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Eating Right-Keep it Simple

The other day, a friend and I were discussing diets and nutrition. She was looking for that “silver bullet”, the miracle diet or pill to help her lose weight and get healthy. I finally said, “It’s not that complicated-keep it simple.”

Yes, there are many advertisements you see for fat-burning pills and supplements. Or the weight loss programs that cost thousands of dollars and you can purchase their ready-made meals. Or the dozens of different meal replacement shakes you can blend up everyday. We examined a variety of diets in our newsletters this Summer, but really, just keep it simple. Eat real, unprocessed foods. For breakfast, a couple of eggs. God gave us the perfect protein in the world...eggs. No worry for concern, your cholesterol will not go up. You can buy a dozen healthy, free range eggs for \$1.99 or even jumbo organic eggs for \$2.99 and that’s pretty cheap! There really is no excuse for not eating healthy.

For lunch and dinner, make sure you include a protein that you enjoy like a small steak, chicken breast, turkey burger, tuna or salmon fillet. It’s always best to grill, broil, sauté or bake, avoiding frying. We all need to include healthy fats in our diet like olive oil or real butter.

Be sure to have your protein with or on a salad or your favorite vegetable, preferably one that is not fried. And just to be clear, French fries do not count as a vegetable. Limit your white potatoes, bread, dairy, rice and pasta to once a week.

Snacks are AWESOME! Throughout the day, it is great to have a handful of nuts, seeds or a piece of fruit. Eliminate the sugar with healthier alternatives . Of course, drink a lot of water. None of us drink enough water.

Well, that’s about as simple as I can make it. The last real issue in this country is portion size. We’ve been conditioned to eat too much. Stay away from the buffets! Take just one plate of food. Food that is not healthy does not satisfy our body’s needs and that’s why we get hungry sooner.

Let’s all make a conscience effort to eat healthier!

Dr. Kelling



Matcha Tea Benefits

Curious about the next “it” beverage? Look no further: It’s called matcha green tea — and the health benefits are astounding! Heralded by top nutritionists, health experts and even popular among health-conscious celebrities, matcha is not your typical green tea. This high-grade, finely ground, concentrated green tea has been traditionally used in Japanese tea ceremonies for hundreds of years.

As a fat-burner and even a cancer-fighter, matcha leaves other teas in its dust. Numerous studies have shown that naturally occurring chemical compounds in matcha are anti-carcinogenic by inducing cancer cell death and inhibiting cancer cell growth. Matcha is also rich in antioxidants, has free radical-scavenging activity and encourages your body’s natural detoxification systems. What more could you ask for?

We all know that green tea benefits are amazing, but when you consume matcha, you consume all of green tea’s benefits in the most concentrated form — and the health benefits are amplified! The secret behind matcha’s super strength is found in its polyphenol compounds called catechins, a type of antioxidant found in superfoods like green tea, cocoa and apples. Valued for being more catechin-dense than most items, green tea provides unbelievable health benefits for people who regularly drink it. And this is especially true of matcha, a concentrated powdered form of green tea.

Research has shown that green tea consumption can reduce the risk of cancer. Some of the specific cancers where risk reduction has been scientifically demonstrated include:

Bladder cancer: A study of 882 women showed that the risk of urinary bladder cancer was significantly reduced in women who consumed matcha.

Breast cancer: A meta-analysis of multiple observational studies found that women who drank the most green tea had a 22 percent lower risk of developing breast cancer. Also, they had a lower chance of breast cancer consuming green tea compared to consuming black tea.

Colon and rectal cancers: A study of 69,710 Chinese women aged 40 to 70 years old found that green tea drinkers had a 57 percent lower risk of colorectal cancer. An inverse association with regular tea drinking was also observed for rectal cancers. **Prostate cancer:** One large study found that Japanese men who drank five or more cups of green tea per day had a 48 percent lower risk of developing prostate cancer.

According to the National Cancer Institute (NCI), the catechins in matcha green tea (EGCG, EGC, ECG and EC) are so powerful that they may actually help prevent cancer, potentially making matcha one of the top [natural cancer treatment](#) options out there. While it might seem outrageous that regularly drinking something as common as green tea can put you at a lesser risk, it’s not that far-fetched. The NCI provides the following explanation: The chemicals in green tea, especially EGCG and EGC, have substantial **free radical-scavenging** capability. They have also been proven clinically to protect cells from DNA damage caused by reactive oxygen species.

