

WOMEN'S NUTRITION MATTERS MONTHLY

MARCH 2011



Happy Spring! Well, almost!

I have been busily trying to complete my coursework for my degree, and have been negligent in my writing and I apologize: it's not like I have nothing to say! On the contrary, I just returned from an exciting trip to NYC to attend the Integrative Healthcare Symposium. What a wonderful event! To be surrounded by like-minded doctors and practitioners is always inspiring to me, and gets me all excited to learn more and teach more!

I wanted to send you a brief overview of some of the topics I learned about, and these will be future topics of my news letters.

THYROID HEALTH

Something that I am intimately interested in- I listened to Dr. Chris Meletis talk about the controversies of iodine deficiency and thyroid disease. There is a big iodine deficiency in this country for several reasons:

1. Our top soil has been depleted for years, and this is recognized by the government
2. We do not use iodized salt anymore—everyone is salt phobic!
3. We no longer add iodine to our breads, but use bromides instead
4. Bromine, chlorine, and fluoride compete with iodine on the thyroid receptors, adding to our deficient state!

Supplementing with iodine (Iodoral is the product he uses in his practice) is tricky, especially when you are working with hyper thyroid and autoimmune conditions of the thyroid, but *everyone* could do well by adding more seafood and particularly seaweeds to their diets. Try sea weed salads, and adding dried seaweed to soups and cooking beans—they help with digestion while enhancing the mineral content.



SUPPLEMENTING WITH VITAMIN D

We all know that we are deficient in vitamin D, and I have covered this topic ad nauseum. But I wanted to mention some current news that has just popped up in the literature. The Institute of Medicine is now saying that up to 4000 IU of vitamin D3 is now considered safe to take daily. Yippee!!! Some of us need this much to get our levels up to snuff.

What is enough? The recommendations are variable, depending on who you talk to, but one thing is certain: the RDA is too low. Also, vitamin D is measured in 2 different ways: in nmols/liter and ng/ml. I believe Labcorp measures theirs in the nmols/l. You should aim for numbers between 50 and 100 nmols/L, or 36-40ng/ml, according to a lecture given by Dr. Alan Gaby, MD. I also prefer taking vitamin D in liquid form which is readily available.

IMPROVING THE GUT TO IMPROVHEALTH

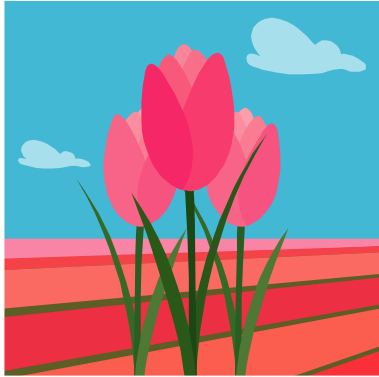
In an article I just read by my favorite, Dr. Mark Hyman, he discussed the potential of disharmonious gut flora causing many of our disease states today. I was unable to hear Dr. Hyman speak this weekend, but I will forward on to you his advice on this topic:

“Bad” bugs can inhabit your gut, leaving you to suffer from things like chronic fatigue, arthritis, even autism. These bugs can be things like giardia, yeast and other parasites. Balancing the gut flora can improve everything from mood to movement! Here are his tips:

1. Eat a fiber-rich, whole foods diet (duh!)
2. Limit (eliminate!) sugar, processed foods, animal fats and protein
3. Avoid antibiotics, acid blockers, and anti-inflammatory drugs
4. Take daily probiotics

These are things I work with my clients on every day. It would behoove you to make your move in this direction as well!

In upcoming issues of WNMM, I will address these issues and more in greater detail. But for now, I encourage you to think about some spring cleaning for your body, and work toward producing a better, cleaner body!



Would you like to do a detox with me? Give me a shout, and we can work together to get you all set up for a healthy spring and summer season.

I am taking appointments starting the end of this month, and phone consults beginning in 2 weeks. Space is limited as time allows, so please book early.

Spring specials

One hour consult with me by phone or in person for **\$50**. That's about 15% off the regular price!

Bring a friend to consult with me and the two of you can "pick my brain" for **\$100 for two** for 90 minutes!!

Want a **crash course in grocery shopping**? Want to know how to make better choices?? I'll come with you! Gather your friends for a trip down the aisles: we'll shop together for an hour or 2—however long it takes for **\$150 for a group!!!**

Have a wonderful entry into spring, and I hope to hear from you all soon.

Orders are being placed for Nordic Naturals today, and if you would like to be a part of our Fish oil ordering group, email me today!! Take advantage of these wonderful supplements for yourself and your whole family—we even have great products for your dogs (and mine love them!) **herbalgem@gmail.com** or **call me directly 908-377-0773**.

Namaste!

Diane