

Healing Arts Update

A guide for wellness.

January 2007

Each New Year brings a sense of rebirth, renewal and the realization that this year can be different. It's a great time to focus on the positive changes that you want to make in your life. If you're like most people, one of your New Year's resolutions might be to enjoy a healthier life. In fact, following the #1 resolution to spend more time with family and friends, becoming more fit and healthier is the most frequently heard New Year's resolution.

At the Healing Arts Center, our New Year's resolution and ongoing commitment is to help you achieve your wellness goals. We believe that wellness is not defined as medical care, but rather as a way of life. Your physical, mental, emotional and spiritual good health can prevent illness, increase longevity and make you look and feel your best.

Beginning this month, we're pleased to feature a series of articles that focus on your well being. Healthy New Year! May '07 be the start of the best years of your life!

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WHAT'S NEW?



The Healing Arts Center is pleased to announce the debut of our private-label supplements. We've arranged for a supplement manufacturer to develop a special core group of nutrient products that address a variety of metabolic concerns.

Our new product line includes a multiple vitamin and mineral formula specially designed to complement our other formulas. When used in combination, they provide a potent biocompatible dietary supplement program.

What makes these products so special? For enhanced benefit, the related nutrients are combined and synchronized to avoid redundancy. Only those nutrients that provide the best documented performance and cost-effectiveness have been selected for use in our products.

Supported by the most recent clinical studies, the end result is an integrated supplement product line that can provide you with the most effective and affordable formulas. We're confident that our new private-label supplements raise the bar for industry standards.

WELL BEING by John Patton, AP, LMHC



Your key to good health can be as simple as nutrition and the eating choices you make every day. In fact, your daily diet can either cause or prevent a wide range of diseases. Here are some simple tips for a health-promoting diet.

Eat plant-based

foods. A plant-based diet is low in saturated fat and high in fiber, essential fatty acids, antioxidants and phytochemicals that protect against many chronic degenerative diseases. It's key to eat a variety of whole, unprocessed plant foods such as fresh vegetables and fruits, grains, legumes, nuts and seeds. A high intake of carotenes can reduce the risk of cancer, heart disease and stroke. The best source of carotenes are carrots, apricots, mangoes, yams and squash. Flavonoids, too, can act as powerful antioxidants against free-range cell damage. Good sources of flavonoids include citrus fruits, berries, onions,

We are very proud to reach this point in our growth and excited to offer you greater ease of nutritional dietary support for your overall health and well being.

NUTRITION+YOU

For overall good health, let's begin at the beginning. Eating breakfast is an absolute must. Healthy breakfast choices include whole grain cereals, muffins, and breads along with eggs from grain-fed, free ranging chickens, fresh whole fruit or fresh fruit juice.



Both hot and cold cereals, preferably from whole grains, may be the best food choices for breakfast. Research has shown that cholesterol levels are lowest among adults who eat whole grain cereal for breakfast and highest among those who typically skipped breakfast.

Lunch is your opportunity to enjoy a healthy bowl of soup, a large salad, and some whole grain bread. Bean soups are especially good lunchtime selections.

For dinner, the healthiest meals contain a fresh vegetable salad, a cooked vegetable side dish or a bowl of soup, legumes, and whole grains such as brown rice, millet, or barley.

Most important, be careful that you don't over-indulge in animal products. Choose fish, skinless poultry or lean cuts of beef rather than fatty meats. Also, remember to select organic and fresh whenever possible.

It takes about 20 minutes for your brain to get the message that your stomach is full. To avoid overeating, eat slowly and take time to enjoy your food.

WE'RE GLAD YOU ASKED



Q: Aren't all vitamin supplements the same?

A: Absolutely not! Contrary to popular belief, the vitamin industry is not regulated. In fact, vitamin supplements don't even need FDA approval before they are marketed. It's the responsibility of the various manufacturers to ensure that their products are safe. Unfortunately, this enables manufacturers of supplement products containing the lowest quality ingredients to assert the highest health claims.

Be sure to do your homework before starting a supplement program. Carefully research supplement products and manufacturers.

If you plan to start supplementation, here are a few helpful tips to get the most benefit from your vitamins. Take

parsley, legumes, and green tea.

Reduce fat intake.

Daily fat intake shouldn't exceed 30% of calories. Saturated fatty acid (the "bad" type) should be less than 10% of calories. Poly-unsaturated fats (the "good" type) should be less than 10% of calories. Mono-unsaturated fats (the "good" type) should be less than 15% of calories.

Reduce sugar intake.

Refined sugar can suppress the immune system, increase the risk of Crohn's disease and ulcerative colitis, contribute to uncontrolled growth of yeast infections, interfere with the absorption of protein, exacerbate food allergies, and cause a loss of tissue elasticity that results in premature aging. (Email us to request a list of 146 reasons why sugar can ruin your health.)

Eliminate food

additives. Two types of food additives that you might be familiar with are nitrates or nitrites that are used to prevent spoilage or enhance flavor. What you may not know is they also are known carcinogens.

Eliminate coloring agents.

Americans consume about 100 million pounds of food coloring annually. One of the most widely used food colors is FD&C

supplements with meals to promote increased absorption. Fat-soluble vitamins (such as vitamin A, beta-carotene, vitamin E) should be taken during the day with the meal that contains the most fat. Take mineral supplements away from the highest fiber meals of the day, since fiber can decrease mineral absorption.

If you are taking high doses, do not take the supplements all at one time. Divide them into smaller doses taken throughout the day.

Have a question?

[Email us](#)

VIP (Very Important Product)

This month, we're pleased to feature ANTIOX PACK PLUS, a potent antioxidant supplement program.

The specific combination of nutrients contained in ANTIOX PACK PLUS has been used in clinical practice for many years to support cardiovascular health and immune function. The key to its effectiveness is the synergistic action of the ingredients.

ANTIOX PACK PLUS supplies significant amounts of key nutritional antioxidants and cofactors that activate antioxidant pathways and help protective cellular mechanisms operate at high efficiency.

Confused about which supplements are right for you? Contact us. We'll be glad to provide you with the information you need.

[Email us](#)

Yellow Dye #5 (tartrazine), found in almost every packaged food and many drugs, including antihistamines, antibiotics, steroids and sedatives. Allergic reactions to tartrazine are common, especially among children and people who are sensitive to aspirin. Bizarre as it may sound, you actually may be allergic to your over-the-counter allergy medication.

Keep salt intake low and potassium intake high. Most Americans have a potassium-to-sodium ratio of less than 1:2. For good health, a dietary ratio greater than 5:1 is recommended. Aim for a total daily sodium intake that's below 1800 mg and increase your intake of high-potassium foods such as avocado, tomato, potato, banana, cantaloupe, chicken (light meat), cod and flounder. Avoid high-sodium, processed foods.

Drink 32 to 48 oz. of water daily. Your body is 60 percent water, so rehydrating not only is critical, but vital to good health. If you don't drink enough water you can experience fatigue, dry skin, headaches and constipation.

Any questions about your diet?

[Email us](#)

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