



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**

31 Years of Caring For
Tomorrow Today

1976—2007

THE OIL OF THE OLIVE

The use of the oil of the olive by people on Earth dates to Biblical times. In the 1980s, researchers looked at the traditional diet of people who live in the Mediterranean part of the world. These people eat a diet high in fat and live long, healthy lives with fewer heart attacks and strokes and have low blood pressure and plasma glucose levels. The traditional Mediterranean diet is rich in whole grains, vegetables, fruits, legumes, cheese and plain yogurt. On a weekly basis, they eat some fish, poultry and eggs and have red meat only monthly. The main source of fat is olive oil. The Mediterranean diet research brought olive oil to the forefront for the American consumer as a healthy source of fat.

Consumers are aware that olive oil is linked with health, but what kind of olive oil is best? How much needs to be consumed? Stand in front of the olive oil section at a grocery or specialty shop and witness an ever-expanding selection of brands, labels and pricing. In fact, olive oil is becoming like wine with some upscale versions stating vintages on the label and people doing "oil tastings." It can be intimidating and confusing for the average person.

Oils are extracted using a combination of pressing, milling and/or use of chemical solvents. Quality oils of any type are **cold pressed** which means that only pressure and

not chemicals are used. It is a less processed oil and a better overall choice whether you are purchasing olive oil or any other oil. Sometimes you will see the term **unrefined** which is very similar to cold pressed. You may need to look for these oils at natural foods markets. More of the original flavor, color, aroma and antioxidants are retained. They are also more expensive. Most oils at the grocery store (except olive oil) are refined oil which is less expensive to produce. The oil is extracted with chemical solvents, then bleached and deodorized to remove aromas and color.

There are several common grades of olive oil based on acidity. **Extra-virgin olive oil** (abbreviated EVOO and not just by Rachael Ray) is the first-pressing of the olives. The weight of the olives alone is typically all it takes to squeeze out the lightest, finest oil with the most distinctive flavors and lowest acidity. **Virgin olive oil** comes from the first pressing but is higher in acidity. All extra-virgin and virgin olive oil is unrefined as defined by the International Olive Oil Council. If the label states simply **olive oil** or **pure olive oil** the product can be a blend of refined and extra-virgin and/or virgin olive oil. **Extra-light olive oil** has been filtered or refined to remove most of the color and flavor. The color of olive oil can range from pale gold to a dark avocado green.



The Oil of the Olive (cont'd.)

Generally, the lighter the color the lighter the flavor. The flavor of olive oil, just like wine, varies with regard to the type of olive, where it was grown, soil conditions, cultivation factors, weather and seasonal variations. This is where high-end olive oils capitalize. Cooks and those with discriminating palates seek just that special flavor to complement just that special dish.

Always use your oil fresh. Buy small amounts at a time and purchase more frequently from stores with a brisk product turnover. Oils are not the product with which to save money by buying in bulk if it is not used quickly. Olive oils have an expiration date of about six months to 1 year from production. That does not mean 1 year after you purchase it. Some oils only have a shelf life of about two months unrefrigerated once you bring it home. Light, heat and oxygen hasten the deterioration of any oil. Do not buy or store oil exposed to bright sunlight. Preventive Medicine Group recommends squeezing vitamin E from a capsule into the oil and storing oils refrigerated to prolong shelf life and retard oxidation. Olive oil will harden somewhat in the refrigerator just like butter hardens in the refrigerator. Remember to let it stand at room temperature about 20 to 30 minutes before using it and it will liquefy. Keep your oil tightly capped at all times.

Some people say you cannot cook with olive oil. That is not true. Extra-virgin olive oil does have a lower smoke point (the temperature at which heated oil begins to give off smoke and an unpleasant odor) but if you are not frying or cooking at a high heat, that should not be a problem. If you reach the smoking point in your cooking, then use olive oil for sautéing and extra-virgin poured onto the dish as a finishing touch. You really should be avoiding

heavily fried foods, anyway. For general food preparation purposes, flavor is the difference between EVOO and olive oil. Personal preference prevails. The extra-light olive oil can be used in baking because it no longer imparts a strong olive flavor. It also has a higher smoke point.

From a health standpoint, extra-virgin has a slight edge. Research is exploring whether the health benefits from olive oil come from it being high in monounsaturated fatty acids or polyphenols found in the oil or both. Naturally found in olives, red wine and green tea, polyphenols mop up free radicals before they can oxidize LDL cholesterol. Oxidized LDL cholesterol is the bad stuff and anything that protects LDL cholesterol from oxidation is a good thing. Extra-virgin and virgin have the highest polyphenol content. One recent study showed that people consuming the oil with the most polyphenols had the greatest benefit, but only by a small measure. The study participants who consumed just under two tablespoons of polyphenol-rich extra virgin olive oil in place of other dietary fats had fewer markers of oxidative stress than participants who consumed the same amount of olive oil with low polyphenol content.

Just because olive oil has a healthy reputation does not mean that someone can use it without awareness of quantity consumed. Olive oil is a fat. Olive oil has about 120 calories and 14 grams of fat per tablespoon. It's a healthy alternative to less healthy fat choices *not* in addition to a large amount of other fats consumed. And, you can have too much of it alone just like you can have too much of any fat. Furthermore, the context in which olive oil has been consumed traditionally is the Mediterranean diet. A person cannot follow the

Standard **A**merican **D**iet (which spells SAD), consume olive oil and think they are eating for health.

