



# 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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**Derrick Lonsdale, M.D.**  
**Stanley M. Gardner, M.D.**  
**Nosson S. Goldfarb, M.D.**  
**Laura DeVincentis, N.D., R.Ac.**

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**

## LOWER SALT INTAKE

Salt as we think of it in our diet or in the salt shaker is a mineral of the chemical formula sodium chloride. Although we think of salt primarily as a seasoning for food, less than 5 pounds of every 100 pounds produced in the world annually is used for dietary purposes and it is estimated there are over 14,000 uses for salt. Salt is mentioned in the Bible more than 30 times and has a history of religious significance. Salt was a chief economic product of the ancient world and was once so precious that it was used as money. In fact, the word "salary" comes from "salarium" which was that part of Caesar's soldiers' pay that was common salt. Recall the expression "not worth his salt?"

Although the words salt and sodium tend to be used interchangeably, there is a difference. Table salt is actually 40% sodium and 60% chloride. About 90% of sodium in the American diet comes from sodium chloride. 10% of this occurs naturally, 15% is added in cooking and 75% is added during manufacturing and processing. Sodium is essential for human life. It is the primary regulator of fluid in the body. It helps maintain acid-base balance, plays a role in nutrient transportation, nerve impulse transmission and muscle contractions. The body needs only about 250-500 milligrams (mg) daily to meet its physiological needs.

Sodium deficiency is rare. Americans consume between 4,000 and 7,000 mg of sodium a day. The revised U.S. Dietary Guidelines recommend no more than 2,300 mg of sodium daily for adults (recently reduced from 2,400 mg). However, the Institute of Medicine of the National Academy of Sciences recommends only 1,500 mg a day with a reduction to 1,300 mg for people in their 50s and 60s and 1,200 mg for seniors over 70 years of age. Recently, researchers at Harvard Medical School reduced sodium intake of hypertensive people to 1,600 mg per day resulting in substantial reduction of cardiovascular risk. The American Medical Association (AMA) is battling the Food and Drug Administration (FDA) to remove salt from the GRAS (Generally Recognized as Safe) list of food additives. The AMA is also calling for food processing companies to reduce by 50% the sodium content of processed foods, fast foods and restaurant items.

Almost everyone can benefit from cutting back on salt intake. It is well-established that there is a relationship between sodium levels and increased blood pressure and a future issue of *The Apple Press* will address that topic in detail. It is now known that monitoring sodium intake well in advance of developing hypertension can help in preventing increased blood pressure readings as one ages. Research shows



## Lower Salt Intake (cont'd.)

clearly that lowering sodium can reduce the risk of later cardiovascular disease, even among people without hypertension. It is wise to limit the intake of salt with children. This helps to prevent developing a craving for the salty taste on the taste buds. People who learn to like salt will generally tend to eat foods more and more salty as time goes by.

When sodium levels are too high, the kidneys release water to increase blood volume. Over time, the sustained pressure causes the heart to work harder and affects the blood vessels. Risk for heart disease and stroke is increased. High sodium intake also affects calcium levels and lowers bone density. Too much sodium can also contribute to kidney stones and stomach cancer. There is a link between salt intake and obesity. People who are most at risk for sensitivity to high sodium intake include those who are overweight, are African American or have a family history of hypertension, stroke or heart disease.

Very little of the salt a person consumes is from the salt shaker. Seventy-five percent comes from processed foods such as canned, frozen, ready-to-eat convenience, and fast food where it is used to enhance flavor, act as a preservative or be a stabilizer. The easiest way to reduce sodium intake is to eat pure, fresh, natural foods as close as possible to their original natural state. Think single ingredients such as fruits, vegetables, whole grains in their granular form, legumes, raw nuts and seeds and lean meat, fish or poultry that has not been treated with a salty brine. Such a diet will also be high in fiber, vitamins, minerals and antioxidants. Get rid of the salt shaker from the table. Do not routinely add salt in at-home

food preparation. Use onion, ginger, garlic, tabasco sauce, salsa, mustard, horseradish, lemon, lime, herbs and spices for flavor. If you do add salt, add it just before serving to keep it on the surface and use sea salt or kosher salt that has larger crystals providing more flavor and less sodium per serving. There are several imitation salt products on the market that may be sodium reduced or contain little or no sodium yet impart a salty flavor. Several of these products are potassium products which should be used with caution by people with kidney disease, certain heart conditions and/or taking potassium sparing diuretics. It is recommended that one check with one's physician or a pharmacist before using these salt replacers if any of these conditions exist.

Assume that almost all restaurant foods will be very high in sodium. Order foods plainly prepared requesting no or low salt. Be careful about soups. Unless they are homemade and you know what was used for stock, they will be high in salt. Canned soups are notoriously high. For example, a can of soup may state on the nutrition facts label that it contains 900-1200 mg of sodium per serving and that there are 2 servings per can. Most people

eat the entire can thus consuming twice the amount of sodium indicated per serving. Unless you shop most carefully for low sodium soups and stocks, the best thing to do is to make your own, including your own stock which can be made ahead and frozen. When using canned foods such as canned kidney beans or tuna, drain the liquid and rinse the food under running water using a sieve. Avoid luncheon meats and other processed meats. Common processed foods that are high sources of sodium include bacon, ham, sausage and other cured meats, frozen or boxed entrees, frozen and canned vegetables, fast foods, salty snack foods, soy sauce, sauces and salad dressings. Note sodium levels on cheese products, particularly cottage cheese which is an unexpected offender. Read labels closely to see how much sodium is in the brand you use and how a serving size is defined. Some brands of cottage cheese have as much as 1,000 mg per cup. Another unexpected offender are canned tomato products. Pasta sauce can have as much as 1,000 mg per cup. Again, read labels closely to compare brands and seek out low-sodium versions. Take sodium reduction seriously!

