



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, 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 (440) 835-0104 for a potential patient information packet to be mailed to you.

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**Preventive
Medicine Group**
35 Years of Caring For
Tomorrow Today
1976—2011

Eating for Acid/Alkaline

Our bodies need both acid and alkaline compounds to be healthy. In acid imbalance, the blood and cellular fluids in the body have an acid pH and not enough alkaline compounds to counterbalance the acid. When this becomes chronic, fatigue, foggy thinking, weight gain, bone loss, chronic inflammation and a predisposition to diseases, including cancer, can occur. When an alkaline environment is maintained in the body, metabolic, enzymatic, immunologic and repair mechanisms can function at their best. Many foods consumed regularly in this country, even by health conscious people, are acidic. Examples of acidic foods include processed foods, meat, dairy, eggs, fish, corn, wheat and many grains, many legumes, some nuts, peanuts, chocolate, coffee, refined sugar and artificial sweeteners. It is not recommended to completely eliminate acidic foods but to increase consumption of alkaline foods in proportion to nutritious acidic foods in an otherwise healthy diet. Generally speaking, fruits and vegetables tend to be alkaline. Certainly, strictly eliminate unhealthy acidic foods.

We are not talking about foods being acidic to the mouth. Rather, the final metabolic breakdown of the food is an acid ash based on the mineral content of the food. Alkaline foods are richer in alkaline forming minerals such as calcium, magnesium, manganese, iron and potassium. Acid-forming foods

contain more phosphorous, copper and sulfur. Lemons, for example, which are acid to the mouth are actually an alkaline forming food.

The pH of the body is measured on a scale of 1 (most acid) to 14 (most alkaline) with 7 being neutral. For ideal health, an optimal blood pH is slightly alkaline in the range of 7.2 to 7.4 and urine also slightly alkaline around 7. You can easily determine your urine pH. Get some inexpensive pH test strips at your local pharmacy. Periodically throughout the day, measure your urine midstream with a test strip. Although you may have some variation, your trend should be ideally alkaline readings. If you tend to have more consistently acid readings (below 6.5), alter your diet to include more alkaline foods. Stress management, deep breathing and not too strenuous exercise can also help alkalinize you.

Not all individual lists of which foods are acid-forming and which are alkalinizing are in agreement. As you explore the subject, look for core similarities and don't get hung up on an individual food. Higher protein diets tend to be acidic and diets higher in produce tend to be alkaline. Whether or not a tomato is acid or alkaline becomes less important if the bulk of the diet is definitely more alkaline. In some cases, it may even boil down how to individuals metabolize food.



CANDIDIASIS

Candida albicans is a yeast commonly found in the intestinal tract. However, for reasons as simple as having been on antibiotics at one time or another, it can overgrow and become systemic creating an autoimmune situation where a person is reacting to something within themselves. A candida overgrowth, or candidiasis, can result in a wide range of symptoms including fatigue, allergies, hormonal issues, digestive issues, sugar and alcohol cravings, weight gain, PMS, loss of libido, numbness, tingling, dizziness and the list goes on affecting almost every area of the body. Although candidiasis can affect men as well as women, it is more common among women. It is also common among autistic spectrum children. In the absence of control from the normal check and balance of healthy gut flora, yeast colonies multiply and spread throughout the intestine. In so doing, it can poke through microscopic holes in the intestinal lining. Called “leaky gut,” that situation allows toxins to trickle across the gut lining. Instead of just nutrients passing through into the blood stream, toxic chemical byproducts of the yeast, undigested food molecules and other chemicals find their way into the system contributing to inflammation, allergies and impaired health and well-being. **Just about ignored in the conventional medical world, complementary alternative medical doctors such as those at Preventive Medicine Group regularly test and treat for candida overgrowth.** Treatment usually involves dietary management, anti-fungals, nutritional supplementation, immune enhancement and a healthy lifestyle. Good reading on candida are any books written by William Crook, M.D., especially his later works.

ALLERGIES

There is a close relationship between candida and allergies or intolerances/sensitivities. If you think of the proverbial camel carrying a load of straws on his back with the straws representing potential allergens, the presence of candida is like putting a log on the load. At some point, the poor camel reacts. Whether or not a person has candida, we all have things we react to in the environment, although we may not have a true “allergy.” In many cases, a person’s reaction is due to a sensitivity or intolerance. As long as our “allergic stress load” is low, we don’t have a reaction. If our stress load is high, we will react. **Preventive Medicine Group offers several ways of addressing sensitivities**

and intolerances. First of all, we address immune enhancement as a foundation. Building on that, in some cases a blood test for food sensitivities is done to provide a baseline eating regimen of known safe foods. Also available is allergy testing and desensitization using energy medicine. Hundreds of different substances are tested including foods, inhalants, chemicals, environmental, and more. The body is then programmed on the energy level to be less reactive or non-reactive. It’s removing straws from the camel’s back to allow the body to recover and strengthen. Another important aspect is reducing the burden of toxic or heavy metals.

