

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Some Sleeping Pill
Users Range Far
Beyond Bed

Greetings!

Welcome to my Spring Newsletter! I hope you find the information helpful. Please pass this along to anyone you feel can benefit. Yours in good health. -Renee

UPCOMING EVENTS

Take Back Your Health! The author and nutritionist will discuss her 10 keys for a lifetime of health, fitness, and vitality and will have a question and answer period to address attendee health concerns. Since relaxation is one of the 4-steps there will also be a guided meditation session at the end so everyone will go home feeling lighter and less stressed.

- Fee: \$35
- Time: 7:00 - 9:00 PM, Rm: 101 JJMS
- Day: Wed April 19th (1 session)

Call (914) 763-8932 to register; This course is also offered at the Ridgefield Rec Center on May 9th, call (203) 431-2755 to register

Aging Beyond the Trends four Wednesdays April 26th-May 16th at Sun Raven Bedford, NY 7:00-8:30 PM. Presented by Michael Finkelstein, MD., F.A.C.P.,



With a tendency to stare zombie-like and run into stationary objects, a new species of impaired motorist is hitting the roads: the Ambien driver.

Ambien, the nation's best-selling prescription sleeping pill, is showing up with regularity as a factor in traffic arrests, sometimes involving drivers who later say they were sleep-driving and have no memory of taking the wheel after taking the drug.

In some state toxicology laboratories Ambien makes the top 10 list of drugs found in impaired drivers. Wisconsin officials identified Ambien in the bloodstreams of 187 arrested drivers from 1999 to 2004.

And as a more people are taking the drug — 26.5 million prescriptions in this country last year — there are signs that Ambien-related driving arrests are on the rise.

In Washington State, for example, officials counted 78 impaired-driving arrests in which Ambien was a factor

- Fee: \$35
- Time: 7:00 - 8:30 PM Rm: 104 JJMS
- Day: Thu., Apr. 27 (1 session)

Call (914) 763-8932 to register; This course is also offered at the Ridgefield Rec Center on April 18th. Call (203) 431-2755 to register.

Eating to Lose Weight We will explore the principles to weight loss and how to heal your metabolism through a balanced food and nutrient program. Learn what causes weight gain and plateaus; what, when and why certain foods & nutrients aid and prevent weight loss; why fad diets don't work; how stress & toxicity cause weight gain and what to do about it. Free food tasting and body fat & BMI analysis included.

- Fee: \$35
- Time: 7:00 -8:30 PM Rm: 101 JJMS
- Day: Tue., May 2 (1 session)

Call (914) 763-8932 to register; This course is also offered at the Ridgefield Rec Center on April 25th. Call (203) 431-2755 to register.

Reconnective Healing: A Powerful New All-Natural Modality Learn about and experience a brand new healing energy that was introduced by Dr. Eric Pearl. The "new" frequencies of healing developed by Dr. Pearl have created remarkable positive effects in healing physical problems and speeding up the healing of diseases. It can also clear emotional and spiritual blocks. All participants will experience a personal, 5 minute mini-healing session during the evening. Class limited to 15 people.

- Fee: \$39
- Time: 7:30 - 9:30 PM Rm: 101 JJMS
- Day: Thu., May 4 (1 session) Call (914) 763-8932 to register

• **Oily Fish Makes 'Babies Brainier'**

last year, up from 56 in 2004.

Ambien's maker, Sanofi-Aventis, says the drug's record after 13 years of use in this country shows it is safe when taken as directed. But a spokeswoman, Melissa Feltmann, wrote in an e-mail message, "We are aware of reports of people driving while sleepwalking, and those reports have been provided to the U.S. Food and Drug Administration as part of our ongoing postmarketing evaluation about the safety of our products."

[Find out more....](#)

Quick Links...

- [Buy Renee's Book](#)
- [Total Wellness Website](#)

Eating oily fish and seeds in pregnancy can boost children's future brain power and social skills, research suggests.

A study of 9,000 mothers and children suggested those who consumed less of the essential fatty acid Omega-3 had children with lower IQs.

These children also had poorer motor skills and hand- to-eye co-ordination, research in the Economist said. A team from the National Institutes of Health in the US analysed data from a long-term study done in Avon, UK.

'Frightening data' Looking at the effects of Omega-3 intake on 9,000 mothers and their children, the team found mothers with the lowest intake of the essential fatty acid had children with a verbal IQ six points lower than the average. While those with the highest consumption of mackerel and sardines and other sources of Omega-3 had children, at age three-and-a-half, with the best measures of fine-motor performance, researchers said.

It's absolutely essential that pregnant women take in





You know it like the Pledge of Allegiance: "Milk helps build strong teeth and bones."

But does it really? Or, as nutrition researchers from Harvard and Cornell universities are radically suggesting: Have we all been duped by the dairy industry's slick, celebrity-driven "got milk?" advertising campaign?

Milk, the sacred cow of the American diet, is under attack, and not just by animal-rights activists. Though federal dietary guidelines and most mainstream nutrition experts recommend that people age 9 or older drink three glasses of milk a day, researchers are examining the role of dairy in everything from rising osteoporosis rates, Type 1 diabetes and heart disease to breast, prostate and ovarian cancer.

[Read on...](#)

• **The 266 Days that Determine Your Future Health**



The time spent in the womb can influence whether we suffer, years later, from cancer, obesity or heart disease - and it may even affect our love life and ability to play football.

Want to be thin, enjoy a long and happy life untouched by dementia, with a low risk of depression, cancer and arthritis, and have lots of children? The good news is that medical researchers may have found the secret of such a healthy, successful life. The bad news is that the blueprint was laid down during the nine months before you were born.

[Read on...](#)

- **Recipe of the Month**

Black Bean Soup with Avocado and Watercress

- 1 Tbsp canola oil
- 1 cup prepared mild chunky salsa
- 1 can black beans, rinsed and drained
- 1 tsp cumin
- 1/2 tsp ground coriander
- 2 cups water
- Lime juice to taste
- Salt and Black Pepper to taste
- 1/2 medium ripe avocado
- 1 cup minced watercress

Instruction: Large soup pot, heat oil over medium heat. Saute ingredients for 3-4 minutes or until tomatoes are soft. Add water. Bring to boil then reduce heat and simmer uncovered for 10 minutes. In blender puree soup until smooth. Add lime, salt and pepper to taste. Serve hot or chilled. **Makes 4 Servings, Per serving:** 140 calories, 4 g fat, 18 g carbohydrates, 17 g protein, 7 g fiber and 511 mg sodium.