

Women's Nutrition Monthly

October 2008

Maintaining Health during This Year's Flu Season

A strong offense is the best defense!

Autumn is here, the leaves are turning brilliant shades of red, gold and orange. There's the smell of wood fires in the air. Flu vaccines are in my office refrigerator. Yes, it's that time again, when I am doling out flu vaccines on a daily basis. Many of you ask me for my opinion on the flu vaccine, and I will give you my take on it here.

Every year, scientists band together to try to guess which strains of influenza will hit the US the following fall and winter. They group the most likely candidates together and create a vaccine that gets marketed to the public in hopes of thwarting a potentially dangerous virus. But does the flu vac really work? Obviously last year's was a bum loser, as the strains that appeared in this country were not incorporated into the vaccine and many vaccinated people still got sick. Also, many people suffer mild to moderate flu-like symptoms after being vaccinated. Receiving any vaccination temporarily suppresses your immune response to other germs, colds and viruses, leaving you wide open to

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Make it a Soup Night

Use your crock pot for an easy dinner, and soup it up on the weekend for lunches all week!

Soups are the Key to Weight Loss and Good Nutrition!

Nothing satisfies this time of year like a hot bowl of delicious soup. Nourishing to the body and to the soul, soup is the perfect venue to get a large share of the day's vegetables in to your diet. If you have 15 minutes in the morning (less if you buy pre-chopped veggies!) you can come home to a great dinner. There are lots of crock pot cookbooks out there, and plenty of recipes on the Web, so dust off your crock pot and give it a try!

Studies show that people who eat soup eat fewer calories during the day. I am not talking about soups with milk and cream, I am speaking of stock-based soups with lots of vegetables and beans. Ah, I'm getting hungry right now! Whip up a pot of soup this morning, and sit down to nourishing experience this afternoon. The beauty of creating soups is that anything goes! Ad lib is the mantra of good soup making. Recipes are fine for the faint of heart, but after a few successes, you will feel comfortable substituting all kinds of vegetables to match the season's harvest.

Soups are another way to incorporate more greens in the diet. Simply make your soup and add the shredded greens during the last half hour of cooking so they retain their green vibrancy.

Soup 101

There are plenty of good soup cookbooks out there, some fancy and some plain and simple. My favorite cookbook for soups is Good & Garlicky Thick & Hearty Soul-Satisfying Italian Soup Cookbook by Joe Famularo. This book is divided into sections for bean, veggie, pasta and bean, meat, fish and creamed

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possible infection. So what's a person to do?

Good Candidates for the Vaccine

Although studies have not proven that flu vaccinations protect even the elderly from succumbing to illness, it still makes sense to encourage those people over 65 to get the vaccine. People with chronic lung problems such as asthma, bronchitis and COPD also might consider the flu vaccine a good option.

A Strong Offense

1. Get plenty of sleep. Many folks think they can get by on 5-6 hours of sleep every night, but studies agree that on average, 8 hours is best. Your body needs this down time to repair, replenish and regenerate. While you are sleeping, your body is busy at work detoxifying harmful substances, moving wastes, and removing cellular debris. Your immune system is recuperating from the day's onslaught of potential infections, and it, too, needs the downtime.
2. Eat nutritious foods, particularly sulfur rich foods like garlic and onions. Onions and garlic have antibacterial and antiviral properties and will protect you from infections. Building a diet around these and other vegetables and fruits will provide your body with an arsenal of nutrients to keep it functioning optimally. Spend time on the weekend making a huge pot of vegetable soup that you can eat for lunch during the week. Serve it up for dinner with a loaf of crusty whole-grain bread and a salad.
3. Use proper supplementation. During the fall and winter months, the sun's sharp angle doesn't allow us to synthesize enough vitamin D, so we must supplement with this vitamin. Vitamin D protects us from infection among many other things, and I add 1000-3000IU of this vitamin every day. It is very inexpensive

and you can order it online from

www.vitacost.com or

www.vitaminshoppe.com. Be sure to get the D3 variety which is the most easily absorbed. I also recommend at least 1000mg of vitamin C daily. I use the EmergenC brand which dissolves readily in water or juice and is easy to absorb. These can be ordered online or found in Walmart and Shoprite.

4. Have your medicine chest well stocked but not with medicine! Keep a saline nasal rinse on hand or a [Neti pot](#) to rinse away nasal irritants before they cause trouble. Nasal douching prevents pollens, molds, viruses and other irritants from lodging in the mucosa and causing infection. Using the nasal spray, [XClear](#), is another option. Xclear uses Xylitol to prevent infections and it works quite well. Keep a bottle of elderberry syrup on hand as well. Elderberry has many strong antiviral and antibacterial properties and it not only helps prevent infections but also lessens their duration. I have used the brand [Sambucol](#) for years with great success. It's great for kids, too, because it tastes good.

Be prepared to avoid the flu and colds this season by boosting up your natural resistance. Get good rest, eat nourishing foods, and get enough vital nutrients through supplements. Be well!!!

