

TOTAL WELLNESS NUTRITION

NEWS

RENEE SIMON, MS, CNS, Clinical Nutritionist

(914)763-9107, RSIMON312@AOL.COM

Office hours by appointment in South Salem, Mount Kisco, NY and Westport and Ridgefield, CT

Specializing in Family Wellness: Allergies, ADD, autistic spectrum disorders, gastrointestinal health, immune problems, women's hormonal health, & weight management

**In this issue: Botanical Medicine News from Columbia University
Is Metabolic Typing for You?
New Tests for ADD and Autistic Spectrum Kids
Upcoming Seminars (Summary only; call for detailed flyers)**

Hope you had a relaxing and fun summer. In my quest to stay up to date on the latest nutritional research I attended several seminars this summer and will share with you some of the highlights in this issue. Before doing so I want to let you know that my hours in the Mount Kisco office (39 Smith Ave.) are now Wed. from 10-7 and Thurs. from 9-3. Please let me know if you would like to schedule your next appointment there. Enjoy the upcoming fall foliage and stay in touch and let me know how you are doing! Please feel free to forward this newsletter on to anyone who you think could benefit and let me know if you want to be taken off of the distribution list.

Yours in good Health,

Renee

News from Columbia University's Botanical Medicine Seminar With Dr. Andy Weil

I recently attended a seminar on botanical medicine that was co-sponsored by Columbia University and Dr. Andy Weil. The following are some interesting points that were discussed, but please remember that none of the following statements are FDA approved and the herbs/nutrients mentioned are not intended to diagnose, treat, cure or prevent any disease:

- Melatonin can boost the immunity in addition to helping the sleep cycle. It has even helped with cancer survival in some studies.

- Vitex, an important women's hormone balancer has been studied to help with irregular cycles, PMS, early perimenopause and to lower prolactin. It is also used to boost fertility, particularly in women over 40.
- Another powerful female hormone balancer is rhodiola rosea. This herb appears to improve fertility, help with perimenopause symptoms such as fatigue and cognitive dysfunction and may also be a potential fat blocker. Rhodiola can also be used for children with ADD for attention/focus cognitive improvements.
- I'm sure you know the benefits of organic foods to avoid pesticide residues, but did you know that because bugs chew on it the food becomes more bioavailable and makes the naturally healthy components of the food like indole-3 carbonyl (thought to fight cancer and found in foods like broccoli and cabbage) more active.
- Drink lots of green tea, white tea and red tea for cancer and cardiovascular protection. It may also help with weight loss. To get benefits without caffeine (red tea is naturally caffeine free) pour boiling water over leaves for 10 seconds and then pour off.
- Best way to cook broccoli for the medicinal benefits is to steam it for 3-4 minutes.
- Eat dark chocolate with cocoa content between 50-85%. Dark chocolate is antihypertensive, antilipidemic, an antioxidant and helps platelets. The milk in chocolate prevents the bioactivity and cancels the benefit. I guess this is a good news bad news scenario for chocolate lovers.
- Do not eat a high fiber meal or take fiber supplements within two hours of taking a statin drug. It will decrease the absorption of the drug. This is the same for anyone taking lithium.
- If you are prone to kidney stones, do not consume a lot of cranberry juice or soy products. Both are high in oxalates. Instead make sure that you take a calcium supplement. It binds to the oxalates and helps remove stones. The calcium should be taken with food.
- Speaking of calcium, Calcium Citrate is the best form for people to take with diminished stomach acid. This is usually the case for people over the age of 50.
- Finally, since the herbal market is non-regulated and there is a big difference in the quality of products available, ask your herbal company the following questions:
 1. How far up the supply chain do they go to get their products?
 2. Where are the products manufactured?
 3. What testing on raw ingredients is done?
 4. Do they use GMP standards?
 5. What clinical testing have they done on the product?

Is Metabolic Typing For You?

