

TOTAL WELLNESS
FALL NEWS
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*Specializing in Family Wellness: Allergies, ADD, autistic
spectrum disorders, gastrointestinal health, immune
problems, women's hormonal health, & weight management*

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I Hope you had a relaxing and fun summer. In this fall newsletter, I would like to share with you some highlights of recent research in the field of holistic health and nutrition. I would also like to thank those of you who have supported me by buying my new book Take Back Your Health, published this September. The feedback from you has been excellent and I hope that you are using the book as a reference guide for your whole family. To that note I want to let you know that the book makes an excellent holiday gift for those you care about to share the message of good health and vitality. As a holiday special, I will be happy to mail out signed copies of the book to you or any one on your list free of shipping charges. Please call (914) 763-9107 to take advantage of this offer which is not available if you order directly through my website or Amazon.com. Enjoy the fall foliage, stay in touch, and let me know how you are doing! Please feel free to forward this newsletter to anyone who you think could

benefit and let me know if you want to be taken off of the distribution list.

Yours in good Health,

Renee

Upcoming Events: Call (914) 763-9107 for more information

Nov. 11-12 – I will be doing several lectures and book signings at the New Age Health Spa in Neversink, NY. This is a wonderful place to recharge your battery and enjoy the healthy food and spa environment.

December 6th -6:30-8:30 PM, Pleasantville Library, 350 Bedford Road, Book Signing and Discussion for Women Over 45 Interested in Health & Wellness. I will be speaking about strategies to maximize health and vitality including holistic alternatives to help the perimenopause to menopause transition, weight management, natural hormones and anti-aging tips from my new book Take Back Your Health. Pamela Blair who just published The Next Fifty Years, will be discussing how self-image, fears, spiritual and creative attitudes toward life affect longevity.

January 7th – 1-5 PM, Boosting Fertility & Reproductive Health Naturally. Anne West, holistic nurse and acupuncturist and I will be sharing information to enhance egg quality, boost sperm count & motility, reduce FSH, prevent miscarriage, and enhance energy and spiritual healing. There will be group and partner exercises to relax and rejuvenate.

January 12th – 12-2 PM, Authors Luncheon, Bernard's Restaurant, Ridgefield, CT. Come hear me speak while enjoying a fabulous healthy 3-course gourmet meal from one of Ridgefield's finest restaurants. Bring your friends and enjoy this fun and informative event.

March 5th – 4-6 PM, 10 Keys to Optimal Health - Book Discussion and signing, South Salem, Library.

Rise of Obesity in Children

As you know the rise of obesity and diabetes in children have made the headlines many times in the past year or so. A new Canadian study revealed that the percent of obese children in Canada has almost doubled since 1981. According to this study, the percentage of overweight boys between 2 and 16 increased to 29 percent from 15 percent, while overweight girls in the same age group rose to 24 percent from 15 percent. Obese children will most likely develop high blood pressure, diabetes or other life threatening disease in their adult life. As Dr. Flynn states: "Lack of physical activity, bad food choices and overeating are the main culprits". One study implemented a new revised fitness program in the school gym program. The fitness program included aerobics and cardio workouts. At the end of the study, children who participated in this program had a 4% drop in weight and improved cardiovascular health compared to the regular gym group who had a 2% drop in weight. The take home message is to ensure that your children get plenty of exercise and have healthy meal and snack choices available at home as often as possible.

How Safe are Flu Vaccines?

There has been controversy regarding the connection between mercury and autism, ADD, and hyperactivity in children. The Center for Disease Control claims that there have been no consistent studies that connect the two, however, there has been a reduction in the amount of mercury in flu vaccines in the past few years. Incidentally, there is a mercury free vaccine produced by Sanofi Pasteur, but it is hard to find. Here are facts regarding the flu vaccines stated by The Kansas City Star Program:

- Lower prices appear to be a major factor in the continuing use of flu vaccines that contain mercury — yet mercury-free vaccines cost only about \$2.50 a dose more.

The small amount of mercury in flu vaccines still exceeds the U.S. Environmental Protection Agency's daily safety threshold, even though the cumulative amount children now receive from all vaccines is much lower than it was in 1999.

