserole

Message from Renee-

Winter is finally here. Hope you are enjoying the extra time spent inside the house around the fire and taking some down time to rest, rejuvenate, and be introspective. During the winter months many people may feel a little down as they are not as active and getting less light from outside in addition to the long cold days and nights that winter brings. One quick tip is to try to go outside during the peak sun time (11-2 PM) and get some direct sun rays. Many of us are low in serotonin during the winter which brings on the blues feeling as well as a craving for carbohydrates. Getting that small bit of daily sun light as well as some activity may be enough to boost your serotonin and feeling better. A nice cup of hot cocoa or green tea in the middle of the day would give you a boost as well! Hang in there, the spring is around the corner.

Namaste,

Renee

UPCOMING ACTIVITIES

-Group Cleanse Program - This is a 21 Day Program That Uses Healthy Foods and Cleansing Supplements to Cleanse all of Your Organs Resulting in More Energy, Vitality, Weight Loss and Mental Clarity

* 2/27/07, 7:00 PM at 15 Parkway, Katonah, NY

* \$300: Includes 3 one hour meetings, 5 nutritional products, meal plans, shopping list, recipes, support and everything else you need to make this a successful experience. Call (914) 763-9107 to register.

-6 Weeks to Fitness & Better Health without Dieting

* 03/1/2007 - 4/5/2007, 8-9 PM, 6 Consecutive Thursdays; this is a Teleclass; you can participate at home in your pajamas!

* 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.

-Women's Images Conference-March 10th Fairfield University, Fairfield, CT at 8:30-5:45. Renee Simon will have a workshop on empowering yourself to take charge of you health. Click for the presenters, complete program details, and to register:www.esteemedwoman.org and www.etches.com/womensimages (program not available yet but will be up shortly).

- Living The Inspired Life –Finding Inner Happiness & Peace – A Journey in Awareness

* A Two Day Workshop - 3/18 1-5 PM & 3/25 1-5 PM at 15 Parkway, Katonah, NY

* Join myself and spiritual leader Anthony Percoco for an “Inner Exploration” of the Body, Mind and Spirit to Awaken to your Happiness. We will utilize discussions, meditations, movement and creative expression as vehicles to unlock the part of you that you have been looking for. Liberate yourself from fears, bad habits, and addictions. Take control of your life, health and relationships, and connect to your inner beauty. Create a life plan and vision for your future.

*Investment: \$179; Call 763-9107 to register, limited group size so register early.



Sun and Seafood May Curb Lymph Cancers

Vitamin D and omega-3s linked to reduced rates of Non-Hodgkin's lymphomas

by Craig Weatherby

Cancers of the lymphatic system - called lymphomas -- don't get as much attention as other malignancies, but they kill substantial numbers of Americans.

Key Points

- The results of two recent epidemiological studies indicate that dietary and sunlight-generated vitamin D protects against non-Hodgkin's lymphoma (NHL): America's fifth most common cancer.
- Swedish epidemiological studies link diets high in omega-3s, fiber, fruits, and veggies to reduced risk of NHL.

Unfortunately, rates of the most common kinds -- called "non-Hodgkin's lymphomas" or NHL -- are rising rapidly, for unknown reasons.

Now it's looking like vitamin D and omega-3s -- both of which are found most abundantly in fish - may help prevent these cancers.

Sunlight could be our bodies' chief source of vitamin D, but every study shows that Americans

don't get nearly enough sun exposure to generate the amounts needed for optimal bone health and cancer prevention.

Causes and symptoms

The cause of NHL is usually unknown, but people with weakened immune systems appear more vulnerable.

There are about 30 different types of non-Hodgkin's lymphoma, and high-risk groups include those who have received an organ transplant or who have a weakened immune system.

NHL can produce a variety of symptoms, depending on which area of the body is affected:

- Swollen lymph nodes
- Fever or copious sweating with night sweats
- Unexplained weight loss
- Severe itchiness
- Coughing or shortness of breath.
- Stomach pain or swelling
- Loss of appetite, constipation, nausea, and vomiting.
- Headache, concentration problems, personality changes, or seizures.

See a doctor if you experience any of these for more than a few days, or with no other explanation such as an infection.

