



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

TAKE THE TIME TO EAT RIGHT

We live in a fast food society. Mom no longer cooks hours daily to make dinner. Our society is fast food because fast food restaurants are everywhere. Our society is fast food because people do not want to take the time to prepare food at home. Our society is fast food because people do not take the time to sit and leisurely eat a meal on a regular basis. Nowadays, people eat on the "go." Too often, it is just unthinkingly "grab and go."

Because we have both the worst and best food supply in the whole history of humanity, stop and think how you can make quick meals and healthy meals for yourself and your family. The bad side of our food supply is the wide availability of fast foods, junk foods, snack foods, artificial color, artificial flavor, artificial sweetener and high fat, high salt, high sugar content empty calorie foods. They give us a feeling of fullness without adequate nourishment. They are easy to obtain, entertaining to eat, but do they promote health and a feeling of well-being? No! The good side of our food supply is the availability of healthy foods. Think about the produce aisle at the grocery store and fresh fruits and vegetables year around. Think about natural food

markets with whole grains and raw nuts and seeds. Think about how you do not have to grow and store food for yourself and your family. Never before have people had the opportunity to consume as wide a variety of healthy foods as we have today. The key is whether or not we take advantage of this opportunity or just indiscriminately eat our way through life wolfing down whatever is quick and easy without thought to optimum nutritional intake for every calorie consumed. It is a lifelong health investment for ourselves and our family to be willing to take some time to prepare and consume healthy foods every meal and snack. Eating for survival now is different than in the past when people faced lack of food. We now need to eat for healthy survival in a society with an overabundance of food. Balance investing enough time in what it takes to eat right without it becoming an impossible drain on time. Spend more time in the kitchen but not too much. Plan ahead when shopping and on the go. Stock non-perishable healthy foods so you always have something on hand. Cook ahead investing several hours on a weekend to prepare things for consumption throughout the busy week. Give thanks for the good food we do have available to us!



TIPS TO EAT RIGHT IN LESS TIME

WHEN SHOPPING

- ↻ Do not shop hungry.
- ↻ Shop with a list.
- ↻ Shop the walls of the grocery store, not the aisles.
- ↻ Initially, you may spend more time reading labels.
- ↻ Buying healthy choices eliminates a lot of what is sold. Elimination simplifies. Simplification saves time.
- ↻ Whole grains at groceries are old fashioned oat meal, 100% whole wheat bread, Barilla Plus pasta & quick-cook brown rice. Natural foods stores sell organic buckwheat, millet, barley, quinoa, brown rice, bulgur & whole wheat/spelt pasta.
- ↻ Canned pinto, kidney, black, great northern, garbanzo, etc. beans are nutritious & convenient. Rinse off canning liquid. Dried lentils do not take long to cook and are no-soak.
- ↻ Abundant fresh produce. Pre-washed & pre-cut veggies are convenient. Fresh frozen veggies to use in a pinch or combine with fresh. Buy sweet potatoes to bake. Apples, oranges, bananas.
- ↻ Stock fresh frozen berries.
- ↻ Buy non-fat plain yogurt. Add fresh or frozen fruit to flavor.
- ↻ Buy plain corn kernels to pop in air popper (Target has a great microwavable popping bowl.)
- ↻ Skip chips, cookies & soft drinks.
- ↻ Canned pasta sauce & tomato products are a good staple.
- ↻ Organic eggs. Keep a supply of hard-boiled eggs in refrigerator.

↻ Stock chicken breast & salmon fillets to have in the freezer.

START A SYSTEM

- ↻ Eat a nutritious breakfast. A good breakfast fuels you for your day.
- ↻ Drink water. Herb teas hot or iced. Lemon or lime and water.
- ↻ Make healthier options more accessible so junk food is less of a temptation. In fact, don't even have the junk food around.
- ↻ Eat to prevent eating. If you have a nutritious meal or snack, you will be less inclined to eat junk.
- ↻ Cook a few things for the week on the weekend. A pot of bean soup, a casserole, whole grain muffins, baked sweet potato or a pot of whole grain will last days. Use the freezer & freeze portion control.
- ↻ Pack nutritious lunches and snacks for when on the go for children & adults. Carry a cool pack. Utilize a thermos. Keep a cooler in the car. Be prepared & food wise!
- ↻ Use a slow cooker to prepare a meal in advance.
- ↻ Keep raw nuts & seeds and dried fruit on hand for nutritious snacks.
- ↻ If you do eat fast, prepared or restaurant food, make the best choices of what is available.
- ↻ Notice how you feel after you choose to eat healthy. Notice how you feel when you don't. Recognizing the difference will increase motivation and determination for future choices.
- ↻ Five steps forward, four steps backward. That is how progress is made for many people.

