



Complements Integrative Medicine Quarterly News



Nutrition: Good Food, Healthy You

Hi Everyone:

It's hard to believe this is December and the end of the year, and all the holidays that come with it are really here.

At this time of the year we expect to run into extra stresses. That is why it is essential for us to pay close attention to our health, including what we are eating. Did you know that by eating fish high in omega-3 fatty acids, you may help avoid those holiday blues, or that not drinking enough water can lead to irritability. The last thing you need is being called Scrooge!

Michelle Fuhrman, MS, Holistic Nutritionist provides some insight into how food and mood are linked.

Also in this issue, Ann Zogbaum, MS, RD, Clinical Dietician clears up our questions on organic foods and Jennifer Bell, RD, CD-N, Clinical Dietician gives us the facts on functional foods.

Along with the nutrition tidbits and holiday recipe, I hope you will find this a YUMMY issue. Happy Holidays!

Kelly

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Food and Mood

By Michelle M. Fuhrman, MS



The winter holiday season is finally upon us and the festivities with all their goodies will soon begin.

Many of us wait all year for these holiday treats and get great pleasure in eating them. Believe it or not, what we eat and drink can affect our mood, turning our holiday cheer into holiday drear.

We often hear or talk about how our moods affect our food choices—for example: eating crunchy foods when we're angry, creamy foods when we are sad or chocolate when a woman is menstruating. Rarely do we speak about the reverse, how foods actually affect our moods.

Let's start off with the most basic example: water. Merely not drinking enough water can produce changes in the mood such as irritability. This is yet another reason to make sure to drink your eight glasses of water a day. Other beverages such as alcohol and caffeine can have opposite affects on the mood, either revving it up or depressing it. The key to avoid the holiday doldrums is moderation. Overindulgence with either

Continued on page 2

Contents

Food and Mood	1
Upcoming Education Events	2
Organic Foods	3
Functional Foods	4
Did you know?	5
Staff Profile	6
All Natural Recipe	6

Upcoming Issues in 2005

- Art for Healing
- Acupuncture/
Acupressure
- Tai Chi and Yoga
- Pet Therapy



Energy Medicine— March, 2005

We all know about feeling full of energy and feeling drained or depleted of energy, but we are only just now learning

about our body's energy system—how it affects our health and how it can enhance our sense of well-being. In the March issue of *Complements*, Alice Moore, RN, Reiki Master, and Co-Coordinator of the Reiki Volunteer Program, will provide us with

insight into what Energy Medicine is really about and how it can free up restricted energy, get energy moving, and help restore depleted energy by "jump starting" the body's own natural healing process. Other features will include an article by Karen Kramer, RN on Therapeutic Touch and Ann Marie Blanco will discuss the basics of Reflexology.



Food and Mood—continued from page 1

substance can leave you feeling out of sorts, not only in the moment, but for days afterwards.

Skipping meals or even eating different types of carbohydrates will result in changes in your blood sugar that ultimately will affect the mood. Eating slower burning carbohydrates such as whole grains, fruits and vegetables will help keep your blood sugar balanced. Skipping meals or eating refined carbohydrates, such as sugary foods, will cause more dramatic fluctuations in your blood sugar levels that will affect your mood more radically. To avoid the so called “carb overload”, don’t deny yourself your favorite treats. Instead, balance them out with healthier choices and limit your portions.

Diets high in fish are a great source of omega-3 fatty acids, and have been shown to have a positive effect on individuals with depression. Studies have shown that countries that have larger fish consumption also have lower rates of depression. If you don't like fish, other food choices that are full of omega-3 fatty acids are flaxseed, walnuts, avocados and soy. Sensitivities and allergies to food colorings and artificial additives have also been shown to agitate the mood. Eating a diet full of whole and natural foods will limit the intake of these additives.

Why does food affect mood? One explanation is that what we eat influences our nervous system. Simply speaking, neurotransmitters are nerve chemicals. At least 70 of them have been identified as regulating the nerve functions including memory, appetite, mental function, mood, movement and the wake/sleep cycle. Too little of some neurotransmitters can cause depression while too much of others can cause mania.¹ Diet affects these mood regulating neurotransmitters when foods are digested and broken down into macronutrients (carbohydrates, fats, and proteins) and micronutrients (vitamins, minerals and phytonutrients). Each one of these components plays an integral role either directly or indirectly affecting the

building of, the amount, or even the movement of these neurotransmitters throughout the body.