THE BACK BURNER

THERE ARE PLENTY OF THINGS COOKING AT WNM! FEEL FREE TO DROP ME AN EMAIL AND GIVE ME YOUR THOUGHTS. ALSO, GO TO WWW.WOMENSNUTRITIONMATTERS.COM TO GET UP-TO-DATE NEWS ON EVENTS AND PROGRAM SPECIALS, AND TO CHECK OUT MY BLOG!! I WANT TO HEAR FROM YOU!

CALENDAR OF EVENTS

INDIVIDUAL COUNSELING SESSIONS NOW AVAILABLE!

I AM NOW OFFERING **90 MINUTE** COUNSELING SESSIONS TO MAKE MY SERVICES AVAILABLE TO EVERYONE. BY PHONE OR IN PERSON, I WILL CREATE A PROGRAM FOR YOU THAT ADDRESSES YOUR HEALTH CONCERNS AND PROBLEMS. TRYING TO LOSE WEIGHT? NEED MORE ENERGY? STRESSED OUT AND BURNED OUT? TRYING TO AVOID A PARTICULAR DISEASE THAT RUNS IN THE FAMILY? I CAN HELP. THE COST OF THE CONSULTATION IS \$95 AND INCLUDES HANDOUTS OF PROGRAM DETAILS AND RESOURCES. CALL OR EMAIL ME FOR AN APPOINTMENT HERBALGEM@GMAIL.COM 908-377-0773.

WNM BOOT CAMP -----COMING SOON!

WNM BOOT CAMP WILL GIVE YOU A TOP-NOTCH, GET IT TOGETHER PLAN TO CONQUER FOOD CRAVINGS, ADDICTIONS AND BAD EATING HABITS IN 6 WEEKS. FOLLOW MY 6 WEEK PLAN FOR A JUMJP START TO HEALTH EATING, JUST IN TIME FOR THE HOLIDAYS. WITH A SOLID PLAN OF ATTACK AND DAILY SUPPORT, YOUR GOAL OF HEALTHY EATING IS ONLY 6 SHORT WEEKS AWAY!! CONTACT ME TODAY!

WWW.WOMENSNUTRITIONMATTERS.COM

HAVE A VENUE FOR A WORKSHOP?

LET ME SPEAK WITH YOUR GROUP ABOUT HEALTHY EATING AND HEALTHY LIVING. I HAVE PREPARED WORKSHOPS ON CREATING A TOXIN FREE HOME, AND EATING ORGANIC/LOCAL/CONVENTIONAL FOODS. HAVE A TOPIC OF INTEREST YOU WOULD LIKE ME TO TALK ABOUT? CONTACT ME FOR TIMES AND AVAILABILITY. I'D BE GLAD TO MEET WITH YOUR GROUP! CONTACT ME AT WWW.WOMENSNUTRITIONMATTERS.COM

soups. I can't recommend this book more highly. Wholesome Harvest by Carol Gelles also has a great selection of soup recipes that are nutritious and good for the soul.

For those of you who want to play, here are the basics for a good soup. Saute` some garlic and onions in a bit of olive oil. Choose your stock—chicken, veggie, water or V8—and add to the stock pot. Add diced veggies such as carrots, celery, squash, stringbeans, cabbage etc. and simmer till tender. Toward the end of cooking time, you can add canned tomatoes, canned beans, frozen limas or peas. Add chopped fresh parsley or basil. Don't forget your greens! Roll up fresh spinach, collards, kale or chard and slice into ribbons. Add during the last 20 minutes of cooking.



Change your thoughts and change your world

--Norman Vincent Peale

RECIPES OF THE MONTH

(FROM "WHOLESOME HARVEST")

SHREDDED CABBAGE SOUP

3 T OLIVE OIL

6 CUPS SHREDDED CABBAGE

1 ½ C CHOPPED ONIONS

½ TSP GROUND GINGER

2 CANS (16 OZ EACH) WHOLE
TOMATOES IN PUREE

4 CUPS WATER

¼ PACKED BROWN SUGAR

1 T FRESH LIME OR LEMON JUICE

SALT AND PEPPER

In a 6 quart soup pot over medium-high heat, sauté the onions and cabbage in the olive oil until they are softened. Add the ginger and tomatoes, breaking up the tomatoes with a spoon. Add water, sugar, lime juice and salt and pepper. Bring to a boil. Reduce heat and simmer for 20 minutes.

Fresh Vegetable Soup

1 T olive oil

1 c chopped onion

4 c vegetable broth

1 can whole tomatoes, undrained (14 oz)

1 6-oz can tomato paste

1 cup dry white wine

1/3 c chopped parsley

1 t oregano

¼ t pepper

1 bay leaf

1 ½ c each, chopped carrot and celery

1 c each, chopped green beans, zucchini

1 cup fresh or frozen corn kernels

In a 4 qt saucepan, sauté onions in oil until soft. Add broth and tomatoes, breaking them up with a spoon. Add tomato paste, wine, parsley, oregano, bay leaf and pepper. Add carrots and celery and bring to a boil. Simmer, uncovered, 15 minutes. Stir in green beans, zucchini and corn. Simmer 10 more minutes or until veggies are crisp-tender. Remove bay leaf before serving.