The catechins in green tea activate detoxification enzymes, such as glutathione S-transferase and quinone reductase. These enzymes are praised for preventing tumor growth. Lastly, research has revealed two additional findings. The catechins in green tea not only protect against damage caused by ultraviolet B radiation, but also they can improve immune system function. That’s a pretty impressive list of attributes, right? If that were all matcha could do, that’d be a lot. But it does a lot more than prevent cancer.

When it comes to boosting your metabolism and helping with weight loss, science shows that few things are more beneficial than matcha green tea. A study in the *American Journal of Clinical Nutrition* compared the effects of drinking one bottle of oolong tea containing 690 milligrams of catechins versus drinking one bottle containing 22 milligrams of catechins. In the study, 35 healthy Japanese men with similar **BMI** and waist circumference distributions were divided into two groups.

The researchers gave one group the 690 milligrams of tea and the other group the 22 milligrams of tea. After 12 weeks, they observed that body fat mass, BMI, body weight, subcutaneous fat area and waist circumference were all “significantly lower” in the 690-milligram catechin group than in the 22-milligram group. Even more astounding were the modifications in LDL levels due to the dramatic decreases in body fat mass and total fat area. From these results, researchers confidently concluded that because drinking tea containing 690 milligrams of catechins for 12 weeks reduced body fat, consuming catechins could aid in the prevention and improvement of many diseases — especially **obesity**.

Cont’d on page 3

3. Benefits Exercise Performance: Another fascinating aspect of matcha green tea is that clinical tests suggest it can help speed recovery in athletes whose focus is high-intensity workouts like **burst training**. It's also been shown to reverse cellular damage caused by oxidative-nitrosative stress. Oxidative-nitrosative stress is just a fancy term for the internal imbalance of free radicals and antioxidants. And this imbalance ultimately destroys cells, prevents their repair and causes disease.

A study published in *Basic and Clinical Pharmacology and Toxicology* evaluated the potential affect EGCG had on mice with **chronic fatigue syndrome** that were forced to swim for six minutes a day over a period of 15 days. After this intense activity regimen, researchers discovered that the animals experienced significant increases in oxidative-nitrosative stress and tumor necrosis factor-alpha levels, which is a biochemical marker for cell death. Astoundingly, by administering continual dosages of EGCG, the researchers found that both of these alterations were completely reversed.

Drinking something just because it's healthy can be a lot like swallowing medicine. It's unpleasant and you dread it, but you feel obligated to do it. After all, it's good for you... right? Sure, but wouldn't you rather look forward to improving your overall well-being? Of course you would! Fortunately, unlike a lot of other teas which require sugar, milk, or lemon to make them palatable to the average consumer, matcha is absolutely wonderful all by itself. It's crisp vegetative notes are complemented by the savory taste of the L-Theanine amino acid making matcha a tea that is truly unique in every way. So sit back, relax, and enjoy a delicious cup of hot matcha!

Magnesium-An Essential Mineral

Magnesium is an essential mineral for staying healthy and is required for more than 300 biochemical reactions in the body. Multiple health benefits of magnesium include transmission of nerve impulses, body temperature regulation, detoxification energy production, and the formation of healthy bones and teeth. Health specialists have always emphasized the importance of including adequate amounts of vitamins and minerals in our daily diet. Zinc, calcium, and magnesium are three of the most important minerals essential for good health. Magnesium aids in the absorption of calcium by the body, while zinc actively supports the body's immune system.

The other crucial health benefits of magnesium include protein synthesis, relief from bronchospasm (constricted airways) in the lungs, and improvement of parathyroid function. It boosts the bio-availability of vitamin B6 and cholesterol, improves muscle functioning, and prevents osteoporosis, insomnia, heart attacks, hypertension, constipation, migraines, kidney stones, and gallstones.

Good dietary sources of magnesium include nuts (especially almonds), whole grains, wheat germ, fish, and green leafy vegetables. As with most nutrients, daily needs for magnesium cannot be met from food alone which is why magnesium dietary supplements are recommended as well.

