



CIM Communication

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

This month's website article: [The Future of Nutrition \(and Medicine\) updated](#)

This month's website Recipe: [Broccoli Salad with Creamy Feta Dressing](#)

Events/News/Information

Flu Shots: we have received an additional shipment of vaccine for the seasonal flu strains. We will file your flu vaccination with your insurance company, but if you wish to pay out of pocket, the cost of the vaccination is \$20. This shot will **NOT** include immunity for the swine flu (2009 H1N1). Vaccines for the swine flu are still being tested and are not yet available. We will provide additional information on that vaccine when it becomes available. For more information about the swine flu [click here](#).

Finding Your Own North Star: Claiming the Life You Were Meant to Live

In this class, you will begin to verbalize your core values, rediscover your vision for your life, find out what you fear most and what holds you back, and learn ways to create the life you've imagined. [Click here](#) for a brochure

When? Wednesdays—September 30, October 7 & 14
What time? 6:00-8:00 How much? \$100
Please call 643-2246 to register or for more information.

Food As Medicine: Quinoa

Quinoa is native to the Andes Mountains of Bolivia, Chile, and Peru. This crop (pronounced KEEN-WAH), has been eaten continuously for 5,000 years by people who live on the mountain plateaus and in the valleys of Peru, Bolivia, Ecuador, and Chile. Quinoa means "mother grain" in the Inca language. This crop was a staple food of the Inca people and remains an important food crop for their descendants, the Quechua and Aymara peoples who live in rural regions. Although it has been available in the U.S. for more than a decade, it grown in popularity more recently due to its high protein content, and the fact that it is gluten free (and probably better marketing as well). Quinoa is used to make flour, soup, breakfast cereal, and pasta. Most quinoa sold in the United States has been sold as whole grain that is cooked separately like rice or in combination dishes such as pilaf. Quinoa flour works well as a starch extender when combined with wheat flour or in gluten free flour mixes. The whole grain as purchased is covered with bitter saponin compounds that must be removed before human consumption. You can do this by rinsing well with cool water. Quinoa has the highest protein content of any cereal grain containing approximately 6 grams per 1/4 cup dry grain. The fact that it is gluten free makes it a staple for individuals with celiac. It makes a great substitute for rice, and cooks in about 15 minutes. The grain itself, and quinoa pasta are available at many grocery stores that carry organic and natural foods. Try the recipe below, or buy one of the pilaf mixes or pastas to try out quinoa and add some variety and nutrition to your diet.

FOOD FOR THOUGHT REGARDING HEALTHCARE

As the political tug-of-war (or more properly standoff) continues over health care reform I would like to offer some things to consider as you form your opinions and make your stand on whichever side of the debate you choose.

The first point I would like to make is that this debate is not really about the health of Americans at all. Although this is often inferred in arguments for the program, it is really more about the cost of prolonging the life of unwell individuals. Nothing currently proposed really takes the necessary steps to improve the health and wellness of individuals. A well written article by Ezra Klein (you can access the full article at http://www.prospect.org/cs/articles?article=wealth_care_reform) states simply "Fixing our health-care system will make us more economically secure. It won't make us much healthier." He goes on to cite plenty of examples of statistics and other measurements that show while we spend the most on health care, we are far from the healthiest nation no matter what statistic you choose to measure with. One particular passage that I would like to include is something that I must acknowledge every day given my profession of nutritionist and personal trainer...no one profits if you are healthy.

Ezra writes: "The purpose of health reform, in other words, is to pay for health care -- not to improve the health of the population. Paving for care and improving health are to be sure both noble goals. The problem is that they

Ezra writes: "The purpose of health reform, in other words, is to pay for health care -- not to improve the health of the population. Paying for care and improving health are, to be sure, both noble goals. The problem is that they have not settled into a peaceful coexistence. Rather, the spending conversation has consumed the health conversation. It is not hard to understand why. "Somebody makes money taking care of a person once they're diabetic," says Shannon Brownlee, author of the book *Overtreated*. "They don't make money making sure all elementary schools have a playground and neighborhoods have sidewalks." "They don't make money preventing the diabetes in the first place. In 2007, we spent \$2.2 trillion on health care. A mere 3 percent of that went to measures meant to improve public health. Similarly, Obama's health-care plan in the campaign was estimated to cost \$65 billion a year (which was an absurdly low estimate). The plan included a provision that would "promote public health," but it had neither specifics nor a price tag. "The irony is that we use health as a rhetorical trope a lot in the health-reform debate," says Harold Pollack, a professor of public health at the University of Chicago. "There's a big pay-off to pointing to health as a beneficial outcome from health reform. There's not a big political payoff to advocating for enacting specific measures that would improve health."

Indeed, lots of interest groups stand to lose money if society becomes more concerned about health. As Brownlee notes, "Our agricultural policy is actually counterproductive for health. We subsidize everything that gives you diabetes and nothing that keeps you healthy. Every grain you can think of is subsidized, particularly corn, but are carrots subsidized? No. Is the advertising of carrots subsidized? No." But if you want to change that, you've added the agricultural industry and politicians from corn states to your list of opponents. "As you expand this question you gain more enemies who prefer the status quo than you gain friends," says Sen. Sheldon Whitehouse, a Democrat from Rhode Island.

That's because the beneficiaries of pro-health policies are diffuse. With better prevention policies, people would be healthier, taxpayers would see entitlement costs drop, and employers would see health spending slacken. But these are all indirect and speculative payoffs."

