

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Message from Renee-

As the signs of spring keep arising, may we take the time to enjoy them despite our busy schedules and to do lists. Let us truly enjoy this time of beauty and renewal, and say good-bye to the darkness of winter and welcome the sunny days ahead.

Enjoy the upcoming holidays, stay well, and I hope to hear from you soon.

Namaste,

Renee

Renee's Upcoming Workshops

New Approaches To Cleanse Your Total Body

- * 05/01, 7-8:30 PM, Ridgefield Recreation Center (203)431-2755
- * 05/02, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932
- * 05/03, 7-9 PM, Westchester Community College in Somers, (914)606-6839

Using The Slow Down Diet to Reach Your Weight and Health Goals

- * 04/26, 7-9 PM, Westchester Community College in Somers
- * 05/07, 7-8:30 PM, Ridgefield Recreation Center,(203) 431-2755
- * 04/25, 7-8:30 PM, Katonah/Lewisboro Continuing Ed, (914)763-8932

[6 Weeks to Fitness & Better Health Without Dieting](#)

* 8-9 PM, 6 Consecutive Weeks; This is a Teleclass; you can participate at home in your pajamas! The Dates will be set when the class is full

* Combines Nutrition Education, Accountability, and Support using Principles and exercises from *my book Take Back Your Health*. This class will work on the emotional aspects of over eating and help you to boost your metabolism, reach and keep your ideal weight, and improve your food and body awareness.

* The class is \$147 for all 6 classes and includes: lectures, exercises, specific food plans, support and recipes. Go to www.reneesimon.com for more information and to register.

[Building a Family Wellness Program](#)

* 05/17, 7-9:00 PM, Ridgefield Recreation Center,(203) 431-2755

* 05/08, 7-9:00 PM, Katonah/Lewisboro Continuing Ed, (914)763 -8932

* 05/10, 7-9 PM Westchester Community College in Somers, (914)606-6839

[This Article Was Taken From The Lab That I Use For Hair Mineral/Toxic Metal Analysis. Contact our office if you would like more information about this test or the food sensitivity test mentioned.]

Nutritional Balancing Programs For Children

At ARL, we are seeing more and more children, including many infants, with severe nutritional imbalances. Many can benefit dramatically from hair mineral analysis and nutritional balancing. This bulletin discusses issues specifically related to improving your success with children.

Toxic At Birth - Congenital Imbalances

Most all children are born with significant levels of toxic metals, as these pass easily through the placenta from their mothers. This is a sorry situation that we would love to change by working with pregnant women and mothers-to-be before they become pregnant. Removing toxic metals and re-nourishing mothers-to-be would benefit thousands of children.

Mothers-to-be, including teenage girls, may have no obvious symptoms. They may sleep and eat well, and have no physical or emotional complaints. Yet, when one performs a hair tissue mineral analysis on them, the results are often surprising. Most show a very slow oxidation rate, hidden or overt copper toxicity and many other imbalances. Hair mineral analysis is excellent for a true prenatal care that can help reduce birth defects, ease the stress of pregnancy and help create a much healthier generation of children.

Causes Of Childhood Biochemical Imbalances

Children's biochemical and nutritional imbalances can stem from numerous causes. Among the first causes is inadequate nutrition from breast milk or worse, most formula. After weaning, children's prepared foods often contain hundreds of additives such as artificial colors and flavors to make them more attractive to children. Many are sweetened with sugar. This adds to the already deficient foods that most children live on.

Children are prone to many infections that can weaken their bodies and deplete nutrients. Widespread use of antibiotics and other drugs for children add more toxic substances and may interfere with digestion and assimilation of nutrients. Many vaccines introduce toxic material and may be preserved with aluminum and mercury.

Stress can be an important factor in many children's lives that alters their body chemistry. Stress increases the need for nutrients and so accelerates the development of mineral and vitamin deficiencies. Stress may come from family problems, school-related stress, fatigue or other sources.

Food Allergies in Children

Many children have allergies or sensitivities to common foods such as dairy products, wheat, corn and others. These can play a large role in conditions such as autism, ADHD, chronic infections and others. Please consider this factor when designing children's nutrition programs.

The simplest method is to ask parents to carefully observe how behavior or other symptoms change after eating particular foods. Some will notice severe changes after eating sugar, for example, or another food. Food chemicals such as aspartame or MSG can also cause severe reactions in some children.

Another, more precise method to identify food allergies is to use an elimination diet. One feeds the child a simple diet of, for example, rice, turkey and simple vegetables for a week or so and notice if the child's symptoms improve. Then slowly re-introduce other foods, noting any changes in behavior or other symptoms. This is most easily done on very small children and those who are not fussy about food.

For fussier children, food allergy testing may be required. It can be done through several laboratories and can be somewhat costly. Insurance may help cover the cost. Note that any food the child consumes regularly may be reported as sensitive.

While food allergy testing may be very helpful, recall that our goal is to reduce food sensitivities with the nutritional balancing program. It can take several months to several years, however, to rebuild the intestines and eliminate toxic metals and deficiencies that are contributing to leaky gut syndrome or other digestive difficulties.