Amino acids created by the breakdown of protein are some of the basic building blocks of neurotransmitters. The presence of carbohydrates in a meal can help move certain amino acids into the brain to be assembled into neurotransmitters. Vitamins and minerals, such as the B vitamins, vitamin C, vitamin E, iron, selenium, magnesium and zinc contribute to the making of these substances. Certain fats, especially omega-3s, have been shown to raise the levels of specific neurotransmitters. Vitamin E and other antioxidants have been shown to protect neurotransmitters from damage. If your daily diet is deficient or restricts any of these nutrients then your warehouse of neurotransmitters will be in short supply and your moods will be influenced.

So how can we keep the “Holiday Food Blues” from getting us down? Enjoy the foods of the season but eat meals with a balance of protein, whole grains, healthy fats, a variety of fruits and vegetables, avoid skipping meals, moderate the intake of both alcohol and caffeine, avoid high amounts of sugar and refined carbohydrates, and, of course, drink plenty of water.

Several general reading resources on this topic are *Food and Mood* by Elizabeth Somer, RD, or *The Food and Mood Handbook* by Amanda Geary.

Please join us on Thursday, December 9th at Noon to learn more about the food and mood connection, and tips for eating healthy for the holidays. (See [Upcoming Educational Events](#) for details)

1. Somer Elizabeth, *Food and Mood*, New York, NY: Henry Holt and Company, 1999, pgs 8,10.

Upcoming Educational Events—Lunch and Learn Series

Thursday, 12/9 Noon to 1pm
ERC—Informal Lounge

Food and Mood

Join Michelle Fuhrman, MS, Holistic Nutritionist as she helps us focus on optimizing the health of both mind and body through nutritional lifestyle changes. We don't always realize how what we eat can affect how we feel, both emotional and physically. Michelle will help us understand how to keep the holidays a cheerful time through healthful food choices. Healthful holiday recipes will be shared with the group.

Thursday, 1/13 Noon to 1 pm
ERC-Room 217

What is Osteopathy and How Can It Help Me?

Join Dr. Darrin D'Agostino, DO, Medical Director of Integrative Medicine to learn about the field of Osteopathy—how it is similar to, as well as different from, traditional allopathic medicine. Better understand how Osteopathic manipulations can help restore the body to balance, improving many musculoskeletal and organic conditions.

Thursday, 1/27 Noon to 1 pm
ERC-Room 217

Exercise Your Color Sense

Come out of the quiet subtlety of winter hues for a jolt of color. Join us for this introductory session by Artist-in-Residence, Diana Boehner and try a little exercise with color to warm you up! Experience how using color and the creative process can affect our moods and change our perspective.



Organic Food—Better Environment, Better for the Consumer?

By Ann Zogbaum, MS, RD

Organic farming is offering farmers an alternative to conventional agriculture as well as providing an alternative for the consumer at the point of purchase. However, what exactly is this alternative and is there an advantage to supporting this?

The term “organic “ in the true sense of the word means from a living organism-plant or animal. This being the case technically all fruits, vegetables, animals and animal products are organic. Foods that are organically grown or organically produced are actually what we are referring to as “organic”. Farmers who grow organic produce or meat cannot use conventional methods to fertilize, control weeds, or prevent livestock disease. These practices are designed to reduce environmental pollution and conserve our soil and water. (1-2)

Here is a comparison of farm practices:

Conventional	Organic
Chemical fertilizers to promote plant growth	Natural fertilizers, i.e. manure or compost to feed soil and plants
Spray insecticides to reduce pests and disease	Use beneficial insects and birds, mating disruption or traps to reduce pests and disease
Chemical herbicides to manage weeds	Rotate crops, till, hand-weed or mulch to manage weeds
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth	Give animals organic feed and allow them to access the outdoors. Use preventive measures such as grazing, balanced diet and clean housing to prevent disease

The USDA implemented the National Organic Standard (NOS) in October 2002 to ensure consistent certification and labeling of organic products throughout the United States. Foods that are now sold, labeled or represented as organic have to be produced and processed in accordance with federal standards. If the USDA organic seal is on a product the consumer is assured the product is organic. The one exception—farmers who sell under \$5000.00 a year in organic foods are exempt from this certification. (3)

If the label states:

100% organic– The product is completely organic or made of all organic ingredients. Fruits and vegetables would be an example.

