

TOTAL WELLNESS NUTRITION

NEWS

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

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I Hope you were able to enjoy the beautiful spring we had this year. In my quest to stay up to date on the latest nutritional research I gathered some new information to share with you in this issue. I hope you will find it interesting. Enjoy the summer, stay cool, and stay in touch. For those of you who haven't yet checked out my website, I hope you will have time this summer. It will have the latest information about my new book *Take Back Your Health* which will be released in the beginning of September. Please feel free to forward this newsletter 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

Fruits and Vegetables highly contaminated with pesticides.

Now is the time to take advantage of the great summer fruits and vegetables. As you may know some fruits and veggies are more contaminated with pesticides than others. A study released by Environmental Working group listed 12 fruits and vegetables that are considers most contaminated

fruits and vegetables. It's always best to buy them organic but if it's not possible, washing them with some lemon juice and sea salt diluted in water could get rid of most of the pesticides. Here is the list of the most contaminated foods:

Apples, Bell peppers, Celery, Cherries, Imported grapes, Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach and Strawberries.

Benefits of Banana's

Bananas provide a lot of energy since they contain sucrose, fructose and glucose. If eaten in moderation they can be an aid in overcoming some conditions.

Here are a few:

Depression: Tryptophan, a protein in bananas is converted to serotonin which lifts up the mood. Banana is also high in B vitamins which improves mental health and relieves stress.

PMS: Vitamin B6 in bananas controls blood glucose and affects the mood.

Anemia: Iron present in banana increases the hemoglobin level in the blood.

Hypertension: Bananas are high in potassium and low in salt, hence they aid in regulation of blood pressure.

Brain Power: A survey and research showed that students who ate a banana or two during the day had a boost in their brain power and learning ability, also kept their pupils more alert.

Hangovers: Apparently a banana milkshake with honey relieves the symptoms of hangovers.

Heartburn and Ulcers: The natural antacid in bananas has a soothing affect on the stomach. It also coats the lining of stomach, reducing irritations caused by ulcers.

Morning Sickness: A banana in between meals maintains blood sugar level, which can prevent morning sickness.

Weight control: A study in Austria revealed that many people binge on sweets and chocolate as a result of stress and pressure at work. They suggest people should eat food that maintains blood glucose levels to prevent cravings and weight gain. Bananas are capable of achieving stabilizing blood glucose level, especially if eaten with some protein like nuts or nut butters.

Smoking: Bananas contain B vitamins, potassium and magnesium which aid in recovering from the side effects of nicotine withdrawal.

Stroke: The New England Journal of Medicine published research that claims having bananas as a regular part of one's diet can reduce the risk of stroke by 40%.

Arsenic in chicken

The National Institute of health and U.S. Department of Agriculture and Food Safety Inspection Service Recently reported high levels of arsenic in 5000 chicken that were reviewed. Although the poultry industry argues that the kind of arsenic fed to chicken is non toxic, researchers found high levels of organic as well as inorganic toxic form of arsenic in chicken meat. Arsenic is fed to chicken to increase growth rates and lean meat in animals. It is crucial to purchase chicken that are organically raised and fed vegetarian diets to prevent contamination from arsenic which can be a carcinogenic.

CoQ10 supplementation Improves Impaired L. Ventricular Diastolic Function in Patients taking Atorvastatin.

A small pilot study, evaluated 14 patients who were scheduled to receive statin drugs for hypercholesterolemia. All were prescribed Atorvastin (Lipitor). Those patients whose diastolic Left ventricular function worsened were prescribed CoQ10 for an additional 3 months. This study supports the previous assumptions that statins deplete CoQ10 levels and also suggests that CoQ10 supplementation helps offset impaired left ventricular diastolic function in patients taking statin drugs. Incidentally, some studies on mice suggest that Red Yeast Rice which is a natural remedy for hypercholesterolemia also depletes coQ10. Therefore it is beneficial to supplement with CoQ10 whether you are on synthetic or natural Statins.

