

# Health Naturally

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Natural Medicine of Vermont

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## Welcome!

Welcome to the Fall issue of *Health Naturally*, the newsletter of Natural Medicine of Vermont (NMV)!

This year has to many felt uncertain and stressful with the challenges the economy has presented. It seems a bit presumptuous to be getting ready for the fall when summer is still upon us and yet it is o.k. to enjoy the present as we prepare for the future. Summer and fall weather mingle gently into each other and give us opportunities to adjust with a grace that fall into winter can lack.

Here in New England we are about to embark on another autumn when the leaves put on a magnificent show and the crisp air reminds us it is time to turn inward and prepare for a new season. Red leaves will return to the fall landscape, fluorescent orange trees will glow in the distance and on nearby corners, warm sunny days and crisp fall evenings will pervade. It is a reminder that as with all things change is continuous and meant to be embraced. How do we open into the possibilities that change and transitions can bring?

# NMV News

## Thermography

We are now offering breast imaging through Thermography. Thermography is Digital Infrared Thermal Imaging. It is a non-invasive diagnostic technique that can detect changes in skin surface temperature reflecting vascular, muscular, and sympathetic nervous system changes. Infrared imaging is fast, non-contact, no radiation, and highly accurate temperature measurement.

Thermography can be used as screening for breast cancer, carotid artery disease, back pain, carpal tunnel syndrome, and many other medical issues.

Breast Imaging will be provided by New England Clinical Thermography at Natural Medicine of Vermont . Please call 802-388-6250 to schedule an appointment.

More information on Thermography can be found at [www.nemedtherm.com](http://www.nemedtherm.com).

*falling leaves  
hide the path  
so quietly*

*~John Bailey, "Autumn," a haiku year, 2001, as posted on oldgreypoet.com*

## Healthy Eating

### Mediterranean Quinoa

Highly recommended from a patient

*Quinoa is a lovely grain, one of my favorites. One cup of Quinoa provides 24 grams of protein, 10 grams of fat (1 gram of saturated fat), 12 grams of fiber and 626 calories. It is also a good source of Folate, Magnesium and Phosphorus, and a very good source of Manganese. Dr. Karen*

¼ to ½ cup red wine vinegar  
2 tsp olive oil  
2 cloves garlic – minced  
2 tsp freshly ground pepper and ½ tsp sea salt  
2 medium green bell peppers –chopped

1 cup chopped (deseeded) cucumber  
½ cup kalamata olives –pitted and sliced  
½ cup finely chopped red onion  
½ cup chopped parsley  
4 cups cooked quinoa (soak and rinse quinoa several times before cooking)

Combine and mix vinegar, oil, garlic, ground pepper and salt. In a large bowl, combine all the ingredients except for the cooled and cooked quinoa and mix with vinegar mixture. Add quinoa, stir gently but thoroughly and enjoy!

## Barley Red Lentil Stew

*I love this so much I quadrupled the recipe! I like to make it in a big batch so I have plenty to freeze. Karri*

2 tbsp olive oil  
1 large onion, chopped  
3-4 stalks of celery, diced  
2 28 oz cans of whole, peeled tomatoes  
6-8 cups of water (can also use chicken broth, veggie broth and/or a combination of the three)  
2 ½ cups red lentils  
1 ½ cups whole barley  
2 tsp sea salt  
½ tsp rosemary  
freshly ground black pepper, to taste  
3-4 carrots shredded  
1 lb mushrooms chopped (I use crimini)  
2 small zucchini chopped

In a large soup pot, sauté onions in olive oil until tender, add celery and cook 5 minutes longer. Add remaining ingredients, except last three, bring to a boil, then reduce heat, cover and simmer 15 minutes, stirring occasionally. Add mushrooms and zucchini, simmer another 15 minutes. Add carrots and cook 5 minutes. Ready to eat! Mmm! Mmm!

## Inspiration corner

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing

Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.  
~Nursery rhyme quoted by Wayne Fields, *What the River Knows*, 1990

## Reflections...

### The Seasons according to Chinese Medicine

#### Fall

Fall is a time of introspection of turning in of harvesting the abundance of summer and storing for the winter months. In Chinese medical theory nature guides us to an understanding of the internal workings of our body and health. Each season is associated with an organ system and energy that can help guide us to making more informed choices and to optimize our health using nature as our guide.

The internal organs associated with the fall are the lung and large intestine. The lung absorbs oxygen and energy from the world and creates energy (fire) for the body. The large intestine absorbs food and water and circulates it through the system cooling the body. Lung and large intestine are metal, they are the fall, they receive energy and food and they release, and let go of what the body does not need. The lungs and large intestine are in charge of respiration, digestion, and elimination. Common symptoms associated with lung and large intestine imbalances are respiratory problems, such as asthma, shortness of breath, frequent colds, and sinus infections, as well as constipation and skin problems.

In the fall, eat fewer cold, uncooked foods — such as salads — and more cooked, warm foods. Switch from salads to soups and steamed vegetables such as winter squash, winter peas, broccoli, sweet potatoes, and yams. Incorporate yellow and red foods into your meals. Start your day with hot oatmeal. Other warm and nourishing foods that can support you during the autumn months are apples, broccoli, bok choy, carrots, cabbage, figs, ginger, leeks, pears, winter squash, wild rice, whole grains, cinnamon, ginger, sage, rosemary and thyme.

