



The Apple Press

Caring For Tomorrow Today

Volume XXIV Numbers 7/8/9

SUMMER 2009

About the *Apple Press*

The newsletter of Preventive Medicine Group, the private medical practice of:

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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.

Published quarterly.

Editor: Maria Ann Patrick

Preventive
Medicine Group

33 Years of Caring For
Tomorrow Today

1976—2009

HOW HEALTHY ARE YOUR MITOCHONDRIA?

Mito-what? Mitochondria! Think back to high school biology. The mitochondria are the furnace chambers in each cell of the body. In these cellular furnaces fuel (nutrients) is combusted and energy is produced. Think of your car's engine. You want the best and most appropriate fuel (gas) to be combusted most cleanly and efficiently for maximum operation of your automobile. We want our body's fuel combusted cleanly and efficiently for maximum energy output on the cellular level. Not as in "dancing around the room" energy but energy on the cellular level in the form of adenosine triphosphate (ATP). ATP is the universal energy currency of every cell in the body. Mitochondrial function diminishes with age and illness decreasing cellular energy. Problems with energy production and utilization on the cellular level is at the root of leading causes of disease. You want your mitochondria and that of your family to be as healthy and well-functioning as they can be.

The process of energy production and utilization goes on millions of times per second in every cell of the body. In order for this to happen, fuel (food) and oxygen are required. Enzymes act as biochemical catalysts or "spark plugs" that "ignite" the process. Certain nutrients play

important roles. L-Carnitine transports food fuel, especially fatty acids, into the mitochondria. Coenzyme Q10 plays an important role affecting something called the electron transport chain that recycles energy and is crucial in ATP formation. D-ribose is a fundamental component used in ATP synthesis.

A burning fire produces sparks. Although normal and natural to the combustion process, when out of control, sparks cause damage and must be smothered. Free radicals are formed as "sparks" of cellular combustion in the mitochondria. Although they are quite normal, when they are out of control, free radicals weaken cell walls, degrade cellular components such as the mitochondria, and may damage DNA. The effects of free radical damage is called oxidative stress. Antioxidants act as smothering agents to control free radicals. Cutting edge health care professionals, especially preventive and anti-aging medicine doctors, are keenly interested in this process. Recent research suggests the mitochondria can be enriched with certain supplemental nutrients for maximum function and health. This can potentially contribute to delaying the premature cellular death that is considered to be at the root of the aging process, illness and death. ☺



CONTROL AGEs to LOOK & FEEL YOUNGER!

Something called glycation occurs in the body when a glucose (sugar) or lipid (fat) molecule binds with a protein molecule without an enzyme. Advanced Glycation Endproducts is a scientific term whose acronym "AGEs" says it all. AGEs age us. AGEs are bad news for skin, the body and health. Science has known about AGEs but has not had effective ways of dealing with them until recently. Let's be aware about AGEs. They may play an important adverse role in heart disease, diabetes, cancer, age-related memory loss and Alzheimer's, aging and chronic renal failure. Plus, they give us wrinkles. They damage the body inside and out.

AGEs can be formed in the body and outside the body. We produce AGEs in the body when we eat sugar and foods that rapidly convert to glucose. Examples are high-glycemic carbohydrates including potatoes, baked goods, breads, pasta, bagels and chips. High-glycemic means foods that cause sudden spikes in blood sugar which results in a burst of inflammation and release of insulin into the blood stream. Free radicals are formed, also, in this process. Avoid sugary and starchy foods unless the starchy foods are high in fiber as in legumes. AGEs are produced outside the body when food is processed, including the heating of sugars with proteins or fat without water; frying; dark roasting (whether meats, coffee or nuts); and in deeply browned baked goods. Although appetizing, whenever you see browned or crusty areas on food you are seeing AGEs. AGEs are formed when foods are cooked at high temperatures as well as cooking foods for extended periods of time as in slow grilling or barbecuing of meats. Carmelizing onions or other vegetables leads to AGEs forming. Carmel color is a source of AGEs.

Striving to control AGEs along with inflammation, insulin imbalance and

oxidative stress (control of free radicals) is emerging as key in preventing disease, maintaining health and slowing down the aging process. What you eat is key with regard to it all.

Here are some things you can do in food preparation to minimize AGEs:

- Emphasize eating low-fat, high-fiber foods including legumes, fresh vegetables, fresh fruit and whole grains in their granular form.
- Eat more veggies raw.
- Marinate and/or baste food.
- Sauté onions, garlic and veggies to translucency, but not browned.
- Eat nuts and seeds raw.
- Add moisture to foods. Poach, stew, steam, slow-cook, make soups, and/or cook in sauces or broths.
- Avoid breaded and crusty foods. If you do coat foods, used ground raw nuts or seeds.
- Cook meats, poultry and fish low & slow. Grill shish kabob size chunks rather than large pieces to reduce cooking time.
- Fatty fish such as salmon and grass-fed beef contain healthy fats that do not promote AGEs.
- Avoid processed meats (hot dogs, bacon, lunch meat, sausage, etc.)
- Avoid charred, blackened foods
- Crispy edges, although tasty, are AGEs.
- Avoid fried or deep-fried foods.
- Avoid dredging in flour before sautéing.



