



The Apple Press

Caring For Tomorrow Today

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About the *Apple Press*

The newsletter of Preventive Medicine Group, the private medical practice of

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The practice emphasizes family care, healthy eating and nutritional supplements, healthy lifestyles, anti-aging medicine, energy medicine, acupuncture and preventive medicine. This complementary and alternative medical practice also offers non-surgical therapy as an option in the treatment of cardiovascular disease.

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**Preventive
Medicine Group**

30 Years of Caring For
Tomorrow Today

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Enhance Your Looks with Acupuncture!

Would you like to have a less wrinkled, firmer facial expression? How about an abdomen that is less pouchy? These things can be accomplished surgically with a facelift and tummy tuck. However, did you know that you can have a firmer face and slimmer tummy with acupuncture? The Mei Zen (translation: "beautiful person") system of cosmetic acupuncture was developed by Martha Lucas, Ph.D., L.Ac. And Denise Ellinger, L.Ac. The Mei Zen system is for people who wish to capture natural beauty while simultaneously improving overall health and well-being. The full body treatments of Mei Zen enhance the entire system's healing and rejuvenation potential while focusing on the cosmetic aspect desired.

In cosmetic facial acupuncture, the skin is toned and the circulation increased allowing more oxygen to nourish the face to produce a natural glow and healthier appearing complexion.

Increased blood circulation moistens the skin and promotes collagen production for improved muscle tone and elasticity. From a western perspective, needling creates micro-traumas that increase the production of more collagen and elastin in the face. Dark circles and puffy eyes are reduced. Fine lines are reduced and deeper lines appear softer. Muscle tone is improved and the jaw line appears firmer. Rosacea or acne may possibly be reduced. *The Journal of Clinical Acupuncture* indicates that with cosmetic acupuncture 90% of clients show improvement in their facial appearance and experience overall rejuvenation that is not confined to the face.

In abdominal toning, acupuncture is used to lift the energy and tone the muscles in the abdominal region. Following a course of acupuncture for abdominal toning, it is possible to see a loss on average of 1-3 inches throughout the abdominal area. Mei Zen acupuncture for abdominal toning is a good



Acupuncture (cont'd.)

adjunct to a weight loss program and dietary changes.

Mei Zen cosmetic acupuncture utilizes tiny hair thin sterilized needles gently inserted superficially into the skin. Two treatments per week for five consecutive weeks can bring results that can last from three to five years. Maintenance follow-ups are recommended for continued benefit dependent on individual need. A healthy diet and lifestyle are essential for skin health and can prolong the effects of cosmetic acupuncture.

Potential health benefits that can occur with cosmetic acupuncture include improved sleep, decreased anxiety and depression, decrease in postmenopausal hot flashes, increase in energy and vitality, improved sense of well-being and better digestion. Cosmetic acupuncture is less expensive, healthier and safer than other modern treatments. It is relatively risk free other than occasional bruising. There are no side effects such as numbness, scarring, atrophy or lengthy recovery time. The face will not appear stretched, burned or puffy.

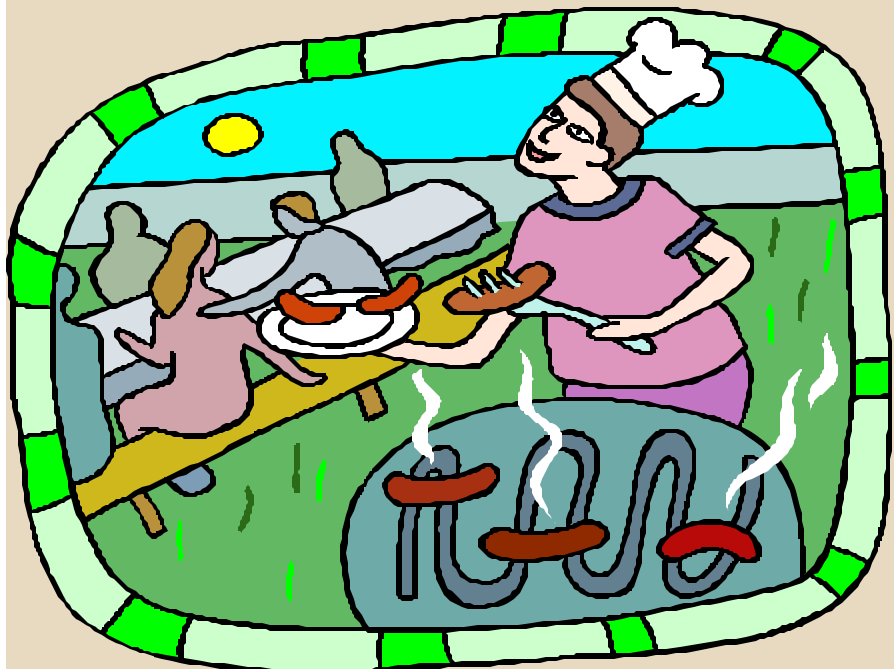
Why do surgery, botox, collagen, peels or micro-dermabrasion when you can do Mei Zen? For further information on cosmetic acupuncture and becoming an even more attractive you, call Preventive Medicine Group (440) 835-0104 and schedule a free 15 minute consultation.