### READING LABELS—SIGNIFICANCE OF TERMS:

<b>Sodium/salt free.....</b>	<b>Less than 5 mg per serving</b>
<b>Very low sodium.....</b>	<b>35 mg or less per serving</b>
<b>Low sodium.....</b>	<b>140 mg or less per serving</b>
<b>Reduced/less sodium.....</b>	<b>Reduced at least 25% compared to full-sodium product</b>
<b>Light in sodium.....</b>	<b>Reduced at least 50% than same food with no reduction</b>
<b>Lightly salted.....</b>	<b>Reduced at least 50% than reference amount (may not be "low in sodium")</b>
<b>Unsalted/no salt added...</b>	<b>Processed without adding salt; normally salt is added</b>
<b>Low salt.....</b>	<b>This is not a regulated term; does not mean low sodium</b>

## The Book Worm

☞ If you need help in weeding salt out of your diet, eat pure natural foods simply prepared. If you feel more comfortable with some reference books, consider these: **The Everything Low-Salt Cookbook: 300 Flavorful Recipes to Help Reduce Sodium Intake** by Pamela Rice Hahn; **The No-Salt, Lowest-Sodium Cookbook** by Donald Gazzaniga & Michael Fowler; **The No-Salt Cookbook: Reduce or Eliminate Salt Without Sacrificing Flavor** by David C. Anderson & Thomas Anderson; **Get the Salt Out: 501 Simple Ways to Cut the Salt Out of Any Diet** by Ann Louise Gittleman; and, **Cooking Without a Grain of Salt** by Elma W. Bagg, Susan Bagg Todd & Robert Ely Bagg. Learn that eliminating salt does not mean eliminating taste!

## Tip Top Tips

☞ **Eat veggies until your hair turns green and your skin turns orange!** In other words, you can almost never have too many vegetables. New research published in the journal *Neurology* and financed by the Department of Aging finds that eating vegetables helps to keep the brain young slowing the mental decline associated with aging. Green leafy vegetables including spinach, kale and collards appear to be most beneficial.

☞ **How many calories do you require?** To estimate calories you can eat daily to maintain your ideal weight, multiply your ideal weight by 12. Use 13 if you are moderately active (30 minutes a day of moderate exercise 5-6 days a week) and by 15 if you are active (moderate to hard exercise 6-7 days a week.) Refer to the Body Mass Index (BMI) for ideal weight. Less than moderately active? Get moving! Cut 500 calories a day to lose a pound a week and 1,000 calories a day to lose two.

## The Wise Old Apple

### SOME SIGNS & SYMPTOMS OF INNER PEACE

*A tendency to think and act spontaneously rather than on fears based upon past experience.*

*An unmistakable ability to enjoy each moment.*

*A loss of interest in interpreting actions of others.*

*A loss of interest in conflict.*

*A loss of ability to worry.*

*Frequent, overwhelming episodes of appreciation.*

*Frequent attacks of smiling.*

*An increasing tendency to let things happen rather than make them happen.*

*An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.*

(SASKIA DAVIS)

## The Recipe Corner

which appeared in the Jan/Feb 2007 APPLE PRESS

*Please note:* This is a corrected version of the recipe

### HONEY OATMEAL COOKIES

3 c. old fashioned rolled oats	1 c. unbleached wheat flour or whole wheat pastry flour or mixture of both	
4 t. ground cinnamon	1/4 c. organic brown sugar or sucanat crystals	
1/2 t. ground allspice	2 t. baking soda	
3/4 c. honey or molasses	2 t. vanilla extract	2 t. baking powder
3/4 c. raisins	4 egg whites stiffly beaten	1 c. grated apple (may use skin)

In food processor or blender, process 1 cup of oats with flour, cinnamon, baking powder & soda, allspice and brown sugar or sucanat until oats are coarsely ground and ingredients well mixed. In large bowl, stir this mixture with 2 cups of oats. In medium bowl, combine honey, vanilla, grated apple & raisins 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 overbake. Let cookies cool slightly on baking sheet before transferring to cooling rack. Makes 3 dozen. *Our thanks to Margaret Mehallo for sharing this recipe!*



# *Free Lecture Series*

## **“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**

## **“Complementary Alternative Therapy in Neurological Disease”**

*Parkinsons, Alzheimers, ALS, anxiety, depression and more!*

**Stan Gardner, M.D. 6:30 p.m. Thursday, April 12, 2007**

## **“Heavy Metals & Disease”**

*Mercury (especially from amalgam fillings) and other toxic metals stress your system and can contribute to decreased health & increased disease!*

**James P. Frackelton, M.D. 6:30 p.m. Tuesday, April 17, 2007**

## **“Breast Cancer Detection & Prevention”**

*Thermography as an alternative to x-ray and pain for breast cancer screening!*

**Nosson Goldfarb, M.D. 6:30 p.m. Tuesday, April 24, 2007**

## **“Allergies”**

*Do you or someone you know suffer from any type of allergy or sensitivity?*

**Stan Gardner, M.D. 6:30 p.m. Tuesday, May 1, 2007**

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**PREVENTIVE MEDICINE GROUP**

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**Call (440) 835-0104 for reservations**

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