

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Message from Renee-

2007 is here, and with it comes a focus on new beginnings and goals. I wish you all the very best health, happiness, and prosperity in the New Year. May this be your best year ever with an abundance of love, joy and vitality! Please let me know if there is anything I can do to help you and your family with your health and wellness goals.

Namaste,

Renee

UPCOMING ACTIVITIES

By Popular Demand I have been asked to start a daytime and evening 3 week Cleanse Program. I will probably run one in the morning in my Katonah office and in the evening in my S. Salem office. This program is a combination of eating a non-toxic diet (really good and healthy foods) as well as taking some supplements that help cleanse all of your organs. Most people report much more energy and mental clarity as well as losing between 5-15 pounds if needed. Please let me know as soon as possible if you would like to join either group. (914) 763-9107.

STILL A COUPLE OF SEATS LEFT!

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 calling (914) 763-9107. Group size is limited and the class is almost full so call today.



The Benefits of Chocolate Part II

Just thought I'd share some more info about the benefits of chocolate for those who've over-indulged this season, so you can feel less guilty about it (even if a few pounds heavier). More than having caffeine, chocolate's chemistry is very complex. Dark chocolate has a very high ORAC rating, higher than mentioned here in an earlier notice. Originated among the Olmec, Maya and

Aztec of Central and South America, spanning over 2,000 years. Spread to Europe in the mid- 1500's, with manuscripts revealing over 100 medicinal uses. Rich in anandamide, a marijuana-like neurotransmitter compound, and two other compounds which slow down anandamide's breakdown, to keep you feeling good longer.

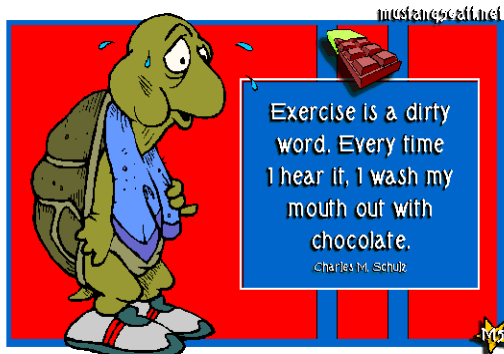
*Some Quick Facts about Chocolate:

| |
|--|
| -Triggers the brain's production of the opiate endorphin, addictive feel-good compound. |
| -Contains caffeine (5 to 10 mg per ounce, about that in one to two cups of decaf coffee), plus theophylline and theobromine, stimulant compounds. |
| -Contains tryptophan, precursor to serotonin, the neurotransmitter which reduces depression and anxiety. |
| -Contains phenylethylamine, the "love chemical", which raises levels of another feel-good neurotransmitter compound, dopamine. |
| -Dark chocolate has very high antioxidant levels (ORAC level per 100 mg of broccoli = 890, blueberries = 2400, chocolate = 13,120!). |
| -Unusually rich in flavonoids (flavonols and proanthocyanidins) which boost nitric oxide, a substance crucial to blood vessel health and protective against high blood pressure. |
| -Polyphenol compounds decrease LDL cholesterol, oxidation and reduce inflammation, platelet clumping and vasoconstriction. |
| -Improves insulin sensitivity, helping the body break down sugar. |
| -Relieves symptoms of PMS. |
| -One of the best sources of magnesium, chocolate also contains calcium, iron, zinc, copper, potassium and manganese, with small amounts of vitamins A, B1, C, D and E. |
| -Daily intake during pregnancy results in more laughing infants. |
| -The higher the cocoa content, the higher the antioxidant level. |

-Saturated fat in chocolate doesn't increase cholesterol levels.

-Aphrodisiac? Casanova reportedly used it prior to his amorous

Exercise Better Than Drugs at Relieving Depression



Exercise may be as effective as medication for battling depression, researchers suggest.

"People who are ready to make a commitment and can mobilize themselves and actually start exercising can really expect the same kind of beneficial result that they might get with other kinds of treatment," said researcher Dr. Steve Herman of Duke University in Durham, N.C.

Researchers assigned 156 patients over the age of 50 who suffered from a major depressive disorder to one of three treatments:

- Exercise three times per week for a total of 45 minutes**
- Medication with sertraline (Zoloft)**
- Both exercise and the medication.**

After 4 months, the investigators found that all patients had experienced a significant drop in symptoms of depression, with **very little difference in the therapeutic effect between the three groups.** Between 60% and 70% of the patients in all groups no longer met criteria for major depressive disorder at the study's conclusion.

