

In This Months Newsletter;

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Quote of the Month

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.

Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990

Lycopene and Lutein – The Wonder Nutrients

I've been analysing a group of recipes for a new healthy takeaway restaurant, due to open somewhere in Australia soon. The recipes are excellent; there's not one ingredient that I disagree with and that's saying a lot for takeaway food. What I've found so fascinating is the research I've been doing for each ingredient.

Food should be your medicine, I've always believed that and with the information I've been gathering about food and its components, it is even more important to really think about the food you're eating. Components and nutrition within food cannot be replaced with supplements alone. Supplements are just that, something you use to supplement a good healthy diet.

Two nutrients that have been extensively researched and are thought to be the next best thing and have been isolated for the supplement market are lycopene; usually found in tomatoes and tomato products, watermelon, guava, rosehip and pink grape fruit, and lutein found in sweet potato, carrot, pumpkin and green leafy vegetables, like spinach and broccoli.

Lycopenes

Lycopene is a carotenoid and proven antioxidant it has been proposed and researched to help prevent cancer of the lung, bladder, cervix, skin, prostate and gastrointestinal tract. It also prevents heart disease and macular degenerative disease. Not bad for one component of tomatoes and watermelon. What is

interesting to note is that the lycopene in tomato is more readily available when the tomato has been processed in some way, either cooked, made into a puree, paste or sauce. I have to admit that is a good thing as fresh tomatoes don't taste like my Grandpa use to grow. Tomato products, organic if possible, should be apart of your weekly eating regime

Luteins

Lutein is another carotenoid and antioxidant found in corn, sweet potato, green leafy vegetables, like spinach, broccoli and kale, papaya, oranges, tangerines and eggs. Lutein has been found to prevent age related macular degeneration, which is the biggest cause of permanent blindness in the elderly. There is quite a lot of lutein in the human eye. Because it helps protect plants from damage caused by sunlight, scientists have speculated that lutein might protect against light induced damage to the eye as well. Several epidemiological studies have linked high dietary lutein levels to lower incidences of macular degeneration. It's worth eating a bit more spinach and sweet potato!

Supplement or Food

As in so many cases when we find a nutrient that seems to do a great job, we go over board by taking supplements rather than by eating it through the proper food sources. For example Vitamin A/beta-carotene was found to prevent lung cancer and so there was a study done that tested this hypothesis. It was a ten year study but after 8 years the study was abandoned because the people taking the vitamin A were statistically getting more cancers then the group that was not taking the supplement. We now know that this was a dose and isolation problem. In other words, the high doses of beta-carotene that were used in these studies broke down in the body into substances that actually stimulated the growth of cancer.

With this knowledge it is perfectly all right to get lycopene and lutein by eating foods rich in lycopene like tomato paste or rich in lutein like spinach, but don't go wild on the supplements just yet. Food should be our medicine.

Educational DVD of the Month

Good Food Better Health and More Energy by Cyndi O'Meara

For the Health Care Practitioner

- **No time to educate your patients on healthy eating!**

- **Do your patients see and read the same posters in your reception room?**
- **Need something fun, educational, innovative and changing?**

This practical educational DVD slide show, packed with information and inspiration, teaches the principles of eating for health and not just for weight loss. Each slide is complete in its information; put together, a new philosophy of healthy eating emerges. Supported by research, books and audios this is the beginning of a simple approach to patient education on healthy eating. The DVD slide show on Healthy Eating is for Patient Education, 90 slides – 30 seconds a slide – 45 minute looped presentation without sound. For more information to to http://www.changinghabits.com.au/books__cds__dvds.html

Recipe of the Month

Sweet Potato and Tomato Soup **Lutein Lycopene Soup**

A little olive oil
 1 onion, finely chopped
 2 or 3 cloves of garlic (optional)
 2 or 3 large sweet potatoes, peeled and roughly chopped
 1 tin of chopped tomatoes (approx. 400g)
 1/2 cup of tomato puree
 1/2 cup of filtered water
 Sea Salt and fresh ground black pepper to taste

1. Fry the onion and garlic in the olive oil for a few moments.
 2. Add the sweet potatoes, tomatoes, tomato puree and water and simmer until the potatoes are just tender.
 3. Add the sea salt and fresh ground black pepper and liquidise until smooth.
 4. Serve with fresh coriander sprinkled on top and an English spinach salad.
- This will definitely give you your daily dose of Lycopenes and Lutein's.

Happy Changing Habits
Cyndi O'Meara