The take home message from all of this is simply that even if health care reform is passed it will only make it less expensive to be unhealthy. If you want to be healthy, to be able to keep up with your children or grandchildren, to actually still have some energy left at the end of the day, not have to take multiple medications just to barely make it through the day, and be able to go where you want and do what you want the responsibility lies with you. Yes, some steps are being taken to make it easier to make healthy food choices and be more active, but remember a healthier population means companies involved in treating diseases will make less money so the changes will be slow and drawn out.

Earlier this year, the Chattanooga Times Free Press ran an article from the Associated Press titled "Disease prevention often costs more than it saves". The article presents a hypothetical situation where a Mrs. Jones is a 55 year old obese woman at risk for diabetes. She is given lifestyle coaching (diet and exercise assistance) at a cost of \$900/year. She loses significant weight and improves her fitness level and is able to avoid becoming diabetic. The article then goes on to state that research shows that for every one person that is helped by this type of program, six other people would get no benefit at all. At \$900/year, that would be a cost of \$5,400 for those 6 individuals with no benefit. I disagree with both the premise of the article and the hypothetical cost benefit analysis. According to a 2007 study, the cost for all 7 individuals is not much more than the cost of diabetes even if the other 6 got no benefit whatsoever. The research study found that people with diagnosed diabetes incur average expenditures of \$11,744 per year, of which \$6,649 is attributed to diabetes. People with diagnosed diabetes, on average, have medical expenditures that are approximately 2.3 times higher than what expenditures would be in the absence of diabetes (DIABETES CARE, VOLUME 31, NUMBER 3, MARCH 2008). The combined cost for all 7 hypothetical individuals would be \$6,300, still less than the average cost associated with treatment of diabetes. I also believe that all of the individuals participating in a year long lifestyle intervention would benefit and make at least a few lifestyle changes. If you would like to see some recent examples of these benefits click on the link that follows: [health cost savings](#). I would also like to state that there is actually excellent evidence that preventive measures do work with every condition that has a lifestyle component (i.e. heart disease, several cancers, diabetes, high blood pressure, stroke and dementia to name a few). The problem has been, and still is not the effectiveness of the intervention, but the high drop out rate of participants because lifestyle changes are not easy. Unfortunately this goes right back to what was stated earlier about what generates profits and what doesn't. Why does it cost more to buy fresh veggies than it does to buy fast food and junk from a vending machine? While I am sure that no matter what changes were made, there would be some individuals who would refuse to make healthier choices, the vast majority of individuals just need a little help and assistance to make the switch and start down the road of better health. It really bothers me that I have to tell people everyday that it will be difficult to start eating better, and it will really take some effort to be more active but you just have to do it.

As you consider which side of the healthcare debate you are on, and as details begin to emerge on whichever plan(s) become the most likely to be enacted, pay attention to the details of what will be done to help you be healthier rather than what will be done to make sure more profit is generated. Base your decision on that, and maybe you can help reverse course before the ship runs aground.

PS I hope you have been reading the series of article published by the Chattanooga Times Free Press the last couple weeks. They have been doing an excellent job of covering the current state of our health. If you are one of the individuals who have made positive changes in your life with diet/exercise, please consider allowing the newspaper to feature your story to serve as an inspiration to others. The front page for the October 1st addition is about someone who has done just that.

Healthy Recipe of the Month: *TANGY QUINOA SALAD*

Ingredients

1 cup quinoa
 1/4 tsp salt
 2 cups broth or water
 1/2 cup lemon juice
 3 Tbsp olive oil
 2 Tbsp fresh grated horseradish
 3-4 Tbsp fresh dill, minced
 1/2 tsp salt
 8 ounces snow peas
 1 large red bell pepper, chopped
 1 cup thinly sliced radishes
 1/2 cup red onion, chopped
 1/4 cup roasted sunflower seeds

Directions:

Rinse quinoa thoroughly (the grain has soap-like compounds on it that need to be rinsed off). Bring broth/water to boil, add quinoa and salt. Reduce heat, cover and cook approximately 15 minutes or until all water is absorbed. Remove from heat and let cool. Combine lemon juice, olive oil, horseradish, dill, and salt. Stir to mix and set aside. Cut snow pea pods into halves or thirds, and steam approximately 2-3 minutes or until crisp tender and rinse with cool water to stop the cooking process. Combine quinoa, with other ingredients, and mix well to combine.

Although I like radishes, I will often leave them out of this salad. It makes a great side dish or light snack and is an easy way to introduce quinoa to your diet.

[More Recipes](#)

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10/03/2009 - [SEQUATCHIE VALLEY CENTURY 2009](#) - Dunlap, Tennessee
 10/03/2009 - [Friends of Hixson/YMCA 5K and 1 Mile Fun...](#) - Chattanooga, Tennessee
 10/03/2009 - [Triple Crown Bouldering Series 2009](#) - Chattanooga, Tennessee
 10/04/2009 - [Sunbelt Cohutta Springs Triathlon](#) - Crandall, Georgia
 10/08/2009 - [Tennessee State Closed Adult Chps. \(Odd\)...](#) - Chattanooga, TN
 10/09/2009 - [Champions Jr. Novice Grand Prix II - TN...](#) - Chattanooga, TN
 10/11/2009 - [Paws in the Park 2009](#) - Chattanooga, Tennessee
 10/11/2009 - [Mystery Mountain Marathon](#) - Chatsworth, Georgia

The Center for Integrative Medicine

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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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