



Healthy and Happy Monthly Newsletter

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June is National Fresh Fruit and Vegetable Month: June is the time during the year when we find a multitude of fresh fruits and vegetables in our grocery stores and at local farmers markets. With vibrant colors and sensational aromas, this bountiful produce is amazing by design. Would you be interested to know that each color category for fruits and vegetables represents a different phytonutrient, all of which are clinically shown to be beneficial to human health and help to prevent various diseases? From vitamins and minerals to antioxidants, amino acids, fiber and digestive enzymes, regularly incorporating fruits and vegetables into your daily diet can provide nutrients to help reduce the risk of cardiovascular/heart disease, cataracts, macular degeneration, high blood pressure, stroke, diabetes, certain cancers and more. So read on as we explore the amazing health benefits of fruits and vegetables from a clinical nutrition perspective, and highlight how they can be used to reduce inflammation and increase immune system function as well.

There are several color groups for fruits and vegetables:

Green fruits and vegetables: contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, Beta-carotene, and more. The nutrients found in these fruits and vegetables can reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

The fruits and vegetables in this color group include artichokes, arugula, asparagus, avocados, broccoli, Brussels sprouts, celery, Chinese cabbage, cucumbers, endive, green apples, green beans, green cabbage, green grapes, green onion, green pears, green peppers, honeydew, kiwi fruit, leafy greens, leaks, lettuce, limes, okra, peas, snow peas, spinach, sugar snap peas, watercress, zucchini.

Red fruits and vegetables: contain nutrients such as B vitamins, vitamin C, lycopene, ellagic acid, quercetin, hesperidin, and more. These nutrients can reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.

The fruits and vegetables in this color group include beets, blood oranges, cherries, cranberries, guava, papaya, pink and red grapefruit, pomegranate, radishes, raspberries, red apples, red bell peppers, red chili peppers, red grapes, red onions, red pears, rhubarb, strawberries, tomatoes, watermelon.

Blue/Purple fruits and vegetables: contain nutrients which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, quercetin, and more. Similar to the previous nutrients, these nutrients can support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as anti-carcinogens in the digestive tract, and limit the activity of cancer cells.

The fruits and vegetables in this color group include black currants, blackberries, blueberries, eggplant, elderberries, figs, grapes, plums, pomegranate, prunes, purple Belgian endive, purple asparagus, purple cabbage, purple carrots, purple peppers, raisins.

Yellow/Orange fruits and vegetables: contain B vitamins, beta-carotene, vitamin C, zeaxanthin, flavonoids, lycopene, potassium, vitamin C, and more. These nutrients can reduce age-related macular degeneration and may lower the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.

The fruits and vegetables in this color group include apricots, butternut squash, cantaloupe, gooseberries, orange carrots, golden kiwi, yellow and orange grapefruit, lemon, mango, nectarines, oranges, papayas, peaches, persimmons, pineapples, pumpkins, rutabagas, sweet corn, sweet potatoes, tangerines, yellow apples, yellow beats, yellow figs, yellow pears, yellow peppers, yellow summer squash, yellow tomatoes, yellow watermelon, yellow winter squash.

White fruits and vegetables: contain nutrients such as betaglucan, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients can also activate natural killer B and T cells, may reduce the risk of colon, breast, and prostate cancer, help to balance hormone levels, and may reduce the risk of hormone-related cancers.

The fruits and vegetables in this color group include bananas, brown pears, cauliflower, dates, garlic, ginger, artichoke, mushrooms, onions, parsnips, shallots, turnips, yam, white corn, white nectarines, white peaches.

As mentioned earlier, the phytonutrients found in fruits and vegetables can have a significant health benefit, and may reduce the risk of developing a number of chronic illnesses.

B Vitamins help with energy production, enhance immune system function, stress and anxiety reduction, brain function, muscle function and more.

Beta-glucan can help to stabilize and balance immune system, lower LDL cholesterol levels and may reduce the risk of stroke and heart attack.

Bioflavonoids are important antioxidants that work in tandem with vitamin C by preventing the oxidation of vitamin C, extend the antioxidant value of it in the body. These nutrients can help to lower cholesterol levels, support joint collagen in arthritis, fight off infections, reduce inflammation, weaken and kill off viruses, and help to prevent cardiovascular disease and hardening of the arteries.

Carotenoids are potent antioxidants and are important for eye and skin health. They may also help to prevent breast and skin cancer.

Vitamin C is a powerful antioxidant that is anti-inflammatory, helps promote skin health and wound healing, helps with allergies and asthma, and helps with immune system function and fighting off infection, aids in muscle and joint function and more.

EGCG can help to reduce the risk of colon and breast cancer, boost the immune system and encourage T-cell formation, and help to normalize proper metabolism. Overall, it can help to defend our body against sickness and disease.