Vitamin D Slow (stops) Progression in Prostate Cancer Patients. Many studies have suggested that Vitamin D has anticancer activity due to its ability to promote cellular differentiation. Some studies have presented evidence of ability of cholecalciferol (activated form of Vitamin D) to retard prostate cell growth. One pilot clinical study administered 2000 IU/Day of Cholecalciferol to prostate patients. The results revealed that a number of the patients had their PSA numbers dropped significantly while the majority had their progression rate declined. There have been no side effects of vitamin supplementation to date; therefore it could be beneficial to supplement prostate patients with vitamin D.

Waist Size Found to be a Powerful Indicator of Future Diabetes Risk

In the past few years, Obesity and diseases related to it such as type 2 diabetes have become the second leading cause of death in the nation. In a prospective observational study, 27,270 men were observed for 13 years. Some lifestyle factors were taken into consideration. Their waist size, waist/hip ratio, BMI and incident development of type 2 diabetes was measured. The outcome was astonishing. 884 of the men acquired type 2 diabetes. Surprisingly out of the three measuring devices the waist size was the better indicator of future diabetes risk. In this study men who had waist of 34 inches or less were at low risk, and those who at waist size of 40 and up were at high risk of acquiring type 2 Diabetes.

St. John's Wort Extract with standardized Hypericum Content Equivalent to Paroxetine for Treatment of Moderate to severe Depression

St Johns wort has been used for a long time to treat depression by many health professionals. A Randomized double blind study in Germany administered 300 mgs of St. John's Wort (3-6% hypericum) or placebo to 251 men and women who suffered from moderate to severe depression. The duration of study was 7 weeks. 69 of the patients were given higher doses of St. John's Wort after 3 weeks. The results revealed patients who had mild to moderate cases of depression benefited

form St Johns Wort. The researchers claim that St. John's Wort could be as effective as pharmaceutical anti-depressants and is better tolerated by patients. It should be kept in mind that St. John's wort is contraindicated with some medications such as cyclosporine, Warfarin, digoxin, indinavir and other drugs. Patients should consult with their physicians before taking this herbal medicine.

Calcium Supplements can Reduce Risk of Precancerous Colorectal Adenomas.

Colorectal Cancer is by far one of the most common cancers in the US. Most researchers believe that reducing the risk of precancerous adenomas will translate into reduction in the risk of colorectal cancer. In a Meta analysis study 1,279 men and women were administered 1200-2000 mg Ca/day. The results revealed 20% reduction in risk of forming other adenomas. The largest reduction was seen among the group who received 1600mg of calcium. Although the results seem significant, it should be noted that men who have history of prostate cancer should be cautious in taking high doses of calcium. There have been some studies linking increased calcium and increased prostate cancer cells. Women, men with no history of prostate cancer may very well benefit from supplements of calcium in reducing risk of colorectal adenomas and cancer.

New Kind of Healing

I just wanted to let you know that I recently got certified to do Reconnective Healing, the work of Dr. Eric Pearl, www.thereconnection.com. Reconnective Healing is often a life-changing experience, utilizing new frequencies to allow for the healing of the body, mind, and spirit. It is vastly different from Reiki, Jin Shin, Qi Gong or any other technique that you may be familiar with.

Dr. Eric Pearl says "If you are lucky, your healing will come in the form you anticipate. If you're really lucky, your healing will come in a form you've not even dreamed of - one which the Universe has in mind for you."

As a well grounded scientific minded nutritionist I don't easily fall for statements like this, but I have personally experienced the healing myself and saw first hand how it helped the following people:

- A 12 year old girl who had severe reflux, throwing up 12 times a day which stopped right after the healing work was done on her
- A woman who was born cross eyed, and had several operations but always had one eye that shifted. After her healing the eye went back into place
- A woman who had severe TMJ and after her healing she felt her teeth move and the TMJ pain went away
- A woman who had a shoulder injury and couldn't bring one of her arms up past a 90 degree point for several years. After the healing the arm was able to move up over her head.

These are just a few examples of the particular healings that I have witnessed in my short time involved with reconnective healing. There are no guarantees or promises that this type of healing

will happen for everyone, of course, but the potential is certainly great. As I continue to work with people and do this work I hope to have a lot more examples to share with you.

Please let me know if you would like to experience this work or know of anyone who could benefit. Unlike many other healing modalities, only 1-3 sessions are recommended.

I look forward to speaking with you more about it.