

TOTAL WELLNESS NUTRITION NEWS

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Message from Renee-

I hope you all had a splendid summer. We traveled the pacific Northeast coast and enjoyed some spectacular hiking.

The fall is one of my favorite times of year. It's a time of change: going back to work and school, leaves turning brilliant colors, our bodies wanting more warming foods (see recipe below).

I hope to see many of you in my office or at one of my upcoming workshops. I am now offering a quarterly tune-up service for those of you who haven't seen me in awhile but would find it helpful for me to take a look at recent blood work, supplements and food plan to see if you need to make any changes. (Hey we do it for our cars, why not treat ourselves). Please call the office for more details and I look forward to speaking with you soon!

Upcoming Workshops

Quick nutritious meals, picky eating and how to treat common children's problems without drugs - Free lecture at my new office, 15 The Parkway, Katonah on Sept. 20th from 7-9. This is sponsored by the Northern Westchester Holistic Parents Group.

New Approaches to Detox: For Adults

- * 09/28, 8:30 PM, Ridgefield Recreation Center (203)431-2755
- * 10/12, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932
- * 10/24, 7-9 PM, WCC in Somers, (914)606-6839

Eating to Lose Weight

- * 09/19, 7-9 PM, WCCC in Somers, (914) 606-6839
- * 09/26, 7-8:30 PM, Ridgefield Recreation Center, (203) 431-2755
- * 10/5, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932

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

Weight Management & Cardiovascular Health - 10/03/06, 7-8:30 PM, 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.

In This Issue:

A Healthier Way to Eat Watermelon

Is Gluten Intolerance A Problem For You?

Recipe of the Month: Minted Rice

A Healthier Way to Eat Watermelon

By Jeremy Appleton, ND, CNS



Let's keep summer alive a few more weeks and eat watermelon the healthy way! When they are no longer in season, try switching to pink grapefruit for a good boost of lycopene.

Healthnotes Newswire (September 7, 2006)—Storing your watermelon in a cool, but not cold, place could make it a healthier snack. New research has found significant gains in the carotenoid content of watermelons stored at 69.8°F (21°C) compared with fresh watermelons and those stored at lower temperatures.

“Red-fleshed watermelon contains significant amounts of lycopene, a carotenoid pigment that is a highly efficient free radical scavenger,” said Penelope Perkins-Veazie, a plant physiologist with the US Department of Agriculture (USDA) and lead author of the study. “Compared to fresh fruit, watermelons stored at 69.8°F (21°C) gained 11 to 40% in lycopene and 50 to 139% in beta-carotene.”

Lycopene, beta-carotene, and other carotenoids are powerful antioxidants. Consuming lycopene-rich tomatoes and tomato-containing foods and beverages has been linked with a reduced incidence of cardiovascular disease and some types of cancer. Lycopene also protects the skin from damage caused by exposure to ultraviolet light and may improve male fertility. The carotenoid content of watermelons is similar to that of tomatoes.

In the new research, which was published in the *Journal of Agricultural and Food Chemistry*, researchers at USDA stored samples of three different types of watermelon

(open-pollinated seeded, hybrid seeded, and seedless) for 14 days at three different cool temperatures: 41°F (5°C), 55.4°F (13°C), and 69.8°F (21°C). (Most kitchen refrigerators are set between 35 and 40°F (1.67° and 4.45°C.) They compared these watermelons with fresh watermelons for signs of ripeness (rind thickness, pH, color, soluble solids) as well as for content of several carotenoids.

The fruit stored at 69.8°F (21°C) had increased signs of ripeness compared with fresh fruit and fruit stored at lower temperatures. This ripeness appears to have contributed to an increase in lycopene (by far the major carotenoid in watermelon), as well as beta-carotene and other carotenoids.

“Lycopene content of watermelon varies from one cultivar to another,” said Dr. Perkins-Veazie. “Seedless types of watermelon tend to have more lycopene, averaging more than 50 mcg per gram of fresh weight.”

