



# Hands of Health Newsletter

July/August 2005

Hello, again:

So summer is here in Arizona but no so bad. I think we've been spared but I may have spoken too soon. I'm sure the worst is ahead of us. *However*, that's no excuse for easing up on taking care of your health. You MUST, and I do mean MUST still exercise, eat right, get enough rest, and get in to see me for your massage. Massage is not a luxury or a pampering ya do for yourself on "special" occasions; it's an important piece of the puzzle of everything you do to maintain the best health. So if you've been slacking on your massage schedule, you've been missing your appointments or you need to get started call me and get scheduled. We only get one body so we need to perform regular maintenance on it and massage is one of the best ways to achieve optimum health. As most of you who regularly read my newsletter know I put strong emphasis on diet and I came across a fantastic article in a chiropractor's office that puts a good perspective on food, comparing and contrasting junk food vs. healthier foods. This is good stuff.

## 10 FOODS YOU SHOULD *NEVER* EAT!

**1 - ARTERY CRUST.** Judging by the label, **Pepperidge Farm Flaky Crust Chicken Pot Pie** has 510 calories and nine grams of saturated fat. But look again. Those numbers are for *half* a pie. Eat the entire pie, as most people do, and you're talking more than 1000 calories and 18 grams of saturated fat. Then add the 13 grams of hidden trans fat (from the partially hydrogenated vegetable shortening) in each pie and you're up to 31 grams of artery-clogging fat - that's more than a day's allotment.

**2 - STRIP TEASE.** The new **McDonald's Chicken Selects Premium Breast Strips**, made of "premium-quality, 100 percent white chicken breast meat, seasoned and lightly breaded" sounds healthy. In fact, ounce for ounce, the Selects are no healthier than the chain's Chicken McNuggets. A standard, five-strip order has 630 calories and 11 grams of artery-clogging fat. That's about the same as a Big Mac, except the burger has 1,010 mg of sodium, while the Selects has 1,550 mg, without sauce.

**3 - FACTORY REJECT.** "Our new **6 Carb Original Cheesecake** has all of the great taste of our Original Cheesecake with 6 net carbs per slice," gushes **The Cheesecake Factory** web site. "You'll never know the carbs are missing!" The next time you step on the bathroom scale you may indeed never know that the carbs were missing. Each slice of 6 Carb Original Cheesecake has 610 calories - that's only 20 calories less than you'd get from a slice of their Original Cheesecake. Think of it as an 8-ounce prime rib for dessert - with 29 grams of saturated fat, 1½ day's supply.

**4 - DISCOMFORT FOOD.** Back in 1948, Marie Callender put love and care into every meal she made," says the box. "Today, each meal is still made with the care of Marie." Marie's "care" may still be there, but the love has gone cold. Take Marie Callender's **Herb Roasted Chicken with Mashed Potatoes, Broccoli Florets & Carrots**. You'd never guess that the "Complete Dinner" has 530 calories, 12 grams of saturated fat, and 1,270 mg of sodium. Marie manages to add enough butter and heavy whipping cream to turn a roasted chicken meal into a Big Mac.

**5 - OUT IN LEFT FIELD.** No one expects a Mrs. Fields cookie to be good for you, but who would guess that a single **Mrs. Fields Milk Chocolate & Walnuts cookie** has more than 300 calories and as much saturated fat as a 12-ounce sirloin steak? It's also got six teaspoons of sugar. If you can't resist Mrs. Fields, share the smallest bag

of Nibblers (six half-ounce cookies) with a friend. Or walk a few feet and look for a piece of fruit at another store instead.

**6 - STARBUCKS ON STEROIDS.** The **Starbucks Venti Strawberries & Crème Frappuccino Blended Crème** with whipped cream is more than a mere cup of coffee. Think of it as a milk shake. Few people have room in their diets for the 770 calories and 19 grams of fat (10 of them saturated - half a day's quota of artery-clogging fat) that this hefty beverage supplies. It's the nutritional equivalent of a Pizza Hut Personal Pan Pepperoni Pizza that you sip through a straw.

**7 - CORONARY KING.** **Burger King** makes some of the worst french fries you can buy. A King Size order packs 600 calories and three-quarters of your daily maximum for heart-unhealthy fat.

**8 - SALT'S ON!** **Campbell's red-and-white-label condensed soups** are brimming with salt: Half a can averages about half of a person's daily quota of salt. Instead, try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium.

**9 - OOPS!** "**Swoops** are the essence of your favorite chocolate candy," explains the package. "The unique shape envelopes your mouth in chocolate bliss." Hershey's crams almost 200 calories, seven or eight grams of saturated fat (a third of a day's worth), and around 18 grams of sugar 9 more than four teaspoons) into each six-Swoop pack. While the Almond Joy or Hershey's Milk Chocolate Swoops are no worse than the candy bars, that's not the case for the other varieties. Thanks to highly saturated palm and/or palm kernel oil, York Swoops have more than three times as much saturated fat as a York Peppermint Pattie and Reese's Swoops have roughly twice as much as Reese's Peanut Butter Cups. Swoops? Oops is more like it.

**10 - RAZZLE, DAZZLE 'EM.** A **Häagen-Dazs Mint Chip Dazzler** (three scoops of ice cream, hot fudge, Oreos, chocolate sprinkles, and whipped cream) has 1,270 calories and 38 grams of saturated fat - that's two days' worth. Think of it as a portable T-bone steak with Caesar salad, and baked potato with sour cream. But that's dinner - yet many people have a Dazzler as a dessert after lunch and dinner.

## TEN SUPPER FOODS FOR BETTER HEALTH

*At least one will surprise you...*

**1 - CANTALOUPE.** A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.

**2 - SWEET POTATOES.** A nutritional All-Star - one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

**3 - FAT-FREE (Skim) OR SOY MILK.** Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. (Soy milk can have just as many nutrients - if the company adds them.)

**4 - BLUEBERRIES.** They're rich in fiber, vitamin C, and antioxidants.

**5 - ORANGES.** Great-tasting and rich in vitamin C, folic acid, and fiber.

**6 - BROCCOLI.** Lots of vitamin C, carotenoids, and folic acid.

**7 - WHOLE-GRAIN BREAD.** It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.

**8 - WATERMELON.** Excellent source of vitamin C and carotenoids - and it tastes great! Perfect for a snack, dessert, or picnics.

**9 - BEANS.** Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, Navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or a soup.

**10 - SPINACH OR KALE.** Loaded with vitamin C, carotenoids, calcium, and fiber. Steam 'em and eat 'em.

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Hope you gained something from this information. My only conflict is #3 regarding milk as a source of calcium. I find it hard to digest, pun intended, that humans drink another animal's milk. I find that leafy green vegetables such as collard greens and kale, along with seaweeds, carrots and almonds are better sources of calcium for us humans and more easily digestible and easier for our bodies to assimilate. And I'm also leaning more towards a raw foods diet. This is no easy task and is a very arduous learning process, much more difficult than when I became a vegetarian. So keep up with your health regimens and remember what massage and I can do for you.

Until next time,

Stay healthy, stay well,



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