



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

EATING MEAT

Meat has taken a hit in recent years. For many people meat is taboo due to fears about saturated fat, cholesterol and an increased interest in vegetarian eating. However, for a lot of people meat is a regular part of their diet and always will be. Others, many on special diets, include meat for a variety of reasons. Then there are the closet meat eaters who almost feel ashamed to admit they still eat the red stuff because it has become almost unfashionable to do so in some circles. Meat is a double-edged sword. Because of "cholesterol scares," the average diet today includes less good protein than previous times. We need to eat more good protein and good fat. Let's look at how to make the best meat choices. For the sake of this article meat will refer primarily to beef, pork, lamb and veal with some inclusion of poultry.

First of all, general dietary guidelines for non-vegetarian people do allow for red meat consumption. A serving size is defined as 2-3 ounces (about the size of a deck of cards) and two to three servings a week is the recommended allowance for those who eat meat. Lean cuts, well-trimmed prepared without adding fat are best. Trim meat after putting it in the freezer for about 20 minutes. This hardens the fat and makes it easier to cut. Look for words like "round" or "loin" for leaner cuts. Good beef cuts are top round, eye of round, sirloin, tenderloin, top loin and round tip. Lean ground beef includes ground round or ground sirloin. Pork tenderloin

is the best cut of pork. The USDA grades meat as Prime, Choice or Select according to the amount of fat marbling it contains. The less marbling, the lower the fat content. Select is generally considered the healthiest choice. Admittedly, fat adds flavor, moisture and "mouthfeel," so leaner meat needs to be prepared with some care to prevent dryness and enhance flavor.

Pork is not the "other white meat" as we use the term in comparing chicken to red meat. Pork is a red meat. It is false advertising to imply pork is a white meat comparable to poultry. The expression comes from the fact that raw pork is a grayish pink color, lighter in color as compared to the bright red of beef. In fact, except for pork tenderloin, pork is generally higher in fat than almost every cut of beef.

Be aware that veal is meat from calves that have been tethered to minimize movement and fed a feed to render them anemic thus producing a flesh that is light in color. The best poultry cut is white breast meat. Ground turkey and ground chicken, often marketed as healthier than ground beef, may actually contain ground skin which is high in fat. If you eat these products know what you are buying and demand ground breast meat. Meat products such as hot dogs, sausage, bacon, ham, luncheon meats and processed meat products are best avoided due to the generally poor quality of the meat used, high sodium and



Eating Meat (cont'd.)

rancid fat levels and the addition of sodium nitrate and sodium nitrite. If you eat this type of meat product, be very careful and know what you are buying. Food labels making claims must be approved by the USDA Food Safety and Inspection Service which works with the Agriculture Marketing Service to develop standards. Claims such as no hormones; no antibiotics; free-range or pasture-raised; or grass-fed or grain-fed may be approved if producers supply sufficient documentation. Inspections may be made to verify claims if the agency believes something is wrong with a claim.

When you see the word "natural" on a label for meat or poultry, it means no artificial ingredients or colors have been added and that the product has had minimal processing such as grinding, smoking or freezing. It has no bearing on whether or not the product is organic, hormone-free or raised without antibiotics. "No hormones" means the animals never received supplemental hormones or growth stimulants. A related claim of "no hormones during finishing" means the animals did not receive supplemental hormones during the time before slaughter. "Free-range or pasture-raised" means the animals have had continuous and unconfined access to pasture throughout their lives and have never been confined to a feedlot, where movement is limited. "Grass-fed" means that cattle received 80% or more of their food from grass, grain or range pasture or forage. "Free farmed" means animals have been raised in a defined humane manner with guidelines for antibiotic use, hormones and freedom of movement. "Demeter-certified biodynamic" means food is produced on self-sustaining farms without synthetic pesticides, fertilizers or animal by-products in the feed. No genetically engineered products are used and crops are not grown near strong electromagnetic field.

In order to increase profits, commercial farmers often house food animals such

as pigs, cows, chickens and sheep in crowded quarters. This provides a breeding ground for disease. Animal feed is laced with subtherapeutic or low doses of antibiotic drugs on a regular basis to prevent illness among the animals. The drug use also contributes to the animal growing fatter on less feed. Antibiotic use is a common practice in the meat and poultry industries, and, to a certain extent in the fish industry, particularly with shrimp. The more antibiotics people are exposed to, even indirectly through animal products, the more resistant people may become to antibiotics. This means the probability of a person responding well to an antibiotic when really needed, as in a serious illness, injury or even a life or death scenario, may be severely compromised. Additionally, antibiotic resistant superbugs develop and these resistant bacteria then share their genes with completely unrelated species of bacteria, accelerating the speed of resistance. The immune deficient, elderly and people with serious illness such as cancer are most susceptible.

The U.S. Department of Agriculture (USDA) approves only two antibiotic label claims: "raised without antibiotics" and "no antibiotics administered." These statements on a label indicate the animal was never fed or treated with antibiotics or exposed to antibiotics in any way. The terminology "antibiotic-free" carries no weight. Although the USDA is accountable for the accuracy of the label claims, there is no verification process. This means that the truth in labeling is subject to the integrity of the animal farmer. The best way for the consumer to ascertain whether non-organic animal products have not been exposed to antibiotics, is to buy them from a grocer or butcher who knows his or her farmer.

Studies have found that the growth hormones used in commercially grown beef in the United States may be harmful to consumers. In 2002, the European Union Scientific Committee

on Veterinary Measures relating to Public Health confirmed its previous opinions that the use of hormones as growth promoters for cattle posed a potential health risk to consumers, especially children. Europe has banned beef imports from the U.S. due to hormones. The USDA does not permit use of hormones in raising hogs or poultry. Thus a "no hormones added" statement on these products means nothing. Hormones are still used as growth promoters in cattle and sheep. About two thirds of cattle raised in this country are given hormones. Definitely look for "no hormones" on beef and lamb product labels.