Ellagic acid, which is mainly found in raspberries, strawberries, pomegranates, and walnuts, has been proven in many clinical studies to act as an antioxidant and anti-carcinogens in the gastrointestinal tract. This nutrient also has been proven to have an anti-proliferative effect on cancer cells because it helps to decrease their ATP production.

Flavonoids, which include anthocyanins, flavones, isoflavones, proanthocyanidins, quercetin and more, are powerful antioxidants that are anti-inflammatory, pro-immune system function and anti-cancer. They are responsible for the colors in the skins of fruits and vegetables and help to stop the growth of tumor cells.

Lycopene may decrease the risk of prostate cancer, as well as protect against heart disease and hardening of the arteries. Also, it can help to prevent age-related macular degeneration, cataracts, and diabetes.

Lutein and **zeaxanthin** are important for healthy eyes, and can help to prevent cataracts and age-related macular degeneration. They also support healthy heart function, and may prevent against coronary artery disease.

Potassium is essential for heart and muscle function, helps to prevent cramping and high blood pressure, helps to prevent osteoporosis, and more.

Busy lives require foods that are nutritious, energizing, and give your body the tools that it needs to operate in a healthy and fluid state. A proper diet that includes several servings of fruits and vegetables is the key to maintaining a healthy body, but all too often, we eat high sugar and carbohydrate rich foods to satisfy our body's cry for nutrition. These processed foods are easily accessible, inexpensive, and provide irresistible taste sensations. Unfortunately, these foods and the refined sugars, carbohydrates and fats that they contain are pro-inflammation, pro-cancer, anti-immune system, and they significantly increase the risk of developing cardiovascular disease. Also, when you compare the cost of fresh fruits and vegetables to the less healthy alternatives, they are closer in price than you may expect. Please think about this the next time that you go for the cupcakes and cheese puffs, and realize what you are truly doing to your body.

As we discussed in the May newsletter, the intestines have a unique balance of good and bad bacteria. The bad bacteria grow and thrive on sugar. From a clinical nutrition perspective, the gut is known as the second brain, as the bad bacteria can actually communicate with the brain, sending signals that say, "We grow and thrive on sugar, feed us sugar!" And so, the craving for a candy bar, doughnuts, or a soft drink is most often satisfied. Herein lays the problem, the fueling of inflammation, the dousing of the immune system, and the beginning of many of the chronic health related conditions that affect so many people in our society today. While it is true that some of these chronic illnesses may be hereditary, a proper diet that includes several daily servings of fruits and vegetables is the key to maintaining a healthy body, reducing inflammation, promoting immune system function and proper metabolism, and prevent many health related conditions.

Our early ancestors did not eat cheesy-poops, nor did they guzzle corn syrup carbonated beverages. They drank and ate what was available, when it was available. They drank water and consumed meats, fruits, herbs and vegetables. Also, grocery stores did not exist, so they actually had to work to get this life sustaining sustenance, meaning they were more physically active as well. Just to play devil's advocate, it is true that early humans did not live as long as we do today, but they died from such catastrophes like saber tooth tiger attacks, and falling into tar pits. I jest, but did you know that regularly eating foods high in fat, sugars, and carbohydrates actually hinders energy, and promotes lethargy and sedentary lifestyle?

To provide more insight on proper nutrition and the body's ability to maintain a healthy balance, Neels Pharmacy has been given the special opportunity to hear from Dr. Jason Hackler of Natural Life Therapy Clinic. Dr. Hackler will discuss how summer is an expansive time of the year. By neglecting the body's natural restorative abilities during these warm months, Dr. Hackler explains how we are setting the stage for exhaustion, stress, and inflammation during the following seasons of the year.

An Ancient Medicine Reignited: By Dr. Jason Hackler, I.Ac. Tel: 314-991-6035

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In modern times, June is lesser known for being recognized as 'National Fresh Fruit and Vegetable Month.' This is quite an appropriate title with respect to our diet and health during the different seasons of the year, however. For the fruits and vegetables that we eat during the warmer months of the year can influence how our bodies fare during the colder months of the year. Hippocrates, the founder of modern medicine, studied how weather, the seasons of the year and climatic change, affect health, wellness, and disease state processes. Since the development of pharmaceuticals, however, these premises for a healthy life have been trodden over to the lengths of being forgotten. Our ancestors, especially in Asia, knew that the existence of all things alive, while not separate from the natural world, were also part of the metaphysical, and that our health, in Mind, Body and Spirit, is intrinsically linked to the natural forces of nature.

I am blessed to practice an ancient way of healing, by looking at the world in a more integrated way, and on a cellular level. What we put into our mouths, the nutrition that sustains our life, is the most fundamental part of maintaining the health and promoting the healing that is produced in our bodies in the form of energy.

