



TOTAL WELLNESS NUTRITION NEWS

OCTOBER 2006

(914) 763-9107, www.totalwellnessnutrition.com

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

Message from Renee-

I hope you are enjoying the spectacular fall weather. I go hiking every chance I can to get re-connected to nature which fills me up with renewed energy and spirit.

The fall is a great time to cleanse your body to increase your energy and vitality, and boost your immune system before the winter. I have several individual and group cleansing programs that I am offering this fall. The programs include a specific cleansing diet, detailed food plan with recipes, and supplements which initiate a full body cleanse from all of your vital organs. I have lead hundreds of people through this 21 day cleansing program with great results and most people report it is very easy to follow and comply with. I personally do the program 3-4 times a year to recharge my body, mind and spirit. Please call the office for more details.

In addition I plan on offering a special holiday cooking class with well-known chef Silvia who is the former owner of Biscotti in Ridgefield, CT this November. Please let me know if you would be interested in attending this amazing event which will include preparing and eating a 3-4 course meal with wine for each course. I will of course be speaking about related food topics while we are doing our preparing and enjoying. It will be a great deal of fun for everyone and I hope to see many of you there. Please call for details.

Many blessings to you and your loved ones,

Renee

Upcoming Workshops

New Approaches to Detox: For Adults

* 10/12, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932

* 10/24, 7-9 PM, WCC in Somers, (914)606-6839

Improving Hormonal Health - 10/17/06, 7-8:30 PM, KL Continuing Education, JJMS, Cross River, NY (914) 763-8932; Also offered on 10/19 from 7-8:30 PM at the Ridgefield Rec Center, (203) 431-2755

Improving Digestive Health - 10/10/06, 7-8:30 PM, Ridgefield Rec Center, (203) 431-2755

Raising Healthy Children - 10/26/06, 7-8:30 PM, Ridgefield Rec Center, (203) 431-2755

Undoing Perpetual Stress - 11/2/06, 7-8:30 PM, Ridgefield Rec Center, (203) 431-2755

Holistic Approaches to Boost Fertility - 11/15/06 7-9 PM, Northern Westchester Hospital, conference room D. I will be speaking with Acupuncturist Lisa Marsico.

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Are You Still Drinking Soda

Are You Still Drinking Soda?

Although most of us intuitively know that we shouldn't indulge in sweetened beverages, not all of us are aware of the extent of the detrimental effects that excessive sweetened beverages can have on our health. Keep in mind that many of these effects are from the excessive simple carbohydrates (sugar, high fructose corn syrup, etc.) found in these beverages and so apply to other sweetened beverages as well (iced tea, "sports drinks", juice drinks, etc.).



Some of the scientifically validated detriments of over-indulgence in sweetened beverages include:

Tooth decay/ dental caries – sugar feeds the bacteria that cause dental caries. (Xylitol, found in some brands of chewing gum, has been shown to inhibit such bacteria thereby reducing the incidence of dental caries (Hujoel, 2001). Look for it in chewing gum; if you can't find it where you usually shop our office can order it for you).

Lack of satiety – liquid sugar calories "slip under the radar" of your body's calorie surveillance system leading you to consume large quantities of calories without registering any, so even though you may consume as many calories as contained in a Thanksgiving dinner your body would think that you just drank water and cue you to consume more by making you feel hungry. This can obviously result in substantial weight gain. In addition, excessive calorie consumption from nutrient-poor sources, such as soda and sweetened beverages can leave you short of the vital nutrients you need to thrive. For example drinking one 18-ounce sweetened beverage per day will provide 225 extra calories. If you do that everyday for one month you will add 7,000 extra calories which is equivalent to 2 pounds of body fat; continue this practice for one year and you will have gained 24 pounds - all that with no nutrients!

Acid environment – the metabolism of excessive sugar (refined carbohydrates) creates an acid environment in our bodies which has been shown to be detrimental to bone health and is being linked to cancer growth promotion.

Diet Drinks with Artificial Sweeteners – If you think you bypass these problems by drinking diet soda you are wrong. Diet soda is actually worse for your metabolism than real sugar as well as potentially causing side effects such as headaches, and allergic and neurological reactions. As my clients hear me say over and over again, choose water, green and herbal teas as your primary beverages, and if you need a sweetener honey, xylitol, and stevia are the best choices.

Sources:

Most of the information above is based on information from an interesting article MSN recently posted. Hujoel, PP, et. al. 2001. The optimum time to initiate habitual xylitol gum-chewing for obtaining long-term caries prevention. Journal of Dental Res. 80(7):1600-1.

Chemicals Taking Their Toll –reprinted from the Designs for Health Fun Facts Newsletter

Even though many health statistics have been improving over the past few decades, a few illnesses are rising mysteriously. From the early 1980s through the late 1990s, autism increased tenfold; from the early 1970s through the mid-1990s, one type of leukemia was up 62 percent, male birth defects doubled, and childhood brain cancer was up 40 percent. Some experts suspect a link to the man-made chemicals that pervade our food, water, and air. There's little firm evidence. But over the years, one chemical after another that was thought to be harmless turned out otherwise once the facts were in.



Each year the U.S. Environmental Protection Agency (EPA) reviews an average of 1,700 new chemicals that industry is seeking to introduce. Yet the 1976 Toxic Substances Control Act requires that they be tested for any ill effects before approval only if evidence of potential harm exists—which is seldom the case for new chemicals. The agency approves about 90 percent of the new compounds without restrictions. Only a quarter of the 82,000 chemicals in use in the U.S. have ever been tested for toxicity.

[More reasons to consider my cleansing program!](#)

For full article: <http://www7.nationalgeographic.com/ngm/0610/feature4/index.html>

NEW RECIPE TO TRY: LENTIL VEGETABLE SOUP

LENTIL VEGETABLE SOUP

This recipe, used with permission, is taken from "*NEWSTART® Lifestyle Cookbook*," page 169.



- 2 quarts water
- 2 cups dried lentils
- ½ cup chopped celery
- ½ cup chopped onion
- ¼ cup chopped carrots
- 3 tablespoons chopped parsley
- 2½ teaspoons salt
- 1½ teaspoons crushed oregano
- 1 clove garlic, minced
- 1 bay leaf
- 2 cups chopped tomatoes

Place all ingredients, except tomatoes, in a large kettle and bring to a boil. Reduce heat, cover, and simmer 1½ hours. Add tomatoes and continue simmering, covered, for 5 minutes longer. Remove bay leaf before serving. Can also be cooked in a crockpot overnight. Serves 9.

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
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>