NHL is increasingly treatable by conventional therapies (radiation, chemotherapy, biotherapy, bone marrow transplant). But it makes sense to avoid NHL if possible, and it's looking like diet can help deter the disease.

What is a lymphoma?

The lymphatic system includes the lymph nodes -- located alongside large blood vessels in the neck, underarms, groin, abdomen, and pelvis -- and other organs that generate immune-system cells, blood platelets, and red blood cells (i.e., the spleen, thymus gland, bone marrow, adenoids, and tonsils).

There are two types of lymphomas: Hodgkin's Disease (HD), which accounts for only one percent of all cancers, and non-Hodgkin's lymphoma (NHL), which constitutes about four percent of all cancers in the US.

While the incidence of HD had fallen over the past 20 years, the rate of NHL has risen by more than 70 percent during the same period and is now the fifth most common kind of cancer.

According to the American Cancer Society, some 63,000 new cases of NHL will occur in this country in 2007, and about one in three will die of the disease.

Non-Hodgkin's lymphoma is more common in men, white people, and adults between the ages of 40 and 70, although some types are among the most common childhood cancers. An American's risk of getting NHL during his or her lifetime is about one in 50.

Aussie and American studies find omega-3s and vitamin D protective

The results of prior research suggest that sun-generated

vitamin D offers protection against cancers of the colon, breast, ovaries, and prostate.

And other studies have found that higher levels of vitamin D in the blood and diet are associated strongly with reduced risks of colorectal cancer, and may also reduce the risk of prostate cancer (Krickler A, Armstrong B 2006).

But until recently, it had been widely hypothesized that greater exposure to ultraviolet sunrays would increase the risk of non-Hodgkin's lymphoma (NHL).

However, the results of two epidemiological studies -- one from Australia and another from the US -- contradict this idea.

Aussies find sun protective

Just over two years ago, researchers at Australia's University of Sydney reported that exposure to sunlight seemed to reduce the incidence of NHL (Hughes AM et al 2004).

The University of Sydney team enrolled 704 adult patients aged 20-74 and 694 healthy controls matched to the cancer patients by age, sex and region. Using questionnaires and telephone interviews the authors calculated the number of hours participants had spent outdoors at 10, 20, 30, 40, 50 and 60 years of age, during working, "non-working" (e.g., outside work and weekend hours), and vacation hours.

The results showed that the risk of non-Hodgkin's lymphoma fell as lifetime sun exposure rose. Relative to the lowest quarter of total sun exposure, the people in the highest quarter had a 35 percent lower risk of NHL.

And in some cases, the risk reduction was even higher. Those who reported the most sun exposure on non-working days had a 63 percent lower risk of NHL, while those with the most sun exposure on vacations had 40 percent less change of developing NHL.

All of the sun-related risk reductions were strongest in women and among the participants who reported the greatest sun exposure during their childhood years.

As the Aussies said, "Our results provide strong statistical evidence for an inverse association between sun exposure and NHL." (Hughes AM et al 2004)

While this does not prove that increased vitamin D production in the body is responsible for the sun-related risk reduction, there is no other known factor that would explain the result.

US National Cancer Institute study supports Aussie findings

Last year, researchers from the Division of Cancer Epidemiology and Genetics of the National Cancer Institute published positive findings along the same lines as the Australian investigation's results (Hartge P et al 2006).

They recruited 551 NHL patients and 462 healthy controls, and estimated the risk of NHL relative to UV sunray exposure using four measures:

- Eye color, which is a marker of susceptibility to UV radiation: that is, the lighter the eyes the lighter the skin, and the more UV rays penetrate it, resulting in higher vitamin D production per hour of sun exposure.
- Number of hours spent in the mid-day summer sun.
- Use of sunlamps or tanning booths.
- Relative ambient UV, based on latitude and climate.

In every case, *the risk of NHL went down as sun exposure and UV penetration of the skin - hence, vitamin D production -- went up.*

The NCI team came to the obvious conclusion: "These data suggest a slight protective effect of sunlight against NHL, and ...

