



# Back Column

Pinnacle Physical Medicine & Rehab  
8106 Standifer Gap Rd, Ste B

November 2004

## Decisions, Decisions

Eating as varied a diet as possible is one of the basic rules of good nutrition. Still, some kinds of foods are healthier than other, similar kinds, and it's important to know which is which. Here, we examine three different food options and share what top nutrition experts around the country say they would pick.

### Multigrain or Whole Wheat Bread?

The answer: Whole wheat. "Multigrain" tells you only that several grains are used. It doesn't guarantee that they're 'whole grain,'" says Lona Sandon, M.Ed., R.D., L.D., a dietitian at University of Texas Southwestern Medical Center, Dallas. "Only whole grain contains the high-fiber, nutrient-dense bran, with its disease fighting phytochemicals." Terms such as "12 grain," "natural," or "wheat" also don't guarantee that it's whole wheat.



Look for bread that's labeled "100 percent whole wheat" or "100 percent whole grain." If

the word "whole" isn't used, the bread isn't made with whole grain. If "100 percent" isn't there, it can contain large amounts of refined grains. If the words "partially hydrogenated" appear (meaning it contains artery-clogging trans fats), keep shopping. No matter what type of bread you choose, it should have at least 3 grams of fiber a slice.

### Eggs or Egg Substitute?

The answer: eggs. True, a single egg packs 300 mg. of cholesterol. "But research has consistently shown that the cholesterol we eat has minimal effect on blood cholesterol," says Jeffrey Blumberg, Ph.D., chief of Antioxidants Research Laboratory at Tufts University. "We now know that eating saturated fat is more likely to raise blood cholesterol. Eggs are low in saturated fat."



A landmark Harvard study tracking the egg consumption of more than 100,000 people found no

association between eating eggs (up to one a day) and developing coronary heart disease or stroke among healthy people. Other studies are finding eggs to be exceptionally nutrient-dense—low in calories but high in top-quality protein, choline, selenium, and other vitamins and minerals.

A surprising recent finding: eating eggs may save your sight. Egg yolks are one of the best sources of the carotenoids lutein and zeaxanthin, antioxidants that help protect against macular degeneration and cataracts. "Though cooked leafy greens contain by far the highest amounts of lutein and zeaxanthin, we've found that these nutrients are 200 to 300 percent more bioavailable in eggs than in greens," says Dr. Blumberg.

### Butter or Margarine?

The answer: neither. "Put almond butter or peanut butter on your toast, and use olive oil for



cooking," advises Michael F. Jacobson, Ph.D., executive director of the Center for Science in the Public Interest (CSPI). Alice H. Lichtenstein, D.Sc., professor of nutrition at Tufts University and a spokes-woman for the American Heart Association, agrees. "We've been brainwashed that any time we see a piece of bread it needs butter or margarine. But some kinds of bread—walnut, raisin, or good multi-grain for instance—may not need anything on top." If you must have margarine, she recommends looking for a brand that is labeled trans-fat-free. Earth Balance is the one we recommend at our office.

If you're high at risk for breast cancer, however, a little butter might not be so bad. Margot Ip, Ph.D., a researcher at Roswell Park Cancer Institute in Buffalo, New York, says conjugated linoleic acid (CLA), a substance that's highest in dairy products, is a particularly potent anti-carcinogen against breast cancer.

Source: [www.womansday.com](http://www.womansday.com) 06/15/04

**Wanda Reynolds**  
(referred by James  
Reynolds...thanks!)



### Welcome New Patients

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

**Thanks to all of our friends who referred patients to us. We want to say thank you in a special way. For each person you refer that becomes a patient, we give a referral reward. Ask Diane how you can receive an extra bonus for sharing the good news about Chiropractic!**

**Susan Walker** (referred by Chad Nash...thanks!)

**Robert Baker**

**Vickie Oswald** (referred by Carolyn Koontz...thanks!)

**Jonathan Stinson** (referred by Mary Anne Foster...thanks!)

**Vernon Hoskins**

**Rebecca McPhillips** (referred by Virginia McWherter...thanks! )

**Kathy Simmons** (referred by Mary Anne Foster...thanks!)

**Larry Cowan**

**Carol Bottke**

**Caroline Barnes**

**Carol Almy**

**Daniel Brown** (referred by Clair Kitson...thanks!)

**Phillip Holmes**

**Clair Kitson** (referred by Susan Kitson...thanks!)

**Mike Howell**

**Renee Beaumont**

## Eat a Rainbow of Colorful Produce Every Day!

Most folks know that eating their greens is good for them. But it turns out that fruits and vegetables of every color count when it comes to planning a nutritious diet. Eating an assortment of colorful produce provides your body with the wide range of vitamins, minerals, and nutrients it needs to stay healthy and keep energized. That's because brightly colored veggies and fruits contain high levels of phytochemicals—natural plant substances that are believed to help fend off heart disease, cancer, and the effects of aging. Produce with the most intense color has the highest level of phytochemicals. Rich red tomatoes and brilliant oranges, for instance, have more of these protective substances than iceberg lettuce.

