

Mindful



Health

Newsletter

Vol. 1 • Issue #12

What if you were eating a healthy diet and you were exercising but you were still gaining weight? What if you tried eating less, exercising more and your clothes were still tight? What if you were so frustrated you decided to give it all up and order Chinese food? Does this sound like you? If so there is probably a deeper problem that could relate to a hormonal imbalance, toxicity, or an even more common problem: food allergies or food intolerances.

Millions of Americans suffer from food allergies unknowingly. Some of the most common allergens are soy, peanuts, dairy, wheat, shellfish, chocolate, tomatoes and corn. There are also numerous other foods that can cause imbalances.

Many children suffer from food allergies and their symptoms are often mistaken for Attention Deficit Disorder.

What is the difference between a food allergy and a food intolerance?

A food intolerance occurs when a person is unable to process or digest food correctly due to a lack of enzymes. But a food intolerance can lead to an allergy if the body incorrectly recognizes a food as a "foreign invader." This happens when the person has a weakened digestive system and undigested foods enter the bloodstream. The body attacks this food particle like it would a disease or a toxin, creat-

ing an immune response. If you eat the same foods every day you have a higher risk of creating a food intolerance.

HOW DO I KNOW IF I HAVE A FOOD ALLERGY?

Some common symptoms are:

- Headaches • Digestive disturbances
- Depression • Heart racing • Stuffy or runny nose • Coughing • Wheezing • Hives
- Skin rashes • Acne

Remember headaches are not normal!

WHAT DO I DO TO TREAT THESE ALLERGIES?

Well, you have several choices. If you suspect that you have a food allergy you may be able to confirm it by doing a pulse test. Make sure you are relaxed. Then use a watch with a second hand to take your pulse. Record the number of beats in a 60 second period. A normal pulse reading is between 52-70 beats per minute. After taking your pulse consume the food in question. Wait 20 minutes and take your pulse again. If your pulse rate has increased more than 10 beats per minute this may be an allergen.

Another option is for you to come in for an electrodermal scan. I do this scan in my office and I have seen incredible results! This scan can not only detect what you are allergic to but it can also search for a remedy to alleviate many of the symptoms. In addition, I can also balance out your digestive system and toxicity level with this test so that future food intolerances do not develop. Check out my website for more information.

**Come visit my website at
www.mindfulhealth.biz
for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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WHEAT FREE ZUCCHINI LASAGNA

From The Allergy-Free Self Help Cookbook by Marjorie Hurt Jones

- 3 cups tomato sauce
- 3 medium zucchini cut into ¼ inch lengthwise strips
- 8 ounces spinach
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Pinch of fresh nutmeg
- ½ pound of ground chicken, turkey or 4-6 ounces of goat's milk cheese (or other cheese of choice)
- ¾ cup chopped onion or leek
- Freshly ground black pepper (optional)
- 1 teaspoon Italian Seasoning

Preheat the oven to 350 degrees. Oil an 8x8 baking dish and spread ¼ cup of sauce over the bottom of the prepared dish. Arrange ⅓ of the zucchini strips over the sauce.

Steam the spinach over boiling water for 3 minutes, or until wilted. Drain in a colander, gently pressing with a large spoon to remove excess water. Place on a cutting board and chop. Distribute over the zucchini. Season with lemon juice, salt, and nutmeg. Top with 2 to 3 tablespoons of the sauce. Arrange another layer of zucchini over the spinach.

In a large nonstick skillet, cook the meat if used with the onions or leeks for 7 minutes, or until the meat is no longer pink. Season with salt, Italian Seasoning, and pepper if used. Arrange over the zucchini and top with 2 to 3 tablespoons sauce and the remaining zucchini. Pour in the remaining sauce, spreading to cover.

Bake for 40 minutes, until the top is brown and the sauce is bubbly. Cut into large squares.

Makes 4 servings.

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