



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:

James P. Frackelton, M.D.
Derrick Lonsdale, M.D.
Stanley M. Gardner, M.D.
Laura DeVincentis, N.D., L.Ac.
J. Helen Kwon, M.D.

The practice emphasizes family care, healthy eating and nutritional supplements, healthy lifestyles, anti-aging medicine, energy medicine, acupuncture, medical aesthetics 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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Editor: Maria Ann Patrick

**Preventive
Medicine Group**

33 Years of Caring For
Tomorrow Today

1976—2009

DO YOU EAT THESE FOODS REGULARLY?

Allium family (chives, garlic, leeks, onions and scallions) Use liberally, cooked or raw. Their smelly compounds offer superior health benefits. Onions have next to no pesticide residue. Cultivate your own chives. Learn to use leeks. Be generous with garlic.

Apples Of course THE APPLE PRESS recommends apples! Organic apples! Regular apples are high in pesticide residue and are probably best peeled.

Avocado A good source of good monounsaturated fat.

Barley Very rich in soluble fiber, especially beta glucans. Barley is so good, pearly barley is not too bad. Better is hulled barley at the natural foods market bulk bin.

Beets Bake, boil, steam, shred, eat raw or juice fresh beets. Cook beet greens to use like spinach. High in betaine and folate, synergistic nutrients to reduce homocysteine, a vascular risk. Excellent source of potassium.

Berries Blue, straw, black, rasp. Pick your prefix! They are all good. Blue and black have the highest antioxidant capacity. Blue are low in pesticide contamination. Straw are high and a good organic investment. Stock berries fresh in season and fresh frozen the rest of the year.

Broccoli Contains indo-3-carbinol, an antioxidant that stimulates detoxification, protects DNA and protects against breast cancer; the anti-cancer phytonutrient sulforaphane; eye-

protecting lutein and zeaxanthin; potassium, calcium, vitamin C, folate, magnesium, phosphorus, beta-carotene and vitamin A. It is also one of the least pesticide contaminated vegetables. Eat the stems. Or, juice them.

Brussels Sprouts Top nutritional powerhouse packed with anti-cancer substances.

Cabbage plant family Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi and Swiss chard are all members of the brassica family of cruciferous vegetables which are richer in cancer-fighting nutrients and phytonutrients than perhaps any other vegetables.

Carrots Eat them raw, eat them cooked. Drink them juiced. Slice them, grate them, dice them, eat them whole. Eat them hot, eat them cold. Get them organic and eat them fresh.

Cranberries Year around. Freeze them when they are in season. Add to smoothies. Puree frozen with walnuts and a little orange juice. Add to baked products. Use a little stevia, xylitol or agave to sweeten, if necessary.

Eggs Free range, organic. Don't be afraid of nature's most perfect food. Cook with the yolk intact (boiled, poached, easy over.)

Flax Get the seeds and grind in a spice grinder just before using. Store in the freezer. Get the oil and add to cold foods. Use fresh and keep refrigerated.

Goji berries — Get them dried,



DO YOU EAT THESE FOODS REGULARLY? (Continued from page one)

preferably organic, at a natural food market. Be prepared for the price. Use only a small amount at a time.

Grass-fed / Pasture-raised Meat and dairy products from grass-fed animals rank higher in all nutritional categories compared to conventional counterparts. Have animal products less often and have the best when you do eat them.

Greens Beet, chard, collards, dandelion, kale, mustard, spinach, turnip. Steam them, sauté with olive oil, shred tender leaves into salads. Juice them, add a handful to soup, pasta sauce or stir-fry. Each has a very strong resume of nutrients. Go for fresh, but you can use frozen as a convenience. Just don't ignore them!

Kale The USDA rates kale "numero uno" on its antioxidant ORAC rating.

Kiwi Low in pesticide residue and rich in disease-fighting antioxidants and phytonutrients. Cut into wedge-shaped quarters and for quick eating just eat fruit off skin as you would a wedge of orange with the skin.

Legumes Dried beans, peas and lentils such as black beans, lentils, split peas, kidney beans, navy beans, garbanzo beans, etc. Although cooking dried is recommended, for convenience or introduction get canned (preferably organic) and rinse before using. Always have some in the fridge and eat as is; add to salads, soups or stir-fry; puree with spices for a spread or dip or flavor with salsa. High in fiber, protein, nutrients and healthy complex carbs that don't spike blood sugar.