Is it best to only consume olive oil to the exclusion of other fats and oils? Not necessarily so. From the viewpoint of healthy oils and monounsaturated fatty acids, canola oil competes well with olive oil. However, canola oil is the highly refined oil of rapeseed and often a genetically modified crop (GMO) produced by the Canadian Oil Company (hence the name canola). Olive oil is natural. Even an olive oil from the supermarket not labeled cold pressed is probably produced using less refined traditional European methods. Oils such as hazelnut, avocado, almond, mustard seed and peanut also contain some monounsaturates. Sesame, corn, walnut, soy, grapeseed and safflower oils are predominantly polyunsaturated oils. Be aware that most corn and soy oils are likely to be from GMO crops. Some oils, such as peanut, sesame and walnut are great flavor additions to certain recipes. Coconut oil is attracting the attention of some people. Be aware that it is predominantly saturated fat. Let us not forget about butter. James P. Frackelton, M.D. of Preventive Medicine Group recommends that a small amount of butter be retained in the diet in the form of a "better butter blend" which is a 50/50 blend of butter and oil that can be made in a blender or with a hand mixer. Which oil to use? How about EVOO?



The Book Worm

Published in 1959 by Doubleday, **Eat Well and Stay Well** by Ancel and Margaret Keys is the cookbook that introduced olive oil and the Mediterranean diet into the American kitchen. Although an old book, it is a classic that can still be found on the internet, libraries and yard sales. For contemporary tips on the Mediterranean diet, go to www.ewhow.com/how_12780_follow-mediterranean-diet.html.

The Mediterranean Diet by Marissa Cloutier and Eve Adamson, **Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health** by Nancy Harmon Jenkins and **My New Mediterranean Cookbook: Eat Better, Live Longer by Following the Mediterranean Diet** by Jeannette Seaver are all books that can give you ideas about healthier eating and using olive oil!

Tip Top Tips

100 calories. 100 calories are a lot like pennies and nickels. They aren't much when you eat (or spend) them, but when accumulated can add up to a lot. This new year, cut back 100 calories a day and/or burn an extra 100 calories a day. By next year at this time, you can have lost as much as 10 pounds! The reverse is true, too. Eat just 100 calories extra or burn 100 calories less and you can weigh 10 pounds more. Cut out the tidbits, eat a few bites less at meals and move more often. Substitute mustard instead of mayo on a sandwich. If you eat pizza, have veggie toppings with no cheese and limit yourself to two slices. Eat a veggie burger instead of a hamburger. Going to a Chinese restaurant? Have 1 cup steamed rice instead of 1 cup fried rice. Don't put butter or sour cream on your baked potato. Instead, top it with salsa or cottage cheese. Eating popcorn? Go for air-popped with no added fat. And, walk!

The Wise Old Apple

Have you heard about the new supplement that is a natural mood elevator? Each capsule contains 10 mg of "zippity" and 5 mg of "do-da!"

Keep cheerful friends. The grouches pull you down. (Keep this in mind if you are one of the grouches!) Laugh often, long and loud. If you have a friend who makes you laugh, spend lots and lots of time with him or her!

There are 1440 minutes in each day. How many do you appreciate?

It is the accumulation of small simple adjustments in our daily habits and practices that make the long-term difference in healthier living not overnight change.

The Recipe Corner

Our thanks to Margaret Mehallo for sharing her recipe!

HONEY OATMEAL COOKIES

3 c. old fashioned rolled oats
4 t. ground cinnamon
1/2 t. ground allspice
3/4 c. honey or molasses
3/4 c. raisins

1 c. unbleached wheat flour or whole wheat pastry flour*
2 t. baking powder
2 t. baking soda
1/4 c. organic brown sugar or sucanat crystals**
2 t. vanilla extract
1 c. grated apple (may use skin)
4 egg whites stiffly beaten

In food processor or blender, process 1 cup of oats with flour, cinnamon, baking powder, allspice and brown sugar or sucanat until oats are coarsely ground and ingredients are well mixed. Using a larger bowl, blend this mixture with 2 cups of oats and stir well until just incorporated. Fold in egg whites. Drop by heaping tablespoonfuls onto oiled nonstick baking sheet. Bake at 400 degrees for 12-15 minutes. Be careful not to over bake. Let cookies cool slightly on baking sheet before transferring to cooling rack. Makes 3 dozen.

*May use part unbleached and part wheat flour. **May also use evaporated cane juice.



Free Lecture Series

“Understand Your Immune System”

What is it? What does it do? How does it protect you?

Nosson Goldfarb, M.D. 6:30 p.m. Tuesday, January 23, 2007

“Acupuncture for Health & Beauty!”

Learn how this ancient therapy can help you feel better and look more youthful!

Laura DeVincentis, N.D., R.Ac. 6:30 p.m. Thursday, February 1, 2007

“Women’s Health Issues”

A natural approach to hormones, breast health, menopause & osteoporosis!

Nosson Goldfarb, M.D. 6:30 p.m. Tuesday, February 13, 2007

“Bypass Bypass Surgery”

Chelation therapy for cardiovascular health and heavy metal toxicity!

James P. Frackelton, M.D. 6:30 p.m. Tuesday, February 27, 2007

“Diabetes, Insulin Resistance & Metabolic Syndrome!”

This talk is not just for people with diabetes! It is for everyone! It is for you!

Stan Gardner, M.D. 6:30 p.m. Thursday, March 8, 2007

“Alternatives to Traditional Medicine”

Learn more about complementary alternative medicine and integrative medicine!

Stan Gardner, M.D. 6:30 p.m. Tuesday, March 20, 2007

“Preventive Medicine Questions & Answers”

You bring the questions and the doctor has the answers in this open forum!

Derrick Lonsdale, M.D. 6:30 p.m. Thursday, March 29, 2007

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On occasion, lectures may be rescheduled due to weather or emergency. All advance registrants will be notified in such event.