

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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Hope you enjoyed the beautiful fall foliage we had this year and are ready for the winter wonders. I have some new nutritional highlights that I'd like to share with you 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 1-7 and Thurs. from 9-3. Please let me know if you would like to schedule your next appointment there. Enjoy the upcoming winter 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

Are high doses of Vitamin E safe?

As some of you may know, recently vitamin E was in the headlines. The story was based on 19 studies, which resulted in claiming doses of greater than 400 IU/per day of vitamin E may be harmful. As shocking as this may be we should always know all the facts before we take advice from news media. According to Dr. Julian Whitaker, the patients participating in the trials were mostly suffering from pre existing conditions such

as, Cancer, Alzheimer, Coronary heart and Kidney disease. Also while 9 of the 19 studies focused on effects of vitamin E, the other 10 were studying the effects of a combination of vitamins including vitamin E. Based on these facts Dr. Whitaker believes that results of these studies are inconclusive and intake of up to 1600 IU of natural vitamin E can be therapeutic and beneficial to all as previously illustrated in many former studies and clinical trials.

New take on Autism

There is new evidence that suggests a link between brain inflammation and Autism. Autism afflicts between 2 to 5 of every 1000 children and has a tendency to strike boys more than girls. It is not known what causes autism but there have been suggestions that diet, toxins, birth complications and perhaps viruses might be contributors to this disorder. A recent study performed by group of researchers at John Hopkins studied the relationship between activation of components of the immune system that are involved in inflammation. Cytokines, proteins secreted by cells of the lymph system that are important for controlling inflammation, were found to be elevated in the 11 Autistic patients that took part in this study. These are preliminary findings and more studies are needed to support this data. Nevertheless, scientists hope that by using inflammatory markers they might eventually be able to come up with a diagnostic test for autism and perhaps reduce the symptoms by controlling the inflammation of the brain. Let's hope that they reach this goal in the near future. In the mean time if you would like more information on what food and nutrients reduce inflammation, please let me.

Obesity and Sleep deprivation

As we all know obesity has become a major concern in the past decade. People who are obese are considered at high risk for conditions such as coronary heart disease, hypertension, type 2 diabetes and many other complications. The Center for Disease Control and Prevention has raised the concern that obesity may very well soon become the number one "preventable cause of death". An unhealthy diet and lack of physical activity have been major contributors to obesity, however some other links have been suggested. A joint study by Columbia University School of Public Health and the Obesity Research Center suggest a link between sleep pattern and obesity. In this study those who slept four hours or less per night had a 73% greater chance of becoming obese than those who slept between 7 to 9 hours. One would think that less sleep means more physical activity therefore more calories are burned. But one of the researchers of this study mentioned that what they are looking at is what happens when the body is deprived from sleep. When deprived of sleep, the body produces less Leptin(lessens appetite) and more Ghrelin (stimulates appetite). One explanation given by a researcher is that our ancestors were used to eating more during summer time when nights were shorter to preserve for winter months when days were short. This has been the "metabolic regulatory system" for the body and perhaps when you sleep less the body automatically is triggered to consume food. So let's get those ZZZZZs on track. If you have a long withstanding problem with sleep issues then it is possible than you might need some dietary or nutrient support to help regulate your sleep cycle. Please call our office for more information.

Is Sucralose Safe?

Many of you are probably familiar with the popular sugar substitute, sucralose which has been increasingly added to food products. Sucralose also known as Splenda contains no calories but is about 600 times sweeter than regular sugar, sucrose. It is a chlorinated monosaccharide which can be toxic to the body. The manufacturer claims that it has no toxic effect due to lack of absorption, however the FDA's reports indicate 11-27% absorption and others claim as much as 40% is absorbed. As far as safety goes, some studies on humans claim that glycosylated hemoglobin (HbA1C) which is a marker for long-term blood glucose levels is increased with high sucralose consumption. Many studies on animals include side effects such as reduction in thymus gland, enlarged liver and kidneys, diarrhea, reduced growth rate and much more. Therefore many holistic professionals, including myself, do not recommend large intakes of sucralose for the following reasons: There has not been any long term and "independent" controlled human research performed, no monitoring on long term side effects, and tests have shown potential toxicity of sucralose. So the best bet is to eat natural sugar at a moderate level or use the herbal sweetener, stevia.

Lead Found In Daily Use Products

Lead in makeup.

Did you know that many top brand lipsticks contain lead? It's true. Christian Dior, Lancome, Clinique, Y.S.L., Estee Lauder, Shiseido, Red Earth, Chanel, Market America are among the lipsticks that contain lead in them. The lipsticks that are meant to be long lasting are even higher in lead content. The best way to check if a product has lead is to smear some lipstick on hand and then rub it with a gold piece, if the lipstick turns black it contains lead. You can find more natural alternatives in the health food store or by ordering Shaklee personal care products. Please call our office if you would like more information.

Upcoming Events

6 weeks to weight Loss & Better Health

Combines Nutrition Education, Accountability and Support. Northern Westchester Hospital, for six weeks starting Wed, Jan 12th, 7-8:15 PM. Register by Dec, 19th to reserve your place by email or phone. Call (914) 763-9107 for more information and to register. Detailed flyer to follow.

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. 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 Jan. 22nd, from 10-3:30. Please let me know if you want a detailed flyer. Call (914) 347-5990 to enroll.

Healthy Detoxification - Learn an easy, healthy detoxification program to improve your energy, skin and overall well-being. This is a three week program that includes a weekly lecture, a specific detoxifying food plan and nutrients to clear your body of unhealthy toxins and waste products and improve your health and vitality. This class will be offered in the beginning of February. Call our office for more details.