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# EAT-RITE NEWS

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September 2010

## Health Screening & Blood Testing, October 4<sup>th</sup> & 5<sup>th</sup>

*Space is limited so sign up early to reserve your time.*

Health Ministries Association of Oklahoma City will be here October 4<sup>th</sup> and 5<sup>th</sup> to do blood work and health screening. This is a great opportunity for you to have your blood work done at a very good price, without a doctor visit, and the other expenses that you go through in order to have blood work done through your physician. The laboratory is a certified lab that conducts blood analysis for major hospitals in the Oklahoma City area. The testing that is available to you is:

1. Heart Disease Risk, diabetes, Liver and kidney disease, including homocysteine body chemistry profile, and complete lipid analysis. \$45.00
2. Prostate cancer (PSA) \$30.00
3. CA-125 (ovarian cancer) \$35.00
4. Vitamin D level \$75
5. Colon Cancer \$20.00
6. CRP (Creactive protein level for inflammation) \$30.00
7. Thyroid disease \$30.00
- 8 Hgb-A1c (90 day glucose average) \$25.00
9. Hormone profile (estradiol, progesterone, testosterone)\$130.00
10. Progesterone level \$50.00
11. Estrogen \$50.00
12. VAP extended lipid test \$75.00

This is the eighth time that Health Ministries Association has come to Eat-Rite to offer these services. It is a fantastic opportunity to have quality blood work done at an inexpensive price. Homocysteine measurements alone can cost \$200 to \$300 alone.

All blood testing is done by appointment only.

Call 353-7476 for your appointment today!!!

## What the Drug Companies Won't Tell you and Your Doctor Doesn't Know

*Call 353-7476 for reservations to this free lecture!!*

Dr. Michael Murray will be here October 4<sup>th</sup> from 6:30 to 8:30 pm to give a free lecture on his newest book. Dr. Murray is widely regarded as one of the world's leading authorities on natural medicine. He has been featured on numerous television programs, including Primetime Live, 20/20, and Dateline NBC. His latest book deals with modern medicine and sickness. Modern medicine offers many wonders, but overreliance on medications is at the core of America's health crisis. Pharmaceutical treatments for the most common diseases are often ineffective and result in serious, widespread, rarely reported side effects. Drawing on more than thirty years of scientific research, Dr. Murray examines the evolution of the American healthcare system over the last fifty years and how the FDA, pharmaceutical monopolies, and the medical community have contributed to a failing healthcare system with little accountability. Both a call to radically reevaluate the way we take care of ourselves and a practical guide to natural treatments, *What the Drug Companies Won't Tell you and Your Doctor Doesn't Know* provides the clear guidance you need to lead a fitter, happier, and healthier life.

This event will fill up fast. Seating is limited to the first 150 people, so please call and make a reservation as soon as possible. This is a free lecture, with a book signing and questions and answers following the lecture. Call 353-7476 to make your reservation today.

## Is Your Food Making You Sick?

Medical Research has shown that sensitivities to foods and food chemicals can be involved in a wide array of painful symptoms and chronic health problems. If foods and additives in your diet are causing your illness, whatever medications you take will ultimately fail because they only mask the symptoms. They don't treat the underlying cause of the symptoms. And as is too often the case, many medications have side effects that can lead to other health problems. If food sensitivities are causing your illness and you don't properly address them, you could easily end up suffering for many years, spending thousands of dollars for treatments that will never work the way you want.

Millions of Americans suffer from food sensitivities. Conditions such as irritable bowel syndrome, acid reflux, migraine and other headaches, weight imbalances, fibromyalgia, chronic fatigue, skin eruptions, brain fog and many other uncomfortable lingering health problems are often directly related to specific immune reactions to the foods we eat. Even so-called healthy foods such as salmon, chicken, apples, or garlic can provoke symptoms in sensitive individuals.

Fortunately there's a program called LEAP that can help you quickly overcome even the most troublesome food sensitivity related problems. LEAP includes a patented blood test called MRT (Mediator Release Test) that accounts for both type 3 and the more common type 4 pathways. MRT also identifies reactions to food chemicals. This translates into faster and more complete relief for those who test with MRT. In fact, MRT is the most accurate and most comprehensive blood test available for food and food-chemical reactions. For more information contact our Dietitian on staff, Tim Cunningham RD/LD/CLT at 353-7476.

## The Inflammation Connection

More and more information is accumulating that indicates inflammation plays a major role in the development of many diseases from arthritis and Alzheimer's disease to heart disease, psoriasis and even stroke. That is because inflammation represents a very basic response by the body to alterations in the cellular environment, whether the cells line the gums (gingivitis), skin (sunburn), arteries (atherosclerosis) or joints (arthritis). The body's most basic purpose for inflammation is to repair itself, as well as defend against clear and present dangers.

While the inflammation associated with arthritis or psoriasis is usually quite obvious, the inflammation of most concern in modern life often goes unnoticed. It is the low-grade, chronic inflammation that triggers hardening of the arteries (atherosclerosis), Alzheimer's disease and cancer and that threatens most people's real quality of life.

Your diet can either promote or prevent inflammation. Through a complicated process your body breaks down foods into inflammatory compounds or anti-inflammatory compounds. Overcooking food or foods cooked at high temperatures (including French fries, blackened and barbecued foods, fried chicken- high heat frying or deep-fried foods) incite the inflammatory response because they create advanced glycation end products (AGES). As the body tries to break these AGES apart, immune cells are activated which secrete inflammatory compounds. Depending on where the AGES occur, the result can be arthritis, heart disease, cataracts, memory loss, wrinkled skin or diabetes complications, to name a few.

To prevent inflammation, eat at least six servings of vegetables and one serving of fruit every day. These are foods that are the best choices for reducing inflammation. Avoid all foods containing partially hydrogenated or hydrogenated fat, and processed foods of all types. These foods should be labeled "Warning inflammation will occur if you eat this". Using certain spices in cooking will also help reduce inflammation. Turmeric, ginger, and curry are a few examples of spices that have been shown to reduce the inflammatory response. Omega 3 fatty acids found in cold water fish and flax seeds are very beneficial in reducing the inflammatory response. There are many other wonderful foods that are beneficial in reducing inflammation, but they will not be found in restaurants, or fast food. The first step in reducing pain and arthritis is to prepare food at home from fresh produce, and good quality meats, and proteins.