



The Apple Press

Caring For Tomorrow Today

Volume XXIV Numbers 1 / 2 / 3

WINTER 2009

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.

Published quarterly.

Editor: Maria Ann Patrick

**Preventive
Medicine Group**

33 Years of Caring For
Tomorrow Today

1976—2009

EATING SUNSHINE

Sunshine in winter in northeast Ohio is all too often obscured by a heavily overcast sky. A rare clear day or rays penetrating the cloud cover make a big difference. Many people actually feel physically and emotionally in better health and well-being as a result. Do you realize that when you make your food choices you are eating stored sunshine to a greater or lesser degree?

In the chemical reaction of photosynthesis, light energy from the sun lands on chlorophyll-containing leaves of green plants and becomes the chemical energy of the bonds holding together hydrogen, oxygen and carbon obtained from water and air to form glucose, the most common of sugars. Sunlight drives the photosynthesis reaction. Carbohydrates contain the sun's radiant energy captured in a form that living things can use to drive the processes of life. Glucose provides energy for the work of all cells of the stem, roots, flowers and fruits of the plant. Plants do not use all of the energy stored in their sugars. It

remains available for use by the animal or human being that consumes the plant for food. The sun's energy becomes part of the glucose molecule. We are eating sunshine! That is not to say our diet should consist of simple sugars. As we go up the food chain, we consume this energy in the form of complex carbohydrates made by the plants and protein formed by animals which have eaten the plants.

We can get our "sunshine in food" in many ways. Some foods, like a sunny day, have more of this life force available to us than others. As the plants grow, vitality is formed in ways known and unknown.

We know about protein, carbohydrates, fats and minerals. Vitamins are now a household word. Although their substances have always been present in food, the vitamins as we know them are a relatively recent discovery having been first isolated and named in the early decades of the 1900s. There existed an awareness before that

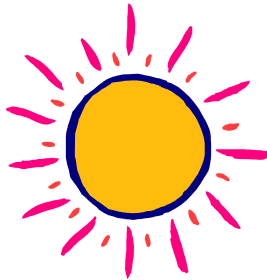


EATING SUNSHINE, cont'd.

of there being something in food necessary for health as evidenced by the British sailors warding off scurvy with limes as early as the 1700s. However, what we call vitamin C was not isolated until about 1929. In the 1990s, scientific research began to focus on the chemicals that give fruits and vegetables color, texture and aroma. What makes a blueberry blue? What makes a tomato red? What makes garlic smell? These plant chemicals, called phytonutrients after the Greek word *phyto* for plants, became the next greatest nutritional discovery. It is like peeling back the layers of an onion, the more we look, the more we find. In the case of the phytonutrients, or phytochemicals as they are also called, hundreds have been identified in various categories and are proving to be extremely important for the maintenance of health and the prevention of disease. They have always been inherent in food and are the latest, greatest nutritional discovery.

What will be discovered 5, 10, 25 or 50 years from now that has always been present in food? What will never be isolated and “discovered” yet exists? When we eat whole food as nature made it, we ingest everything *known and unknown*. It all begins with the effect of

sunshine landing on plant leaves resulting in a chemical reaction involving water absorbed from the plant’s roots and carbon dioxide absorbed into the plant’s leaves from the air. On this, all life relies!



Interestingly, although scientists know the steps of the photosynthesis reaction in the most minute detail, they have never been able to recreate photosynthesis in the laboratory. Only nature and a green plant can accomplish it together with sun.

The same thing is true about food. We now live in a world in which there is an abundance of natural food and an abundance of processed food. The natural food consists of known and unknown nutritional components and energy designed to maintain



health and prevent disease for life. Processed food, even processed food with a nutritional label and list of ingredients reading like a vitamin shop, will never duplicate the life-promoting properties of what grows under the sun. Think about this when you fill your plate. Ask yourself, “Am I eating sunshine?” If not, now is the time for change. If so, challenge yourself to do more so.

