



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.

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Editor: Maria Ann Patrick

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. Log on to our website, stop by our office for information or call for a potential patient information packet to be mailed to you.

**Preventive
Medicine Group**
34 Years of Caring For
Tomorrow Today
1976—2010

WHAT YOU CAN DO PROMOTE HEALTH & PREVENT DISEASE

Eat a diet of pure, fresh, natural foods. Avoid processed, prepared packaged foods, even if “natural.” Eat food in the form closest to the way Mother Nature made it. If a food product did not exist 20 or 60 or 100 years ago, it is probably not natural to the human body and is a product some company made to make money. Usually such foods are higher in sugar, fat and/or sodium as well as additives and preservatives. The more processing a food has, the less nutritional value it contains.

Eat for color, variety, and abundance in fresh produce. Although vitamins are now a household word, they were relatively recently discovered or isolated in the early 1900s. In the 1990s, scientists began to study other chemicals that give fruits and vegetables color, texture or aroma. These plant chemicals, “phytonutrients,” are very important for the maintenance of health and the prevention of disease. Learn to eat every vegetable and every fruit available to you in the produce department over time. Some phytonutrients are unique to a particular plant or plant family. Consider vegetables nature’s vitamin pills and fruits nature’s desserts.

Complement your diet with a well-designed nutritional supplement program. You want to have optimum nutrition on the biochemical or cellular level. Eat to get optimal nutrition for every calorie consumed and complement the food you eat with nutritional supplements. Consider pursuing laboratory testing to personalize your supplement program to your individual needs.

Antioxidants control free radicals which are at the root of disease and aging. Get your antioxidants first of all from the food you eat: those colorful fruits and vegetables, whole grains in granular form, raw nuts and seeds, herbs and spices and green tea. Eat your vegetables and then drink some juiced. Add green drinks. Then, add antioxidant supplements. Vitamins C and E are basic. Curcumin and resveratrol are proving their worth. Minerals such as zinc and selenium are best added in only after testing.

Essential fatty acids are essential. Essential fatty acids are fats the body requires for health but does not make. They must be consumed. Their role in health maintenance and disease prevention and natural healing has been well-



WHAT YOU CAN DO TO PROMOTE HEALTH & PREVENT DISEASE (cont'd.)

established since the late 1980s. Every cell membrane in the body is a lipid membrane. You want to maintain the integrity of that membrane for optimum cellular function. The most important fat for the cell membrane is omega-6 linoleic acid found in borage oil or evening primrose oil. It is very important to eliminate bad fats from the diet such as partially hydrogenated vegetable oils and most palm oils and to not over-consume saturated fats. The essential fatty acids, along with healthy dietary fats, help to maintain healthy cells. The essential fatty acids also provide the body with the raw material necessary to produce superhormone-like substances called prostaglandins which regulate many body functions. Balance is important with essential fatty acids. Recent emphasis on Omega 3 fatty acid EPA compounded with bad press about Omega 6s in general have resulted in many people being low in the Omega 6 fatty acid GLA. Again, it is possible to do laboratory testing to determine an individual's fatty acid profile and needs so supplementation can be personalized and adjusted as necessary with time for balance.

Mighty magnesium. Magnesium plays a role in over 300 biochemical functions in the body. Although widely dispersed in food, it's processed out. People barely get adequate amounts of magnesium in the diet, much less optimum levels. Multiple vitamins contain magnesium, but because it is bulky to put into a pill, most multiples do not contain enough magnesium to optimize levels.

Vitamin D is emerging as an extremely important nutrient. Within the last several years, substantial and growing scientific evidence has brought vitamin D to the forefront as a key player in

immune enhancement, cancer prevention and a large number of other health maintenance and disease prevention issues. Vitamin D cannot be ignored, especially for anyone living in the latitude of northeast Ohio. Although synthesized by the body from sunlight on skin, our sun exposure is insufficient. Vitamin D deficiency, identified through lab tests, is proving rampant. Additionally, it is now recognized that the amounts of vitamin D ideal for intake are much larger than ever previously thought.

Exercise and physical activity. We all know it is important. The question is it is a regular part of our daily life? Our bodies are designed for it. It maintains health and prevents disease. Truly, exercise and physical activity is life and death. We just need to prioritize it that way so we make the time for it on a regular basis.

Sound Sleep. Sleep is when the body self-repairs and cleans up after the day's residue. If a person is getting irregular, insufficient or not deep enough sleep, there will definitely be health repercussions. Stick out your tongue and have someone look along its side to see if there are indentations of your teeth in the tongue tissue. If so, this is a sign that at night when you should be in your deepest, most reparative sleep you are not. Instead of your tongue being flaccid at that time, it is compressed tightly against your teeth. Night after night of this results in a noticeable indentation in the tongue. This is a sign you need something natural to help you sleep better at night.

Are you carrying a toxic metal burden in your body? Only appropriate testing can answer this vital question. If you have a history of mercury amalgam ("silver") fillings in your mouth, chances are you

have mercury in your system. There is no known safe level of mercury in the body. Other metals such as lead, cadmium, arsenic, nickel and zinc can all accumulate in the body for a variety of reasons. These metals contribute to a toxic burden that undermine immunity and often cause symptoms directly. It is possible to safely remove heavy metals from the body with the guidance of a knowledgeable physician.