Mushrooms Contain potent immune-enhancements, especially shitake, maitake and reishi.

Nuts and seeds Offer healthy fat, protein, vitamins, minerals and fiber. Get them fresh, store them in the freezer and eat them raw. Portion control. Keep a variety on hand and have a *small* handful most days.

Oatmeal Any way you eat oatmeal is good, except for instant packets and sugary desserts. The best way is to get the whole kernel grain or cracked groat at a natural food market and cook. Cook a pot in advance and re-heat on a busy morning. Try a crock-pot. The next best way is rolled oats. Flavor oatmeal with raisins, cinnamon, raw nuts, fresh or frozen berries, sliced banana, or organic apple sauce. Avoid sugars, honey and concentrated sweeteners.

Olive oil Extra-virgin. Store in a dark, cool place.

Quinoa Pronounced "keen-wa." The most nutritious grain on Earth. Complete protein. Purchase it at a natural foods market and cook and use like rice. Light tasting and quick cooking. Rinse dry grain before cooking to prevent bitterness.

Peppers, hot and sweet Peter Piper picked a peck. Let's eat them! Bell peppers are pesticide contaminated. Buy organic (yes they're expensive) or wash thoroughly. Red, yellow, orange, and purple bells are mature green bells. They have more nutrients (yes they're expensive).

Prunes (Dried Plums) Highest on the USDA ORAC antioxidant rating. Forget the jokes and "old foggy" reputation. Eat dried plums. Update your thinking. After all, prunes updated their name!

Pomegranate Rich in antioxidants. Research supports including 4-6 ounces of 100% juice regularly in the diet.

Pumpkin Not just for carving or Thanksgiving pie. Canned pumpkin is a good pantry staple. Add spices and serve as a side dish. Sweeten and serve as a pudding dessert. Make pumpkin pie filling in custard dishes for a treat. Extremely rich in a number of carotenoids. **Pumpkin seeds**, raw from the natural food store, make an excellent snack or topping. Buy them in bulk and store in the freezer.

Salmon Go for wild. Pay the premium price for fillets. Save money by using canned (it's wild) for salmon burgers, loaves and salads. Yes, eat the soft bones in the canned. Low mercury, high EPA fatty acids and protein.

Sardines Water-packed canned sardines are an inexpensive, convenient, low toxicity, high good-fat protein source. They are worth learning to eat. It's okay they smell.

Spinach Follow Popeye's example. Science backs it up.

Spices & Herbs More than just flavoring agents, herbs and spices are proving to have rich antioxidant potential, important disease prevention and health maintenance properties. Spice up your food & your life! Use fresh and/or grind your own dried. Use them liberally and use them all.

Sweet Potatoes / Yams Bake several at a time. They keep in the refrigerator for up to 5 days whole in their skin. Have them for breakfast, lunch, dinner and snacks. Chunk them cold onto a salad. Puree them with broth and flavor for soup. If organic, eat the skin.

Vegetable juice Freshly juiced vegetable juice is an excellent addition *after* you have eaten so many veggies your tummy is full from the fiber! Juice sweeter veggies like carrots together with stronger tasting veggies like cabbage and greens. Limit fruit juicing to an occasional apple tossed into strong tasting veggies to increase palatability. Freeze or refrigerate your juicer pulp and when you have enough use it to make stock by simmering in water for an hour or more adding whatever other stock pot veggies you have on hand. Strain. Refrigerate or freeze. Use as soup base, for cooking grains or legumes or for "stir steams." Juice stems of broccoli, parsley, cilantro, kale, etc. rather than discarding.

Water Pure fresh water is a dietary staple. It is the best beverage. Add lemon or lime, herb teas hot or iced. Drink 8 oz for every 25 pounds of body weight.

Whole grains Eat grains in their granular form. Go to the bulk bins at natural foods markets and get buckwheat, millet, barley, buckwheat, quinoa, brown rice, etc. and cook and use like rice. The most nutritious way to eat grains is in their granular form.