Are You Low in Magnesium?

In today's world, over 80% of tested adults are. Unfortunately, blood tests are relatively ineffective in gauging magnesium levels as less than 1% of magnesium is in the blood. Low magnesium levels are often diagnosed by symptoms alone, and the following symptoms can point to low magnesium levels:

- Inability to sleep or insomnia
- Irritability
- Sensitivity to noise
- Mental disturbances
- Anxiety, depression or restlessness
- Muscle soreness or spasms



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- Infertility or PMS
- High levels of stress
- Headaches
- Heart “flutters” or palpitations
- Fatigue or unusual tiredness
- Coldness in extremities
- Fuzzy brain or difficulty concentrating
- Allergies and sensitivities
- Body odor
- Bad short term memory
- Poor coordination
- Insulin resistance
- Carbohydrate cravings
- Constipation
- Frequent cavities or poor dental health
- Gut disorders
- Kidney stones
- Lack of appetite
- Back pain

If you have more than one of the above symptoms and especially if you have more than five, it is highly likely that you could benefit from magnesium supplementation. There are several ways to supplement, and a mixture of more than one type of magnesium supplementation seems to be most effective. It is important to start slow and work up, as high doses will not be completely absorbed at first and most will be wasted. Leafy green vegetables, sea vegetables, kelp, and especially nettle are good dietary sources of magnesium, though if you have a deficiency, it will be difficult to raise your levels enough through diet alone. If you'd like to learn more about the importance of magnesium and its various actions in the body, be sure to check out the book [The Magnesium Miracle by Carolyn Dean](#).

Turmeric Eggs Recipe

Serves 1-2

Ingredients:

- 4 eggs
- 2 ounces raw cheese, shredded
- 3 tablespoons ghee
- ½ cup red onions, chopped
- 8 green onions, chopped
- 1 cup yellow peppers, chopped
- 6 cloves of garlic, minced
- 1 tablespoons thyme
- 1 tablespoons oregano
- 1 tablespoons basil
- 2 tablespoons turmeric

1 Directions:

1. Sauté onions, green onions and garlic in pan with ghee over medium-low heat for 10 minutes.
 2. Add in eggs, cheese and herbs.
- Cook for 10 minutes, stirring continuously and add in turmeric.



Helping Veterans and Wounded Warriors

This nation's military veterans and wounded warriors continue to fight, long after they come off the battlefields. They fight to be whole again and to reclaim their physical and psychological health. Many forms of massage and bodywork can help them do just that.

Therapeutic Massage

With its ability to meld body and mind, massage is an excellent way for veterans to reintegrate. Not only can this kind of therapeutic touch address the physical wounds, it can help bring a sense of normalcy back into daily life. "Gratifying physical experiences, such as massages ... may be experiences that patients build up that are not contaminated by trauma, and which may serve as a core of new gratifying experiences," writes Bessel van der Kolk, author of *Traumatic Stress*. Research on massage and veterans, funded by the National Institutes of Health, has shown considerable promise for this hands-on therapy. An initial 2014 study found that veterans reported significant reductions in physical pain, physical tension, irritability, anxiety/worry, and depression after massage. As a result, researchers are hoping to show in Phase 2 of their study that massage could diminish our veterans' needs for opioids for pain management, a significant concern for the US Department of Defense and the veterans themselves. Many of our military personnel returning from battle zones come home less than whole. In cases of amputation, massage can help control edema, deal with neuromas, improve skin health, and loosen scar tissue. For more on this topic, read "David's Heroes" in the November/December 2014 issue of *Massage Bodywork* magazine. Find it online at www.messageandbodyworkdigital.com/i/398416.