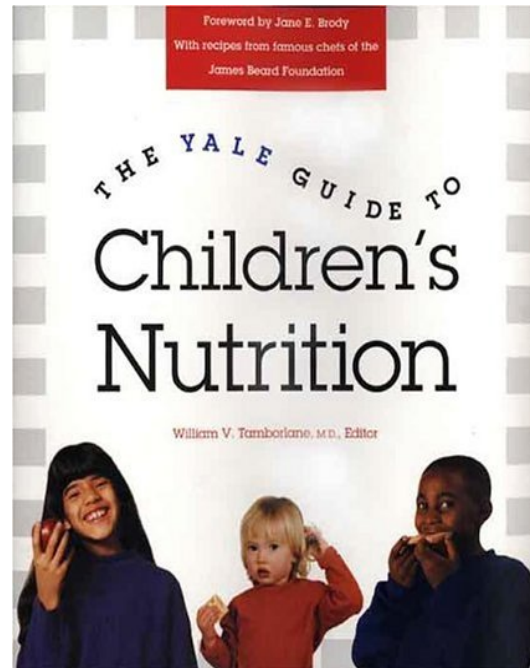
Also recall that much of the food today is of poor quality. What may seem like a food "allergy" can simply be that the child is reacting to chemical additives, infective organisms or other contaminants in a food. One brand of food may work better for a child than another. Organic food is almost always best.

To learn more about allergies and children we recommend the books by Dr. Doris Rapp, MD.

Sugars Versus Fats and Oils

Children's health is damaged immensely by ingesting too many sugars, even natural sugars such as fruit, fruit juices, maple syrup or honey. In contrast, growing children require for their brain development high quality fats and oils, preferably some with each meal. Parents often hesitate to feed children fats for fear their child will become overweight. This is not the truth.

In fact, the opposite is true. Feeding children excessive carbohydrates in the form of sweets, fruit juices, sugared cereals and even excessive breads, pastries and other goodies will often result in a diabetic trend and obesity. Be sure children are eating their quality fats and oils with each meal. These can include olive oil, butter, meats, eggs, full-fat organic milk, goat milk and coconut oil or palm oil. Commonly used oils such as corn, sunflower, safflower, peanut, soy, sesame and canola oils are less beneficial. These have been heated excessively and bleached, and have lost many of their beneficial qualities.



Four Low Electrolytes and Children

Four low electrolytes on a hair mineral analysis is a chronic stress pattern characteristic of adults more than children. However, this pattern is appearing more and more frequently in children's mineral analyses. This is not a healthful trend and correlates with increased illness and debility in children.

A common cause for the four low electrolyte pattern in children is stress due to an exhausted or stressed parent. Often, a parent of such a child will have the four low electrolyte "personality type". This is typically one who is driven, somewhat compulsive, exhausted and who worries a lot or who does too much mental or physical activity.

In these cases, the best procedure is to work with the parent along with the child on a nutrition and lifestyle modification program. This is the best way to achieve excellent results.

Other ways to influence the child to relax may be needed. These can include teaching a simple form of meditation to the child or using soft music, quiet reading, more naps and other methods to assist the child to relax and "put the adrenals to bed". Assisting a child to relax and slow down is needed to exit the four-low-electrolyte biochemical pattern.

Have Children's Friends to Your House

A suggestion that may be critical to assuring that children eat correctly and sleep well is to tell parents to encourage or even insist that children congregate and play at their home, rather than that of friends. We realize this means more work and disruption for parents. However, it is well worth the effort.

At other children's homes, the concerned parent has no control over the food served or how late the children stay up at night if it is a sleepover situation. Also, one cannot know the material the children see on their computers and televisions, and the activities the children engage in.

Some children are very talkative about their friends and their activities with their parents. However, many do not share all that goes on. Other subtle or not so subtle influences in some homes can deeply affect certain children.

For all these reasons, attempt to keep children at home when playing with others. This means making the home attractive to children, with toys, games or other facilities. Also, give children the space and time to be together safely without feeling overwhelmed by the parents' presence.

Helping Children to Take Supplements

Children, especially young children, often do not swallow pills well. Instead, grind, crush or blend the tablets in a favorite food. Food with a strong flavor are often best to mix with supplements. These include peanut butter, almond butter, tomato sauce, banana or yogurt. At times vegetable or cream soups or other favorite foods, drinks or sauces can be used. Try to avoid using very sweet beverages for disguising nutritional supplements. Use these only as last resorts because of their sugar content.

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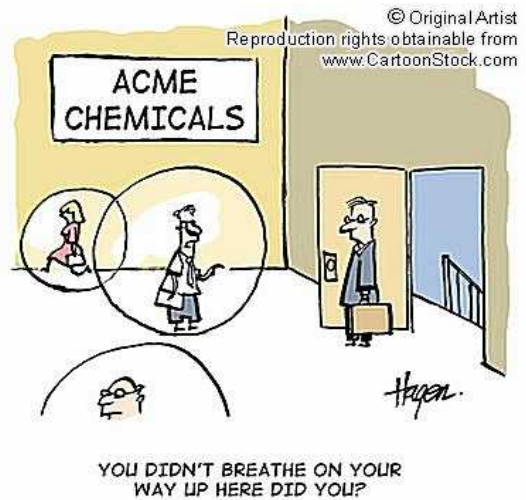
Do Toxins Slow The Metabolism?

