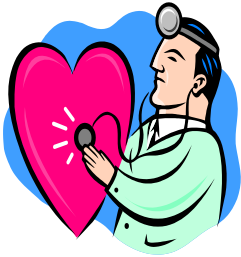


WHAT SUPP?



Sugar is not sweet for the heart! The average person in this country consumes about 22 teaspoons of added sugar per day. Chances are, even if you are a dedicated PMG patient watching your sugar intake, you may still getting more added sugar than you should be consuming. In addition to increasing risk of overweight, recent research showed a sugary sweet diet can lower “good” HDL cholesterol and increase “bad” LDL cholesterol. Added sugar includes not only cane sugar and high-fructose corn syrup but also so-called “natural” or “healthy” sugars such as honey, evaporated cane juice, agave, etc. Even the government and the American Heart Association now recommend strict avoidance of added sugars. The best way to get sugar in the diet is through whole fresh or dried fruit. For further information and fruit-sweetened recipes, ask for our sugar handout!

Mighty Magnificent Magnesium The late Mildred S. Seelig, M.D., M.P.H., past adjunct professor of nutrition at the University of Carolina School of Public Health and the founding editor of the *Journal of the American College of Nutrition*, was a premier authority on the subject of magnesium. Said Dr. Seelig, “Most Americans don’t get enough magnesium. That’s a problem because the mineral is not only necessary for every aspect of bodily function, it suppresses the release of stress hormones like adrenaline so there is reason to think a shortage can make stress worse. What’s more, it is a vicious cycle. The processes that occur during stress, like an increase in heart rate and blood pressure, use magnesium. That makes the shortage worse, which makes you feel more stressed. Whole grains and legumes are good sources of magnesium, but supplementing can also be very helpful. The National Institutes of Health (NIH) publish on their website: “Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease and diabetes.” (<http://ods.od.nih.gov/factsheets/magnesium.as>. Accessed 10/19/11.) Lawrence Resnick, M.D., a magnesium expert at Cornell University Medical Center in New York City states, “Without enough magnesium, cells simply do not work.”



Want to lose some weight? Try this formula to determine calorie intake! Multiply your weight by 12 and then subtract 500 to get your daily calorie goal to lose 1 pound per week. To lose up to 2 pounds per week, subtract 1,000 instead of 500. Don’t go below 1,200 calories total. For example for a 150 pound person: $(150 \times 12) = 1800$. Subtract 500 to equal 1300 calories per day. Subtracting 1000 equals 800 calories per day, so stick to at least 1200.

Over for more!

Here's more!

Food for thought – 10 bite size TIPS. Eat a plant-based diet composed of at least 80% vegetable kingdom foods. **Walk** five times a week for at least 30 minutes. Do **weights, resistance or core strength** exercises three times a week. **Accept yourself** just as you are today and be willing to **work on yourself**, too. **Laugh more.** **Don't dwell** on the past. **Curb** all negative thinking. Give and receive **love.** Be kind, considerate & compassionate. **Avoid** boredom. (Adapted from LIVE RAW by Mimi Kirk.)



Did we tell you about the **LIVE RAW** book by Mimi Kirk?

You may or may not be ready to do a total raw foods diet, but we all need to be ready to eat more raw foods! Enjoy this interesting and colorful book that offers really simple and delicious smoothie, salad and instant soup recipes that anyone can easily make. Great ideas for entrees and bread substitutes, too, although some of them do require special equipment such as a dehydrator. Beautiful photographs as well in this user friendly book. There is even a dessert section with many tempting, healthy sweets many of which are easy to do with no special equipment. **CLEAN EATING** books and magazine carry the motto, **“Improving your life one meal at a time.”** We couldn't say it better! If you are not already familiar with **CLEAN EATING** magazine, we highly recommend it. Introduced in 2007, **CLEAN EATING** is excellent for everyone and especially good for people making the transition from the Standard American Diet (SAD) to clean & healthy eating. The editors of **CLEAN EATING** first book, **THE EAT CLEAN DIET FOR FAMILY & KIDS** is a really good first-stage-of-transition aid. It is available at Preventive Medicine Group. Each of the last two years, the editors came out with recipe volumes entitled **THE BEST OF CLEAN EATING & THE BEST OF CLEAN EATING 2**, each of which has over 200 recipes in user friendly volumes loaded with great photography and tips.



Know someone who drinks **soft drinks**? Check this on U-Tube!

<http://www.youtube.com/watch?v=hF8XnU4L33U>

<http://www.youtube.com/watch?v=62JMfv0tf3Q>

Didja hear?

**PMG
Upcoming
Lectures!**

**Dr. Kwon
is speaking
April
& May!**

*Ask for
a flyer!*

**James P. Frackelton, M.D.
& Michael Kalafatis, Ph.D.
will speak about CANCER
Tuesday 3/20/12 at 6:30 pm
at Preventive Medicine Group.
Call for reservations!
(440) 835-0104**

*Let's bring
a
friend!*

**THE
BUZZ!**