Health Tidbits

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GREETING EVERYONE!

First of all I would like to invite you to check out my new web site. Very cool. I am always slower than most everyone else on the planet with the technical "stuff", but finally realized I had to have a website if I was going to be recognized as a professional. Now more people will be able to get in touch with me.

A lot is going on as I continue to learn and explore new avenues that are opening in the fields of integrative medicine. I will be updating you as soon as new components are added to my practice. However, good nutrition is always at the forefront of any healing program. In that end, I continue to be impressed with the research that pours in about **Juice Plus** because it is such an exceptional whole foods product. Most of my client base is now taking Juice Plus on a regular basis and noticing improved results in their blood labs.

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CANCER FIGHTERS! My work with cancer patients continues to expand. More and more people want to add the integrative component and/or walk the alternative road exclusively when dealing with this disease. There is much power in plants to help build and heal the body along with a number of amazing supplements and natural healing remedies known for their ability to kill cancer and feed the immune response. With that in mind, I am going to share some of this information in this newsletter about just a couple of remedies known to play a role in healing cancer. In June I am tuning into a huge teleconference with Stephen Horn and Dr. Kim Balas to listen to their research with natural healing remedies for cancer. I will share that information with you in my next newsletter.

1. **Chili Peppers:** According to Biochemical and Biophysical Research Communication, lab tests show that the chili pepper derived compound *capsaician* can kill cancer cells by attacking their energy source without hurting healthy cells nearby. We already know that capsaician is a power anti inflammatory as well as its concentration of vitamins is great for the immune system. For immune support you can take two 450 mg of cayenne capsules with meals twice daily or sprinkle several grains on your food.

2. **Vitamin D:** You will continue to hear about the amazing health effects of this "non" vitamin – Vitamin D is not really a vitamin. In the body, it is transformed into a benevolent hormone, shoring up in our bones, regulating cell growth and helping prevent the kind of wild cell proliferation that leads to cancer. Almost every tissue and cell in the body has receptors for vitamin D, which means that every tissue and cell needs vitamin D to function maximally.

   A recent study in the Journal of the National Cancer Institute involving people with polyps shows that people who take 1200 mgs of calcium with D daily have a 17% less risk of further polyp recurrence. Some research is showing that when you are deficient in D, the chance for cancer is strengthened. Research

is showing that at least 18 types of cancer are more common among people who don't get enough vitamin D. Spending at least 15 minutes a day in the sun is crucial for activating D in your system.

Oh yes – the International Journal of Obesity did a study which showed that women who took at least 1800 mgs of calcium daily absorbed two and half times less fat than those who didn't. Calcium takers lost an average of three pounds per week.

3. **Green Tea:** We spent a lot of time touting this herbal remedy during my herb class this month. I gave the students 27 pages of reasons why green tea is such a powerful preventative and treatment for cancer. I can't cover all the information here, but there are plenty of websites available for you to do research. Suffice it to say EVERYONE should try and drink 3-5 cups of green tea per day just because of the antioxidant value alone. The Japanese have done extensive research with green tea along with many other institutions because of the benefits of the *catechins* (polyphenols). They can block the carcinogenic effects of a number of infamous cancer inducing chemicals in every kind of cancer. The rates of breast, colon, skin, pancreatic, esophageal and stomach cancer have all shown to be lower among drinkers of green tea. The anti cancer mechanisms of green tea polyphenols are complex and not yet completely understood, but research at the molecular genetics is promising. The premise is that tea polyphenols induce the release of hydrogen peroxide as the mechanism causing **cancer cell apoptosis (death of the cancer cell)**. These are more powerful in green tea rather than black of white tea. There are more actions but I don't want to get too complicated in this newsletter. Call me with questions.

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Difference Between Black, Green and White Tea: This will further help you understand the benefits of green tea over the other two brands. First let me explain the processing of tea. When the leave s of the tea plant are harvested, they soon begin to wilt and oxidize unless they are dried quickly after they are picked. The leaves will begin to turn darker as chlorophyll breaks down and tannins are released. In the tea industry this process is called fermentation. The next step is to stop the fermentation at a predetermined time by heating which deactivate the enzymes that cause the fermentation process. So processing is the key to what type of tea will be determined.

1. **Black Tea:** The leaves are allowed to completely ferment and drying of the leaves is done at the same time. Black tea has the strongest flavor and contains more caffeine than the less fermented teas. For that reason it is often sold in blends.
2. **Green Tea:** The leaves of the plant go through only a minimal amount of fermentation either with steam, the traditional Japanese method, or drying in hot pans, the Chinese method.
3. **White Tea:** made with young, new growth tea leaves and goes through no fermentation process. White tea contains both leaves and buds of the

tea plant whereas the other teas contain mostly just the leaves. This gives the tea a distinctive pale appearance.