Without exception, look for label indication that the animal has been fed only a "vegetarian feed." Do you want to eat meat from an animal that has been fed ground up animal parts of dubious origin or worse? Horror stories exist.

An "organic" claim means there has been independent verification by a third-party agency that is accredited by the USDA that the animal has been fed only certified all vegetarian organic feed, has had access to pasture and has not been given any antibiotics or growth hormones. Organic farm products go through a stringent verification process and organic meats are traceable from the ranch to the dinner table. Organic meat, including poultry, is one of the fastest growing areas of organic agriculture. An increasing number of grocers, natural foods markets and specialty vendors carry organic meat and poultry products. Ask for them. Be prepared they are more expensive. Some upscale restaurants are also upgrading their meat and poultry offerings. On the fast food circuit, Chipotle only uses naturally raised beef, pork and poultry from suppliers avoiding hormones, antibiotics and using vegetarian feed.



The Book Worm

➤ *Politically Incorrect Nutrition* by Michael Barbee, CDC, is an interesting read providing a totally different slant on many common health topics.

➤ For further information on naturally raised animal products go to www.eatwellguide.org and www.eatwild.com.

➤ In his book *The Antibiotic Paradox*, Stuart Levy, M.D. writes about human misuse of antibiotics and also the effects of misuse of antibiotics with animals. Be informed! Understand the problem!

➤ *The Hidden Story of Cancer* by Brian Scott Peskin, B.S.E.E., M.I.T. is the book that caused Preventive Medicine Group physicians to reconsider the role of meat in the diet and to recommend eating more of it.

Tip Top Tips

Cranberries, sweet potatoes and squash. Traditional to Thanksgiving, these foods should not be limited to that day. They are too nutritious. Make them a part of your daily diet. Fresh cranberries are delicious pureed into a yogurt smoothie or processed with fresh orange segments, walnuts and a touch of honey for a fresh salad. Buy cranberries now and freeze for later use. Store in plastic zip lock bags and take out and use frozen. Sweet potatoes are delicious baked. Use like a baking potato. Try topping a baked sweet potato with low fat cottage cheese for a quick, nutritious breakfast or lunch. Make ahead of time and re-heat or eat cold. Microwave for quick cooking time, but oven or toaster oven baking allows for caramelization of naturally occurring sugars. Butternut squash, acorn squash, spaghetti squash and other colorful, oddly shaped squash available in autumn can be baked and used many ways. Bake in advance of use for time management. Chunk cooked squash and toss cold in a salad or warm in a stir fry. Puree and heat cooked squash with stock, herbs & spices for a quick and easy soup. Or, eat just plain!

The Wise Old Apple



The Recipe Corner

BEEF & PUMPKIN STEW

3 pounds lean beef round, trimmed of fat and cut into 1" cubes

1 T. extra virgin olive oil

1 green bell pepper, diced

2 T. lemon juice

1/4 t. each nutmeg, mace, allspice, cardamom and pepper

1 large onion, chopped

1 1/2 cups boiling water

2 T. chopped fresh parsley

1 stalk celery, with leaves, chopped

2 pounds peeled pumpkin, cut in 3" chunks

1 T. cornstarch in 1/4 c. cold water

Brown meat in oil in Dutch oven or 12" skillet. Add onions, celery, green peppers. Saute until onions are golden. Add water and cover. Reduce heat and simmer 45 minutes. Add pumpkin, lemon juice, and spices. Cover and simmer for 30 minutes or until meat and pumpkin are tender. Add cornstarch mixture and parsley. Cook, stirring constantly, until gravy bubbles and thickens. Simmer 3 minutes longer. Serve hot. Serves 4.

Adapted from Rodale's Basic Natural Foods Cookbook.



Free Lecture Series

“Shifting the Cancer Paradigm: Must We Kill to Cure?”

An alternative approach to cancer therapy!

James P. Frackelton, M.D. 6:30 p.m. Wednesday, November 7, 2007

“About Your Heart”

Cardiovascular disease, chelation therapy, blood pressure, cholesterol & more!

Stan Gardner, M.D. 6:30 p.m. Tuesday, November 27, 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. Tuesday, December 4, 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.

Question & Answer

What are excitotoxins?

Excitotoxins are chemicals that react with receptors in the brain to “excite” neurons and cause them to fire abnormally. This eventually leads to the damaging or killing of a brain cell. Thus far, over seventy types of excitotoxins have been discovered. Excitotoxins are found in a number of commonly ingested FDA approved food additives. In particular are monosodium glutamate (MSG) and aspartame (the

artificial sweetener Equal or NutraSweet.)

MSG is routinely used by many Chinese restaurants and is commonly added to processed foods for flavor enhancement. The addition of MSG in processed foods can be masked under the blanket term “Natural flavorings” on a list of ingredients. It can also be disguised on food labels under the terms yeast extract, calcium or sodium caseinate, glutamate and/or hydrolyzed protein. (For a complete list of MSG names, see www.naturoidoc.com/library/nutrition/

MSG.htm.)

Russell Blaylock, M.D., the author of the book **The Taste that Kills** (Health Press, 1997), states that 40% of NutraSweet is composed of a known excitotoxin. Do you drink diet soft drinks? Do you or your children eat artificially sweetened yogurt? Highly susceptible individuals may experience immediate noticeable symptoms, but for most people, neuron damage is ongoing and gradual. According to Dr. Blaylock, there is growing evidence that excitotoxins play a major role in the development of degenerative brain diseases in