Organic– At least 95% of the ingredients are organic and will have a USDA sticker. Breakfast cereals could fall into this category.

Made with organic ingredients– At least 70% of the ingredients are organic. Any product with more than one ingredient could fall into this category.

When deciding to purchase organic or conventional products, many factors may influence your decision. Consider these:

Pros for Organic	Cons for Organic
Environment —pollution reduced, soil, and water conserved	Nutritional Value —no evidence of difference
Quality —same but organic fruits and vegetables are not treated with wax and preservatives	Quality —organic fruits and vegetables may spoil faster because they aren't wax or preservative treated
Pesticides —no exposures	Cost —generally more expensive

Continued on page 5



Functional Foods—Fact, Fiction, or Fad?

By Jennifer, Bell, RD, CD-N

Recently, much attention has been focused on what is referred to as "**Functional Foods**". Are they "super foods" or simply the same basic, overlooked, comestible items we have been consuming for generations? They may be both. Functional foods can be defined as any modified foods or food ingredients that may be considered to provide a health benefit beyond the traditional nutrients they contain, and have the potential to reduce the risk of certain diseases and promote health (*American Dietetic Association, 1995*).

Functional foods are available today in grocery stores, farmer's markets, natural food stores, and our gardens. From processed foods to the all natural, functional foods are everywhere and accessible to all consumers. Recent consumer demand and media representation has increased the availability of these foods. Related terms that are sometimes used interchangeably with the term functional foods include "designer foods" and "nutraceuticals".

These foods may be modified to increase the content of nutrients and phytochemicals. Phytochemicals (phyto = plant) are non-nutritive substances naturally found in foods such as fruits, vegetables, and grains that have potential health benefits. Some examples of phytochemicals are: allylsulfides in garlic and onions; lignans in flax and soybeans; isoflavones in soybeans and cruciferis vegetables such as broccoli. Although hundreds of these phytochemicals have been identified, many remain undiscovered. Consumer awareness of phytochemicals has increased and there is public interest in consuming more phytochemical-rich foods and functional foods as a way to improve health. Techniques used to enhance the health-promoting components in foods include genetic engineering (lycopene-rich tomatoes), plant breeding (high Beta carotene carrots), food processing (oat bran cereal), and food fortification (calcium-enriched orange juice).

Consumers associate foods with the prevention of certain diseases such as: heart disease and fish/fish oil; osteoporosis and milk/dairy products; colon cancer and fiber; and urinary tract infections and cranberry juice. Other functional food components include phytoestrogens in soy, garlic and psyllium; omega-3 fatty acids in fish and flax seed; and lactobacillus found in some dairy products. These components have been reported to reduce the risk of diseases such as heart disease and cancer, or to improve conditions such as lowering LDL cholesterol levels and improving intestinal flora (3-6).

Scientific studies have demonstrated probable links between some of these disease states and foods, yet there is still a considerable amount of unknown information. For example, one area that demonstrates potential promise is the study of lycopene, a carotenoid found in tomatoes and tomato products. The human body does not produce lycopene so humans must consume foods with lycopene to help in the defense against free radicals that are a causative factor in degenerative disease. A six-year study conducted at the Harvard School of Public Health showed a measurable relationship between lycopene consumption and prostate cancer risk reduction (1). The study also demonstrated that heat processing tomato products increases lycopene's bioavailability. Research shows that lycopene can be absorbed more efficiently by the body if processed into juice, sauce, paste, or ketchup (2).

Functional foods will continue to be a popular trend. **The best recommendation is to consume these products as part of a well-balanced and nutritious diet.** Dietetic professionals can play a primary role in helping you safely sort out the influx of available information on vitamins, supplements, and herbal products. They can also provide education about specific foods and the nutrients and components in them and how you can appropriately include them in your diet.

