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NUTRITION: YOUR FIRST STEP TO PREVENTING AND REVERSING DISEASE!



INSIDE THIS ISSUE:

- 2 Delicious **Green** Smoothie!
- 2 Prevent/Reverse Disease with Nutrition cont...
- 2 Gluten Intolerance...A Phenomenon on the Rise!



The purpose of this article is to correct a few common myths about nutrition while giving you a simple approach to healthy daily eating. Symptoms of most chronic diseases, and often the disease itself, can be remedied with a few basic lifestyle changes. These are: sound nutrition, exercise (at least 3x a week), air and sunlight, stress management techniques and fostering love and relationships in your life. Americans spend over 50 billion dollars annually on diet fads, that typically work as long as you remain on the diet. Unfortunately, most of these diets do not reduce the ever increasing occurrence of chronic illness. It is a popular myth in our culture that animal protein is superior to plant protein. *There is very little published research that substantiate the superiority of animal protein and diets.* The major studies that led to the publication of 'The China - Study' demonstrates the fact that - animal protein leads to many chronic diseases. Another key to the study is that a low calorie, green leafy cruciferous vegetables

(Kale, Collards, Bok Choy, watercress, arugula, mustard greens, turnip greens and chard) have immense healing properties- fight chronic inflammation, cancer and autoimmunity. Other studies suggest that a small percentage of people might actually benefit from small amounts of animal protein. At Preventive Medicine, as part of my patient's health program, I customize their nutrition plan so that 70-75% of their food consumption is plant-based.

So here's the scoop: The best nutrition for human health is based on **whole - plant Based** food, with **minimal oil**. This diet is naturally low fat, as opposed to processed foods that bear the label "low fat". A **whole food** is defined as any food that is close to its original form, out of the ground, versus those significantly altered by man-made processes. All vegetables, fruits, legumes, grains, nuts and seeds are **whole foods**. Flours and oils made from them are processed. Chemicals, food dyes, genetically modified food, preservatives with un-recognizable and un-

Gluten Intolerance – A Phenomenon on the rise!



Wheat, Barley and Rye are the gluten containing grains. Gluten is a complex protein that is difficult to digest. It requires a well functioning digestive system. It is useful to be tested for gluten intolerance if you have - digestive

issues, neurological symptoms or an autoimmune disease. If you test positive, it is best to avoid gluten altogether for 3 to 6 months, even if it is a plant based food. I test for Gluten but also for other food related antibodies.

pronounceable names are examples of man - made foods. The term *plant based foods* means that they are not derived from animal sources. Oils are minimized in a whole food plant based program because they are processed. I must admit, personally I had difficulty minimizing the use of various oils. For those who are unable to give up animal protein, try wild fish and free range poultry. They are best when eaten with the a wide variety of vegetable colors especially those from the “greens” family.

There are several well written nutrition and cook books that I recommend reading: “The China Study” by Colin Campbell, PhD; “Prevent and Reverse Heart Disease” by Caldwell Esselstyn, MD; “Eat More Weigh Less” or “Program for reversing Heart disease “ by Dean Ornish, MD.

The best way to start this program is to gradually reduce animal products from your diet. You should immediately start consuming fruits and vegetables that have a wide variety of colors. It is best to enjoy them in fresh or frozen form. To avoid becoming overwhelmed, you could choose one day of the week that your meal does **not** contain animal products. If each of your meals throughout the day currently contain animal products, you may start by simply choosing one meal throughout the day that is free of animal products and is balanced with vegetables and fruits.

Remember! It is important to your health to consume at least 3 plant - based colors at every meal. At Preventive Medicine, we offer individualized nutritional counseling. Our nutritional classes are designed to target patient challenges and develop a customized plan that will assist you to gradually change your lifestyle to one that is healthy and vibrant.

My office is trained to help you in this process. I hope you will call and schedule to see us and not be intimidated by the call to make changes in your lifestyle. **I have discovered that I often eat to satisfy an emotion or craving rather than use food as a way to heal the body.**

Enjoy a **FREE** foot detox on your New Patient appointment



Items Needed:

- *5 leaves of Kale *or*
- *3 leaves of Dandelion and 2 leaves of Kale
- *1 frozen banana (or fresh banana)
- *2 cups of fruit of your choice (can add berries, pineapple, etc.)
- *2 peeled whole seedless clementines
- *2 cups of water or almond milk (almond milk preferred)

Preparation:

- *Place all contents in your blender (this smoothie can be processed in any high powered blender). I personally use a Vitamix for a smooth texture with no evidence of seeds, etc.

Health Benefits: This smoothie includes powerful antioxidants, rich in vitamin A, vitamin K, vitamin B-6, thiamin, pantothenic acid, potassium, and more that are essential for substrate metabolism, cardiovascular, colon, bone health, etc.

Enjoy: You will be amazed of how delicious this **green** smoothie is. Enjoy the delicious flavor. Enjoy the wonderful health benefits!

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- Neuro-Feedback Therapy
- Nutrition Counseling
- Allergy Elimination Treatment (NAET)
- Natural Hormone Replacement Therapy
- IV Therapy