



MIND

BODY

SPIRIT

January 2010

CIM Communication

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Visit our websites at: www.cim.md www.centermedspa.com

This month's website article: [Updated "What's in Your Water?"](#)

This month's website Recipe: [Glazed Acorn Squash](#)

Events/News/Information

Flu Shots: we have received a shipment of H1N1 vaccines. If you wish to get vaccinated please call our front desk at 643-2246 for more information

Welcome Earth Fare

Earth Fare is an Asheville, NC based chain of natural food stores that is opening a store on Gunbarrel Rd here in Chattanooga. I frequently shopped at Earth Fare when I lived in Knoxville, and am excited to have a location here. The grand opening is scheduled for December 9th. For more info [click here](#)

Coming in January...

Food & Feelings: This unique class takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and will show participants how to embrace and learn from their feelings. More information to follow.

HAPPY NEW YEAR!

From all of us at the Center for Integrative Medicine, we would like to wish you a healthy and prosperous 2010.

This year I would like to focus on exercise for this column. It is truly the magic elixir that can cure most of your ills and reverse the harmful effects not only of our sedentary lifestyle but our horrible western eating habits. Trouble is, it takes time and effort which is a real issue for many people.

Although it is not as widely publicized, the current recommendations for exercise for healthy adults under age 65 are as follows:

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

These recommendations are from the American Heart Association and the American College of Sports Medicine.

Continued below

Going "Green" the Easy Way

While the global warming summit produced very little in the way of tangible results, there continues to be considerable focus on global warming and its impact on our planet. While there is still not unilateral agreement that there is actually an abnormal rise in temperature, and if so what it means for our planet, many individuals are not waiting for the evidence to become overwhelming. "Green" has become a buzzword and is being used heavily as a marketing tool for just about every product possible.

While you may not be able to afford a hybrid vehicle or a LEED certified house, each of us can make an impact and do our part to lessen damage to our environment. From a nutrition standpoint, it is often suggested that we buy local or regional produce and animal products when available, choose sustainably farmed or organic foods when we can afford them, and eat less animal and more vegetable products. A recent news article brought to light the simplest and easiest thing we can do to lower our individual carbon footprint: waste less.

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Researchers from the National Institute of Diabetes and Digestive and Kidney Diseases in Maryland calculated the energy content of nationwide food waste. The calculation was made with a formula that used the difference between the US food supply and the food consumed by the population. They found that food waste has increased 50 percent since 1974, reaching about 150 trillion calories per year in 2003. Using the available information to calculate what impact this waste would have on the environment the researchers found that more than one quarter of total freshwater use is accounted for by wasted food. Furthermore, wasted food accounts for ~300 million barrels of oil per year representing ~4% of the total US oil consumption in 2003 and that food waste rotting in landfills produces substantial quantities of methane, a gas with 25 fold more potent global warming potential than CO₂.

This study looked at all stages of the food chain, so the waste generated is from production and transportation as well as the consumer. That being said, it has also been shown that Americans are purchasing and eating more today than they did 30, 40, 50 years ago. Take a look at your own shopping, cooking and eating practices and see if you can make small changes to reduce your own food waste. Start with eating smaller portions and freezing the leftovers you won't use in 3-4 days. Buy only foods with long shelf lives in bulk, and make small trips 2-3 times per week to pick up perishable foods in small amounts. Start a small garden or container garden and grow some of your own fruits and veggies. Build or purchase a small compost bin and recycle non-animal foods waste to fertilize your own garden, flowers, or landscaping.

Here are a couple of links on container gardening to get you started:

<http://aggie-horticulture.tamu.edu/extension/container/container.html>

<http://www.wvu.edu/~agexten/hortcult/homegard/cntanegr.htm>

and here is a website on composting basics:

<http://www.howtocompost.org/>

If you eat out often, there are things you can do as well. According to Sysco, restaurants account for 1/3 of the retail electricity used in the U.S. The average restaurant uses 300,000 gallons of water a year, and produces 1 billion pounds of food waste which accounts for almost 12% of the municipal waste generated in the country. Choose restaurants that are working to lower their impact on the environment. You can visit www.dinegreen.com to get a list of green certified restaurants in your area, as well as suggestions of things you can do to help steer your favorite restaurant in the right direction.

By simply cutting back on what you waste you can save money as well, and if you choose to grow some of your own food you can save even more. Take some time now to plan how you can lower your impact on the environment and save some money in 2010.