HEAVY METALS

If candida is a log, heavy metals are a ton of bricks on our poor camel. Not only do they create a toxic burden for the body, certain heavy metals can directly cause symptoms of their own. Mercury is a common toxic metal for which there is no known safe level. If a person has a history of mercury amalgam fillings (“silver fillings”), which many people do, mercury vapors are leaking into the system. **If you would like to see a remarkable, short video demonstrating this phenomenon, stop by our office and ask to see “Smoking Tooth.”** Other heavy metals include cadmium, nickel, arsenic, and lead. We are exposed to these things in our environment. We live in an industrialized society where toxic emissions abound. We are all affected, including children and especially autistic spectrum children. To test for heavy metals, it is insufficient to just do a blood test. For maximum information, a urine collection performed over a period of hours and preceded by taking a dose of a provocative agent that stimulates the release of the metals is necessary to get the best measure.

NUTRITION & HORMONES

Based on laboratory testing and years of experience, the physicians at Preventive Medicine Group individualize a program of nutrients, and if necessary, hormones, for each patient. Optimum nutrition on the cellular level, immune enhancement and strengthening the body’s natural self-repair and healing mechanisms are absolutely fundamental for each patient. Disease prevention, health maintenance, retarding the aging process and helping a person be in the best condition they can be in given their condition. Give us a call!

The Book Worm

THE ULTIMATE PH SOLUTION by Michelle Schoffro Cook, D.N.M., D.Ac. Presents a step-by-step program to help you control the level of acid in your body to improve health.

MOVE YOURSELF – THE COOPER CLINIC MEDICAL DIRECTOR’S GUIDE TO ALL THE HEALING BENEFITS OF EXERCISE by Tedd Mitchell, M.D., Tim Church M.D., Ph.D. & Martin Zucker. A great book on exercise. It will get you moving. You will *want* to do more exercise than you did before reading it!

SUPER IMMUNITY FOODS – A COMPLETE PROGRAM TO BOOST WELLNESS, SPEED RECOVERY AND KEEP YOUR BODY STRONG by Frances Sheridan Goulart, C.C.N. We give this book four stars for recipes designed to be phytonutrient-rich! However, it is not a cookbook. You will learn a lot about the relationship between various foods and health maintenance/disease prevention.

THE LONGEVITY FACTOR by Joseph Maroon, M.D. Interesting & informative read about resveratrol, phytonutrients & historic scientific factoids.

Tip Top Tips

🌿 **Green Smoothies** can help you alkalinize. To start, blend 60+% greens & veggies with fresh or frozen fruit. Tastes like a fruit smoothie, but looks various shades of green. Once you accustom yourself to the concept, decrease fruit and increase veggie content. Super blenders like a Vitamix do the job best, but a regular blender can get you going. Visit www.greensmoothierevolution.com.

🌿 **Stressbusters** Change your priorities. Take stretch breaks. Step back & observe. Review your purpose. Get a massage. Leave 5 minutes earlier. See a comedy. Let go and let God! Use affirmations. Organize your space. Share your feelings. Smell some flowers. Buy some flowers. Ask for acknowledgment. Listen to your intuition. Help someone else. Rub your feet and hands with lotion. Visualize positive outcomes. Take care of your health. Don't

The Wise Old Apple's FOOD FOR THOUGHT

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans.

That the moment one definitely commits oneself the Providence moves too.

All sorts of things occur to help one that would otherwise never have occurred.

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no one could have dreamt would come their way.

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.

Begin it now.
(Goethe)



The Recipe Corner

Majorcan Vegetable Stew

2 T. olive oil	1 c. diced onion	1 bell pepper, chopped	4 cl. garlic, chopped
1 lb. cabbage, chopped	1 lb. cauliflower florets	1/4 c. flat leaf parsley, chopped	3 c. diced tomatoes
2 t. fresh sage, chopped	1 t. paprika	2 t. fresh rosemary, chopped	1/2 t. salt (opt.)
1/ t. ground pepper	pinch red pepper flakes	3 c. vegetable stock	
3 c. fresh spinach leaves, coarsely chopped			

Heat olive oil in a large stockpot or saucepan over medium heat. Add onion and bell pepper. Sauté until they begin to soften, about 5 minutes. Stir in garlic, cabbage and cauliflower and sauté for 5 more minutes or until cabbage begins to wilt. Add tomatoes, parsley, sage, rosemary, paprika, salt, pepper and red pepper flakes. Stir. Add stock. Increase heat to high and bring to boil. Reduce heat to low, cover and simmer for 30 minutes or until vegetables are soft. Remove lid, stir in spinach, and cook for 1-2 minutes or until spinach begins to wilt. Serve warm. Makes almost 8 cups.

From THE MEDITERRANEAN DIABETES COOKBOOK by Amy Riolo.



Free Lecture Series

“Optimum Brain Function & Nutrition”

Optimum diet along with the therapeutic use of nutrients can help to improve brain function for mental, emotional and learning issues.

J. Helen Kwon, M.D.

6:30 p.m. Thursday, March 31, 2011

“Bypassing Bypass Surgery”

Learn about chelation therapy from the M.D. who introduced it to northeast Ohio!

James P. Frackelton, M.D.

6:30 p.m. Tuesday, April 12, 2011

“Complementary Alternative Medicine Questions & Answers”

You bring the questions and the doctor gives the answers in an open forum setting!

Derrick Lonsdale, M.D.

6:30 p.m. Tuesday, May 3, 2011

“Acupuncture”

Learn about this ancient therapy and how it can help you or yours!

Laura DeVincentis, N.D., L.Ac.

6:30 p.m. Tuesday, May 24, 2011

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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.