A massive government database that could be used to study the safety of flu vaccines and other vaccines containing mercury has been kept off-limits to some researchers, a move that an independent advisory body has criticized.

At least six states have restricted the amount of mercury allowed in vaccines. A dozen others are considering it, and a similar bill is pending in Congress. Many European countries and Japan already restrict mercury in vaccines.

A law passed earlier this year in Missouri requires that any immunization given to knowingly pregnant women or children younger than 3 contain no more than 1 microgram of mercury per 0.5-milliliter dose. But the law won't take effect until April 1, 2007.

Pain Relievers and Breast Cancer Risk

In the past a few studies have claimed that pain relievers such as Ibuprofen and Aspirin may reduce the risk of breast cancer in women. A new California Teachers study published in May 2005 in the Journal of National Cancer Institute, reported no links between these pain relievers and breast cancer. Here is a break down of the results of this study: When regular aspirin and ibuprofen use — more than once a week — were lumped together, researchers found no link to breast-cancer risk. But when the scientists broke their findings down by pain reliever or type of breast cancer, they found:

- Women who took ibuprofen daily for at least five years were about 50% more likely to be diagnosed with breast cancer than those who did not take the drug regularly.
- Women who took aspirin daily for at least five years were 80% more likely to develop breast cancers that were not sensitive to the hormones estrogen or progesterone than women who were not regular users of aspirin.
- Long-term daily aspirin users were 20% less likely to develop the more common type of breast tumor, one that is sensitive to

hormones. But, the scientists write, the difference was so small it might have been a result of chance.

No one should stop or start taking a pain reliever because of the study's findings, the author cautions. However, the author concluded, "I'm fairly convinced from our studies that aspirin and ibuprofen are not reducing breast cancer."

Vinyl Lunch Boxes Can contain Lead

The Center for Environmental Health announced that it is filing lawsuits against companies that produce Soft Vinyl lunch boxes which expose food to harmful amounts of lead. These companies include: Toys "R" Us, Warner Brothers, DC Comics, Time Warner, Walgreen's, and others. The level of lead in one lunch box, an Angela Anaconda box made by Targus International, tested at 56,400 parts per million (ppm) of lead, more than 90 times the 600 ppm legal limit for lead in paint in children's products. Perhaps it's best to go back to fabric lunch bags or maybe stainless steel lunch boxes!!!!

Nutriferon - New Product Boosting the Immune System

"A Shaklee exclusive," NutriFeron is a patented, clinically proven blend of immune-strengthening plant extracts. Taken daily, NutriFeron strengthens immune response by increasing the production of the body's natural interferon levels. This product was formulated by Dr.Kojima, who discovered interferon and its crucial role in building the body's immune response in 1954. This product is backed by four clinical studies which lead to the following results; Nutriferon:

- Decreases both the symptoms and levels of virus in the blood of patients with chronic hepatitis C infection.
- Increases interferon levels and decreases symptoms of mild nasal allergy or hay fever.
- Normalizes hormone levels and decreases menopausal symptoms in post menopausal women. In this study it also lowered blood pressure, plasma triglycerides and LDL cholesterol in this group of post-menopausal woman.

- Reduces abdominal cramps, low back pain, swollen breasts, acne, breast pain, constipation, nervousness, sleepiness, short temper and improves concentration in women with premenstrual symptoms (PMS).

With flu season coming up and other virus strains being discussed daily in the news, this might be a good product to start taking now. IF you would like to order this product, you could either call our office or 1 800-shaklee and use my member id DA56937DS.

Butter versus Margarine

Here are some facts; after you read them, you decide which one you'd like to spread on your toast! Margarine: very high in trans fatty acids... triples the risk of coronary heart disease, increases total cholesterol and LDL (this is the bad cholesterol), lowers HDL cholesterol,(the good cholesterol). Margarine also increases the risk of cancers up to five fold, lowers quality of breast milk, decreases immune and insulin responses. Eating butter increases the absorption of many other nutrients in other foods. Butter has many nutritional benefits where margarine has only a few that are added in! Butter has been around for centuries where margarine has been around for less than 100 years.