



TOTAL WELLNESS NUTRITION NEWS

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Message from Renee

As I look outside to the colored leaves and I hear the last sounds of the birds chirping before they head south I think how lucky I am to live here, surrounded by this beauty. I also feel privileged to have the opportunity to meet so many wonderful people from my work and to be able to spread the message of preventative wellness and restorative health.

Thanksgiving is my favorite holiday. It is a time to be grateful for what we have and to celebrate family, food, and preparing for the colder, winter months. I hope you enjoy this time and I look forward to speaking with you soon or seeing you at one of my upcoming workshops. Since many people like to do a cleansing program after the holidays are over, I will be doing individual, group and teleseminar programs so every one who wants to will be able to participate. Please call our office and let us know if you are interested.

Many blessings to you and your loved ones,

Renee

Upcoming Workshops

Holistic Approaches to Boost Fertility - 11/15/06 7-9 PM, Northern Westchester Hospital, Health Sciences Library, North Hospital entrance. Free for Resolve members, \$10 for others. I will be speaking with Acupuncturist Lisa Marsico.

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.

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Recipe of the Month: Baba Ghanouj – A Healthy Holiday Dip

Women and Exercise

Did you know that only about 38% of women over age 19 exercise regularly! This is especially concerning when fitness and exercise are critical in the menopausal years. These are times when a woman is at a dramatically increased risk for osteoporosis and fracture, heart disease, and chronic diseases such as diabetes. From age 35 onwards, women lose bone mass at a rate of about 0.75% to 1% per year. Regular exercise may decrease the incidence and severity of hot flashes, which occur in 75% of menopausal women. In one study, aerobic training reduced the severity of hot flashes in 55% of postmenopausal women.

Source: [Burghardt M. Exercise at Menopause: A Critical Difference. MedGenMed 1\(3\), 1999.](#)



October 19, 2006

New Studies Agree Fish Benefits Outweigh Risks

Reports from US advisory panel and Harvard School of Public Health come to similar, positive conclusions. *by Craig Weatherby*



Two new scientific reports released yesterday reinforce what we heard at last year's Seafood & Health conference:

- The benefits of fish to human health outweigh the risks, with certain specific exceptions for children and pregnant/nursing women.
- Fatty, short-lived wild fish such as sardines and Alaska salmon or sablefish are the most beneficial species and the safest as well.

The two reports, produced independently of each other, came from the US Institute of Medicine (IOM) and the Harvard School of Public Health.

While they differed in their assessments of the benefits of seafood—with the Harvard study expressing more confidence—both reports called fish beneficial to human health, and concluded that most fish are safe for most people to eat.

Harvard study takes firmer stance in favor of fish

The Harvard study concluded, based on the evidence available, that consumption of fish reduces the risk of coronary deaths by 36 percent and total mortality by 17 percent.

Its authors were Dariush Mozaffarian, MD, DrPH and Eric B. Rimm, ScD, with whom we spoke at last year's Seafood & Health conference in Washington, DC.

They searched all of the available sources to identify reports evaluating four things:

1. Intake of fish or fish oil and cardiovascular risk;
2. Effects of mercury and fish oil on brain development in early childhood;
3. Risks of mercury to cardiovascular and brain health in adults;
4. Health risks of dioxins and PCBs in fish.

Drs. Mozaffarian and Rimm concentrated on evidence from well-controlled clinical trials and large prospective studies.

When possible, they analyzed groups of similar studies to pinpoint the benefits and risks as precisely as possible.

The conclusions of their new evidence review give fish the strongest possible endorsement:

"For major health outcomes among adults, based on both the strength of the evidence and the potential magnitudes of effect, the benefits of fish intake exceed the potential risks. For women of childbearing age, benefits of modest fish intake, excepting a few selected species, also outweigh risks."

Some observers, such as Consumer's Union, took issue with the extent of the risk reductions or the degree of risk to fetuses, nursing babies, and young tuna-eating children from mercury.

But as Dr. Mozaffarian told the New York Times' Marion Burros, "While one can argue over the precise size of benefits, even if the benefit is only one-half or one-quarter as large, it still greatly outweighs the risk."

IOM report takes more cautious tone

A committee established by the US Institute of Medicine (IOM) yesterday issued a report whose conclusions, while definitely positive, were more guarded with regard to the benefits of fish.

The IOM provides independent advice to policymakers, but is best known for setting the dietary allowances for vitamin, minerals, and other nutrients.

These were the five key points made in the IOM report (our comments in parentheses):

1. Adult men and women may reduce their risk for cardiovascular disease by consuming seafood regularly.
2. There may be additional benefits from fatty fish with high levels of EPA and DHA (such as salmon, sablefish, and sardines.).
3. Fatty fish such as salmon have lower mercury levels than many lean fish. (Note: our young, low-weight albacore tuna is much lower in mercury than standard light or albacore tuna. Likewise, our young, low-weight halibut is much lower in mercury than the much older, larger halibut that dominates the market.)
4. Women who are or wish to become pregnant may benefit from consuming seafood, especially species like salmon with higher levels of omega-3s. They should avoid shark, swordfish, tilefish, and king mackerel. A reasonable fish intake for them would be two 3-ounce (cooked) servings per week, but they can safely consume 12 ounces per week, and can consume up to 6 ounces of albacore tuna per week. (This mimics the current FDA/EPA advice.)
5. The levels of dioxin and PCBs in commercial fish generally do not pose health risks. (Most farmed salmon are much higher in dioxin and PCBs compared with wild salmon, but the IOM found that even these higher levels are too low to present a significant risk.)

The Environmental Defense and Monterey Bay Aquarium both provide guidance for choosing fish, at oceansalive.org and mbayaq.org/cr/seafoodwatch.asp.

Sources

Burros M. One Study Calls Fish a Lifesaver, Another Is More Cautious. Accessed online October 18, 2006 at <http://www.nytimes.com/2006/10/18/dining/18fish.html>.

Institute of Medicine. Seafood Choices: Balancing Benefits and Risks. Accessed online October 17, 2006 at <http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=11762>

Mozaffarian D, Rimm EB. Fish Intake, Contaminants, and Human Health Evaluating the Risks and the Benefits. JAMA. 2006;296:1885-1899.

NEW RECIPE TO TRY: BABA GHANOIJ

Great recipe for a healthy holiday dip
Prick with a fork: 1 medium to large eggplant

Roast it on a grill, or in an oven (400 degrees) until the skin is black and charred, at which point the eggplant will be soft. Peel off the skin, and place the flesh in a blender or food processor with the following:

1/4 cup lemon juice
1/3 cup tahini
1 garlic clove

Whisk until smooth. Place mixture in a serving dish. Drizzle on top: olive oil

Garnish with: pomegranate seeds or dried parsley flakes

Serve with whole wheat pita or brown rice tortillas.

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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