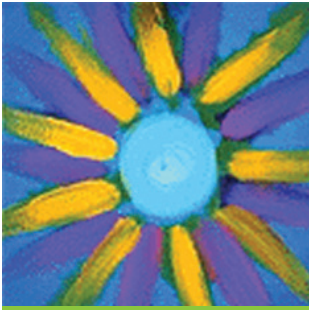


WellnessLetter



Volume 2 • Issue 3
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Old Ocean House Farms: Buying is Even Easier!

We offer three outstanding health supplements formulated by Dr. Voisine at his farm in Cape Elizabeth. Used exclusively at the Center for Weight Management and Wellness, they've helped patients lose over 8,000 pounds since January 2010! Multi-Vitamin & Minerals, Omega-3 From the Sea, and Antioxidants & Polyphenols -all perfectly supplement and enhance the nutrition you should obtain every day in tandem with your healthy diet. Now available at drverneweightloss.com

Center for
**Weight Management
& Wellness**
Verne M. Weisberg, MD

Foods that are also supplements

Eating well is easy! And eating well pays extraordinary dividends – not only a loss of fat and weight – but also an improved sense of well-being, and therefore, improved quality of life.

Here, we are going to discuss two foods which are also supplements you can enjoy every day: Fiber and Apple Cider Vinegar.

Fiber: The GOOD Carb

As a doctor, I preach: **“If the food is white, it isn’t right.”** It’s simple, really. White breads, white rice and white pastas cause blood sugar spikes and have absolutely little to no nutritional value! A lifetime of white foods is a major factor in the development of diabetes, heart disease and “middle-age spread.”

Today, there are so many ways to **AVOID** the “whites”. You can easily buy and eat delicious alternatives like whole grains. Brown rice, for example, contains the hulls of the rice – the storehouse of the fiber your body craves. They don’t cause the rapid spike in blood sugar. Instead, the hulls provide a more stable and healthy release of it when eaten in the correct proportion.

Fiber, you have likely heard, is good for you. And it is more than just whole grains. Remember the adage: “an apple a day keeps the doctor away?” What that means is that apples are high in pectin, a fiber. That fiber helps keep your bowels regular. When you have regular bowel movements, you are preventing toxic buildup from wastes that are just sitting there in your large intestine. If it sounds awful, imagine what it’s doing to your body: rotting and creating more toxins that leach into your bloodstream.

It should be so easy to eat well. Consider this: Mother Nature’s foods are abundant with fiber. Fruits, berries, vegetables and whole grains like brown rice and quinoa –a great grain (Google it!) truly give you what you need on the fiber front.

There are two types of fiber your body loves to use: soluble and insoluble. Soluble fiber forms a gel when mixed with liquid, while insoluble fiber does not.

Insoluble fiber passes through our intestines largely intact. Insoluble fiber moves the waste bulk through the intestines for passage, and also helps balance the pH factor there. The end result (pardon the pun) is a regular bowel movement. Insoluble fiber helps to prevent toxic waist buildup from stagnant stool. The following foods have great levels of insoluble fiber: whole wheat products, wheat bran, seeds and nuts, green vegetables, and fruit skins (don’t peel the apple!). Check your food list to see which foods we recommend for your weight loss.

Soluble fiber, meanwhile, prolongs gastric emptying. What this means is that sugar is released and absorbed more slowly (“slow carbs”) – and also binds with fatty acids. The benefits? Soluble fiber lowers bad cholesterol, and promotes the healthy regulation of blood sugar. Foods with soluble fiber include barley, flax seeds, oat and oat bran, psyllium husk, and root veggies such as carrots, apples and oranges.

The recommended intake of fiber is 25 grams per day. The more fiber you eat, the healthier you will be! So, don’t think “I have to eat 25 grams a day” – think “I WANT to eat AT LEAST that!”

Oh, and one more awesome benefit of fiber? You fill up more quickly, so you’re just not as hungry and eventually you eat less! Fiber is a total win-win for your body and it should be the anchor of your daily diet.

Possibly the BEST Salad Dressing and More?

Apple Cider Vinegar. Even the name conjures good old-fashioned country delights! It is as good for you as it sounds. Oh, and it is delicious, too!

One of the most common products found in our kitchen has been touted for its health benefits

—Continued

for years. **Apple Cider Vinegar** is a traditional remedy that has been consumed for centuries for a variety of medicinal purposes. Recently, a 12 week study in obese patients by Kondo, et. al, provided additional evidence supporting the use of Apple Cider Vinegar as an adjunct to weight loss as well as lowering tryglycerides and systolic blood pressure.

