

# WHAT SUPP?



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#37



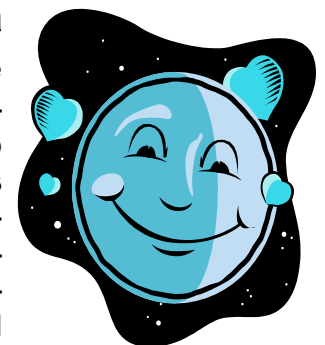
**It's a new year and time for new growth!** Forget resolutions. Instead, think new growth. Just like a plant shoots forth new growth from established stems, work on extending diet, exercise and healthy living building on what you are already doing. You don't have to all of a sudden make huge, permanent changes overnight. Those are the resolutions that break or die on the vine. Instead, for the next 365 days make at least 365 choices that are each a new step in the direction of healthier living. Some steps may be tiny and some steps might be large. The point is, grow into even healthier living than whatever it is you are already doing. Don't let a day go by in which you have not taken a step forward in the right direction.

**We really like this book!** Superfoods — The Healthiest Foods on the Planet by Tonia Reinhard is definitely worth checking out for its over 200 gorgeous food photographs. Just paging through this book will make you eager to expand your diet to include some of these beauties of Mother Nature. Guaranteed. Make it a New Year's Resolution (or growth step) to try one new natural superfood a week or several a month. Looking at this book will make you want to do just that!



**The 55:38:7 communication equation:** 55% of your communication as it is perceived by others is non-verbal such as physiology, body language, eye contact and gestures. 38% comes from the sound and tone of your voice. 7% of your communication is based on the actual content of what you are saying. (David Wolfe in THE SUNDFOODS DIET SUCCESS SYSTEM.)

**Want to make some "happy mood" chemicals?** Exercise! Proven to be as effective as an antidepressant in many cases and without negative side effects, just 30 minutes of exercise 3 to 5 times per week boosts serotonin and endorphin levels and reduces stress levels. **Do you know you have a "second brain?"** More serotonin is produced in the gut than in the brain. In fact, there are so many nerve endings in the gut that it is sometimes nicknamed "the second brain." To have a healthy gut, you have to have a good balance of microbial life in the intestines. Something as simple as having taken antibiotics can disrupt the intestinal flora. Cultured or fermented foods such as yogurt, kefir, tempeh, misos, sauerkraut and kimchi are good ways of adding good microbes into the intestinal tract. Supplementing with probiotic supplements is also a good



Over for more!

## Here's more!

idea for many people. **We can test and treat for neurotransmitters.** For people whose mental emotional issues need further support, Helen Kwon, M.D. tests for neurotransmitters and uses natural substances as therapeutic agents to boost neurotransmitter levels. Even if you are a patient of one of our other physicians, you can consult with her on this matter.

**We have to start charging sales tax on supplements beginning 1/1/12.** Up until now, Preventive Medicine Group being a medical office has not charged sales tax on nutritional supplement orders and merchandise sales such as books. However, beginning in the new calendar year, we are forced to begin charging sales tax at the 7.75% Cuyahoga County rate on such purchases.



**Do you suffer from joint/ligament pain, swelling, redness, or stiffness? Do you have fatigue, loss of energy, headaches, loss of appetite, muscle stiffness, fever or chills? These are all common signs and symptoms of inflammation. Inflammation is the prevailing factor in pain and chronic disease. Controlling inflammation is at the core of successful therapies.** We now have a great-tasting, science-based, potent therapeutic protein blend formulated for inflammation support. It contains high-dose phytonutrients and easy-to-digest organic brown rice protein. Called INFLAMMACORE, it makes support for inflammation easy and dramatically improves patient outcome. It is ideal for chronic gastro-intestinal complaints, can be used as a healthy food alternative especially a convenient option for patients on the go, and even for post workout recovery. If you are interested, ask a staff member to get physician approval for you to purchase INFLAMMACORE to use along with your other supplements. To use INFLAMMACORE simply blend with water or beverage of your choice or a smoothie.



## Doesn't a nice pot of hot lentil tomato soup sound delicious?

In a soup pot combine 4- 1/2 cups water, 4 sliced carrots, 1 chopped onion, 2 cloves minced garlic & 2/3 cup rinsed dry lentils. Bring to boil & reduce heat. Simmer covered for 20-25 minutes or until lentils and carrots are tender. Stir in one 6 oz can tomato paste, 2 T. minced fresh parsley, 1 T. honey, 1 T. white vinegar, 1/2 tsp dried thyme, 1/4 tsp dill weed, 1/4 tsp dried tarragon, 1/4 tsp pepper and salt to taste (opt.) Return to boil. Reduce heat & simmer uncovered for 5 minutes. Variations: add 1/2 lb sliced cooked turkey sausage and/or 3 cups chopped kale in last 5 minutes of cooking and/or 3/4 tsp of the Indian spice blend garam masala. Serves 6. (From tasteofhome.com)



**Research shows that those people with the most birthdays tend to live the longest!  
It is also known that with many people the longer they live the younger they become!**