1. Giovannucci, E, Ascherio, A, Rimm, EB, Stampfer, MJ, Colditz, GA, Willett, WC. "Intake of carotenoids and retinol in relation to risk of prostate cancer." *J Natl Cancer Inst* 1995; 87:1767-1776.
2. "Lycopene; another good reason to eat tomatoes." *Mayo Clinic Health* 1998; 16:7.
3. Anderson, JW, Johnstone, BM, Cook-Newell, ME. "Meta-analysis of the effects of soy protein intake on serum lipids." *N Engl J Med* 1995; 333:276-282.
4. Milner, JA. "Garlic: its anticarcinogenic and antitumorigenic properties." *Nutr Rev* 1996; Suppl II: 582-586.
5. Sander, ME. "Effect of consumption of lactic cultures on human health." *Adv Food Nutr Res* 1993; 37:67-130.
6. Katic, L, Nelson, J. "Functional foods...dietitians can lead the way." *Nutrition in Complementary Care Newsletter* Winter, 1999; 1(2):10.
7. Stipanuk, M. *Biochemical and physiological aspects of human nutrition*. W.B. Saunders Company; Philadelphia, 2000; 947.



More on Functional Foods

Health claims for functional foods must be approved by the Food and Drug Administration (FDA) and are based on extensive review of the scientific literature. The FDA has approved 14 health claims that can appear on food labels when appropriate. These health claims differ from function claims or qualified health claims that are used for dietary supplements and are based on the weight of scientific evidence rather than a validity standard established by the FDA.

Functional food health claims describe a relationship between a food substance and a disease or health-related condition and must emphasize the importance of the total diet and not exaggerate the role of a specific food or diet in disease prevention.

Here is a sample of some functional foods that you may already include as part of your diet:

- Yogurt: probiotic function
- Plant stanol ester spreads (butter-like spread): control of blood cholesterol
- Eggs: dietary carotenoids (xanthophylls) and choline
- Fish: omega-3 fatty acids
- Tomatoes: lycopene
- Pecans: monounsaturated fatty acids
- Grapes: resveratrol
- Tea: polyphenol

A Functional Food Fact Sheet that provides a complete description of the health benefits of the above foods can be found at: www.enc-online.org.



Organic Food continued from page 3

Most evidence to date shows both organic and conventional foods are healthful products for people to consume and **both** require the same wise food handling. The important issue is that you consume an adequate amount of fruits, vegetables, and grains to maintain your health.

1. Larson, R. *American Dietetic Association Complete Food and Nutrition Guide*, 2nd ed, 2002, pg 200-4.
2. Mayo Clinic Staff, *Organic foods: New Options with Growing Differences*, November, 2004.
3. *USDA Launches Organic Standards*, Food Insight, May/June, 2003.
4. Mayad, M. *The ABC'S of Nutrition & Supplements for Prostate Cancer*. Sleeping Bear Press, 2000, pg 26.

Did you know?

Fruits and vegetables purchased in the supermarket are labeled with a PLU code. The PLU is the Price Look Up code used to identify your produce so that you are charged the correct price.

You may have noticed these codes before, but did you know that the PLU code also identifies whether or not the produce is genetically engineered, grown by organic methods or grown by conventional methods.

Next time you purchase produce check out these PLU codes (1):

- 4 numbers = conventional produce
- 5 numbers, starting with 9 = organic produce
- 5 numbers, starting with 8 = genetically engineered produce

1. Children's Health Environmental Coalition website. www.checnet.org. Accessed on 11/24/04.

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Comments, questions
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Staff Profile



Joining the Integrative Medicine staff in October, 2004 as Medical Director, Darrin D'Agostino, DO brings a well-rounded approach to the job. Graduating from the New York College of Osteopathic Medicine in 1995, Dr. D'Agostino did his internship at the University of Medicine and Dentistry of New Jersey in 1996, and then came to Connecticut to complete his residency in Internal Medicine.

In 2000, Dr. D'Agostino became Chief Resident at Hartford Hospital. During his residency he started a practice in Musculoskeletal Medicine that has grown into a full practice and has been incorporated into

the Internal Medicine Residency program at the University of Connecticut. In addition to his new position, Dr. D'Agostino is Director of Ambulatory Pain Services and Assistant Director of the Department of Medicine. Known as a superb teacher and mentor, Dr. D'Agostino guides medical residents as they rotate through the clinic to learn musculoskeletal medicine.

