



NUTRITION NEWSLETTER

COMPLETE HEALTH

of Lawrenceville

VITAMIN CORNER

Last month we discussed the importance of a healthy gut and the role our microbiomes play in how we feel. Supporting your gut with a high quality probiotic is a great start. One of my favorites is the RenewLife® Extra Care. This affordable supplement contains 50 billion live cultures and 12 strains of healthy bacteria. Studies have shown that probiotics can help improve digestion, reduce cholesterol and boost your immune system. Talk to your provider about ordering an Extra Care Probiotic from Renew Life!

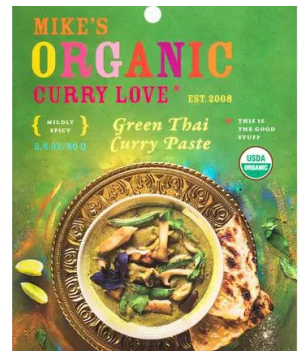


DR R'S RECIPES: WEEKNIGHT THAI CURRY

This curry is delicious, hearty and healthy! It comes together quickly. You only need 1 pot and most of the ingredients can be stored in the pantry. Substitute for any fresh or frozen veggies you have on hand!

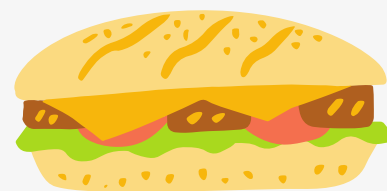
Ingredients

- 1 packet Mike's Organic Curry Love® Paste (available at Wegmans)
- 13.5 oz can light unsweetened coconut milk
- 8 oz can tomato sauce
- 1 can chickpeas - drained and rinsed
- 1 onion - diced
- 1 bell pepper - sliced
- 1 zucchini - diced
- 1 T coconut oil, avocado oil or olive oil
- Fresh cilantro - optional



Instructions

- In a large pot, heat oil over medium heat. Add onions and cook until translucent
- Add curry paste and heat until fragrant
- Add coconut milk and tomato sauce. Whisk until well-combined. Bring to a simmer
- Add chickpeas and vegetables and cook for about 10 minutes - until vegetables are tender
- Serve over a bed of rice and garnish with herbs!



THE DANGERS OF DELI MEATS

The next time you pack your lunch, you may want to reconsider your ham and cheese sandwich. Studies have shown a strong and consistent association between processed meat consumption and diseases such as colorectal cancer, stomach cancer, high blood pressure, stroke, type 2 diabetes and heart disease

Processed meats are products which have been preserved through curing, salting, smoking, drying or canning. They include sausages, hot dogs, salami, ham, bacon, deli meats and jerkies. These meats are processed using Nitrites, N-Nitroso compounds and Nitrosamine, which have been shown to play a role in the formation of stomach bowel cancer. N-nitrosamines are known chemical carcinogens found in both tobacco products.... and your lunch box. Deli and processed meats are also high in sodium. High sodium intake can cause damage to the lining of the stomach and studies have shown that excess salt intake increases the risk of gastric cancer.

BUT DR. ROBUS....

What about Nitrate and Nitrite free products?!

I challenge you to read the ingredients of these foods. What you will find is that there will be an asterisk and a statement which reads "No Nitrates or Nitrites added except for those naturally occurring in cultured celery powder and sea salt"... guess what, our bodies do not know the difference between naturally and artificially occurring nitrosamines - they have the same harmful impact.

If celery has nitrites, shouldn't we avoid vegetables too?!

It is true that we ingest nitrites from vegetables. However, nitrites react with protein to become nitrosamines - which are carcinogenic. Vegetables are low in protein and high in antioxidants and phytochemicals, which prevents their nitrites from converting to nitrosamines. Vegetables are your friend!

What about uncured products?!

The term "uncured" refers to the source and type of additives used to preserve meats. Uncured meats typically use natural salts and flavorings; however, they are not nitrate free. Don't be fooled by these advertising strategies. Uncured and Nitrate/Nitrite free meats are often marketed as "healthy" alternatives and they are often more expensive.

Does this mean I can never have a sandwich?!

Absolutely not. Sandwiches are convenient, delicious and sometimes they just hit the spot. The purpose of this newsletter is to educate. My goal is for you to make informed decisions about the food you eat and to understand the impact that food has on your body. If you are interested in reducing your exposure to harmful carcinogens, consider cutting back on your trips to the deli counter and increasing your intake of fruits and vegetables!