When visiting a massage therapist for the first time, expect a comprehensive intake process to facilitate your session. If you are a veteran or wounded warrior, your therapist will want to discuss the extent of your injuries with you, the medical procedures you've undergone, and any ongoing health issues, as well as medications you're currently taking. All of these questions help inform the therapist how to work most effectively and safely with you, so be honest and forthcoming in your responses. As with any massage, be sure to let your therapist know if anything makes you uncomfortable during your session--whether it's that the room temperature is too hot or the massage pressure is too deep. At any time, you can end the session if the work is too intense or you need a break. Craniosacral Therapy Craniosacral therapy (CST) has shown considerable promise in helping military veterans and other posttraumatic stress disorder (PTSD) sufferers. The developer of CST, the late John E. Upledger, DO, OMM, believed this subtle hands-on therapy could make a difference. When he invited veterans to be part of intensive CST programs in 1999, he found that their depression and anxiety levels dropped considerably after the therapy was administered, and that feelings of hopelessness, which had once been pervasive, quickly dissipated. Further evidence for CST came in 2004-2005, when military personnel returning from duty in combat regions were exposed to the therapy at California's Naval Hospital Lemoore. "The results were absolutely profound," says retired commanding officer Sandy DeGroot, who oversaw the program. "It's very hard for [those returning from active combat zones] to come back fully and be in the present moment. The CST work allowed them to release trauma held in the body."

Reflexology

According to author Paula Stone, reflexology is a highly effective therapy for PTSD, a condition that affects more than 5.2 million Americans every year. "Acute sustained stress erodes the very fabric of our being, while acute trauma can tear it. Whether prolonged or sudden, traumatic life experiences wound a person in body, emotions, mind, and soul, and can result in PTSD. Compassionate bodywork, including reflexology, can help heal the body and the person." She says two benefits of using reflexology for clients with PTSD are (1) it can be utilized when massage and other touch therapies cannot and (2) the client remains clothed. Reflexology improves the client's sense of well-being, improves sleep, reduces anxiety, and often reduces the need for pain medications, especially following surgery or cancer treatments." Stone says foot reflexology improves the function of all body systems. "Immediately noticeable are improvements in the flow of bioelectrical energy, blood, lymph, and nerve impulses. Reflexology also works energetically by balancing the body's energy systems. It works in harmony with a broad spectrum of energy therapies, such as polarity therapy and Asian medicine." If you or someone you know is a veteran or wounded warrior, and is suffering, reach out. Contact your local Veterans Affairs offices, visit the Wounded Warrior Project (www.woundedwarriorproject.org) or Comfort for America's Uniformed Services (CAUSE; www.cause-usa.org), and make an appointment with your massage therapist or bodyworker.

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All major credit cards accepted. For insurance coverage and billing, please direct your calls to Lisa

OUR STAFF

Dr. Brian Kelling M-W-F 8:00 AM—6:00 PM

Gail—Therapy Tammy—Therapy

Lisa—Insurance/Billing Krystle—Front Desk

**Dawn, Hilary and Cheryl
 Massage Therapists**




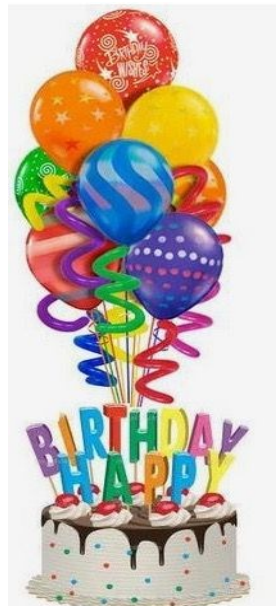
**Call now to schedule your
 Reflexology appointment:**

30 minutes \$30

60 minutes \$60



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| Dennis B | | Lisa S |
| Jeff B | Courtney K | Tommy S |
| Marsha B | Carol L | Chayse T |
| Connie B | Andrew M | Jeff T |
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| John H | Susan S | |
| Louise H | Jennie S | |
| Jody J | Lisa S | |
| | Tommy S | |



Don't Let those Pumpkin Spice Lattes Fool Ya...
Pumpkins are Healthy
 (And Here's the Proof!)



RDA provided by 1 cup:

- Vitamin A - 245%
- Vitamin C - 19%
- Vitamin E - 10%
- Riboflavin - 11%
- Fiber - 11%
- Potassium - 16%
- Copper - 11%
- Manganese - 11%
- Iron - 8%

Pumpkins Also Dish Out Essential Fatty Acids (EFAs):

- Omega-3s - 4.9 mg
- Omega-6s - 4.9 mg

Daily Value percentages gathered from <http://nutritiondata.self.com>