Achieve and maintain ideal weight. By implementing the lifestyle practices mentioned in this article, a person is well on the way to achieving and maintaining ideal weight. However, for many of us, some extra control is necessary. First of all, recognize what a portion size is and how many portions a day of the various foods groups is appropriate for you for your age and gender. Second, make sure you are not in a constant state of feast. Eat to alleviate hunger, for fuel and for nourishment. Recognize the difference between physiological hunger and appetite. Guard against inappropriate eating. More help is available from a variety of resources, including our office.

Tobacco use is lethal. Smoking cessation is the number one thing a person can do to improve their overall health and well-being. Secondhand smoke causes immediate negative biochemical changes as soon as it meets a person's nostrils. Third hand smoke (from clothing, drapes, car interiors, etc.) is also now showing to be a health risk. Need help stopping? Consider acupuncture. It helps with the addictive element.

Avoid pharmaceutical drugs. In many cases, a naturally oriented health practitioner can help reduce need for pharmaceutical drugs thus avoiding their many side effects.

The Book Worm

David Kessler, M.D., the former commissioner of the Food and Drug Administration, has come out with a book entitled **THE END OF OVEREATING — TAKING CONTROL OF THE INSATIABLE AMERICAN APPETITE**. This book is must-reading for anyone who eats in America. It is basically an expose of how the food industry sabotages the health of the American consumer by layering sugar, fat and salt in commercially prepared foods, even those you think are healthy, so they will sell. It is also available as an audiobook (check at your library), so if you don't have time to read, listen as you drive. You owe it to yourself!

Health & Nutrition Secrets That Can Save Your Life by Russell Blaylock, M.D. Addresses free radicals, nutrition, mercury, fluoride, food additives, heavy metals, pesticides, preventing & treating illness with alternative methods, cutting edge nutrition, environmental hazards, maintaining vitality into older age and more. Four stars!

Home Safe Home by Debra Lynn Dadd Create a healthy home environment by reducing exposure to toxic household products.

Tip Top Tips

Americans consume large and growing amounts of food dye. Internationally, especially in Europe, companies are phasing out dyes due to health concerns. The irony is some companies selling products to the U.S. and to Europe have two versions of the same product: one with artificial color for the U.S. and one with natural color for Europe. Examples include PepsiCo tortilla chips, General Mills yogurt, McDonalds sundaes (in which they use actual strawberries to color the strawberry sundae abroad instead of red dye #40 used here), and Kraft macaroni & cheese. If these companies can make cleaner products for other countries, why can't they do it for US?

Get out your tape measure! Is your waist circumference more than half your height in inches? If so, your large belly size is a predictor of high blood pressure and heart problems.

Dandelions are not weeds in your dietary garden. Look for fresh dandelion greens in the produce section. Tear them into small pieces and mix with your salad greens for a tasty and dandy super-nutritious addition.

The Wise Old Apple

**EAT FOOD.
NOT TOO MUCH.
MOSTLY PLANTS.**
(Michael Pollen, IN DEFENSE OF FOOD)

*Food cravings
are not to be confused
with hunger!*

**A FLOWER FALLS
EVEN THOUGH WE LOVE IT,
AND A WEED GROWS,
EVEN THOUGH
WE DO NOT LOVE IT.**
(Dogen, monk & philosopher 1200-1253)

To learn is also to teach.
(Japanese proverb)

**Life was meant to be lived
and curiosity must be kept
alive. One must never, for
whatever reason, turn
one's back on life.**
(Eleanor Roosevelt)

**NATURE
IS THE CURE OF ILLNESS.
LEAVE THY DRUGS
IN THE CHEMIST'S POT
IF THOU CAN HEAL
THE PATIENT WITH FOOD.**
(Hippocrates, 460-370 BC)

The Recipe Corner

This makes a hearty mid-winter dish. As a variation, puree to make a dip that can be spread on whole grain bread or used as a dip for raw veggies.

WHITE BEANS WITH ONION CONFIT

3 T. extra virgin olive oil	2 large onions, thinly sliced	10 garlic cloves, thinly sliced
1 T. chopped rosemary	1/4 t. crushed red pepper	sea/kosher salt & ground pepper
2 cans cannellini beans, rinsed and drained	or 2 cups cooked dried beans (cook after rinsing & soaking)	
2 T. chopped flat-leaf parsley	1 cup water	1/4 c. grated Parmigiano-Reggiano

Heat olive oil in large saucepan. Add onions, garlic, rosemary, crushed red pepper and cook covered about 5 minutes over moderately high heat stirring occasionally until just softened. Lower heat, uncover and cook 15 minutes longer, stirring occasionally. Stir in beans, parsley and water. Simmer until stewy, about 5 minutes. Stir in cheese and season with salt and freshly ground pepper. Serve with big green salad and crusty bread. Makes 4 cups. (Adapted from recipe from chef Jerry Traunfeld of Seattle's Poppy restaurant.)



Free Lecture Series

“Preventive Medicine Questions & Answers”

You bring the questions & the doctor provides the answers!

Derrick Lonsdale, M.D.

6:30 p.m. Tuesday, March 23, 2010

“An Alternative Medicine Approach to Cancer”

For cancer patients & people trying to prevent cancer.

James P. Frackelton, M.D.

6:30 p.m. Tuesday, April 13, 2010

“Is Your Thyroid Functioning Optimally?”

Abnormal thyroid function causes a wide variety of symptoms.

J. Helen Kwon, M.D.

6:30 p.m. Thursday, May 6, 2010

24700 Center Ridge Road, # 370, Westlake

PREVENTIVE MEDICINE GROUP

TEL: (440) 835-0104 FAX: (440) 871-1404 WEB: 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.