This time is meant for organizing and preparing for the winter season ahead and a time to reflect on our lives. Emotionally, this is the season associated with grief and sadness. It is important to keep the mind clear and “let go” of negative emotions, which can impact health more strongly during the fall. Use this fall to create an opportunity to blend and open into more healthful and sustaining practices.

# Health Corner

## Here's to Sunshine or is it Vitamin D?

Summer is slowly winding down as we anticipate the shortening of daily sunshine. We seem to have a love/hate relationship with the sun. Most now stay out of the sun or always cover up and/or wear sunscreen all the time. Granted we do not want to be slathering on baby oil and sunbathing all day, but there is "healthy sunlight". When our skin is exposed to ultraviolet B (UVB) rays from sunlight the skin makes a compound that is converted to vitamin D in the liver and kidneys. The sun emits ultraviolet radiation in the UVA, UVB, and UVC bands, but because of absorption in the atmosphere's ozone layer, 98.7% of the ultraviolet radiation that reaches the Earth's surface is UVA. (Some of the UVB and UVC radiation is responsible for the generation of the ozone layer.) UV radiation can cause direct damage to the skin so the recommendations for protecting the skin are warranted; however, we now seem to be facing a widespread problem with vitamin D deficiency.

We continue to realize through studies the importance of Vitamin D:

- Vitamin D promotes hip and nonvertebral bone health
- It is associated with nerve and myelin health
- In a recent, cross-sectional trial involving 80 elderly individuals, higher serum 25-hydroxy vitamin D levels were associated with positive mood and healthy cognitive performance.
- According to the Mayo Clinic proceedings (December 9, 2003), vitamin D deficiency is one possible cause of persistent and vague musculoskeletal pain.
- Vitamin D deficiency is associated with a risk for osteoporosis, diabetes, high blood pressure, cancer, and auto-immune diseases such as multiple sclerosis.
- Men with low levels of vitamin D have an elevated risk for a heart attack based on a recent study by the Harvard School of Public Health and Brigham and Women's Hospital. In the study, men classified as deficient in vitamin D were about 2 ½ times more likely to have a heart attack than those with higher levels of the vitamin. The study involved 454 health professional ages 40-75 who had suffered a nonfatal heart attack or died of heart disease, as well as 900 other men with no history of cardiovascular disease. The researchers posit that there could be a number of ways in which vitamin D may protect the heart. It may lower blood pressure, regulate inflammation, reduce calcification of the coronary arteries, affect the heart muscle or reduce respiratory infections in winter.
- A meta-analysis involving 5 trials suggests that a daily intake of 1,000 -2,000 i.u. per day of vitamin D3 promotes colon health.
- A case controlled study from the Nurses Health Study indicates that healthy vitamin D plasma levels are associated with breast cell health.

- Authors of a 2009 U.S. study have linked higher blood levels of vitamin D to lower rates of metabolic syndrome, as well as improved cholesterol and triglyceride profiles in the blood

The standard for measurement is 25(OH)D(25-Hydroxy vitamin D). It is the best indicator of vitamin D in the body. We are realizing that vitamin D has a very wide range of safety; however you should consult with your physician as to the correct dosage.

If you wear sunscreen or avoid the sun you are blocking vitamin D formation in the skin. I recommend 10-15 minutes of daily summer sun on exposed skin without sunscreen, as long as there is no burning. Vitamin D, it's what the doctor ordered!

## **The Key to better health...**

What if I told you that I had a treatment that would boost energy and increase productivity, improve sleep, improve immune function and decrease risk for infectious disease, help prevent back problems and back pain, reduce blood pressure and improve cognitive function -- sound too good to be true? The magic formula is exercise.

More than half of people who begin exercising drop their program within three to six months, according to the American College of Sports Medicine. We know why. Exercise is *work*, and results do not happen overnight. People get frustrated because they don't see immediate results, and they hit the couch. The key is slow and steady. If you have any health issues, first start with a visit to your doctor and evaluate a plan that is appropriate for you. Schedule exercise as you would any appointment and keep it! Plan for the cold winter months so that the exercise program you start doesn't fall apart because of cold weather – anticipate. Winter here in Vermont is long and figuring out a way to stay active during the winter months is crucial to maintaining health and the immune system. Get some help – take a class, hire a trainer for a few sessions, start with a friend, join a group, just start.

There are numerous resources at your local library, gym and community center, Tai qi, yoga, Pilates, and martial arts classes, on the internet and through your doctor's office. Use them. Some resources are: Medline Plus, The American Heart Association, and American College of Sports Medicine [www.acsm.org](http://www.acsm.org).

"Everywhere is within walking distance if you have the time."

Steven Wright

## **Recommendations**

- If you haven't read Barbara Kingsolver's [Animal, Vegetable, Miracle](#) take some time this fall and enjoy!
- Make a conscious choice to eat locally and seasonally as much as you are able – start now. It's a no brainer for healthier eating.
- Make a commitment to stay physically active this fall and winter – create an exercise plan and commit to it.