Introducing Dr. Helen Kwon

J. Helen Kwon, M.D. practiced pediatrics in Cleveland for twenty-five years, including a term as Chief, Department of Pediatrics at St. John WestShore. Dr. Kwon now sees adults along with children. She works with autism, Tourette's, OCD and depression. Dr. Kwon also has an interest in Medical Aesthetics, particularly regarding anti-aging of the skin and its relation with general health and offers skin anti-aging techniques at Preventive Medicine Group. Watch for her upcoming free lectures. Call (440) 835-0104 ☎☎

The physicians at Preventive Medicine Group have long been treating patients from the approach of controlling oxidative stress, improving energy metabolism and retarding the aging process. They are on the cutting edge of disease prevention and health promotion. To receive a potential patient information packet, call (440) 835-0104. Also, log on to our website www.prevmedgroup.com. Refer to the last page of this newsletter for upcoming free lectures.

The Book Worm

☞ **THE SINATRA SOLUTION** by Stephen T. Sinatra, M.D., F.A.C.C. Want more information on the concept of oxidative stress and mitochondrial health? Dr. Sinatra explains it all and it's easy to understand.

☞ **AGELESS FACE, AGELESS MIND** by Nicholas Perricone, M.D. Will give you the complete story on AGEs.

☞ **THE 150 HEALTHIEST FOODS ON EARTH** by Jonny Bowden, Ph.D., C.N.S. Eat optimum nutritional value for every calorie consumed!

☞ **THE NEW MEDITERRANEAN DIET COOKBOOK** by Nancy Harmon Jenkins Recipes for eating one of the healthiest traditional diets.

☞ **THE WISDOM OF MENOPAUSE** by Christiane Northrup, M.D. Recommended for every woman over 30!

Tip Top Tips

☞ **Sports drinks are poor choices in most cases.** After mild exercise or just to quench thirst, pure fresh water is the best choice. The only time sports drinks are a proper choice is after vigorous exercise of over 45 or 60 minutes resulting in profuse sweating. Otherwise, sports drinks are just a high-sodium, high-sugar beverage.

☞ **Nourish your skin with vitamin C and green tea.** Wrap a half lemon in gauze or cheesecloth. Squeezing the lemon, dab your face and neck. Let the lemon juice dry on the skin. Don't discard green tea bags after brewing tea. Dab your face with the bags. Let skin air dry. In both cases, antioxidants nourish the skin.

☞ **Concentrate. Raise by 1/4 inch the corners of your mouth and the skin around the outer edges of your eyes.** Notice how you are almost smiling instead of frowning and everything looks a little happier & brighter! Train yourself to repeat often.

Wise Old Apple

Stress in the psyche can cause physiological processes that create "dis"-ease in the body.

Stephen T. Sinatra, M.D., F.A.C.C.

Spread love everywhere you go. Let no one ever come to you without leaving better and happier.

Mother Theresa

Life is easier than you think! All that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.

Kathleen Norris

Life is either a daring adventure or nothing!

Helen Keller

You become courageous by doing courageous acts. Courage is a habit.

Mary Daly

The Recipe Corner

pepper. From *THE NEW MEDITERRANEAN DIET COOKBOOK*.

Traditional recipe calls for anchovies. Use red and green

Classic Greek Salad

1 medium head Romaine lettuce

1 pound feta cheese

1/4 c. minced flat leaf parsley

1 medium red onion

1 can light tuna, rinsed/drained

1 long English cucumber or 2 regular

2 bell peppers

1/3 c. extra-virgin olive oil

1/2 t. dried, crumbled oregano

sea salt and freshly ground black pepper to taste

4 medium tomatoes

18 Kalamata olives

juice of 1/2 lemon

Rinse and tear lettuce into chunks. Thinly slice cucumber. Cut tomatoes into eighths. Thinly slice onion and peppers. Arrange lettuce on deep platter. Combine cucumbers, tomatoes, and half the onion slices in a bowl. Crumble feta; add half to the veggies. Stir to mix well. Layer this mixture over lettuce. Arrange peppers on top and sprinkle with parsley and remaining feta. Arrange tuna and scatter olives on top. In small bowl, combine well oil, lemon juice, oregano, salt and pepper. Pour over salad. Toss at table just before serving. Serves 8.



Free Lecture Series

“Genetically Modified Foods”

What you need to know to make well-informed food decisions!
Stan Gardner, M.D. 6:30 p.m. Thursday, July 16, 2009

“Allergies”

Allergy testing & desensitization using energy medicine.
J. Helen Kwon, M.D. 6:30 p.m. Thursday, August 13, 2009

“Healthy Skin & Disease of the Skin”

Addressing diseases of the skin including acne, eczema & psoriasis.
J. Helen Kwon, M.D. 6:30 p.m. Thursday, August 20, 2009

“Fibromyalgia”

Living with pain? There is a solution!
Stan Gardner, M.D. 6:30 p.m. Thursday, September 17, 2009

“The Biomedical Approach to Autism

The nutritional & toxicity pieces of the autism puzzle!
Derrick Lonsdale, M.D. and J. Helen Kwon, M.D.
6:30 p.m. Tuesday, September 29, 2009

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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.