



WESTON WELLNESS CENTER

Traditional Naturopathy

NEWSLETTER

SPRING 2006 VOLUME 1 DIET, NUTRITION, HOMEOPATHY, LIFESTYLE, EXERCISE, RECOMMENDATIONS ISSUE #1

Topic: Diet and Cancer Prevention, New Findings, Research and Recommendations Provides Hope for future care.

Cancer can be prevented. Not every case of cancer, but large enough numbers to have a dramatic impact on today's high cancer incidence and death rates. Estimates from Foods, Nutrition and Prevention of Cancer: a Global Perspective and World Research Fund (WCRF) states: that if people were to just eat the recommended five or more servings of fruits and vegetables each day, overall cancer incidence rates would decline by as much as 20%.

For some cancers, the effects of dietary changes are even more dramatic. It's estimated that 33 to 50% of breast cancers could be prevented through diet and other related factors. As many as 33% of lung cancers and 75% of colon and rectal cancers could also be avoided through improved dietary choices and lifestyle adjustments ... "Start Juicing Today"!



Choose predominately plant-based diets rich in a variety of vegetables and fruits, legumes and minimally processed foods. In general, the best type of diet to prevent cancer is one based mostly on a variety of plant foods (whole foods), like vegetables, fruits, whole grains and legumes (beans).

These foods provide protective substances for the body such as vitamins, minerals, enzymes, fiber, phyto-chemicals, and other compounds. Plant foods also tend to lower calories with the dramatic increase in obesity in the United States.

"AVOID FAST FOODS".



Avoid inactivity, if its currently low or moderate, take time to implement a good exercise program, take a brisk walk, or take up a yoga class or Tai-chi class. Exercise daily and also exercise vigorously for at least 6 hours in a week. Evidence that regular physical activities (exercise) helps prevent colon cancer. By protecting against weight gain, regular exercise can also help prevent cancers associated with obesity. Whether walking, gardening, swimming, yoga, or Tai-chi, there are a variety of activities to help keeps you fit and reduce your risks for developing cancer. "MAKE WISE CHOICES"!



Limit your consumption of refined sugars and chemically man made substitutes such as: sweet & low, aspartame, Equal, use instead, raw cane sugar, honey or Stevia, a natural substitute – check at your local health food store for alternative replacements. There are always options.



Alcohol consumption is not recommended. If consumed at all, limit your amount to less than two drinks a day for men and one for women. Alcoholic drinks definitely increase the risk of cancers of the mouth, pharynx, larynx, esophagus and liver and increased risks of lung, colon, rectum, and breast cancers as well. “ Limit Your Amount “!



If eaten at all, limit intake of red meat to less then 3 oz.'s daily. Its wiser to choose fish, poultry (organic or farmed raised) is a better option. Research findings state when eating in substantial amounts, red meats (beef, lamb and pork products made from these meats) can increase the risks of cancers of the colon, rectum, possibly increase risks of cancers of the pancreas, breast, prostate and kidneys. Diet high in animal fats, of which red meats is. Its important, may also contribute to heart conditions. “ If you do the same things all the time, you will get the same results all the time.”



Limit consumption of fatty foods, particularly those of animal origins. Choose modest amounts of appropriate vegetable oils. For better heart heath, choose oils which are primarily monounsaturated such as: (olive oil or canola oil) with a minimum of hydrogenation.



Limit consumptions of salted foods and use of cooking and table salt. Use more herbs and spices to season foods. Stomach cancer is the main cancer risk from diets high in salted foods. Avoid canned and manufactured foods. Make more homemade meals like grand-ma use to. Try herbs and spices for heart, blood purification, and improved circulation such as: turmeric, cumin, curry and red pepper.



Do not eat charred foods. For meat and fish eaters, avoid burning of meat juices. Consume the following only occasionally: meat and fish (broiled) indirect flame; cured and smoked meats. Grilled foods, especially meats can result in the production of cancer-causing compounds called heterocyclic aromatic amines. Foods treated with nitrites such as bacon, cold-cuts should be avoided. Try steaming, boiling, stewing, braising or roasting – are better choices.



Do not smoke or chew tobacco. Tobacco is the chief cause of lung cancer and is the most important single cause of cancers of the mouth, throat and digestive tract. Tobacco was intended to and used to heal bruised cattle. It is discouraged by experts in the production, promotion, and use of tobacco in any form. Avoid dangers when they are obviously unhealthy and also expensive.

Last year, Americans purchased \$98 billion dollars worth of soda pop. Recognizing a growing trend in youth, especially relating to diabetes, obesity, and lack of activity and growing trends towards health issues of proportion have sprouted up and needs to be addressed containing such ingredients in soft drinks such as caffeine, sugar, artificial colors, flavors and preservatives. There are options such as natural sodas, fresh juices, sports drinks, teas, soymilk, and there is always something we are not consuming enough of, “WATER”!

SEVEN STEPS TO A GOOD HEALTH!

1. Choose a diet rich in a variety of plant-based foods and whole food supplementation.
2. Eat plenty of organic fruits and vegetables.
3. Exercise often and watch your weight.
4. Avoid alcohol and caffeine.
5. Reduce intake of salt.
6. Avoid smoking and chewing tobacco.
7. Drink more water and set adequate sleep.

In conclusion: For info. on Weston’s wellness Centers programs, check out website or e-mail Dr. F. James at info@westonwellnesscenter.com or call us at 856-299-9508 our Carney’s point office or you can also contact us at our Swedesboro office at 856-467-6610 to set up an appointment for a consultation.

Dr. F. James Weston is a traditional Naturopath, N.D. also he holds a Ph.D. in Natural Health as well. He practices naturopathy, homeopathy, Ayurvedic and Chinese health methods. He writes, lectures, educates and teaches optional measures to investigate for health issues. Dr. Weston is a accomplished teacher of Tai-chi and Chi-Kung, and promotes lifestyle changes and dietary adjustments in programs to educate and inform the public communities. He is also a certified practitioner of Tui-Na and Swedish massage and enjoys lecturing on stress and nutrition.

The information contained within the pages of this newsletter is meant to be used to educate the reader and is in no way intended to be providing medical advice. These are Dr. Weston's own opinions. These statements are not intended to diagnose, treat, cure, or prevent any disease.

LIVE WELL, NATURALLY!