

# Nutritional Wellness NEWS



Comprehensive Care with Compassion and Excellence

August 2008

## DIGESTIVE HEALTH PLAYS ROLE IN WEIGHT LOSS

Digestive health plays a large role in weight regulation. As our patterns of food consumption have changed over the years, so has the state of our gastrointestinal (GI) tract. What you eat can actually alter the 'good' bacterial flora and other gut microbes found in the intestines which can in turn increase our ability to store fat. Our GI tract has a significant relationship in controlling appetite. Research studies have shown in animals studies that when obese subjects' microbes were put into the normal weight animal's gut, their body fat increased without consumption of extra calories. Smaller studies suggest that having higher rates of specific gut microbes

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### CAUTION: BEWARE OF CLAIMS ON LABELS

Many companies in the food industry have gotten a bad name for making nutrition claims even when it is far from the appearance, such as whole grains and fruit juice. Beware because many corporate giants will make very small changes to their products to make them eligible for special claims and to help them sell under a "healthy" label. In February, researchers at Pennsylvania State University found high amounts of grains help individuals lose weight and decrease risk of chronic diseases including cardiovascular disease and diabetes. The Center for Science in the Public Interest has brought to life the misuse of 'whole grain' as many companies are labeling white flour products as whole grain. So beware, check your food ingredient labels prior to buying to ensure you are getting the maximum health benefit from grain products by purchasing 'whole grains.' Label lingo for whole grains is defined by the FDA who said manufactures can note the amount (in grams) or the percentage of whole grain in a product as long as it is true. Be wary when you see "made with whole grain" as the statement does not tell

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### SUCCESSFUL LAUNCH! NuWell Health: Gastroenterologist Led, Science- & Research-Based Weight Loss Program

DLDC has prided itself on providing customers with top-notch health care and comprehensive service offerings under one roof and is proud to announce the opening and successful launch of NuWell Health, LLC. With over 100 calls and many newly registered patient participants, NuWell Health is already a hit helping individuals lose weight and feel great!

A report by the United States Centers for Disease Control (CDC) shows that obesity in the United States continued to grow over 2007 and now affects more than a quarter of adults nationwide. The report reveals that not a single state has achieved the official target to reduce obesity to 15 percent by 2010.

The physicians at DLDC became frustrated when they were unable to find a medically-supervised research- and science-based behavioral weight management program in the Houston area. Additionally, the American Gastroenterological Association (AGA) Obesity Task Force mandated that gastroenterologists take the lead and help patients in managing their weight, so DLDC created NuWell Health, a weight management program provided by dietitians, health educators and nutritionally trained gastroenterologists.

If you are interested in finding out more about NuWell Health and the weight loss program, please visit [www.nuwellhealth.com](http://www.nuwellhealth.com) or call 281.444.9455.

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### NuWell Health Nu Spice:

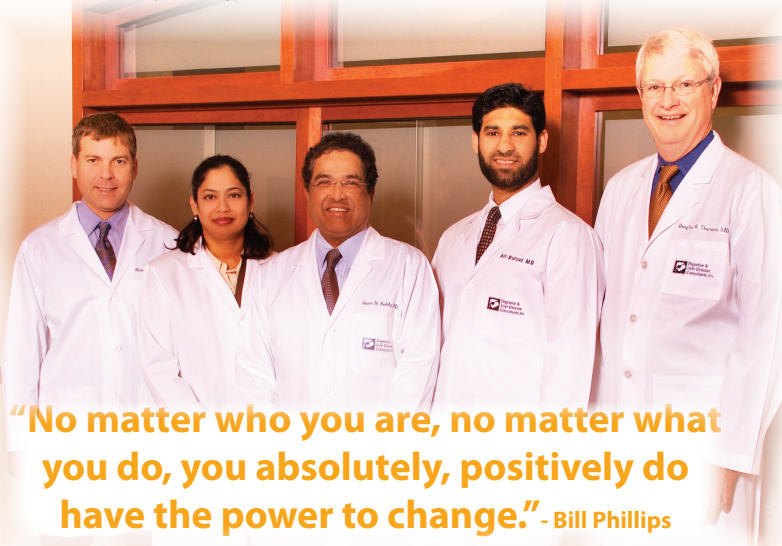
#### Cumin



Cumin's history goes back more than 5,000 years. This spice has been valued by many cultures

and yields health benefits due to its rich supply of Calcium, Iron, and Vitamins A, E, C & B-Complex. Cumin aids the body in healthy digestion & may have cancer fighting ability. It has positive effects on insomnia, asthma, & the common cold. Cumin's smell activates salivary glands triggering primary digestion of food in the mouth. Cumin has the ability to relieve gas. Further, in research with animals, Cumin's phytochemicals show to improve insulin activity helping prevent and treat Type 2 Diabetes. With all of the benefits Cumin has to offer hurry up and give it a try! Check out the five-star recipe on the back for a quick and delicious way to incorporate Cumin into your dietary intake!

Source: Kelble, A. Spices and type 2 diabetes. Nutr & Food Sci, 2005;35(2):81-87.



