

**DIET & HEALTH CENTER
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CHANGE SERVICE REQUESTED



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DIET AND HEALTH CENTER NEWS

BEST NEW PRODUCTS OF 2009

Our favorite new product is a combination of three essential fatty acids (EFA's) called Tri-EFA. "Essential" means that we **MUST** have these fats in our diet, as our bodies require them for essential functions and cannot manufacture them.

This formula contains fish oil (EPA-DHA), flaxseed oil, and borage seed oil. You get the incredible benefits of all three fats in one capsule. I recommend this product for every member of the family, as a basic part of your daily vitamin mix. These oils are highly researched for their effects on cholesterol, the heart, brain, eyes, adrenals, skin, bones and more.

Take 2 to 8 daily in divided doses with food. \$28 for 120 gel caps.

We now carry Liquid Vitamin D drops. Each drop is 1000 i.u. Take one to two drops daily (forever). Remember that Vitamin D is **THE** key player in fighting colds and the flu (including Swine Flu). If you have the flu or a bad cold, take 50,000 units of D daily until well. That would be 50 drops a day (**COUNT THEM PLEASE**), or 10 of OUR 5000 i.u. Vitamin D 5000 pills. The drops are cost effective at \$22 per bottle. Great for kids too as all children need about 1000 i.u. a day as well.

Finally, our wonderful Body Butter is back in stock! This is a thick and creamy moisturizing "butter" that my skin loves all winter long. Unlike 99% of most store-bought skincare products, it contains **NO PRESERVATIVES** or chemicals, and is unscented. \$12 for a 4 ounce jar.

Got a garden club, association, church group, or class that needs a free speaker? Invite Beverly!

DIET & HEALTH NEWS

NOVEMBER 2009

HELLO EVERYONE,

Cooler weather brings many of us back to the kitchen, looking for warm and hearty foods. So, I include some crock pot ideas for you to try, and a recipe that is always good but makes a great Thanksgiving side-dish too.

We have two new services to offer you in the office. We will take your blood pressure, and measure you on the body composition scale. It measures total body fat, visceral (hidden) fat, % muscle, weight, and metabolic rate for your baseline calorie needs. We'll keep your scores and compare them with future ones.

Body composition scores help us set goals for weight loss, fat loss, and muscle gain. If I can inspire you to improve these numbers, your risk of diabetes, stroke and heart attack will be reduced. And, as you'll read about below, Metabolic Typing lets us choose the foods that are right for your type to reduce food cravings and lose weight.

I will be sending out my first e-newsletter soon, so PLEASE call the office and give us your email if you have not already done so. It will go out several times a month with updates, news and more. Your friends can sign up too.

Come get our famous CEDAR REMEDIES soon! We recommend a bottle of homeopathic cedar (custom-made for us), a bottle of homeopathic Allerdrain, and some D-Hist, a fantastic herbal antihistamine with NO bad side effects. Tell your allergic friends to visit the website at www.dietandhealthcenter.info and click on the cedar link for more information.

Thanks for referring all the new clients, and welcome to you new folks too!

Beverly

METABOLIC TYPING

Metabolic Typing can tell you the exact foods that are best for your metabolism. The science behind this is decades old and very rigorous. I used to do Metabolic Typing several years ago, and I have recently started recommending it again.

For a \$45 fee, you will be given a passcode to take a detailed computer test. The results will come to me, and we'll have an appointment by phone or in person to discuss the handouts that come with your results.

I absolutely feel best when I eat the foods suggested for me (such as dark meat poultry vs. white meat, and asparagus vs. broccoli, etc.). It settles down the

metabolism of those of us who are Fast Oxidizers, and boosts those who are "Slow Oxidizers". Amazingly, you may be a "fast" Metabolic type even though you feel too "slow". You will stabilize your weight, be calmer and more alert, and reduce food cravings if you eat right for your Metabolic Type. This is a great test!

For those of you who did this test before, especially all you "Fast" types (I know who you are!), I urge you to get back on your list of foods. You DO NOT do well with leafy greens (too high in potassium), or with anything sweet or starchy. You need lots of fats, and high quality protein. Call me for a review, or we'll do a Class.

GREAT FALL FOOD

The crock pot is my year-round favorite appliance, but stew is especially great in the winter. Simply place 2 or 3 pounds of any stew meat such as beef, buffalo, or lamb in the pot with a little sliced shallot and maybe some garlic. Add salt and pepper and maybe a splash of vinegar (anything except the white stuff – that's only good for cleaning the bathroom!) or wine. Cook on high for the first hour. Then stir, and cook on low for 5 to 7 hours, stirring once.

