

Board Certified Clinical Nutritionist

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# Total Wellness Newsletter

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## Possible Side Effects of NutraSweet

There is a seemingly endless list of side effects from aspartame ingestion. Since it was discovered, scientist have found adverse effects through experimentation including brain tumors, headaches, vision loss, and many other neurological problems. They have also reached conclusions about the [causes](#) of these adverse affects. In 1994, a report was released that listed 92 symptoms associated with aspartame ingestion and said that aspartame accounted for 75 percent of all adverse reactions reported to the Adverse Reaction Monitoring System.



Some of the 92 long-term and immediate adverse effects of aspartame ingestion are:

- Abdominal Pain

## Greetings!

### Upcoming Events:

**-Aging Beyond The Trends** four Wednesdays April 26<sup>th</sup>-May 16<sup>th</sup> at Sun Raven Bedford, NY 7:00-8:30 PM. Presented by Michael Finkelstein, MD., F.A.C.P., A.B.H.M & Renee Simon, M.S., C.N.S. For more information or to register call (914) 234-6646.

**-Women's Images Conference**-March 18th Sacred Heart University, Fairfield, CT at 8:30-5:45. Renee Simon and Pamela Blair will be one of the presenters in their workshop "Navigating and Celebrating the Next Fifty Years: Health and Wellness for Women over 45." Click for the presenters, complete program details, and to register:

[www.esteemedwoman.org](http://www.esteemedwoman.org) and  
[www.etches.com/womensimages](http://www.etches.com/womensimages)

**-An Introduction to Reconnective Healing** : March 28<sup>th</sup> at The Center For Health and Healing, 39 Smith Avenue, Mt. Kisco, NY 7:00-8:30 PM – Led by Renee Simon, MS, CNS & Michael Rosenbaum, ACHT. We will explain what Reconnective Healing and The Reconnection experience is all about, how it helps with physical, emotional, and spiritual blocks, and what you need to do to get the most out of a session. Each person attending will receive a short healing experience. Call Renee at (914) 763-9107 to enroll.

## Vitamin D May Lower Some Cancer Risk Benefits Seen for Breast, Colon, and Ovarian Cancer

By [Salynn Boyles](#)

WebMD Medical News

Dec. 28, 2005 - There is growing evidence that vitamin D helps protect against colorectal cancer, and now a group of researchers who have long



- Anxiety attacks
- Arthritis
- Asthma
- Asthmatic Reactions
- Bloating, Edema (Fluid Retention)
- Blood Sugar Control Problems (Hypoglycemia or Hyperglycemia)
- Brain Cancer (Pre-approval studies in animals)
- Breathing difficulties
- Burning eyes or throat
- Burning Urination
- Can't think straight
- Chest Pains
- Chronic cough
- Chronic Fatigue
- Confusion
- Death
- Depression
- Diarrhea
- Dizziness
- Excessive Thirst or Hunger
- Fatigue
- Feel unreal
- Flushing of face
- Hair Loss (Baldness) or Thinning of Hair
- Headaches/Migraines dizziness
- Hearing Loss
- Heart palpitations
- Hives (Urticaria)
- Hypertension (High Blood Pressure)
- Hysterical pregnancy
- Impotency and Sexual Problems
- Inability to concentrate
- Infection Susceptibility
- Insomnia
- Irritability
- Itching
- Joint Pains
- Laryngitis
- "Like thinking in a fog"
- Marked Personality Changes
- Memory loss
- Menstrual Problems or Changes
- Migraines and Severe Headaches (Trigger or Cause From Chronic Intake)
- Muscle spasms
- Nausea or Vomiting
- Numbness or Tingling of Extremities
- Other Allergic-Like Reactions
- Panic Attacks
- Phobias
- Poor memory

studied the vitamin say the same is true for breast cancer and ovarian cancer.

In a new analysis, the researchers contend that taking 1,000 international units (IU) of vitamin D daily can cut colon, breast, and ovarian cancer risk. The researchers urged public health officials to increase recommendations for vitamin D consumption, calling the vitamin an inexpensive tool for preventing cancers that claim millions of lives each year.