For those wishing to get more lycopene in their diet, this is good news. Keeping a fresh watermelon around for a week or two to ripen in a cool spot appears to make it that much healthier. Other sources of lycopene include red grapefruit and guava.

Gluten Intolerance – A Common Problem (some of this article was reprinted with permission from Candice Hewitt-Redl, MS, LN)



Gluten is a protein found in wheat, barley, rye, oats and derivatives of these grains. Classic symptoms of gluten intolerance include diarrhea, bloating, dyspepsia, esophageal reflux, weight loss, anemia, chronic fatigue, weakness, bone pain, and muscle cramps. *However, gluten intolerance can produce many other less well-known symptoms including constipation, constipation alternating with diarrhea, premature osteoporosis, overweight/obesity, behavioral, learning, and concentration problems, chronic fatigue, irritability, growth failure in children, dental enamel defects, rheumatoid conditions, migraine headaches, neurological problems, irritable bowel syndrome as well as other conditions that don't respond to usual treatment.* Celiac Disease is an autoimmune condition in which the body's immune system, in response to gluten consumption, attacks and damages the cells of the intestines interfering with digestion and absorption of nutrients. It is often found in

association with other autoimmune diseases, most notably Type I diabetes and autoimmune thyroid conditions (Grave's Disease and Hashimoto's thyroiditis). (<http://www.gluten.net/ceeliac.html>) Many health care practitioners including myself are finding dramatic improvement in insulin resistance, Type II diabetes, and obesity in their patients willing to follow a gluten-free diet for a trial period.

A study by the University of Maryland Center for Celiac Research found that 1 in every 133 asymptomatic Americans has Celiac Disease (Fasano, 2003). Since just 1 in 5,000 Americans are currently diagnosed with Celiac Disease it is considered to be one of the most under-diagnosed common diseases of the day. Despite being grossly under-diagnosed, Celiac Disease is well-defined and has well-established diagnostic and treatment protocols. You can visit www.gluten.net and www.celiac.org for more information about Celiac Disease.

However, one can also be gluten intolerant without having Celiac Disease. So even if you test negative for Celiac Disease, you may still need to try gluten-free. In either case it would be wise to get tested to see if gluten intolerance is a problem for you. Our office can test for this as part of a 100 food blood panel that looks for food sensitivities. Once you have been diagnosed, we can assist you on making the changes you need in your diet without any difficulty. There are so many great gluten free alternatives out there now and I have been living gluten free and helping others make this transition for many years! Please call our office if you or someone you know would like help with this.

Reference:

Fasano, A. et. al. 2003. Prevalence of Celiac Disease in at-risk and non-at-risk groups in the United States: a large multicenter study. *Archives of Internal Medicine*. 163(3):286-92.

NEW RECIPE TO TRY: MINTED RICE

This can be served with veggies and beans for a great nutritious vegetarian meal or with grilled veggies, fish or chicken for a nice balanced dinner.

***WASH:**

- ü 1 cup basmati rice
- ü Heat in a medium saucepan over medium heat:
- ü 2 tsp light olive oil

***ADD:**

- ü 1 bay leaf
- ü Simmer the bay leaf, stirring constantly for 2 minutes. (This will flavor the oil.)
- ü Remove from heat. Carefully, to avoid splatters, add:
- ü 2 cups water

- ü Bring to a boil, and then stir in the rice.

When the water boils again, stir, reduce the heat, cover the pan, and simmer gently for 45 minutes or until the liquid is absorbed.

*Remove from heat and stir in:

- ü 1 Tbsp finely-chopped fresh mint leaves
- ü Cover and let stand for 5 minutes
- ü Fluff the rice with a fork before serving, and remove the bay leaf.

---Provided by **Julianne Pickle**, author of "**100% Vegetarian**," the cookbook in which every ingredient is available at your local grocery store

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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