To make it easier to plan a colorful palette for your plate, the Produce for Better Health Foundation has grouped fruits and vegetables into five color groups. Through its "eat Five a Day the Color Way" program, the foundation suggests you get your five daily servings of fruits and vegetables by eating at least one serving from each of the color groups. For example, greet the morning with an orange (from the yellow/orange group) and breakfast cereal topped with blueberries (blue/purple group). For lunch, toss together a spinach salad (the green group) or layer your sandwich with a few tomato slices (the red group). Come dinnertime, stir sliced mushrooms (white group) into your favorite pasta, add diced carrots (yellow/orange groups) to your soup as it simmers or sauté zucchini (green group) for a quick side dish. And if you snack with the color groups in mind, you'll find that it's even easier to get the colorful fare into your day. Simply munch on dried fruit like raisins (blue/purple group), peel a banana (white group), or bite into a crisp apple (red group). Visit [www.5aday.com](http://www.5aday.com) for more details on the color group program as well as recipes and tips on making fruits and vegetables a part of your day. For common produce as grouped by color, see the guide below.

**Red:** Apples, cherries, strawberries, watermelon, beets, red peppers, radishes, red onions, red potatoes, tomatoes

**Blue/Purple:** Blackberries, blueberries, purple grapes, raisins, plums, eggplant

**White:** Bananas, cauliflower, mushrooms, onions, parsnips, potatoes, turnips

**Yellow/Orange:** apricots, cantaloupe, grapefruit, oranges, peaches, pineapples, squash, carrots, sweet potatoes

**Green:** Avocados, kiwifruit, honeydew melon, peas, broccoli, cabbage, green beans, cucumbers, spinach



## Lauren's Recipe Corner—Brown Rice Surprise

### Ingredients:

- |  |                                   |                       |
|--|-----------------------------------|-----------------------|
| 1/2 cup chopped walnuts                      | 1 cup uncooked instant brown rice | 1/2 tsp sea salt      |
| 1 tbsp EarthBalance margarine                | 1 cup vegetable broth             | 1/8 tsp black pepper  |
| 1 onion, chopped                             | 1 pound fresh broccoli florets    | 1/2 tsp minced garlic |
| 1 cup shredded almond cheese (cheddar style) |                                   |                       |

### Directions:

1. Preheat oven to 350° F. Place walnuts on small baking sheet, bake for 6-8 minutes or until toasted.
2. Melt EarthBalance margarine in a medium saucepan over medium heat. Cook onion and garlic in melted butter for 3 minutes, stirring frequently. Stir in the rice, add the broth, and bring to a boil. Reduce heat to medium-low. Cover, and simmer until liquid is absorbed, about 7-8 minutes.
3. Place broccoli in a steamer, and sprinkle with sea salt and pepper. Cover, steam until tender.
4. Spoon rice onto a serving platter, and top with broccoli. Sprinkle walnuts and cheese on top.

### Enjoy!

Source: [www.allrecipes.com](http://www.allrecipes.com)



### Quotable Quotes

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.  
Seneca

If there is no wind, row. Latin proverb

If we are facing in the right direction, all we have to do is keep on walking. Buddhist proverb

Source: Family Circle, 07/13/04

### Question of the Month:

What is our new practice name?

- A. Optimum Health
- B. Pinnacle Physical Medicine & Rehab
- C. Get on the Right Path
- D. Showalter & Associates

The first patient to call with the correct answer will win a FREE massage and T-shirt. (once per patient, please). The answer to last months question was: D. 70 million. **Virginia McWherter** answered the question right. Good job! Our **Patient of the Month** for November is

### Larry Cowan.

Congratulations! **Larry** will receive a \$40 gift certificate to the Hamilton Mall area. A random number is picked each month so everyone has a chance to win!

# Welcome Dr. Barton!

As of November, a new doctor, Dr. Deborah Barton will be joining our practice. Dr. Barton is a physiatrist, a medical doctor that specializes in physical medicine and rehabilitation. Physiatrists help people regain function (rehabilitate) after surgery, a stroke, or an injury. They may also work with people with issues such as pain control or regaining strength. Physiatrists often work with a team of health professionals that may include chiropractors, physical therapists and massage therapists, all of whom work together to improve a person's recovery from an illness, surgery, or injury. Physiatrists can further specialize in pain management or spinal cord injury.

Dr. Barton is board certified through the American Board of Physical Medicine and Rehabilitation which is recognized by the American Board of Medical Specialties. She is a graduate of the University of Tennessee at Memphis, and she spent her medical residency first at the Mayo Clinic in Rochester, MN, and later Charity Hospital of Louisiana State University in New Orleans. Dr. Barton comes to us with over 20 years of experience in her chosen field. Dr. Barton will be a key player in our multi-specialty office to increase the non-surgical diagnostic options that will benefit our patients.



**Pinnacle Physical Medicine & Rehab**  
**8106 Standifer Gap Rd, Ste B**  
**Chattanooga, TN 37421**  
**Phone: 855-5053**  
**Fax: 855-5856**

**We're on the web!**  
**mddcpt.com or e-mail us at**  
**chirodcs @ yahoo.com**

**Announcement:** We will soon be converting our newsletter to an email format, so please call or email us your address so we can add you to our list! If you don't currently have email, not to worry! We will still be mailing out newsletters to our patients and friends who do not have email or internet access.



**Once again...it's time to collect canned goods for**  
**Those in need in our...**

## **“Can-Paign for the Community”**

**Through the month of November, we'll once again have a can-paign in which all the proceeds will be given to the Samaritan Center in Ooltewah.**

**For *existing* patients— Bring in a minimum of 15 canned goods to get a free adjustment in November (one per patient please)**

**For new patients bring 20 cans and get a first visit for \$29\***

**(includes consultation, exam and x-rays, if needed)**

\*This offer does not apply to workers compensation and personal injury cases