Exercise continued

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. For walking, this is a pace of 3000 steps in 30 minutes. Vigorous activity would include racewalking, hiking uphill, jogging or running, cycling more than 10 miles per hour, swimming fast or lap swimming, aerobic dancing, fast dancing, martial arts, or playing sports with lots of running: basketball, hockey, soccer, or singles tennis.

It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Our bodies were designed to be in motion, and research has shown time and time again that they begin to break down when they are kept idle or sedentary, just like a car that is left in the garage for an extended period of time. Even conditions such as lower back pain and arthritis that have in the past been reasons not to exercise have been shown to actually improve with the right type of regular exercise. While some conditions may restrict the type of activity or the intensity of activity, there are really very few conditions that require a total avoidance of exercise.

The single most important issue regarding exercise is simply that it takes some of your valuable time...most every day. At the start of this new year, I challenge each of you to simply acknowledge that the time necessary for exercise to become a part of your life is indeed important, and that **your** health is indeed important. Once you make the time commitment, the rest is easy. The type of exercise you do is not as important as the consistency of that exer-

...ise to become a part of your life is indeed important, and that **your** health is indeed important. Once you make the time commitment, the rest is easy. The type of exercise you do is not as important as the consistency of that exercise. EVERY health club around will be offering specials for the first month or two. Get a free pass and check out a few places. Many churches are recognizing their role in keeping members healthy and now have either exercise equipment, classes or both. Malls are open early to allow indoor walking, and most schools and parks are open for outdoor walking. Find something you enjoy, and get busy. Meet others with your same interest and make use of them to keep you going on the days you don't feel like exercising, and return the favor. Make today the day you start your active lifestyle.

Healthy Recipe of the Month: Moroccan Lentil Soup

Ingredients

- 1 large onion, chopped (about 1 1/2 cups)
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh ginger (or 1/2 teaspoon ground dried ginger)
- 1 tablespoon olive or canola oil
- 6 cups low-sodium chicken or vegetable broth (water can also be used)
- 1 1/2 cups red lentils, dried
- 15-ounce can garbanzo beans, rinsed and drained
- 14.5-ounce can diced tomatoes (tomatoes and any juice), low sodium if available
- 3/4 cup diced carrots
- 3/4 cup chopped celery (about 3 medium stalks)
- 1 teaspoon garam masala (a spice blend)
- 1 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 6 tablespoons low fat sour cream (optional garnish)

Preparation:

1. Add onions, garlic, ginger and oil to a large nonstick saucepan and cook over medium-high heat, stirring often (about 7 minutes). Add the broth, lentils, garbanzo beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin.
 2. Bring stew to a boil, then lower heat to simmer, cover saucepan and continue to cook until lentils are soft (about 1 to 1 1/2 hours.)
- Ladle about a third to a half of the soup into a large food processor or blender and pulse to briefly puree. Pour soup puree back into the pot and stir. Serve each bowl with a dollop of low fat sour cream, if desired.

Look for Garam Marsala with the spices or in the ethnic section of your local grocery store

[More Recipes](#)

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- 01/01/2010 - [Resolution Run 2010](#) - Nashville, Tennessee
- 01/16/2010 - [No Boundaries - Fleet Feet Sports...](#) - Murfreesboro, Tennessee
- 01/31/2010 - [Winter Slam Dodgeball Tournament](#) -
- 02/06/2010 - [Nashville Predators Fangtastic 5K](#) - Nashville, Tennessee
- 02/13/2010 - [Cupid's Chase 5K Run - Nashville](#) - Nashville, Tennessee
- 02/13/2010 - [Cedars Frostbite Half Marathon](#) - Lebanon, Tennessee

The Center for Integrative Medicine

For more information please [click here](#) to visit our website

Our mission is to provide a healing oriented medical practice with a focus on the whole person.

At The Center for Integrative Medicine we seek to evaluate and respond to patients based on their physical, emotional, spiritual and social needs. Our desire is to create an atmosphere of healing through compassion, education, empathy and respect for personal beliefs. Our staff includes two physicians, a physician assistant, two licensed counselors, an acupuncturist, a soft tissue therapist, and a registered dietitian. The focus at our clinic is to treat the whole person and take steps to find and treat the cause of a problem rather than address only the symptoms. Additional services include DEXA scans, Mind/Body skills training, biofeedback, and nutritional supplements. Our staff and practitioners create an environment that fosters empowering the patient to be involved in their care, and teaching skills necessary to produce optimum health of mind, body, and spirit.



Contact us at 423-643-2246

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