The easiest way for the body to get vitamin D is through sun exposure, because UV rays from the sun trigger the natural synthesis of the vitamin in the body. But the researchers did not address sun exposure in their analysis, focusing instead on the message that people need to get more vitamin D through the foods they eat and vitamin supplements.

Read on....

<http://www.webmd.com/content/article/116/112304.htm>

## Fish oil can prevent airway constriction in asthma

By Anthony J. Brown, MD

<http://www.reutershealth.com/archive/2006/01/09/eline/links/20060109elin035.html>

NEW YORK (Reuters Health) - Adding fish oil supplements to the diet can prevent the constriction of the airways brought on by exercise in asthmatics, a very common problem in this patient group, new research shows.

In an earlier study, Dr. Timothy D. Mickleborough, from Indiana University in Bloomington, and colleagues had shown that fish oil supplements can improve lung function in elite athletes with bronchoconstriction (EIB), but their use in asthmatics with the condition had not been well studied.



"The current findings suggest that fish oil supplements may be of value to asthmatics with EIB," Mickleborough told Reuters Health. "Our results support previous reports suggesting that the benefits are mediated through the anti-inflammatory effects of fish oil."

## Babies raised on organic food that parents cannot afford themselves

ALISON HARDIE SENIOR NEWS WRITER

<http://news.scotsman.com/health.cfm?id=3042006>

**Key points**

- Rapid Heart Beat
- Rashes
- Seizures and Convulsions
- Slurring of Speech
- Swallowing Pain
- Tachycardia
- Tremors
- Tinnitus
- Vertigo
- Vision Loss
- Weight gain

In addition, aspartame can mimic symptoms or worsen the following diseases:

- Fibromyalgia
- Arthritis
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Lupus
- Multiple Chemical Sensitivities (MCS)
- Diabetes and Diabetic Complications
- Epilepsy
- Alzheimer's Disease
- Birth Defects
- Chronic Fatigue Syndrome
- Lymphoma
- Lyme Disease
- Attention Deficit Disorder (ADD)
- Panic Disorder
- Depression and other Psychological Disorders

### Quick Links:

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

- Half children under two in Scotland fed on wholly organic food
- Parents buying organic food for infants without buying same for themselves
- Supermarket survey shows infant organic food sales outstrip adult food

#### Key quote

"The health implications of diet are particularly crucial for children as they have a higher intake of food and water per unit of body weight than adults, and their relatively immature organ systems may have limited ability to detoxify substances such as pesticides"  
- ANNA ASHMOLE,  
SOIL ASSOCIATION SCOTLAND



## Recipe of the Month

### HAZELNUT-MILLET STUFFED SQUASH w/ APPLE RAISIN

#### GLAZE

#### *Ingredients:*

- 2 cups millet
- 2 small winter squash
- 1TBSP Canola oil
- ½ cup chopped onions
- 2 minced garlic cloves
- 1 cup chopped Kale
- 1/8 cup Hazelnuts
- ½ TSP Cinnamon
- ¼ TSP minced Ginger
- Salt and pepper to taste
- 4 ounces Apple Juice
- 2 TBSPS Raisins
- 1 TSP Arrowroot

#### Instructions:

- 1.) Cook millet according to package directions.
- 2.) Cut squash in half, remove seeds and bake at 350 degrees for 30 minutes.
- 3.) To assemble filling: sauté onion in oil 3-5 minutes, add garlic, add kale, and cook until fully wilted and remove from heat.
- 4.) In a bowl combine nuts, cinnamon, ginger, salt & pepper. Add vegetables and millet
- 5.) Remove squash from oven and fill with millet stuffing.

6.) To prepare glaze: Boil apple juice and raisins for 3-5 minutes. Whisk in arrowroot, allow it to thicken.

7.) Serve glaze over stuffed squash.

Nutrition Facts: Calories: 241, Total fat: 6.6 grams, Total Carbohydrates: 43 grams, Fiber: 3.5 grams, Sugar: 7.7 grams, Protein: 5.3 grams, Calcium: 13%, Vitamin C: 149%, Iron: 17%.