[\[Click here for full story and sources\]](#)

Does Fish Oil Lower Cholesterol? Does it Matter? by Craig Weatherby

Common question misses the cardiovascular point: Omega-3s raise "good" and "bad" types alike, so their heart benefits stem from different effects

Recently, we fielded a question we're asked pretty often: "Will fish oil lower my cholesterol?"



The answer seems simple:

Fish oil raises HDL ("good") cholesterol modestly.

Fish oil raises LDL ("bad") cholesterol modestly.

That is, the effect of fish oil on blood cholesterol is pretty neutral (Balk EM et al 2006).

But this is a relatively irrelevant question, since total blood cholesterol levels alone provide poor guidance as to one's risk of suffering a heart attack, stroke, or sudden cardiac death.

Back in 1984, the National Institutes of Health issued a "consensus statement" on heart disease, in which the agency advised the American public that the best way to prevent heart disease was to reduce their consumption of cholesterol levels and saturated fats.

In fact, while there was no such scientific consensus, there were mountains of evidence to the contrary.

Most folks are surprised to learn that many people with "unhealthy" cholesterol levels never suffer from heart attacks or die from cardiovascular disease, while the reverse is also true: that is, many people with low cholesterol levels have cardiovascular disease and/or die from sudden cardiac death.

While people are somewhat more likely to have a heart attack when they have one of three "cholesterol profiles" -- 1) very high total cholesterol levels, 2) high levels of small, dense LDL cholesterol (which can imbed in artery walls more easily), and/or 3) high levels of oxidized LDL -- the connection between total cholesterol levels or cholesterol profiles and adverse cardiovascular events or cardiac deaths is much weaker than we're led to believe.

Triglyceride levels, blood stickiness (platelet activation), and vulnerability to arrhythmias are equally powerful predictors of the risks of heart attacks, sudden cardiac death, and strokes ... and fish oil is proven to reduce all of these risk factors substantially.

In addition, insulin and leptin resistance and high triglyceride levels appear to rival cholesterol levels as predictors of cardiovascular risk, while inflammation, impaired immune-cell response to arterial plaques, and homocysteine levels are also key factors.

Cholesterol and cardiovascular health: exploding some myths

Most of the cholesterol in the blood comes not from foods, but from the liver, where it is created in response to signals from the body: signals influenced by dietary fats and many other factors.

Dietary cholesterol and saturated fats are not inherently artery-clogging substances, but both become problematic in the context of the average American diet, which is imbalanced deeply in key respects:

- A low ratio of omega-3 to omega-6 fatty acids (see "[New Report Finds Americans Need Far More Omega-3s](#)")
- High sugar-starch intake
- Insufficient intake of foods high in heart-protecting fibers, vitamins, minerals, and the polyphenol antioxidants abundant in tea, cocoa, and colorful fruits, vegetables, and wild salmon. (Salmon's red-orange color comes from astaxanthin [ass-tuh-zan-thin]: a uniquely powerful carotene-class polyphenol antioxidant.)

The vast preponderance of evidence indicates that the heart disease epidemic afflicting Americans has little to do with their intake or blood levels of cholesterol.

Instead, the evidence points to the American diet's dearth of anti-inflammatory, anti-arrhythmic omega-3s and wildly excessive intake of pro-inflammatory omega-6 fatty acids -- from cheap vegetable oils (corn, soy, safflower, cottonseed, canola) used in home/restaurant cooking and in packaged foods -- trans fats (from hydrogenated oils), sugars, and refined corn and wheat starches.

The reason why high blood levels of "good" HDL cholesterol are the newest measure of heart-health is that HDL cholesterol spirits excess LDL cholesterol out of sticky blood, thereby keeping it from being oxidized and/or sticking to arterial lesions.

And arterial lesions are also caused in large part by the chronic lack of dietary omega-3s and excess of dietary omega-6 and trans fats: an imbalance that promotes wear-and-tear damage to arteries, plaque build-up, and clot formation.

Statins and cardiac risks

If high total and LDL cholesterol aren't the real problem, why are statins - invariably described as "cholesterol-lowering" agents -- the leading heart drugs of today?