There has been a lot of talk these days about nutritional metabolic typing. After attending a workshop and doing some research on it, I think it can be very worth while, especially for people who have chronic health problems or cannot loose weight no matter what they try. The concept behind metabolic typing is that we all have biochemical individuality and what works for one (diet, supplements and exercise program) will not work for everyone. The kind of metabolic typing that I studied looks at 9 variables to determine what is best for the individual. Some examples are: the person's autonomic type which manages things like heartbeat, breathing, digestion, reproductive functions, and immune activity; Oxidative type and catabolic/anabolic balance which are concerned with the quantity and quality of energy production; Endocrine type which is related to your

metabolism through the secretion of hormones. In addition, electrolyte balance, acid/alkaline type, blood type, and constitutional type are evaluated. These different variables probably sound foreign to many of you. Don't worry. In order to find your metabolic type there is a detailed questionnaire to fill out that takes into consideration all of this information. I now have a computer program that takes the input and prints out a customized meal plan for you that is based on the questionnaire results. Learning what foods to choose and the right combination is really important to balance your body chemistry and achieve success. If you are frustrated by your health status or weight and would like to have your metabolic type determined, please let me know.

New Tests for Children with ADD and Autistic Spectrum Symptoms

I wanted to let you know about a couple of new tests that I am currently using and getting excellent results with my patients. The first is doing a neurotransmitter test with a lab called NeuroScience. This lab uses urine to test for many of the neurotransmitters (dopamine, serotonin, norepinephrine, epinephrine, PEA, Histamine and GABA) that seem to be problematic in children with ADD or on the autistic spectrum. If an imbalance is uncovered, dietary changes and supplements can be used to help bring the body back in balance.

I am also now working with a lab called York labs that does a food sensitivity test for either 42 or 113 different foods with blood from a finger prick. That way the test can be done in the convenience of your home without the trauma that is often associated with taking blood. Please let me know if you would like more information about either one of these tests.

Upcoming Seminars/Workshops

The following are the workshops and classes that I have scheduled for this fall:

What's the Best Diet – Explore the pros and cons of the popular diet plans and find out what plan is best for you. Sept. 20th 7-8:30 at the Ridgefield Recreation Center. Call (203) 431-2755 to register.

Holistic Approaches for Helping Children with ADD, SID, and ASD maximize Their Potential – Learn the common biochemical and metabolic deficiencies of children with these disorders and how to modify the diet and help picky eaters get the nutrition they need to maximize attention/focus/behavior improvements. Sept. 21st, 7-8:30 PM at KL Continuing Education. Call (914) 763-8932 to register.

6 Weeks to Weight Loss and Better Health – Starting Sept. 27th. This is a 6 week workshop that combines nutrition education, accountability and support. I will be running this with another nutritionist who specializes in exercise management. Understand the principles of weight-loss and metabolism, how to improve your energy, vitality and overall health, get rid of carbohydrate cravings for good, build the right nutrient and exercise program, and learn about handling plateaus and staying the course. Call (914) 763-9107 to enroll.

Women's Anti-Aging Seminar – Learn how to boost your energy and vitality and protect yourself naturally from heart disease, osteoporosis, mental deficiencies, weight gain, and other conditions normally associated with aging.

Sept. 28th, 7-8:30 PM at KL Continuing Education. Call (914) 763-8932 to register.

Detoxify Your Body for Improved Energy & Vitality – Are you fatigued and don't know why? Does your skin break out or do you experience frequent headaches? Are you storing excess weight even though you eat right and exercise? Find out if proper detoxification is a problem for you. Oct. 4th 7-8:30 at Ridgefield Recreation Center. Call (203) 431-2755. Also offered on Oct. 26th at KL Continuing Education. Call (914) 763-8932 to register.

Integrated 21 Day Detoxification Program – Starting October 12th. Includes 3 education sessions, products, individual health analysis with customized protocols. This is not a fast but an experience in eating well and cleaning toxins simultaneously. Call (914) 763-9107 to enroll.

Burn Fat & Maximize Weight Loss – Find out what the best fat burning foods are, what's best to eat at night, what to eat after a work-out and what foods satisfy carbohydrate cravings and the best times to eat them. Feel more energized and learn how to maintain your ideal weight. Food tasting included. Oct. 19th 7-8:30 KL Continuing Education. Call (914) 763-8932 to register.

Success Strategies for Children with ADD/ADHD, Spectrum Disorders and Sensory Processing Problems – This one day workshop will be in conjunction with Sue Seiler, OT/L and Director of Kidabilities who will speak on the effect of poor sensory processing on a child's behavior and Cynthia Haupt, MSS, CSW-R who will speak on behavior modification, communication skills and stress management strategies. I will speak on the best nutritional interventions to help children with these problems as well as how to build strong immune and detoxification systems and finally how to vaccinate safely. This workshop will take place at Kidabilities in Hawthorne, NY on Nov. 6th, from 10-3:30. Please let me know if you want a detailed flyer. Call (914) 347-5990 to enroll.