GRILL WITH CAUTION

Grilling, indoor and outdoor, is as common as one's own or neighbor's back yard. We all enjoy it! However, there are definite risks, so do be aware of what you are doing. Grilling food can produce two cancer-causing compounds: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

HCAs form when high heat, as in grilling over an open flame, changes creatine, an amino acid in high protein food. You will find HCAs on the well-done or charred portions of meat, fish or poultry. Seafood has less creatine which makes it a better choice for grilling. However, large steak size cuts of swordfish, shark, tuna and other large fish are not wise choices because they are very high in mercury. Charred food should not be consumed so be sure to cut away overcooked or charred areas carefully. The more your meat has shrunk in the grilling process, the more HCA formation there is. To minimize HCAs, avoid cuts of meat with visible fat and/or trim very well. Partially cook foods indoors prior to grilling them outdoors to diminish grilling time and draw off some of the fat and liquids. Throw away the juice. Grill immediately after the precooking process keeping the food on the grill just long enough to impart a grilled flavor. Studies show that microwaving ground meat patties for 2 minutes before cooking reduces HCA precursors and decreases their activity markedly. Chicken and pork, in particular, should be precooked not only because of HCAs but to control harmful bacteria such as *Salmonella*. Be sure to thaw frozen meat, fish and poultry before precooking. Flipping foods frequently, every minute or so, also prevents HCA formation.

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The Book Worm

➤ If you would like more information on acupuncture in general, read **Between Heaven and Earth — A Guide to Chinese Medicine** by Harriet Beinfeld, L.Ac. And Efrem Korngold, L.Ac., O.M.D. published by Ballantine Books, 1991. Available from Preventive Medicine Group. Another good book is **The Web That Has No Weaver—Understanding Chinese Medicine** by Ted J. Kaptchuk, O.M.D. published by Congdon & Weed, Inc. 1983.

➤ Lynne McTaggart's **The Field—The Secret Force of the Universe** is a highly readable, well-researched and well-documented scientific work exploring there being an invisible universal life force involving the human mind, body and environment as part of a vast energy sea that pervades everything. Published by Harper Perennial, 2002. Available at Preventive Medicine Group.

Tip Top Tips

There is substantial evidence that gaining weight in adulthood increases the risk for many cancers. It is thought that extra pounds raise levels of hormones which may stimulate tumor growth. Carrying excess weight may be responsible for as much as 20% of cancer deaths in American women and 14% in American men. Not exercising raises cancer risk also. Eat colorful fruits and vegetables, especially from the cruciferous (cabbage, broccoli, brussels sprouts, kale, cauliflower) and citrus families. Other research shows that 1,000 IU of vitamin D daily is protective. Of course, not smoking or exposing yourself to second-hand smoke or smokeless tobacco is an essential step in anti-cancer protection.

The Wise Old Apple

A speaker held up a \$20 bill and asked his audience who wanted it. All hands raised. He then crumpled it, stepped on it dirtying it and asked the same questions. Hands still raised.

"My friends," he said, "we have learned a valuable lesson. No matter what I did to the money, it did not decrease in value. Many times in our lives, we are dropped, crumpled and ground into the dirt by decisions we make and circumstances that come our way. We feel worthless. But no matter what happens, you will never lose your value! You are and always will be priceless to those who love you! The worth of our lives comes by who we are! You are priceless!

The Recipe Corner

Cool, refreshing, tasty, rich in vitamins, mineral, fiber and antioxidants — what more could we want for a summer treat! (Sure beats sugar and artificial color, doesn't it?)