↻ If you make a poor choice, surround it with healthy choices.

↻ Deprived, no. Enlivened, yes!

MEAL PLANNING IDEAS

- ↻ Stir fry with veggies and chicken or shrimp served over quick cooking brown rice or prepared grain. Precut veggies or frozen veggies, frozen shrimp or chicken tenders are quick.
- ↻ Grill chicken breast or salmon and serve with steamed veggies & new potatoes or grain and a salad.
- ↻ Drain & rinse canned black beans and mix with salsa, frozen kernel corn and, if desired, diced bell pepper and/or red onion. Serve hot or cold. Try topped with shredded cheddar and baked to melt cheese.
- ↻ Cook quinoa with cubed sweet potato. Stir in drained black beans.
- ↻ Fruit & cottage cheese or non-fat plain yogurt with raw nuts or seeds.
- ↻ Stuff pita bread with drained canned tuna, salmon or sardines adding lettuce, tomato & veggies.
- ↻ If you have pizza, go with thin crust, half the cheese and lots of veggie toppings. Serve with a large tossed salad & lemon and water.
- ↻ Thick bean soup you made in advance, vegetable salad & crusty whole wheat bread with olive oil.
- ↻ Puree non-fat plain yogurt with frozen banana & berries and flax oil for a drinkable meal.
- ↻ Barilla Plus or whole wheat pasta topped with pasta sauce and served with large vegetable salad.
- ↻ Baked sweet potato topped with low-fat cottage cheese and served with steamed broccoli.

The Book Worm

🌀 **Nikki and David Goldbeck** are a husband and wife team who have written several books about healthy eating and living. Their classic is **American Wholefoods Cuisine** which could be called “the Betty Crocker cookbook of the natural foods/vegetarian world.” They also edited **Healthy Highways — The Travelers Guide to Healthy Eating** and authored **The Good Breakfast Book** and **Eat Well the YoChee Way — The Easy & Delicious Way to Cut Fat & Calories with Yogurt Cheese**. David Goldbeck and Steven Charney teamed to write **The ABCs of Fruits & Vegetables & Beyond**, a book with delicious alphabet poems plus food facts and fun for everyone. For further information, contact Ceres Press at www.CeresPress.com or (845)

Tip Top Tips

🌀 **Are you doing the guava yet?** No, not the latest dance craze! Are you doing guava in your diet! What’s guava you ask? Guava is a delicious tropical fruit that recent research shows is tops in phytonutrients, antioxidants, vitamins and fiber. In other words, guava is something to look for in your produce department and introduce into your dietary lifestyle on a regular basis. It has been described as tasting like a mixture of pear and strawberry. Go guava!

🌀 **Do your knees hurt?** Recent German research shows that acupuncture may help reduce pain, improve joint function and reduce stiffness for people who suffer from osteoarthritis of the knee. Although the research did not focus on other joints, the results were so impressive that it is assumed that any stiff, sore, arthritic joint can potentially improve with acupuncture. Preventive Medicine Group offers acupuncture. Call for

The Wise Old Apple

**You must learn
from the mistakes of others.
You can’t possibly live long
enough to make them all
yourself!**
(SAM LEVENSON)

*The dollar bills the customer gets
from the tellers in four banks
are the same.
What is different
are the tellers!*
(STANLEY MARCUS)

**A laugh is just like sunshine,
It freshens all the day,
It tips the peak of life with light
And drives the clouds away.
The soul grows glad that hears it
And feels its courage strong;
A laugh is just like sunshine
For cheering folks along.**
(AUTHOR UNKNOWN)

*Anyone can count the seeds
in an apple
but only God can count
the apples in a seed!*
(AUTHOR UNKNOWN)

The Recipe Corner

Cuisine cookbook!