**"No matter who you are, no matter what you do, you absolutely, positively do have the power to change."** - Bill Phillips



**Nu Faces: Margaret Goode, Registered Dietitian**

DLDC brings you one of the finest dietitians in Texas, Margaret Goode, who holds her masters in nutrition and dietetics and is a registered and licensed dietitian. Margaret comes to DLDC with over ten years experience and has great enthusiasm as she educates patients and helps them make positive decisions. Margaret specializes in GI Disorders (e.g. Crohn's Disease, IBS, Celiac Disease),

Liver Disease, Digestive Health, Weight Management, Diabetes, Cardiovascular Disease, Bariatric Surgery Support, and Group Counseling. Margaret eases the process of learning and understanding how food choices help manage digestive health. Additionally, she places patients on the path of reaching digestive, health, nutrition and weight loss goals. Reaching nutritional goals is not easy, so we encourage you to seek nutritional counseling from Margaret Goode either one-on-one as a DLDC patient or through our weight loss and wellness program, NuWell Health.

**(DIGESTIVE HEALTH CONTINUED)**

allows the body to store food as fat more easily. According to the American College of Gastroenterology, there are million of individuals in the US that suffer from digestive problems. Some 60 million suffer from heartburn and 50 million from irritable bowel syndrome. Research shows there are health benefits associated with consuming a whole grain, high fiber diet, full of fruits and vegetables. "More Matters!" Eating your fruits and vegetables looks to be even more important as a recent research study looked at consumption of antioxidants, fruits and vegetables and their ability to likely decrease risk of esophageal cancer. The results of the study suggest that consumption of fruits and vegetables (not the supplementation) may reduce the likelihood of an individual developing GERD as well as esophageal cancer. (Am J Gastroenterol 2008;103:1614-1623)

**(BEWARE CONTINUED)**

you what percent of the product was made with whole grains. Marion Nestle, professor of nutrition at New York University and author of several books, including Food Politics and What to Eat, said, "Whole grains are known to benefit the digestive system, and they also contain vitamins and minerals, which are lost when they are refined."

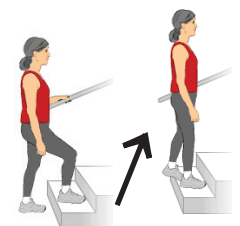
Source: BusinessWeek Online, July 24,2008.

**Nu Moves:**  
**Attain Wellness through Physical Activity**

**THE STEP UP**

**This is a great strengthening exercise that requires only a set of stairs. But don't let its simplicity fool you. Step-ups will improve your balance & build strength in your legs, hips, and buttocks.**

1. Stand alongside the handrail at the bottom of a staircase. With your feet flat and toes facing forward, put your right foot on the first step.
2. Holding the handrail for balance, to a count of two, straighten your right leg to lift up your left leg slowly until it reaches the first step. As you're lifting yourself up, make sure that your right knee stays straight and does not move forward past your ankle. Let your left foot tap the first step near your right foot.
3. Pause. Then, using your right leg to support your weight, to a count of four, slowly lower your left foot back to the floor.
4. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions with each leg.



Make sure you:

- \* Don't let your back leg do the work.
- \* Don't let momentum do the work.
- \* Press your weight through the heel rather than ball or toes of your front leg as you lift.

Source: www.cdc.gov

**Nu Reads: Reading for Wellness**

**Featured Book:**  
**Living well : 21 days to transform your life, supercharge your health, and feel spectacular.**

by Montel Williams with William Doyle.

Check out materials at your local library, where you will find a wealth of resources on staying fit, eating healthy, and living well! With your library card, you can gain access to databases full of FREE health and wellness information through www.countylibrary.org. Databases include Consumer Health Complete, Health and Wellness Resource Center, and more!  
*In this month's feature, Montel Williams dives into a plan for living well as he tackles the challenges of living with multiple sclerosis. Inspirational reading with practical tips thrown in.*



**Cumin-Dusted Chicken Breasts with Guacamole Sauce**

★★★★★ From Cooking Light, Jan 2007

**Preheat oven to 400°.**



- Sauce:
- 1/4 cup finely chopped green onions
  - 1/4 cup finely chopped parsley
  - 1/4 cup fat-free sour cream
  - 2 tablespoons fresh lime juice
  - 1/4 teaspoon salt
  - 1/8 teaspoon ground cumin
  - 1/8 teaspoon ground red pepper
  - 1 ripe peeled avocado, seeded and coarsely mashed

- Chicken:
- 2 tablespoons brown sugar
  - 1 teaspoon ground cumin
  - 1/2 teaspoon salt
  - 1/2 teaspoon freshly ground black pepper
  - 4 (6-ounce) skinless, boneless chicken breast halves
  - Cooking spray

**Nutritional Recipes for Wellness**

To prepare sauce, combine first 8 ingredients; set aside.

To prepare chicken, combine sugar, 1 teaspoon cumin, 1/2 teaspoon salt, and 1/2 teaspoon black pepper; sprinkle evenly over chicken. Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add chicken; cook 3 minutes or until browned. Turn chicken over. Place pan in oven; bake at 400° for 10 minutes or until done. Serve chicken with sauce.

Yield: 4 servings (serving size: 1 breast half and about 3 tablespoons sauce)

CALORIES 301 (27% from fat); FAT 9g (sat 1.5g, mono 4.8g, poly 1.3g); PROTEIN 41.6g; CHOLESTEROL 101mg; CALCIUM 76mg; SODIUM 575mg; FIBER 3.6g; IRON 2.1mg; CARBOHYDRATE 12.5g

**NuFacts**

**High Fructose Corn Syrup (HFCS) has been found to reduce leptin levels (making you feel hungry) and the body stores it as fat more readily than sugar.**

Bray, GA, Neilsen, S, Popkin, BM. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. Am J Clin Nutr.2004; 79:537-43.