



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**

32 Years of Caring For
Tomorrow Today

1976—2008

Avoid Pesticides in Produce

Benefits of eating abundant fresh, natural, colorful fruits and vegetables outweigh the risk of pesticide residue. Buy organic those with the most pesticide residue and those you eat most often. You can afford more organic. Cut out junk food, soft drinks and processed foods (organic or not) and frequent dining out. Eat more organic dried beans, peas and lentils as an inexpensive protein source. Check out organic whole grains at bulk bins of natural foods stores. With money saved, you can buy more organic produce and animal products. Research shows many organic foods to be more nutritious than conventionally raised.

The top foods with pesticide residue are: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce and potatoes. Foods with the least residue are: onion, avocado, frozen corn, pineapples, mango, asparagus, frozen sweet peas, kiwi, bananas, eggplant, cabbage, broccoli and papaya.

skin is a valuable source of fiber, vitamins and minerals. If you peel, make sure to get additional fiber elsewhere.

Grow your own food or know where your food is grown. Outside the U.S. there is less control with pesticides such as DDT. The FDA contends foreign produce is safe but some consumer groups disagree. Ask your produce manager.

The PLU sticker numbers on produce give you important information. Conventionally grown products have a 4-digit code, organic products have a 5-digit code starting with the number 9 and genetically

modified produce has a 5-digit code starting with the number 8.

If buy conventionally grown produce, doublecheck the PLU number to see whether it is genetically engineered or modified (GE or GMO).

Eating organic is good for you and your family and for the environment. Eating locally is good for the environment. These statements are not just clichés! More and more we need to retrain ourselves to think this way and to make choices to live this way. ~ ~ ~



FDA Moves to Restrict Access to Bio-identical Hormone at Prodding of Drug Company! Health Freedom Issue Needs Your Input!

The body naturally makes three estrogen hormones: estradiol, estrone and estriol. Estriol is the weakest of these three estrogens. Substantial research and clinical experience exists showing estriol offers potential health benefits without risks associated with higher-potency estrogens and synthetic or horse urine derived hormones. Numerous studies indicate estriol can help to relieve menopausal symptoms and benefit bone health, urinary tract health, cardiovascular risk and more. Estriol is the primary estrogen used by physicians using natural bio-identical hormone replacement therapy.

The popularity of natural bio-identical hormone replacement therapy has grown dramatically in recent years. This interest has been fueled by conventional research questioning the safety of synthetic hormone replacement therapy; widening interest in alternative medicine and its therapies; and, the best-selling books authored by Suzanne Sommers addressing the role of bio-identical hormones in anti-aging, especially for women. Hundreds of thousands of women have been safely pursuing the use of bio-identical hormone replacement as prescribed by qualified physicians and obtained through compounding pharmacies resulting in maximum health and well-being.

Wyeth is a large drug company that had been producing synthetic estrogen at great profit for decades. The double blow of highly publicized research linking their type of estrogen with serious health concerns and a grass roots movement of women exploring natural bio-identical hormone replacement affected Wyeth's bottom line so substantially that Wyeth instituted a frontal attack against estriol. With their primary motive being retaliation against having been hit where it hurts (their pocket), Wyeth cited unfounded safety concerns and petitioned the FDA to ban estriol. Cronyism exists between the corporate world and the FDA. Despite substantial evidence showing estriol is a very safe estrogen to use, this past January the Food and Drug Administration (FDA) issued a statement its use.

This is a health freedom issue, folks. Whether or not you or someone you know uses bio-identical hormone replacement therapy, you need to become interested in this situation. This is not about the safety of a substance and the government protecting the consumer. This is about a corporation's attempt to plug a profit leak, its desire to control the market, and its manipulation of the FDA which capitulates without listening to the consumer or clinical evidence contrary to what Big Pharma claims.

Please take action. For further information and an interactive website for contacting public officials, log on to www.HOMECoalition.org. (HOME stands for "Hands Off My Estrogen.") For the interactive e-mail option to appropriate government officials, click on their link www.HOMECoalition.org/TakeAction.

FAST FOOD LESSON

APPLE normally doesn't eat fast food. Today was an exception. APPLE tried to order as healthy as healthy could be done off a fast food menu board and had a boneless breast of chicken grilled and served on a wheat bun with lettuce and tomato (hold the pickle and sauce.) Here are the ingredients of the chicken: *100% natural whole breast filet, water, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika), seasoning (salt, sugar, spices and paprika), butter flavored vegetable oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), rice starch and potassium phosphate, tomatoes, green leaf lettuce.* By holding the pickle, APPLE avoided: *cucumbers, water, vinegar, salt, calcium chloride, alum, sodium benzoate and potassium sorbate (preservatives), natural flavors, polysorbate 80, yellow #5 and blue #1.* The bun contained: *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, wheat bran yeast, sugar cane syrup, wheat gluten, salt, rolled whole wheat (less than 2%), soybean oil, wheat flour, rye meal, dough conditioners (containing one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, mono and diglycerides, calcium peroxide, calcium iodate, DATEM, ethoxylated mono and diglycerides), honey, molasses, mono-calcium phosphate, calcium sulfate, soy flour, whey, ammonium sulfate, calcium propionate, soy lecithin and a cracked wheat topping.* Ordering grilled rather than regular breaded, the calorie count was 280, sodium 940 mg and fat 3g as compared to 410 calories, 1300 mg sodium and 16 g. fat. APPLE plans in the future to make the best choice of all by preparing a 100% natural chicken breast at home that is nothing but 100% natural chicken breast seasoned with fresh herbs and pack it with fresh vegetables and 100% whole wheat bread. APPLE will utilize time better and make the chicken in advance (freezing it if necessary) so on a busy day it is "pack and go" pure food. APPLE has learned a lesson but is worried about people eating fast food as a way of life who don't know or care enough to eat lean and clean. If you eat at a fast food restaurant, ask for their nutrition guide. See what is in what you eat. Or, log on to their website. You owe it to your body to know what it is you put in your mouth!