First, let's quickly define "what is a vinegar?" While all vinegars are a dilute form of acetic acid, not all vinegars are created equally. Depending on the fruit or feed stock they are made from and the amount of processing, they will contain various amounts of minerals, vitamins, fiber, enzymes and other organic products. While these are minor components of vinegars, they do contribute to the aroma, flavor, and perhaps, the nutrition and health benefits attributed to vinegar. Most vinegars are 5% acetic content.

The normal pH of the stomach (pH is a term to describe the amount of hydrogen ions present in solution) lies between 1.5 – 2.0 and is caused by a high concentration of hydrochloric acid (HCl). This is secreted by the 'parietal cells' of the stomach. Vinegar has a pH of 2.4 which is slightly less acidic than the normal pH range of the stomach (see table). Medications such as 'omeprazole', 'ranitidine' and 'famotadine' decrease the amount of HCl secreted in the stomach, thereby raising the pH.

Unfiltered apple cider vinegar contains a small amount of B vitamins, magnesium and other minerals in trace amounts. One component of apple cider vinegar is pectin, a water-soluble form of fiber that can absorb fat, toxins, and cholesterol in the digestive tract. As explained above, the insoluble fiber in apples aids digestion and elimination, promoting regularity.

Apple Cider Vinegar acts as a prebiotic, promoting a healthy environment in the digestive tract for beneficial bacteria to grow. It has also been found to suppress the growth of *Candida albicans*, a common yeast that causes problems when allowed to colonize profusely. There is no "one" ingredient in apple cider vinegar that can be attributed to weight loss while taking this supplement. We have found that all the vinegar's components work together to support better digestive health and less acidity which balances the body to become more alkaline.

As you can see, the health benefits of apple cider vinegar are numerous. When you shop, look for an **organic, unfiltered, raw apple cider vinegar**. So how much should you take? While the most common recommended 'dose' for an adult is 1 to 2 tablespoons a day, we recommend less...at first. Start with 1 **teaspoon** twice a day (before meals). Give yourself a week to work yourself up to one tablespoon a day. Most people will feel and see the benefits from one tablespoonful a day. Try it as a vinegarette on your salad; toss in a few berries if you aren't able to handle the taste. And, enjoy the results!

Get Moving!

Part of a healthy and whole lifestyle also includes exercise. Exercise is so much more than losing weight – it improves mobility, keeps your bones, muscles, tendons, cartilage and cardiovascular system functioning well. Exercise is also a great

way to release stress -- especially when you do a series of different exercises (aerobic, anaerobic, meditative).

How much exercise, and what type is best for you to lose body fat and increase muscle tone? Well, we are all individuals so it stands to reason that we all require our own individual approach.

Before starting an exercise routine, age, gender, baseline body composition and fitness level should all be addressed. And, be truthful! The goal of individualizing a workout routine for weight loss should be to get into a range where you are burning energy and burning calories. Yes, it really is that simple. See, the greater the deficit, the greater the fat stores are used to replenish it. But you don't want to go overboard on the exercise either: too much exercise or too high a heart rate for a prolonged period of time can direct our bodies to burn glycogen (carbohydrate) stores instead of fat.

According to an article published in the *Journal of Applied Physiology* in December 2006, the most efficient way to burn fat is through short, high-intensity aerobic interval training (versus exercising at a moderate to intense pace for extended periods of time). For those just starting out, this could be as simple as walking for 10 minutes, then jogging for 3 minutes, walking for 5 minutes, jogging for 3 minutes then walking for 10 minutes. (think: 10-3-5-3-10)

As with any exercise routine it's best to remember the following points:

- You have to learn to crawl before you can walk. Start out slowly and, over time, work your way up to a high-intensity aerobic interval training program.
- Never start exercising without a good overall stretch before and again at the end of your exercise. A stretched muscle reduces your chances of hurting yourself.
- Remember to hydrate before during and after any exercise routine. Water is truly the gift of life, so drink up! **A gallon of water a day for most people is appropriate.**
- A small serving of fruit along with some protein before and after you workout 'may' help you, but be mindful of your sugar intake as refined sugar can produce insulin spikes. Fruit has naturally occurring sugar known as fructose, and is fine in moderation (1 peach or apple as opposed to 3 at a time!).

We have two certified personal trainers affiliated with us with whom you may consult. See their biographies on our website.

The beautiful thing about exercise is that we have so many choices! And, summertime in Maine provides the perfect 'natural' exercise mat! So, get walking, get swimming, get cycling!

WellnessLetter is produced by rjvservices and is a brief description and comment of health care-related information. Individuals should consult with their physician or qualified health care practitioner for medical advice and answers to personal questions. Information in this newsletter is not a substitute for medical advice.

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