Something not on the list? Due to space limitations, we cannot list all of the nutritious choices available. Use this checklist as a starting point or motivation for dietary expansion and improvement. Aim to eat for optimum nutritional value for every calorie consumed!

The Book Worm

☞ If you are interested in your food supply and deepening your understanding of why eating safe, healthy, local, beyond organic food is a survival tactic in our day, **FOOD, INC** is a movie you to want to see and **THE OMNIVORE'S DILEMMA** by Michael Pollan is a book you want to read (along with his book **IN DEFENSE OF FOOD**.)

☞ www.eatwild.com will teach you more about grass farming and the health benefits of pasture-raised animals and their products.

☞ **660 CURRIES** by Raghavan Iyer will help you deliciously incorporate curcumin-rich tumeric in your diet.

☞ **THE FOOD OF A YOUNGER LAND: A PORTRAIT OF AMERICAN FOOD** by Mark Kurlansky shows our food prior to WWII. Big differences in a short time. More than just "health" book, it is an interesting historical read (and for some, memories.)

Tip Top Tips

☞ **Curcumin** gives tumeric its yellow color. It has been used for thousands of years in curries and traditional dishes of India. Curcumin is rich in antioxidant, antimicrobial and anti-inflammatory compounds. It has emerged as a leading cancer fighter.

☞ **Holidays don't necessarily mean weight gain.** Focus on not *gaining* weight. Maintenance works. Make exercise in some form a non-negotiable commitment. Enjoy indulgences in a bite or two not volume. The first bite or two is the most satisfying. Don't sample *everything*. Drink H₂O. Eat a healthy snack before a party. Hang out away from the food.

☞ **Over 40? You are losing 1/4 pound of muscle each year** unless you exercise vigorously including strength or resistance training that builds muscle. C'mon couch potatoes! Let's get going!

☞ **Pomegranates are in season!** This is the one time a year to enjoy the luscious, juicy seeds and not rely on just on juice for all of the antioxidants found in this fruit.

The Wise Old Apple's FOOD FOR THOUGHT

No person on Earth has the same amount of money, health, good genes, talent, smarts, friends, family or material wealth. There is only one thing every person on Earth who has ever lived or will live has the same as everyone else. Time is the great equalizer. Everyone has 24 hours a day. It's not how much time a person has. It is what a person does with the time they have. Ever said you don't have enough time? Think about it! STACEY DUMBARTON

The quality of the food we eat comes from the quality of the food our food eats.
JONNY BOWDEN

If you are what you eat and your don't know what you are eating, do you know who you are?
CLAUDE FISCHLER

**Health, Peace
and Sweet Content
Be Yours!**
SHAKESPEARE

The Recipe Corner

Fall and winter are the perfect seasons for roasted vegetables! Use a variety and go for color!

Fall and winter are the per-



Roasted Vegetables — A Master Recipe

- Cut a variety of washed and cleaned vegetables into 1" chunks or large pieces. Select several of the following: beets, broccoli, Brussels sprouts, butternut squash, carrots, cauliflower, fennel, garlic, green beans, onion, parsnips, potatoes, sweet potatoes and/or turnips.
- Toss veggies with extra-virgin olive oil, freshly ground black pepper & salt (opt.) to taste. May also season with fresh or dried herbs, lemon zest, lemon juice, paprika, chili powder and/or tamari as desired.
- Spread veggies evenly in a single layer on a rimmed baking sheet or roasting pan.
- Position rack in lower third of 450 degree F. preheated oven.
- Roast, stirring once or twice, until the vegetables are tender and browned, about 20 minutes more or less depending on thickness and hardness of veggies used. Quicker cooking veggies can be added a few minutes after longer cooking veggies. Serve immediately.

Free Lecture Series

“Cancer”

An alternative medicine approach

James P. Frackelton, M.D.

6:30 p.m. Tuesday, October 13, 2009

“Autoimmune Diseases”

*Lupus, rheumatoid arthritis, M.S., colitis,
diabetes type I and more*

Stan Gardner, M.D.

6:30 p.m. Thursday, November 12, 2009

“Acupuncture”

It can help you!

Laura DeVincentis, N.D., M.S.O.M., L.Ac.

6:30 p.m. Tuesday, December 1, 2009

24700 Center Ridge Road, # 370, Westlake

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.