From Nikki & David Goldbeck’s American Wholefoods

SUMMER FRUIT COBBLER

5-6 cups mixed peaches, nectarines, berries, and plums, peeled if desired, and cut into bite-size pieces
3/4 cup honey 1 cup cornmeal 1 teaspoon baking powder
1/4 teaspoon salt 1/2 cup skim, soy or rice milk 1 tablespoon lemon juice
2 tablespoons butter

Combine fruit with 1/4 cup honey in a shallow 2 quart baking dish or 9” x 13” pan. Mix cornmeal, baking powder and salt. Stir in milk and let sit a minute or so until batter is thick. Drop by spoonfuls evenly over fruit. Heat together remaining 1/2 cup honey, lemon juice and butter just until butter melts. Pour over batter and fruit. Bake for 30 minutes in preheated 375 degree oven until crust is firm. Cool and serve at room temperature, adding a few spoonfuls of yogurt, if desired, to each plate. Serves 6.



Write Your Senator Now!

If you or someone you know have a pet or use bio-identical natural hormone replacement therapy or have a child who falls into the autistic spectrum who benefits from nutritional therapy or is in hospice or just believe in a person's right to pursue alternative medical treatment, there is something very important about which you need to know and about which you need to act, *now!* **A small but powerful group of senators is considering legislation that would severely restrict and possibly deny access to critical compounded medications!** Compounded medications are medications prescribed by physicians that are specially formulated according to physician instructions. They often constitute natural or nutritionally oriented substances that conventional doctors do not use and/or are not drugs marketed by drug companies. Veterinarians also frequently recommend compounded prescriptions for animal health. Compounded medications are available only through what is known as compounding pharmacies. Compounding pharmacies are not your local neighborhood drugstores that just count out pills. They are pharmacies that often serve a wide geographical range and actually compound or prepare the prescription according to the prescribed specifics. They have been around for hundreds of years. In fact, all pharmacists used to compound drugs before big pharmaceutical conglomerates took over the drug industry. Millions of Americans have critical medical needs that are unmet by one-size-fits-all manufactured pharmaceuticals. For them, compounded medicines prescribed by authorized medical practitioners and prepared by licensed, trained pharmacists are often their best and only treatment options.

Senators Edward Kenneday (D-MA), Pat Roberts (R-KS) and Richard Burr (R-NC) have drafted a bill called the Safe Drug Compounding Act of 2007. It may be attached to the Prescription Drug User Fee Act (PDUFA) that must be re-authorized by September 2007. If passed, the Safe Drug Compounding Act would jeopardize our right to get bioidentical hormones, nutritional mixtures and other prescribed substances from a compounding pharmacy. This legislation would allow the federal government unprecedented authority to determine when compounded medications would be needed. It would restrict the prescribing physician's ability to use certain compounded items. It would broadly eliminate availability of many critical commonly compounded medications that many patients rely on, such as women prescribed bioidentical hormones, hospice care patients and children.

Interestingly, this movement has taken place after pharmaceutical companies experienced a major economic hit after the WHI data exposed the dangers of conventional hormone replacement therapy and women by the tens of thousands explored the option of using potentially safer natural bioidentical hormone replacement therapy dispensed by compounding pharmacies. The drug company Wyeth, who had more than a billion dollars in reduced annual sales as a result, filed a petition in 2006 to the FDA requesting that compounding pharmacies be prohibited from providing natural hormones. Big drug companies are lobbying federal regulators to restrict and possibly deny access to compounded medicine. They want to decide — not you or the physician of your choice — what medicines you can take!

Contact your U.S. senators as well as Senator Kennedy, Chairman of the Senate Committee on Health, Education and Labor, and Pensions and state your personal objections to this legislation. For further information, go to "P2C2 Patients and Professionals for Customized Care: Legislation Alert" at www.savemymedicine.com or type this link into your internet browser: <http://www.iacprx.org/site/PageServer?pagename=P2C2> for easy instructions on finding and writing your representative. Click on "Compounding in Crisis." Join the fight for freedom of choice in health care! Please act now!