This excerpt about how toxins slow metabolism comes from a 6 page paper written by Dr. Mark Hyman titled: **Systems Biology, Toxins, Obesity, and Functional Medicine**

A review paper, "Energy balance and pollution by organochlorines and polychlorinated biphenyls," 2 published in *Obesity Reviews* in 2003 outlines the effects of toxins on metabolic rate and weight regulation via various mechanisms. The authors conclude that pesticides (organochlorines) and PCBs (from industrial pollution) released from the fat tissue, where they are typically stored, during weight loss lower the metabolic rate. The authors go on to conclude that we should lose a little weight to reduce our risk of

cardiovascular and degenerative diseases, but not too much because we could poison our metabolism. If there were no way to facilitate endogenous detoxification mechanisms, this would be a sound conclusion; however there are multiple ways to upregulate all phases of detoxification and eliminate both endogenously-liberated and exogenous toxins. How do the chemical toxins interfere with metabolism? The researchers in the above-mentioned study on the link between chemical toxins and obesity reviewed 63 scientific studies and described many mechanisms. First, people with a higher body mass index (BMI) store more toxins because they have more fat. Those toxins interfere with many normal aspects of metabolism, including causing a reduction in thyroid hormone levels, and increased excretion of thyroid hormones by the liver. Toxins also compete with the thyroid hormones by blocking the thyroid receptors, and by vying for the thyroid transport proteins. Toxins also induce hepatic uridine diphospho-glucuronosyltransferase (UDPGT), which catalyzes glucuronidation of T4 for excretion in bile. T3 concentrations and resting metabolic rate are inversely related to organochlorine levels. Thus, it is clear that organochlorine pesticides and PCBs lower thyroid hormone levels, interfere with their function, and slow the metabolic rate.

[Click here to read the full paper.](#)



Do you need a cleanse program for the spring? Call our office for more information and to find out the dates of our next program.

Asthma Patients Need More Antioxidants

Patients with asthma have an increased need for antioxidants. According to a study published in 2005, supplementation of CoQ10 (120 mg), vitamin C (250 mg) and vitamin E (400 IU) can reduce the dosage needed for corticosteroids. Results of the study found low concentrations of plasma coenzyme Q10 in patients with corticosteroid-dependent bronchial asthma, supporting the results of previous research, which found reduced concentrations of coenzyme Q10 and alpha-tocopherol in the plasma and blood of patients with corticosteroid-dependent bronchial asthma.

Source: [Gvozdjakova A, Kucharska J, et al. Coenzyme Q-10 supplementation reduces corticosteroids dosage in patients with bronchial asthma. Biofactors, 2005; 25\(1-4\): 235-40.](#)

Best Sources of Antioxidants		
As revealed by a comprehensive study funded by the U.S. Department of Agriculture and reported by the Journal of Agricultural and Food Chemistry in June 2004.		
Rank	Food	Serving Size
1	small red bean	1/2 cup dried beans
2	wild blueberry	1 cup
3	red kidney bean	1/2 cup dried beans
4	pinto bean	1/2 cup
5	blueberry	1 cup cultivated berries
6	cranberry	1 cup whole berries
7	artichoke hearts	1 cup cooked
8	blackberry	1 cup
9	prune	1/2 cup
10	raspberry	1 cup
11	strawberry	1 cup
12	red delicious apple	1
13	granny smith apple	1
14	pecan	1 ounce
15	sweet cherry	1 cup
16	black plum	1
17	russet potato	1 cooked
18	black bean	1/2 cup dried beans
19	plum	1
20	gala apple	1

RECIPE: FAVORITE SALADS



My Favorite Dressings are:

Paul Newman's Light Italian
(has no corn syrup or hydrogenated oils)

Annie's Low-fat Ginger or Raspberry Vinaigrette
(has no corn syrup or hydrogenated oils).

Garbage Salad – This recipe came from one of my favorite clients

1 Cup Mixed Organic Greens or Spinach Leaves

Add What Ever Vegetables you Have – Such as Carrots, Peppers, Zucchini, Mushrooms, Broccoli

Add ¼ Cup of What Ever Nuts you Have – Such as Almonds, Cashews, Walnuts, Sunflower seeds

Add 1 tbsp. Ground Flax Seeds or Half of an Avocado

Add 1 Cut up Apple or Pear

Add 2 Tbsp. Favorite Dressing and Toss

Roasted Pear Salad

1 Cup Organic Romaine Lettuce or Baby Spinach Leaves

1 Pear Roasted in Oven until Light Brown

¼ Cup Walnuts (You Can Roast Them as Well)

Toss with 2 Tbsp. Annie's Low-fat Raspberry Vinaigrette

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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