In addition, researchers found that the patients in the exercise group were more likely to continue to be partially or fully recovered than those in the medication group.

At 6 months, fewer than 10% of the exercise patients had relapsed compared with almost 40% of the medication patients, and just over 30% of the medication and exercise patients.

Researchers conclude that exercise is a viable, and at least equally effective, alternative to traditional medical treatment involving drugs.

Source: Psychosomatic Medicine September/October 2000;62:633-638.

HEALTH

Life, Garlic, and the Pursuit of Healthiness

*By Gailon Totheroh
CBN News Health & Science Reporter*



November 7, 2002 Garlic can reduce cholesterol as much as 12 percent. For a person with cholesterol at 230, that could mean a decrease to a near normal level of 202. Garlic and similar vegetables may be the reason Chinese men have so little prostate cancer, according to a new study from the National Cancer Institute. Yet there are many contradictory reports on whether garlic supplements have health benefits. Certainly history is full of garlic's medicinal use. And the latest research developments indicate garlic's active ingredient may become a major player on the health scene.

While garlic is a modern mainstay of Southern European cooking, it was also the cause of the world's first labor dispute, a fight between the pyramid workers and the pharaoh's pocketbook. Peter Josling, B.Sc., from The Garlic Centre, said, "They were spending the equivalent of about \$2 million a year. So they decided that they would stop the ration of daily garlic and the slaves apparently downed tools and refused to work on until their garlic ration was restored." Why did the slaves cling closely to the cloves of garlic? Josling said, "One reason was to improve the quality of the food that they were given on a daily basis, but the other reason was to keep them free from disease." Josling is a British chemist, known in the UK as the "garlic guru" and in Norway as the "garlic king."

Also big on garlic was the late Varro Tyler, Purdue University's expert on medicinal herbs. Tyler once said, "It has been shown effective in reducing blood lipids — that is cholesterol and triglycerides as well." That means better heart health, and a hedge against the nation's number one disease. Garlic can reduce cholesterol as much as 12 percent. For a person with cholesterol at 230, that could mean a decrease to a near normal level of 202. And triglycerides can drop as much as 15 percent. That's as good as drugs without the side effects.

But garlic's advantage depends on the presence of the potent substance allicin, and allicin is only produced with the aid of a special enzyme in garlic. "The enzyme known as allinase that releases that active principle is inactivated by the stomach acid," Tyler said. So without allinase, no allicin is produced and no heart benefits arise. Cooking also destroys allinase, so one solution is, eat raw garlic.

CALL OUR OFFICE TO FIND OUT WHAT SUPPLEMENTS CONTAIN HIGH POTENCY ALLICIN

Additional Information on Garlic:

[**Note:** Allicin is a powerful [antibiotic](#) and anti-fungal compound obtained from [garlic](#).]

Allicin fights all major types of infections:

- ü *Bacterial infections such as streptococcus and E. Coli*
- ü Viral infections such as the ones causing colds and herpes
- ü Fungal ones such as vaginal yeast infections
- ü And parasitic ones such as intestinal giardia
- ü Unlike pharmaceutical antibiotics, allicin does not produce antibiotic-resistant bacteria.



No antibiotics for ear infections - 'Watchful waiting' OK for common illness to avoid drug resistance

PITTSBURGH - That familiar tug on his ear or restless night sleep is usually the sign that little Baedden Pollett has another ear infection. The 2½-year-old has had more of them than his parents can count. Sometimes, his doctor prescribes antibiotics. But in many cases, his parents have waited it out, using Tylenol, warm baths and some extra tender loving care to ease him through it. And he recovers on his own.

More than ever, many parents and doctors these days are taking a “watchful waiting” approach with children older than 2 who have ear infections, the most common childhood illness. Many are foregoing antibiotics because of worries about drug resistance and evidence that most ear infections will heal on their own. My experience is that parents are often the driving motive behind not giving antibiotics. Parents are very, very concerned about the use of antibiotics,” said Dr. Richard Rosenfeld, director of pediatric otolaryngology at Long Island College Hospital in Brooklyn and a consultant who helped write national guidelines on antibiotic use for ear infections.



Three out of four children will suffer from ear infections before the age of 3, according to the National Institute on Deafness and Other Communication Disorders. Ear infections occur when viruses or bacteria get inside the ear, usually the result of a cold or other illness. Fluid and mucus can become trapped deep inside the ear. Antibiotics only work against bacterial infections, though some of the many bacteria that can cause ear infections have grown resistant to certain antibiotics. Doctors have no way of knowing if a virus or bacteria is causing each individual infection.