MAKE-YOUR-OWN FRUIT POPSICLES

Choose any extra-ripe fruit (they are sweeter), puree in a blender and pour into popsicle molds available from kitchen supply stores. Or, use styrofoam cups and popsicle sticks. Freeze overnight. Here are some combination suggestions! Each makes approximately six 2-Ounce bars.

- 2 mangos, 1/4 cup carrot baby food and 3/4 cup freshly squeezed orange juice
- 3 kiwis, 12 small strawberries and 2 bananas
- 2 bananas, 1 cup blueberries, 1 cup plain non-fat yogurt
- 2 bananas, 3 peaches, 3/4 cup freshly squeezed orange juice



GRILL WITH CAUTION *(continued)*

Marinades add flavor and marinating (even for a few minutes) reduces HCAs substantially in some cases according to the American Institute for Cancer Research. Marinades may act as a barrier against harmful compounds and marinades made with acid ingredients such as vinegar or citrus juices may reduce HCA formation. Avoid oily marinades. Keep food refrigerated while marinating and never add uncooked marinade to the cooked meat or poultry. Combine a cup of ground cherries, plums, grapes or berries into a pound of ground meat before grilling. Sounds strange, but the flavor is good and HCA formation is substantially reduced. You can also puncture a vitamin E capsule, squeeze out the E and mix it into ground beef or turkey to help reduce carcinogen formation. Liberal use of garlic, rosemary and/or sage in ground patties, on top of cuts of meat, fish or poultry, or in marinades inhibits HCA formation. Don't use juices that seep from the cooked meat once it is off the grill as they are full of HCA.

PAHs are formed when fat drips from the food onto a heated surface such as the coals or heat source causing a flare-up. The smoke of the flare-up wafts upward and coats the food on the grill (all of the food on the grill, even healthy veggies!) with PAHs. Do not throw a burger or steak onto a grill and let it get really brown as the fat drips off and flames and smoke shoot up! That is dramatic but toxic cookery! To minimize risk, position

meat, fish or poultry so they are not directly over flames or burners to prevent the juices from dripping onto the hot coals. Arrange charcoal in a ring shape or off to one side and place the meat so it's not over the coals. Cook food a minimum of six inches above burning coals or lava rocks. Cover the grill grate with punctured aluminum foil to further reduce drips and protect food. Keep a spray bottle of water handy to douse flare-ups. Leaner cuts of meat drip less fat onto flames, thus reducing PAH formation. Avoid fatty meats such as ribs and sausage. Trim all visible fat and remove skin from chicken. Use tongs or a spatula to turn foods and not a fork which pierces the meat allowing juices to drop on coals. As long as they are not set on high, gas grills cook at a lower temperature than charcoal or wood fires. Hardwood charcoal burns at a lower temperature than mesquite or soft woods. Keep your coal bed small.

Other healthy grilling tips include using electric contact grills such as the George Forman which are temperature controlled with no fire flare-ups. You can also grill veggie foods in foil packets. Do potato and sweet potatoes in their skins and wrapped in foil. Grill corn in the husk. What you eat is protected and outer charred skins or coverings can be peeled away. To keep unwrapped vegetables from getting charred on the outside before they cook on the inside, microwave or steam the cut-up vegetables for 1 to 2 minutes, then

brush with oil or marinade and grill until tender. De-emphasize the meat, fish and poultry as the center of a grilled meal and emphasize fruits and vegetables. Skewer fruits and vegetables. Skewer small chunks of meat, fish or poultry. They cook faster and fewer HCAs form. Skewering the produce on separate skewers from the protein foods allows for different cooking times. You can then serve the food together assured that veggies are not overcooked and animal products are not undercooked.

Be adventurous and creative in your selection of produce to grill. Think zucchini, eggplant, peppers, mushrooms, cherry tomatoes, and onions. On the fruit list, include pineapple, mango, papaya, kiwi, cantalope, peach, apple and banana. Brush fruits and vegetables with olive oil and/or lemon juice to prevent sticking to the grill. Cut chunks large enough so they do not fall off the skewer. Serve fruit or vegetable salsas and chutneys on the side. Consider grilling veggie burgers and/or adding textured soy protein to ground meat or turkey. The more of these foods you eat, the more phytochemicals you consume. They, in turn, help to protect you from the HCAs and PAHs that are present in spite of your best efforts. Make your entire grilled meal healthier by making beverage, side dish and dessert choices that are a continuation of your healthy approach. Outdoor eating goes well with outdoor physical activities. Plan a game or a walk as part of your grilled meal!