Throughout the universe, there are two basic energies, Yin and Yang. As human beings, we are not separate from these energies, in fact, they constitute our very existence. The concentrating energy (Yin) and expanding energy (Yang) are both interconnected and interdependent in a perfectly balanced way, making it possible to create and sustain life throughout the universe. Biologically, if these energies are not in harmony, prolonged imbalance may yield reduced energy production on a cellular level, promoting stagnation and inflammation. Over time, we consistently observe how debilitating pathological conditions have developed, and we seek to instruct our patients that with time it is possible to rebalance the body's energy.

At Natural Life Therapy Clinic, we approach health, wellness and life from this perspective, and attempt to guide our patients back to wellness through natural laws of our world. We are currently entering warmer more expansive months, summer and tropical climates being the most, Yang, times of year. We witness this in the natural world through the growth and abundance of vegetation, fruits and vegetables.

Ideally, a healthy diet should consist of foods eaten in accord with the season and climate we live in. The exceptions to this ancient premise are when sickness, a serious diagnosed medical condition, or a compromised digestive system present more advanced form of energy imbalance.

For a more practical image of what an ideal diet should look like during these expansive months of Yang, get outside and let the natural world speak to you. Go to the farmer's markets around town to educate yourself on what is growing now in late spring and throughout the summer.

To promote and maintain good health in the warmer months, consume regular helpings of fruits, vegetables and whole grains. Eating more raw foods should be the focus of your diet. Some animal protein is fine, especially if you're physically active, however, most of us need far less animal protein in the warmer months.

The temperature is hotter, so in order to create balanced energy, focus on cooling foods like fruits and vegetables. These are best consumed raw, as cooking cooling foods strips them of all their nutrients. Grains should be eaten year round because they are anti-inflammatory, and aid in synergistically balancing our bodies. Try to avoid regular consumption of burgers, brats, and other greasy, fatty, fried summer culinary favorites. Seriously folks, these foods are irresistible, but must be consumed in moderation as they are especially taxing on the intestines and liver. Reserve heavier proteins, like stews and root vegetables for the colder months however, as they warm our bodies up.

As you pay attention to your body you'll notice how your cravings change throughout the year. This is especially evident during Doyo, the season in between seasons. This is the transitional time which lasts two or three weeks in between each season. So, observe nature and listen to your body.

If you stray too far from following the laws of nature, sooner than later there are repercussions. Some peoples' bodies may not react for many years, others will react to the imbalances in the following season. Similarly, if one does not follow a more Yin (warming) diet in the wintertime they may experience some ill health effects in the spring or summer.

Typically, the energy imbalance will manifest as allergies, digestive upset, and decreased immune function, becoming susceptible to opportunistic infections more easily or frequently. If you don't adhere to a more Yang diet in the warmer seasons and burden your system with heavy, rich foods, you may feel the repercussions in fall or winter. Yang energy, due to its expansive, warm nature, has a way of buffering the effects of 'wrong' diet in the short term. If you pay attention to how what you eat affects your energy level, imbalances with your health may be more understandable and preventable in the following seasons

Please contact Natural Life Therapy to experience how balancing the body's energetic functions and interconnections is vital to maintaining good health, and how the body has a way of healing itself if given the correct tools to achieve it. We recommend Neels Pharmacy for questions about supplements, pharmaceutical interactions, and helping the body to maintain an ideal balance of health and wellness. Kind, patient and knowledgeable, Patrice Neels Frieda is both a seasoned pharmacist and a passionate Certified Clinical Nutritionist.

Best wishes,
Jason R. Hackler, L.Ac.

Founded as a traditional apothecary style pharmacy in 1932, Neels Pharmacy is an established compounding and prescription pharmacy in its fourth generation of family leadership. Today, Neels Pharmacy has evolved into the pharmacy of the future and provides regular and innovative custom compounded prescription medications for humans and animals, as well as the latest and most effective over-the-counter products, including: clinical nutrition, homeopathy (for humans and animals), herbal remedies, therapeutic teas, aromatherapy and essential oils, skin care and high quality personal grooming products.

As a full service pharmacy, Neels Pharmacy offers a variety of services including individualized human and veterinary compounding, and personalized clinical nutrition consultations that are conducted by our in-house clinical nutritionist/ pharmacist, Patty Frieda. Additional services include **free local delivery** of prescription medications and over the counter products, as well as mail, UPS, and express overnight delivery.

Neels Pharmacy accepts most insurance cards, including Missouri Medicaid, Missouri Senior Rx, and more. We want to assure you that your prescription co-pay at Neels Pharmacy will be the same as you pay at any pharmacy location in the area.

Our goal is to help you and your family achieve optimal health, wellness and vitality and provide a relaxing and peaceful atmosphere in which you will receive the highest level of customer service from our knowledgeable staff and pharmacists. With each visit to Neels Pharmacy you can depend on a one-on-one pharmacist consultation with every prescription, including drug/vitamin/herb interactions and drug/nutrient depletions. From our family to your family, we respectfully invite you to come experience the Neels Pharmacy difference, and approach your health concerns with confidence.