Despite the conveniently simple "cholesterol-lowering" label applied to statins, researchers agree that most of these agents' cardiac risk-reduction effects do not flow from

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[\[Click here for full story and sources\]](#)

Mothers' Fish Oil Supplements Benefit Kids' Brains

by Craig Weatherby

The omega-3 fatty acid called DHA – which occurs in significant amounts only in fish oil and mothers' milk – dominates the structures of human brains and retinas, and is essential to their functioning.

This has led to decades of research designed to determine whether mothers' intake of DHA enhances the development of their children's brains and vision.

There is substantial evidence that higher fish or fish oil intake by mothers and infants -- or use of infant formulas fortified with DHA -- can yield developmental benefits, although the results have been mixed.

A new study from Australia adds significant new evidence that infants' brains benefit when their mothers take fish oil.

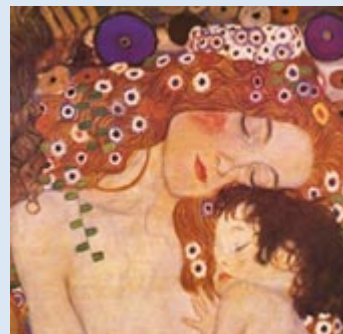
It also indicates a down side to excessive consumption of the omega-6 fatty acids consumed in gross excess by most Americans, which compete with the omega-3s in fish oil for inclusion in human cell membranes. Omega-6 fatty acids are abundant in most vegetable oils (*except* olive, macadamia, and hi-oleic sunflower oils) and in the packaged and restaurant foods in which they are typically used.

Researchers at the University of Western Australia conducted a well-designed (double-blind, randomized placebo-controlled) clinical trial among 83 non-smoking women who agreed to eat no more than two portions of fish per week.

Some of the participating women received placebo capsules containing four grams of olive oil, while the others were given capsules containing four grams of fish oil, including 2.2 grams of omega-3 DHA and 1.1 grams of omega-3 EPA.

The supplement regimen began at 20 weeks after conception, and continued until delivery.

Their infants were examined and tested when they were 21/2 years old, to evaluate their language skills, behavior, practical reasoning capacity, and hand-eye coordination.



Results favor fish oil and put omega-6 fats in a poor light

The children of mothers who'd taken fish oil supplements displayed significantly better hand-eye coordination, scored higher on measures of vocabulary and language comprehension, and the average phrase-length of their speech was longer.

These findings persisted after the researchers took into account other potentially influential factors, including the mother's age and the duration of breast feeding.

As the researchers said, "Maternal fish oil supplementation during pregnancy is safe for the fetus and infant, and may have potentially beneficial effects on the child's eye and hand coordination."

It was clear the omega-3s in the fish oil were responsible, since improved good hand-eye coordination also correlated with high levels of omega-3s in umbilical cords at birth.

And it is important to note that the children with higher tissue levels of omega-6 fatty acids had the lowest scores: a finding that offers further evidence that these nutrients can be counterproductive when consumed in excess, as is usual in developed countries.

RECIPE

GARBANZO NOODLE CASSEROLE

Ingredients:

- Ø 3 c. whole wheat or soy noodles
- Ø 1 medium onion chopped
- Ø 1 stalk celery, diced
- Ø 1 c. cooked garbanzos
- Ø 2 c. soy, nut, or sesame milk
- Ø 3 T. flour
- Ø 1/4 c. water
- Ø 1/2 t. salt
- Ø 2 t. chicken-like seasoning (see p. 99)



Instructions:

COOK noodles in lightly salted water.

DRAIN. SAUTÉ onions and celery until tender.

ADD milk to onions and celery and bring to a boil.

MIX flour with the 1/4 c. water until smooth and slowly add to milk, stirring constantly. Continue to cook and stir until thickened.

ADD salt and seasoning.

COMBINE soaked noodles, garbanzos, and milk sauce. When thoroughly mixed, put in casserole and sprinkle with sesame seeds.

BAKE 35-45 minutes at 325 degrees.

Serving Facts:

10 1/2 c. servings
156 calories per serving
14% Protein
21% Fat
65% Carbohydrate

Get your copies of "***Cooking With Natural Foods I***" and "***Cooking With Natural Foods II***" at <http://www.pickle-publishing.com/books/cookbooks.htm?n#cnf>.

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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