4. **Oolong Tea:** a Chinese tea similar to Green tea – the fermentation process is stopped somewhere between green and black tea.
5. **Red Tea:** Chinese tea – is black tea but has reddish color.

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Reduce Belly Fat with CLA – Conjugated Linoleic Acid – I've written about his product before. A new study by the University of Wisconsin showed that people taking 3000 mgs of CLA per day lost 10 % of their belly fat in three months and kept the weight off throughout the two year study. The presence of CLA in the intestines seems to result in less digestion of unhealthy triglyceride fats in the gut. Another health perk is going to be lower LDL cholesterol. Nature's Sunshine number: 3010-0

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Three Supplements to Help lower Blood Sugar:

1. **Chromium:** studies suggest that people with prediabetes and diabetes have lower blood sugar levels because of this mineral's purported ability to help bind insulin to cells. Look for glucose tolerance GTF on the label. Nature's Sunshine makes a great one and I have a had good results with my diabetic patients. Order number: 1801-6
2. **Cinnamon:** preliminary evidence suggests that cinnamon supplements may reduce blood sugar by up to almost 30%, possibly by making cells more responsive to insulin. Because too much cinnamon can overwhelm food, try taking one or two capsules a day.
3. **Magnesium:** by increasing your body's ability to make insulin, this supplement may also lower blood sugar. If you are taking a good calcium/magnesium supplement you are getting enough. It not, than take at least 400 mgs daily.

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THE ORGANIC FOOD BOOM – Even Walmart is getting on board – pressure from the public – I am sure. From ice cream to salsa to peanut butter—the organic supply is proliferating. So are many retailers. Publix is doing a bang up job with their Green Wise Products. Numbers underscore the industry's success: In 2005, we bought 55 % more organic meat and poultry than the year before, nearly 25% more organic dairy, and more than 10% more organic produce – to the tune of $13.8 billion. That number tripled since 1997. But, be careful because labeling can be false and misleading on food products. Foods should not be fertilized with sewage sludge, or pesticides, or sterilized by irradiation. In addition meat, dairy, and poultry farmers must use only 100% organic feed, allow their animals access to the outdoors and avoid using growth hormones and antibiotics.

If the label says 100% organic than you are getting a product that is 95% organic. If the label says the product is made with organic ingredients than only 70% or less of the ingredients are truly organic. All other products can't use the term organic anywhere on the front of the package; it can only be used to identify individual ingredients in the small print near the nutrition information.

And, of course, we all know that standards don't mean anything unless they are enforced. Standards don't include anything about food safety or nutrition and it covers treatment of animals only to a degree.
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Red Yeast Rice For Cholesterol: Many of you may already know this information about this phenomenal product used by the Chinese for Centuries. In fact it goes all the way back to the Tang Dynasty, A.D. 800 – used in Chinese cuisine and as a medicinal food to promote blood circulation. Red Yeast is made by fermenting rice with red yeast. The finished product contains substances known as *monacolins*, which have the ability to inhibit HMG-CoA reductase – the enzyme responsible for cholesterol synthesis in the liver. It will increase the liver's removal of LDL cholesterol from the blood. In fact, red yeast rice has been shown to significantly decrease total cholesterol levels in elevated blood fats. It will also raise the HDL cholesterol levels.

I have had great results using this product for people who don't want to take the statin drugs (with all of their side effects). Please speak with me If you are already taking statin drugs so we can begin a program of weaning you off the drug. There may be a host of other issues we must consider and you will want to have blood tests about every 90 days to make sure you are safe. I have plenty of evidence to support the safety and effectiveness of this remedy. **Always take Co enzyme Q 10 if you are taking any cholesterol product Rx or natural –** Because cholesterol acts as a carrier (particularly the LDL) for various antioxidants, increasing antioxidant intake when reducing cholesterol is also considered beneficial. Each capsule of Nature's Sunshine Red Yeast Rice contains 600 mgs of red yeast rice.
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Building Muscle: Max (my son) wrote his last article for JetBlue magazine last month on building muscle. You can read this not uncomplicated material on his website: www.maxwettsteinfitness.com. Click on his articles. He is getting ready to start working on a book And…just so I can brag, Max took first place in a fitness model two weeks ago in California. You will see his new pictures.
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Lake County folks – don't forget Blood Type and Food Seminar at Dr. Buehler's office on May 31 and also at Gold's Gym on June 5th – call me for a reserved seat please or I won't have enough handouts.

Thursday, May 31—I am having a luncheon at my home from 11 – 1 to introduce Debi Kiernan and Valerie Gordon from Tallahassee. These two gals are senior Juice Plus representatives who are coming into town to educate two physicians about adding Juice Plus to their practices. One is a well known cardiologist in Orlando who is including more integrative medicine in his practice. Anyone wanting to join us to learn more about this product for your selves, please call me so I can have enough food and materials.

Please call me with questions. Giant Hugs! *Candace*