INFLAMMATION

Inflammation is not only the visible swelling and redness we commonly associate with a bodily bruise, cut or infection. Inflammation also occurs where we cannot see it, at the cellular level, inside the body. Much of the inflammation at this level is caused by free radicals and is insidious and dangerous, affecting blood vessels and organs. When this type of inflammation occurs, the body produces chemicals called cytokines which damage cell membranes. Uncontrolled, invisible inflammation is key in increasing risk for chronic diseases including chronic pain, arthritis, heart disease, stroke, cancer and diabetes as well as contributing to signs of aging. To prevent and combat inflammation, not smoking, maintaining a healthy weight and exercising regularly must be foundational in addition to eating a diet of pure fresh natural foods. Make your food choices rich in colorful fruits and vegetables, whole grains, healthy fish, herbs & spices and fiber avoiding sugar, refined flours and other refined carbohydrates, trans fats, over-consumption of saturated fat, caffeine, chemicals and too much alcohol. Also, drink some green tea. Identifying and eliminating food allergies/sensitivities may be helpful. In particular, current research highlights betaine, choline, fiber, unsaturated fats, vitamin D, vitamin K and zinc as being anti-inflammatory. There are blood tests you can get for inflammation markers that provide a window on a hidden enemy. These tests include homocysteine, C-reactive protein (CRP), and tumor necrosis factor, which are available from King James Medical Laboratory (440) 835-0104 www.kingjamesomegatech-labs.com with a physician’s order. The Complete Idiot’s book series includes a book entitled **The Anti-inflammation Diet** by Christopher Cannon, M.D. and Elizabeth Vierck. It goes into greater detail about the inflammation process as well as lifestyle changes to make including diet, exercise and stress reduction. As with all of the Idiot’s books, it is user friendly and broken down to

The Book Worm

🌀 **366 Delicious Ways to Cook Rice, Beans & Grains** by **Andrea Chesman** A good introduction to whole grains & legumes. Easy recipes look delicious!

🌀 **From Fatigue to Fantastic** by **Jacob Teitelbaum, M.D.** A must-read for chronic fatigue & fibromyalgia sufferers.

🌀 **Chef MD's Big Book of Culinary Medicine** by **John LaPuma, M.D.** A book about how food can taste good and be good medicine preventing disease and maintaining health. Author is a medical doctor and a formally trained chef! Easy to read.

🌀 **Clean Eating** A new magazine on the market that APPLE rates four and a half stars! For further information, log onto cleaneatingmag.com.

🌀 **One Bite at a Time** by **Rebecca Katz** Intended as a cookbook for cancer patients, it is recommended for everyone!. Beautiful food photographs.

Tip Top Tips

🌀 **Add spice to your life!** Herbs and spices are proving to be rich sources of antioxidants and phytonutrients. Concentrate on expanding your use of them in food adding them wherever and however you can. Fresh or dried, herb or spice, liberal use will result in taste and health. Experiment and explore without intimidation. They are easy and fun to use!

🌀 **Avoid products that contain high-fructose corn syrup. Become a label reader and watch for it in ingredient lists.** This commonplace additive is found in a wide array of foods. Scientists are increasingly concerned with the relationship of its increased consumption and a number of health concerns.

🌀 **Remember to eat barley.** Barley is emerging as a real superfood rich in phytochemicals, fiber, and minerals that ward off disease. Have you introduced barley into your diet on a regular basis yet?

🌀 **Breathe deeply!**

The Wise Old Apple

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you smile. Give them one of yours, as none needs a smile so much as he who has no more to give! The wise old apple gives a smile to you to pass on!



The Recipe Corner

Imagine this on a cold winter morning! Steel cut oats are available at a natural foods market. This can be made ahead and reheated as necessary as an a.m. time saver!

Best Oatmeal Ever

(From ONE BITE AT A TIME by Rebecca Katz)

1 c. rolled or steel-cut oats	1 1/2 T. fresh lemon juice	1/4 c. dried cranberries, cherries, raisins,
1/8 t. sea salt (opt.)	1/4 t. ground cinnamon	currents, goji berries or mixture
1/8 t. ground cardamom	1 t. pure maple syrup	1/8 t. powdered or grated fresh ginger
1/4 c. organic milk or rice milk (opt)	Chopped toasted almonds/walnuts or fresh fruit as garnish	

Place the oats in a pot or bowl with water to cover. Add lemon juice. Soak overnight. Drain through fine mesh sieve and rinse. In a 4 quart cooking pot, combine oats, 2 cups water, and salt. Bring to boil, covered. Decrease heat to simmer and cook for 10 minutes, stirring occasionally. Add dried fruit and spices. Oatmeal becomes creamy as the water evaporates. Add maple syrup and milk, if desired. Stir. For less-moist oatmeal, leave lid off the last 3-4 minutes of cooking. Top with nuts and/or fresh fruit. Serve in colorful bowl and enjoy!



**Would you like more information
on the physicians of
Preventive Medicine Group
and their alternative medicine services?**

Call (440) 835-0104

**and ask for an information packet
to be mailed to you!**

(There is no cost or obligation to receive this packet.)

***You can read past issues of
THE APPLE PRESS
at
www.prevmedgroup.com.***

**Watch for Preventive Medicine Group's upcoming free lecture series!
The lecture calendar will be available in late February
for lectures in March through May on various health topics!
Call Preventive Medicine Group at that time
or watch the website for details and further information!**