The Book Worm

The Truth About Beauty — Transform Your Looks & Your Life From the Inside Out by Kat James is a motivational, informative and user-friendly book written by a professional beauty expert about health, diet & beauty from a natural, wholistic and ecologic approach. Recommended for the beginner and for the person advanced in lifestyle change, it is a good introduction and support for making healthier choices for cosmetic, drug and toiletry products as well as for positive, transformational thinking, eating for life & beauty and natural health care. Includes recipes, case histories, and extensive lists of resources, brands & products. Read it for info on healthy toiletry ingredients if nothing else! The author is a professional beauty consultant and makeup artist to the stars. 🌸

Tip Top Tips

To get the best out of garlic, crush or mince it and do not microwave! Garlic contains beneficial thiosulfinates which contribute to garlic's ability to break up clusters of artery-clogging platelets in the bloodstream. The thiosulfinates are released when the garlic clove is crushed or minced. In fact, letting the crushed or minced garlic sit for 10 minutes before cooking or using enhances this release. Lightly cook the garlic by baking, boiling or sauteeing to protect the thiosulfinates but do not microwave as research shows microwaving saps the garlic of all of its good attributes. The garlic can also be eaten raw, although cooking does help to minimize "garlic breath." If you are self-conscious about that, munch some fresh parsley after eating garlic. It clears the odor! 🌸🌸🌸

The Wise Old Apple

Live each day of your life as tho it will be the last day that your loved ones you will see. The last time you will have the chance to say, "you're a great gift in my life and I love you today." Who knows which one will be the first to go. Maybe you, your son, your dad, who knows. But each word you speak, each act you perform, makes a mark in their life and a memory is born. Will the memory be one you can be proud to claim, or one that will put your love and heart to shame. Will the one who is left to carry on in this life remember joy with you or have memories of strife. One cannot take back words nor say the unsaid. Change from being moody and to laughter be led. Undo the moment that temper did flare. Plant a kiss, give a hug and show that you care. Or, will your smile warm the heart of those you're around? Will your unselfish kindness be their day's joyous sound? Will your heart display an interest in each moment they live, while to them all your love you so lovingly give? Moments are gone just the same as each breath, and memories can't be changed and neither can death. You must live your life as tho each moment is the last and create good memories for both present and past! (APPLE thanks Jan Petrik for her contribution of this wise & lovely poem!)

The Recipe Corner

It is centuries old and of unknown origin!

Did you know the nickname for garlic is "The Stinking Rose?"

ROASTED GARLIC

1 large whole head of garlic, unpeeled

olive oil (optional)

foil or parchment paper

Lightly roll the whole head of garlic on hard surface to slightly crush cloves. Holding the unpeeled intact head of garlic on its side, cut off about 1/4 inch of the top end (the end opposite the stem or root end). Cut just enough to flatten the top end and expose the cut tops of cloves and not so deeply as to remove much of the cloves. Let stand 10 minutes. Cup parchment paper or foil around the head to wrap. Before twisting the top of the foil or paper to close, drizzle olive oil, if desired, over the garlic. Bake in 350 degree oven for 45-60 minutes depending on size. When done, the head should be slightly squishy to touch. To use, peel off clove and squeeze out garlic, which will be pasty. Spread on bread, mix with veggies, pasta or salads to flavor, spread on chicken or fish. Tastes slightly sweet without strong pungency. Even people who don't like garlic like it! Will keep in refrigerator for about a week, so make in advance and use as needed. May make on grill, too!



Preventive Medicine Group Free Lecture Series

“Alternatives to Traditional Medicine”

Learn more about complementary alternative medicine & integrative medicine!

Stan Gardner, M.D.

6:30 p.m. Tuesday, September 23, 2008

“Cancer”

An alternative approach toward cancer prevention & treatment!

James P. Frackelton, M.D.

6:30 p.m. Tuesday, October 7, 2008

“Gastrointestinal Disorders”

Have a healthier GI tract no matter what ails it!

Stan Gardner, M.D.

6:30 p.m. Thursday, November 13, 2008

“Musculoskeletal Issues”

An alternative approach to pain in the joints, back, neck & other places!

Stan Gardner, M.D.

6:30 p.m. Thursday, December 4, 2008

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PREVENTIVE MEDICINE GROUP

www.prevmedgroup.com

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.