

Fall 2013

Experts say that fall is a super season for shaping up. This season can be a treat for the senses with the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Read on for some tips from our own experts!

EATING FOR THE SEASON

Every season has certain foods that are in "peak time" in terms of harvest to which generally coincides with when its flavor is at its best. Here are some of our provider's favorites for fall:

Apples

- Full of antioxidants
- 4 grams of dietary fiber per serving

Harvest season: August–November

Brussels sprouts

- 1/2 cup contains more than your DRI of vitamin K
- Good source of folate and iron

Harvest season: September–March

Pears

- Good source of vitamin C and copper
- 4 grams of fiber per serving

Harvest season: August–February

Squash

- Contains omega-3 fatty acids
- Excellent source of vitamin A

Harvest season: October–February

Pumpkin

- Rich in potassium
- More than 20% of your DRI of fiber
- Good source of B vitamins

Harvest season: October–February

FALL RECIPE

Autumn Chopped Salad

Ingredients:

- *6 to 8 cups chopped romaine lettuce
- *2 medium pears, chopped
- *1 cup dried cranberries
- *1 cup chopped pecans
- *8 slices thick-cut bacon, crisp-cooked and crumbled
- *4 to 6 oz. feta cheese, crumbled
- *Poppy seed Salad Dressing
- *Balsamic Vinaigrette

Directions:

On a large platter, combine the lettuce, pears, cranberries, pecans, bacon and feta cheese.

Drizzle generously with poppy seed dressing, followed by some of the balsamic vinaigrette (about a cup of dressing: 70 percent poppy seed dressing and 30 percent balsamic vinaigrette).



SUPPLEMENTS ... WHAT DOES THE RESEARCH SAY?

Our medical director, Dr. Lisa Corbin, discusses common supplements that have been in the news recently.

FISH OIL

Current research shows fish oil (Omega-3) supplements may help with secondary prevention of [heart attacks](#) in people who have had one and treatment of [heart failure](#).

A recent [study](#) seemed to dispute these claims, with headlines such as "Don't trust... drugs that attempt to mimic lifestyle changes". The research investigated if fish oil might be useful to prevent a first heart attack in people at high risk. It used olive oil as a placebo vs. 1 gram of fish oil and it was found 11.7% of the fish oil group had a heart attack, stroke or CV death and 11.9% of the placebo oil group had one of these outcomes. Criticisms of the study included the choice of olive oil as a placebo and some wondered if the dose of fish oil was appropriate.

Conclusions:

Fish oil may not be useful for primary prevention but unlikely harmful. It is probably good for established heart disease. Vegetable sources are not the most

efficient way to get omega 3 because it is more difficult to absorb. The [AHA](#) recommends 2 servings of fish/week and notes that fish oil is good for hypertriglyceridemia.

VITAMIN D

Prescriptions for Vitamin D are skyrocketing. Everyone wants to know their level. General recommendations are: under 20 is considered deficient, under 30 is insufficient, 30+ is normal and 50+ is optimal. The consequences of Vitamin D deficiency range from infections to lung disease to autoimmune diseases to cancer. It has been observed in many populations that there is an inverse relationship between Vitamin D levels and all-cause mortality. The controversial research this year made people wonder if vitamin D supplements might be harmful, as the popular media took the results out of context. The [study](#) looked at healthy people and found that if your level is under 21 ng/mL you have a higher risk of death, but if your level is over 21 you don't have a higher mortality. This was just an observational study, though. And the study did

not show harm of taking vitamin D.

Conclusions:

Vitamin D is not harmful with higher levels, but there may be fewer bangs for the buck for mortality benefit once levels reach over 21.

CALCIUM

Everyone knows they should take calcium, right? This past year, we saw the headline "calcium **supplements** cause a 30% increase in heart attacks." Prior epidemiologic studies have also shown excess heart attack (MI) risk with calcium supplement use. However, [this](#) and many other studies confirmed that **dietary** calcium intake is *inversely* associated with MI risk. There is probably some truth to an increased risk (VERY small) of supplemental calcium in pill form, but benefit to the heart from dietary calcium. Both are still good for your bones.

Conclusions:

Best source of calcium is food vs. supplements (300 mg in general diet and 300 mg per serving of dairy). If you are unable to get your 1200 mg of calcium through your diet, take a supplement. Just not more than you need!

SIGNS OF TOO MANY TOXINS IN YOUR LIFE

- 1. Constipation:** Not having a bowel movement at least once a day as these toxins are absorbed back into your bloodstream.
Tip: Drinking more water, exercising, taking a good-quality probiotic or sipping on an herbal tea such as senna leaf.
- 2. Bad breath:** Bad breath can come from bacteria in the mouth releasing odor-causing byproducts. It can also indicate that your liver and colon are having difficulty eliminating toxins.
Tip: Using a tongue scraper or get fresh with herbs like parsley and cilantro, which are liver detoxifiers.
- 3. Sensitive to smells:** We tend to become sensitive to smells, such as perfume or smoke, when our liver is having trouble eliminating toxins. When detox pathways are blocked our senses are heightened, headaches or nausea can result.
Tip: Support your liver with herbs like milk thistle and dandelion root, both of which can be consumed in tea form.



"If you have happy thoughts, then you make happy molecules. On the other hand, if you have sad thoughts, and angry thoughts, ad hostile thoughts, then you make those molecules which may depress the immune system and make you more susceptible to disease."

-Deepak Chopra

