

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Message from Renee-

I just got back from a delightful week in sunny Florida. After the snow storm it was nice to get away, but I do like to come back to the mountains and lake and the beautiful crisp snowy air and of course home to friends and to my practice. May the sunny days we are now experiencing get us prepared for the beautiful upcoming spring. Enjoy, stay well, and I hope to hear from you soon.

Namaste,

Renee

UPCOMING EVENTS

-Women's Images Conference- March 10th Fairfield University, Fairfield, CT from 8:30-5:45. Renee Simon will have a workshop on empowering yourself to take charge of your health. The following is some additional information about the conference:

The Honorable Judge Frederica Brenneman will kickoff the morning with a keynote address. Judge Brenneman was only the 2nd woman in Connecticut to be appointed judge and has been a tireless advocate for children's rights. She was also the model for and an advisor on her daughter Amy's long running television series, "Judging Amy".

Then the day's workshops begin. We have a wonderful slate of speakers lined up to inspire and enlighten on topics that include *How to Take Time for Yourself and Still Get Things Done*; *Re- Entering the World of Work: From Mommy to Professional*; *Mother/Daughter Relationships*; *Women, Wisdom, and Wealth*; *Take Back Your Health*; *Beauty Comes in All Sizes*; *Reiki: the Secret Art of Inviting Happiness*; *Relationship Tips for Teens and College Students*; *Professional Women Reinvented*, and so much more

Then join us for a celebration for all participants, facilitators, and vendors, with food, drink, and music! Visit our website: <http://rs6.net/tn.jsp?t=yrtmy7bab.0.wsa6lobab.vzdoxnbab.977&ts=S0234&p=http%3A%2F%2Fwww.esteemedwoman.org> for the full list of programs and presenters.

- Living The Inspired Life –Finding Inner Happiness & Peace – A Journey in Awareness

* A Two Day Workshop - 3/18 1-5 PM & 3/25 1-5 PM at 15 Parkway, Katonah, NY

* Join myself and spiritual leader Anthony Percoco for an “Inner Exploration” of the Body, Mind and Spirit to Awaken to your Happiness. We will utilize discussions, meditations, movement and creative expression as vehicles to unlock the part of you that you have been looking for. Liberate yourself from fears, bad habits, and addictions. Take control of your life, health and relationships, and connect to your inner beauty. Create a life plan and vision for your future.

*Investment: \$179; Call 763-9107 to register, limited group size so register early. There are some people who would like to come on the 25th but who can't make the 18th so we might do an all day event on the 25th. Please call if you would like to take the class and the dates aren't good in case we change the date or do the class again. Thanks!

- Resolve Online Chat

* **March 21st, 9 PM EDT** - Nutrition and Life Style Choices to Boost Fertility and Increase Your Vitality, hosted by [Renee Simon, MS, CNS](#), Certified Holistic Nutritionist and author of [Take Back Your Health - A Total Wellness Guide for You and Your Family](#). For More information go to www.resolve.org.

Not All Caffeine is Created Equal

* **Interesting fact for all pop drinkers:** A 12-ounce can of Diet Coke has about 42 milligrams of caffeine -- seven more than the same amount of Coke Classic. A can of Pepsi One has about 56 milligrams of caffeine -- 18 milligrams more than both regular Pepsi and Diet Pepsi.

Animal studies demonstrate that **phosphorus** (used for carbonation), a common ingredient in soda, **can deplete bones of calcium**. A 1994 Harvard study of bone fractures in teenage athletes found a **strong association between cola beverage consumption and bone fractures** in 14-year-old girls. The girls who drank cola were

about five times more likely to suffer bone fractures than girls who didn't consume soda pop.

The Miracle of Green Tea

"Better to be deprived of food for three days, than tea for one." (Ancient Chinese Proverb)

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of **esophageal cancer** in Chinese men and women by nearly sixty percent. **University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells.** There is also research indicating that drinking green tea **lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.**

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- cancer
- rheumatoid arthritis
- high cholesterol levels
- cardiovascular disease
- infection
- impaired immune function

What makes green tea so special?

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a **powerful anti-oxidant**: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting **the abnormal formation of blood clots**. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of **heart attacks and stroke**.

Links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. The answer was



found to lie in red wine, which contains resveratrol, a polyphenol that limits the negative effects of smoking and a fatty diet. **In a 1997 study, researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol**, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar health-giving properties? Green, oolong, and black teas all come from the leaves of the *Camellia sinensis* plant. What sets green tea apart is the way it is processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting various diseases.

Other Benefits

New evidence is emerging that green tea can even help dieters. In November, 1999, the *American Journal of Clinical Nutrition* published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green tea extract **burned more calories than those given only caffeine or a placebo.**

Green tea can even help prevent **tooth decay!** Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacteria that causes dental plaque. Meanwhile, skin preparations containing green tea - from deodorants to creams - are starting to appear on the market.

Harmful Effects?

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea contains less caffeine than coffee: there are approximately thirty to sixty mg. of caffeine in six - eight ounces of tea, compared to over one-hundred mg. in eight ounces of coffee.

Sucralose

[General Mills Discontinues Low-Sugar Cereals Containing Splenda](#)

[Splenda Manufacturer Anticipates Lower Profits](#)

More and more people are coming forward to share their horror stories about consuming this poison. Browse some of these [here](#). Have you experienced negative health effects from consuming sucralose? Please take a moment to help **Citizens for Health** in our campaign to revoke approval for sucralose - share your experiences with us



by emailing info@citizens.org and include "Splenda" in the subject line.

Other resources on Sucralose:

[Is Splenda Safe?](#)

[The Lethal Science of Splenda](#)

[Sucralose Toxicity Center](#)

RECIPE: PEAR CRISP

--Combine the following in a bowl and mix well:

- 1/2 c. quick oats
- 1/2 c. oat bran
- 1 c. whole wheat or wheat free flour
- 1/4 c. chopped walnuts
- 3 T sugar (can substitute stevia or xylitol)
- 1/2 t salt (optional)

--Then mix in the following thoroughly: 2 T oil

--Mix in the following gently but well, then set aside:

1/3 c. water

--Peel (optional) and slice the following: 4-5 c. pears

--Place pears in oiled 8x8 baking dish. Place crumble mixture on top.

--Bake: 350 degrees for 30 minutes. Serve hot or cold.



---by Julianne Pickle, author of "*100% Vegetarian*," the cookbook in which every ingredient is available at your local grocery store. Available at <http://www.pickle-publishing.com/books/vegetarian-cookbook.htm?n> for just \$7.95 plus shipping.

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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