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November Newsletter

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INSIDE THIS ISSUE:

Healthy Weight	1
Exercise Corner	1
Stroke	2
Grass-Fed Cows	2
Nitrates/Nitrites	2
10 Spice Weight	3
Facebook Specials	3

8 Tips for Healthy Weight Lifestyle

1. Do no harm— You should not feel fatigued, deprived, or frustrated.
2. Eat in a way that you can reasonably sustain your weight.
3. Nourish your body. Eat in a way that your metabolic needs can be met.
4. Consider a plant based diet
5. Be fat savvy. Fats are part of a healthy diet, but saturated fats from animals and processed foods is not a good choice.
6. Eat in moderation. In our culture, we look for fast, more, and faster. Eat less and eat slow. Liquefy your food. Slow, mindful eating enhances the dining experience.
7. Move It. A healthy lifestyle is an active lifestyle. You can't exercise your way out of a bad diet;.
8. Get personal. There is no "one size fits all" way of eating. Taste preferences, schedules and financial considerations all play a part in maintaining a healthy weight.



Aim for a Healthy and Realistic Weight

5800 Soundview Dr.

A-101

Gig Harbor, WA 98335

- Office Hours
- Tuesday-Friday 9a-4p
- Saturday 9a-12noon
- Closed Sunday & Monday
- Phone-253-858-2408
- www.gigharborhealthclinic.com

Exercise Corner

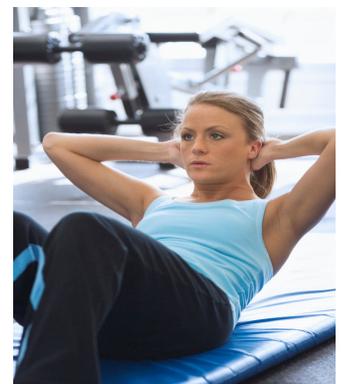
400 meter run or row

15 step ups or box jumps

100 jump rope

15 sit ups

Do 4-5 rounds of this for time.



Does Eating Fruits & Vegetables Decrease Risk of Stroke?

A total of 20 prospective cohort studies were included in a meta-analysis. These studies comprised of over 16,981 stroke events among 760,629 participants. A subgroup and meta-regression showed that the inverse association of total fruits and vegetables consumption with the risk of stroke was consistent in subgroup analysis.

Citrus fruits, apples/pears, and leafy vegetables might contribute to the protection. The linear dose-response relationship showed that the risk of stroke decreased by 32% and 11% for

every 200 gram per day increment in fruits consumption and vegetables consumption respectively. The investigators concluded that fruits and vegetables consumption is inversely associated with the risk of stroke. These data support adoption of a healthy diet high in fruits and vegetables to reduce the risk of cardiovascular events.

So, Eat Your Fruits and Vegetables!!!



Grass Fed Beef- Healthy or Hype?

Grass fed beef is trending in food circles. What exactly is grass fed beef? Don't all cows eat grass? Well not exactly. Most cows are fed the wrong grains including corn and soy.

The grains foods sometimes make them sick as do the tight living



quarters. The difference in their food effects what you eat. Grass-fed cows will render darker meat with less fat. Whereas grain-fed cows will render a lighter colored meat with more fat.

The advantage of grass fed cows:
Less total fat

More heart-healthy omega 3 fatty acids
More conjugated linoleic acid (CLA) a fatty acid that may reduce the risk for heart disease and cancer

Higher levels of antioxidants
Higher levels of Vitamins A and E.

5 Things to Know About Nitrates and Nitrites

Sodium Nitrite and sodium nitrate are food preservatives used primarily in processed meat products such as hot dogs, luncheon meats, ham, bacon, spam, and smoked fish. They maintain the pinkish meat coloration. Without them they would appear gray. They add a characteristic flavor. They ward

off botulinum. When cooked these break down into nitrosamines which can cause cancer. The USDA has limited the use of nitrites to 200 parts per million. Adding ascorbic acid (Vitamin C) to the food product greatly reduces the formation of nitrosamines. Spinach, beets, lettuce, celery, parsley and cab-

bage are naturally high in nitrates. Eat these as they also contain Vitamin C. Limit the meats with this preservative

10 Spices for Weight Loss and Improved Health

Black Pepper– Impacts satiety, thermogenesis, and fat oxidation

as an antiseptic

levels. They are high in antioxidants as well

Ginger– Thermogenic and helps reduce appetite

Red Pepper Flakes– Helps the body sweat and remove toxins

Nutmeg– High level of antioxidants, aids digestion and immune system

Cinnamon–Helps manage diabetes by reducing blood glucose and bad cholesterol

Garlic– Technically, garlic is neither a herb or spice. It helps to metabolize fats and carbs more effectively. It helps reduce body fat creation

Turmeric– Curcumin, the active element in turmeric helps reduce inflammation which can lead to weight gain

Mustard Seed– Thermogenic, which means it helps burn fat and more calories

Cumin–Aids digestion and works

Coriander Seeds– Helps with weight management, blood glu-



Facebook- Look for our One-Day Specials!

Be on the look out for our Facebook specials! There are phenomenal savings available. Ask your friends to like our page and to share it. They will benefit from this as well. Our Facebook page is Nancy E. Boyden, ARNP.



If you feel you were helped in any way by this office please be so kind as to give a brief testimonial. The Facebook specials are usually for a very limited time and need to be booked the day of posting. Tell us what kinds of specials would be special to you!



A Big Thank You!

We would like to thank everyone for a very successful year so far. We care for all of our patients in every category. It has been a privilege to be involved in your care. Many of you have referred your friends and family members. It is with deep gratitude and honor to be able to

continue what we love to do. We are a small office with personalized service and attention. We don't have a complicated automated answering system. We generally answer the phone and try to get back to you within 24 hours if possible. We plan to continue our Saturday hours as well.