For variety, add bones (for extra calcium), or peppers, herbs or veggies towards the second half of cooking. Be careful with your seasonings as slow simmering amplifies the flavors. Water is not needed as meats contain quite a bit of water already.

You can also use the crock pot to cook meatloaf or a whole chicken. Use an oval crock pot for these items. Put a little oil on the bottom of the pot before filling it. Create a ground turkey thigh or beef meatloaf and shape it into an oval. (I put sautéed chopped whole fennel in mine, as well as cooked mushrooms and parsley). Set it down inside the crock pot.

For the chicken, stuff the bird's cavity with a handful of herbs, or halved lemons, and sprinkle with Poultry or Italian Seasoning (MSG free), Pink Salt and pepper. You can set the bird on a small oven-proof saucer to keep it from sticking to the pot. Cook the chicken or meatloaf on low for 6 to 7 hours.

Here's another quick chicken idea which you can vary as you like. In a bowl, mix 8 boneless skinless chicken thighs with a 15 ounce can organic tomato sauce or crushed tomatoes. Add some mushrooms, chopped onion and peppers, minced garlic, and 1 tsp. Italian Herb seasoning. Place into crock pot without getting sauce on the sides (it's hard to clean). Cook on low 5 to 7 hours.



Here's a recipe for sweet Roasted Brussels Sprouts. Preheat oven to 425 degrees. Take a pound of Brussels Sprouts, cut off the bottoms and slice in half. Take a red pear (or maybe an apple) and cut in wedges without the core. On a baking sheet or Pyrex pan,

toss sprouts and pear with 3 quartered shallots, 5 sprigs fresh thyme, Pink Salt and pepper, and 1 ½ tablespoons olive oil.

Roast 30 to 35 minutes, and toss gently with 1 tablespoon fresh lemon juice and serve. Serves 4. If you double the recipe, use 2 pans. This would make a great Thanksgiving side dish.

Remember to buy some of our wonderful organic raw milk cheese too. It is not easy to find raw milk cheese, especially organic and from pasture fed cows (not feedlot fed). Makes a great hostess gift too. Yum!

FOOD SENSITIVITIES 101

OK, here's a Pop Quiz.

Q: Why is testing for food sensitivities the first thing I do with every client? A: Because for many people, it is the number one thing that will allow for permanent changes in your health.

The main controllable piece of chemistry we will ever have is to manage what we eat, drink, breathe or put on our skin. The only other thing that affects our chemistry this greatly is our thoughts!

What is a food sensitivity, and how is it different from an allergy? An allergy provokes an allergic reaction such as hives or difficulty breathing.

A food sensitivity sets up a chronic inflammatory response that exhausts our immune system, damages our intestines and other organs, and can cause just about every symptom in the medical books, from pain to migraines, from depression to weight gain.

Some people notice immediately when they consume cow's yogurt or cow's milk, as they will have gas, sinus drainage and often loose stools or stomach ache. Gluten can cause the same symptoms, or more, but often the effect is NOT obvious.

This is because of the inflammatory response causing trouble all over the body, just looking for the weak link in the body to manifest a problem. It could be diarrhea, or depression, alcoholism, or an increase

in general allergies. In general, it is damaging to the immune system.

My recommendation is to learn how to avoid an intolerant food 100%. Absolute ability to know where it is hidden and how to eat without it. Do this for 6 months or more, then try a challenge. For one week, eat that food several times a day. You'll know by the end of the week exactly what that food is doing to you! Pay attention to the small stuff too.

Do not fall into the trap of "just eating less" of the food, or "only eating it now and then". You never really learn how you'll feel without it if you do.

After an initial period of avoiding the food, many

of you start to forget and cheat, and it makes my job so much harder to try to create a healthy anti-aging environment in your body when it is struggling with an inflammatory food response.

If you ARE going to cheat, eat the food only one time, and only very rarely. As one of my doctor friends

told me, if you have a wheat sensitivity on your birthday, it's better to eat the whole cake and get it over with than to eat a piece every day! (NOT RECOMMENDED as you will be sick!) Repetition is what creates the chronic immune response and damage.

Why not try 100% avoidance again of the foods I suggested you stop. See what might change in your life. You might be surprised at what you notice.