As Medical Director, Dr. D'Agostino's presence will help increase the scope of Integrative Medicine at Hartford Hospital, including expanding research opportunities, bridging the gap between Traditional Medicine and Integrative Medicine, developing a stronger relationship with the Hartford community, and formalizing a teaching curriculum for the residents.

The Integrative Medicine staff welcomes the addition of Dr. D'Agostino, along with his strong educational background, caring and warm personality, and outstanding sense of humor. His comprehensive approach to patient care is a perfect fit for the IM team.

All Natural—Recipes and Natural Food Tips

Dried Fig & Apricot Stuffing



- 5 cups Bread (homemade or country-style)
- 1 Tb Butter
- 1 1/4 cups Minced onion
- 2 Garlic cloves, minced
- 2 1/2 cups Boiling water
- 3/4 cup Chopped dried figs
- 1/2 cup Chopped dried apricots
- 4 Tb Minced fresh rosemary
- 4 Tb Minced fresh thyme
- 1 1/4 tsp Salt
- 1 Tb Cracked black pepper

Directions:

1. Put bread in a large bowl and set aside.
2. Melt butter in a small saucepan. Add the onions and garlic and sauté until translucent, about 3 or 4 minutes. Add the boiling water and pour the mixture over bread. Turn the pieces to make sure they all get soaked. Let stand for 10 to 15 minutes, or until the bread is cool enough to handle and the water has been absorbed. Squeeze the bread in your hands, further breaking it down. Add the fruits, herbs, salt and pepper. Continue working the stuffing with your hands until you have a thick paste.

Yields about 3 cups; enough to stuff a 7-lb turkey breast or a 12 to 14-lb turkey.

Enjoy!

Overheard !

And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.

~Dr. Seuss





Winter, 2004/05

- **Thursday, Dec. 9, 2004, HH—ERC Informal Lounge, 12-1p**
Food and Mood: Keeping the Holiday Cheer by Eating Healthy
Join Michelle Fuhrman, MS, Clinical and Holistic Nutritionist as she helps us focus on optimizing the health of both mind and body through nutritional lifestyle changes. We don't always realize how what we eat can affect how we feel, both emotional and physically. Michelle will help us understand how to keep the holidays a cheerful time through healthful food choices. Healthful holiday recipes will be shared with the group.
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What is Osteopathy and how it can help me?
Join Dr. Darrin D'Agostino D.O., Medical Director of Integrative Medicine, Director of the Ambulatory Pain Services and Assistant Director, Dept. of Medicine to learn about the field of Osteopathy - how it is similar to and different from traditional allopathic medicine. Better understand how Osteopathic manipulations can help restore the body to balance, improving many musculoskeletal and organic conditions.
- **Thursday, Jan. 27, 2005, HH-ERC Room 217, 12-1 pm**
Exercise You Color Sense
Come out of the quiet subtlety of winter hues for a jolt of color. Join us for this introductory session by Artist-in-Residence, Diana Boehnert and try a little exercise with color to warm you up! Experience how using color and the creative process can affect our moods and change our perspective.
- **Thursday, Feb. 10, 2005, HH-ERC Room 217, 12-1 pm**
Understanding the Enneagram – Who Am I, Who Are You
Learn about the 9 basic personalities of the Enneagram (rooted in ancient spiritual traditions) for better understanding ourselves and others. Presented by Alice Moore, RN, Reiki Master in the Department of Integrative Medicine.
- **Thursday, Feb. 24, 2005, HH-ERC Room 218, 12-1 pm**
Do Your Goals Need A Makeover?
Studies have shown that writing down your goals actually increases your chances of achieving them. If your goals don't excite you, however, don't bother! Take your goals to lunch and experience a goal makeover. Learn a specific formula to set irresistible goals that inspire, motivate, and pull you forward. Part of a lunchtime series, hosted by Ginny Kravitz, Life Coach
- **Thursday, March 10, 2005, HH-ERC Room 217, 12-1 pm**
Acupressure for Common Problems
Susan Bisbee-White, L.Ac. a acupuncturist on staff at Hartford Hospital will discuss Acupuncture/Acupressure and its use for headaches, sinusitis, nausea and stress.

To register for these programs, please call
Hartford Hospital's Health Referral Service 860-545-1888

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