

Healing Arts Update

A guide for wellness.

October 2007

Nearly two-thirds of US adults are overweight. About 41 million Americans have pre-diabetes, most of whom will develop type 2 diabetes within the next 10 years unless nutritional and lifestyle changes that result in a loss of about 5 to 7 percent of body weight are undertaken. Eating nutritional foods is a key factor for improved health.

A healthier you is only four simple steps away. Regardless of your age, these four basic concepts can guide you on the road to improved wellness-- today and for the rest of your life.

This month, we present the third of our four-part wellness series, which focuses on nutrition and the key role it plays in your overall health.

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NUTRITION+YOU



Here's a Zen koan about eating: How can you eat less, more, and the same amount all on the same plate? Give up? You can eat less (fewer calories) by choosing a larger volume (more) of high fiber foods like veggies, fruits and whole grains.

Creating healthy eating habits can be as simple as making the right choices every day. Here are some 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, and antioxidants that protect against many chronic degenerative diseases. A high intake of carotenes can reduce your risk of cancer, heart disease and stroke. The best source of carotenes is 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, parsley, legumes, and green tea.

Reduce fat intake. For your good health, most dietary guidelines advise that you consume no more than 30% of your calories from total fat and no more than 8 to 10% of your calories from saturated fat. Your cholesterol intake

WELL BEING by John Patton, AP, LMHC



Eating a nutritional diet takes commitment. But more importantly, it requires an awareness of what, when, and how much you eat. Often, eating habits are just that-- habits. Whether it's grabbing a meal on the run or junk food snacks, it's easy to fall into unhealthy patterns. However, in addition to the obvious risk of excessive weight gain, other common consequences of poor nutrition can include heart and high cholesterol problems, diabetes, digestion issues, constipation, and a weakened immune system.

Unhealthy eating habits can be reversed. It starts with cultivating a new approach to eating, one that requires your conscious effort. Your body is designed to know what you need to eat. Your job is to listen to your body. When it comes to healthy eating, mindfulness is

should not exceed 300 milligrams per day.

Reduce sugar intake. Refined sugar compromises your immune system, increases the risk of Crohn's disease and ulcerative colitis, contributes to yeast infections, interferes with the absorption of protein, exacerbates food allergies, and causes a loss of tissue elasticity that results in premature aging.

Keep salt intake low and potassium intake high. Most Americans have a potassium-to-sodium ratio of less than 1:2. However, a dietary ratio greater than 5:1 is recommended for improved health. 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 is critical and vital to good health. Not drinking enough water can result in fatigue, short-term memory issues, headaches and constipation.

WE'RE GLAD YOU ASKED

Q: What can you tell me about the term "obesogenic environment"?

A: Many nutrition experts debate whether obesity is a matter of personal responsibility or a result of living in an environment that promotes weight gain. In 1996, the term obesogenic was first used to connote an environment brimming with weight-gain traps. An obesogenic environment can be as subtle as a special deal of getting two doughnuts with your coffee purchase instead of one. Or it can be the nutritional disaster plan known as portion distortion.



Today, obesity in the US is a national epidemic. What's truly remarkable is not that people are getting fatter, but that anybody manages to stay slim. With an abundance of drive-thru junk food options, it's never been easier to regularly consume a diet high in fat and sugar. Conversely, in our society, it's never been more difficult to lose weight.

What can you do? Read food labels and be sure to note portion size. Eat half or less of restaurant meals. Resist donut bargains when buying a cup of coffee. (Even better, eliminate coffee.) Skip second helpings. Eat more slowly. Say no to super-sizing meals. Share an entr=E9e or carry half home for another meal. Use smaller dinner plates.

VIP (Very Important Product)

key.

For healthy results that last a lifetime, abandon old eating habits and create new ones. Here are some helpful tips.

Then: Speed eating.

Now: Slow down and chew. Eating too fast undermines healthy digestion and also encourages overeating. Moreover, it precludes enjoyment. Limit distractions and focus on the pleasure of your food.

Then: Portion overload.

Now: Less is more. Many nutritionists claim that one cause of our obesity epidemic is food volume and insidious super-sizing. For instance, hamburgers are 112% bigger and pasta servings are 480% larger than 20 years ago! A reminder that one cup of cereal, spaghetti, vegetables or cut fruit is about the size of your closed fist. Three ounces of meat, fish, or poultry is about the size of a deck of cards.

Then: Munch madness.

Now: Healthy eating. What you eat between meals can undermine a nutritious diet. To help keep your insulin and glucose levels steady throughout the day, try healthy snacks between meals or eat five smaller meals throughout the day. Smaller meals minimize

Especially when teamed with nutritional eating habits, vitamins can improve your quality of life and significantly reduce the risk of cardiovascular disease and cancer, the leading causes of death. With the right vitamin supplements, you should see a reduction in colds and flu over the course of a year, increased energy, improved quality of sleep, fewer injuries, and healthier hair, skin and gums. This month, we are feature two supplement products.

The **Healing Arts Center's Women's Multi Plus** is a versatile, high potency multiple vitamin and mineral supplement that contains easily absorbed forms and nutritionally meaningful amounts of 30 essential vitamins, minerals and trace elements. Nutrient forms that provide documented bioavailability also are included for maximum benefit. The 1:1 calcium to magnesium ratio, high-potencies of vitamins E, C, and B-complex, extra pantothenic acid for adrenal support, and full complement of trace elements distinguish this formula from ordinary multiple vitamins. Women's Multi Plus is free of common allergens, artificial flavors, preservatives and colorings.

The **Healing Arts Center's Men's Multi Plus** is a comprehensive multi-vitamin and mineral formula developed specifically for men. Men's Multi Plus capsules contain a full spectrum of bioavailable trace elements-- with the exception of iron. Supplemental iron is unnecessary for most adult men and women and may be potentially harmful. Excessive amounts of iron have been linked to heart disease, arthritis and cellular damage. Copper is included because of its importance for SOD antioxidant enzyme activity and to maintain a healthy balance with zinc. Of special interest, Men's Multi Plus does not contain Vitamin K, making it suitable for those using anticoagulant medications who wish to avoid taking this nutrient.

Order now

cravings, mood swings and also help you to avoid overeating at mealtime.

Then: Daily sweets.

Now: Palate pleasure.

It's not unusual to crave dessert at the end of a meal. However, sugary foods can overwhelm taste buds, making it even more difficult to discern what your body really wants. According to Traditional Chinese Medicine, an overload of any of the five tastes (sweet, salty, sour, bitter, or pungent) can lead to an imbalance in the body. Wait 20 minutes after your meal to see if you really need dessert.

Your daily diet can either cause or prevent a wide range of diseases. But eating habits don't change overnight. Be patient with yourself. Remember that a nutritional diet can be an important step on your road to improved wellness-- today and for the rest of your life.

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