Many parents recognize their child’s earache symptoms — fussing, crying, loss of sleep and appetite and a tugging at the ear. Ear infections can result in hearing loss, though doctors say that’s usually temporary. A visit to the doctor is advised if a child is sick for a few days and suddenly develops a fever, along with those other symptoms like ear-tugging and awaking at night. “Observing is different than not treating,” Rosenfeld said.

Watchful waiting OK

In May 2004, the American Academy of Pediatrics and the American Academy of Family Physicians released the first national guidelines on appropriate diagnosis and treatment for ear infections. Among other things, those recommend that pain medication be prescribed for most children and antibiotics used only if the conditions persist or don’t improve.

In an October study in the medical journal *The Lancet*, researchers found that antibiotics for ear infections are only beneficial to children under the age of 2 with both ears infected. Study leader Dr. Maroeska Rovers, of the University Medical Center Utrecht in the Netherlands, said that researchers found that in most other cases, watchful waiting is OK.

Rovers said that in countries like the Netherlands, watchful waiting has been an accepted practice since about 1990. Critics say the ear infections could develop into something more severe if untreated, but Rovers said studies have not backed that up. Doctors are the front line in helping educate parents about the best course to take, Rovers said.

“They should not send the parents away by doing nothing, but they should listen carefully to these parents and prescribe sufficient analgesics to treat the pain and the fever in the first few days,” Rovers said. Then, parents should be encouraged to come back in two to three days if things have not gotten better, he said.

At the Children’s Hospital of Pittsburgh, a team of researchers led by Dr. Alejandro Hoberman will lead a government-funded study of about 300 children to further test the watchful waiting vs. antibiotics strategies. Hoberman, chief of general academic pediatrics at the Pittsburgh hospital, said evidence shows that most infections clear up on their own. “The key concern is how much longer will it take, and how much pain (and) crying, sleepless nights the child might have,” Hoberman said.

Drugs Over-prescribed

Hoberman said a big part of this is helping doctors with techniques that more accurately diagnose the severity of the ear infections so the most appropriate course of action can be taken. Doctors can tell if an ear is infected by looking into the ear canal for redness or inflammation. But that observation isn’t always accurate, and in many cases antibiotics are unnecessarily prescribed, he said.

“I think parents are generally more receptive in 2006 and actually consider that antibiotics are not always needed,” Hoberman said. Baedden’s mom, Denise Pollett, said she and her husband have used many techniques to ease their son’s ear pain, including warm baths twice a day. She’s also moved him to a different daycare center, hoping he’ll get sick less often. Though ear infections are not contagious, colds are and can lead to ear infections. “We weren’t that quick to run to the doctor when we knew he was probably getting one,” said Pollett, who lives in the Pittsburgh suburb of Mount Lebanon. Pollett said more than anything, they wanted to relieve his pain. “I think sometimes that’s even more important than the antibiotics,” she said.

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URL: <http://www.msnbc.msn.com/id/16140545/>

On the other hand, while they are "watching and waiting" why not utilize natural treatments where there is no risk of antibiotic resistance. In my practice I have found that most ear infections can be resolved in 1-2 days with ear drops and some other remedies.

RECIPE

Potage of Broccoli



Ingredients:

- ¾ TSP Canola Oil
- ½ cup of Carrots, peeled and diced
- 1 & ¼ cups of Onions, medium diced
- 1 TSP Garlic, chopped
- 1 & ¼ cups of Potatoes, peeled and diced
- 6 & ½ cups of Broccoli, small florets
- 6 cups of Water
- ¼ TSP Fresh Thyme, chopped
- ¼ TSP Fresh Oregano, chopped
- ¼ TSP Ground Cumin, optional
- ½ TSP Ground Pepper, ground
- ½ TSP Salt optional

Instructions:

- (1) Heat a large stock pot and add canola oil
- (2) Add carrots, onions and garlic
- (3) Sauté for 10 minutes, stirring occasionally until onion is soft and golden brown
- (4) Add potatoes and broccoli florets, stir.
- (5) After 5 minutes, cover ingredients with water. Cook 20 minutes. Cook uncovered until broccoli is tender. Pay attention to retain bright green color.
- (6) Stir in thyme, oregano, cumin, black pepper and salt
- (7) Blend soup in a blender or use in an immersion blender right out of pot.
- (8) You may press soup through a strainer to obtain a more even consistency, or leave it as is.
- (9) Hold for service

Note: this soup freezes well. If you cannot use it within a day a two then freeze in a small plastic container or freezer bag.

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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