

Live the

ADVANCED LIFE

#9

Your health & wellness newsletter

WE ♥ MOM!

May 2015

Anytime you worry if you were a good mom, remember that at least I didn't turn out like Bin Laden.



someecards

Gabby & Tiffany: What is your favorite feature about your mom?



"My favorite thing about my mom is her hair."

-Gabby G.

Haley, Kenny & Yolanda: What is your favorite activity to do with your mom?



"I like playing pool (billiards) with her."

-Haley VG.

"I like playing tennis with her - she's good!"

-Kenny VG.



"I love my mother as the trees love water and sunshine - she helps me grow, prosper, and reach great heights."

- Terri Guillemets

Aaron & Dawn: What is your favorite food dish that your mom makes?



"She makes this Saurkraut Casserole that tastes so good and always reminds me of her."

-Aaron B.



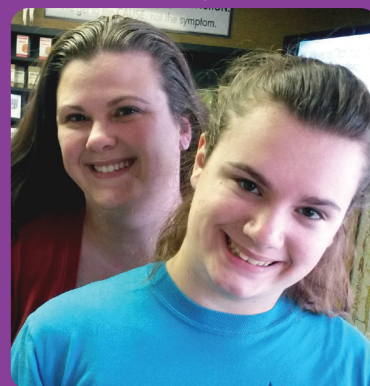
Monica & Valerie: What are you going to miss most about your mom when you go to college?



I will definitely miss how I can always go to her for anything and anytime I'm feeling down she knows exactly what to say. I'll definitely be missing her 'mom hugs' as she calls them. They'll make anyone feel better about anything. I've never met a more loving, compassionate or supportive person in my life. She does so much for me in every way possible. I'm going to miss her so much in college.

- Monica D.

Jenna: What do you love the most about your mom?



"I love that she takes care of us as a family and loves us with all of her heart."

-Jenna K.

Testimonial Of The Month

My name is Bill, I have had two serious surgeries in August 2010, in which they removed my esophagus and stomach. The following year in March 2011 I had a left vocal cord implanted. Even though I went through such grueling surgeries, I made it a point to walk on the beach every day. I would start with 3 or 4 blocks at a time, then eventually, I got up to 1 mile, which was a big deal to me. After about a year I reached 4 miles per day. I was active and getting fresh air every day, however I still had these debilitating headaches that would last a couple days.

My son took me to Advanced Healthcare and they said that they would be able to help me with my problems even though I can't lie down totally flat. I need to stay at least at a 45 degree angle because of fluid from my intestine going right to my throat and burns to no end. Advanced Healthcare worked with me despite all my restrictions, and I'm so happy they could.

Since starting my care with Advanced Healthcare, I am almost 100% better. Not totally out of the woods, but MUCH better than before, and my life is changing for the better. Coming here was the best thing that has happened to me in 6 years of dealing with the medical community. I have also learned valuable information about how the spine works in the body, which nerves feed what organs, and how to take care of my body and myself!



Bill K showing off his 72 year old physique.

Do you have a story of wellness to share? Please send your testimonials about our office to: Advancedlife10@AOL.com
You could be featured in an upcoming issue!

ALCAT TESTING: A lifesaving bloodtest

An example of the result panels for Alcat.

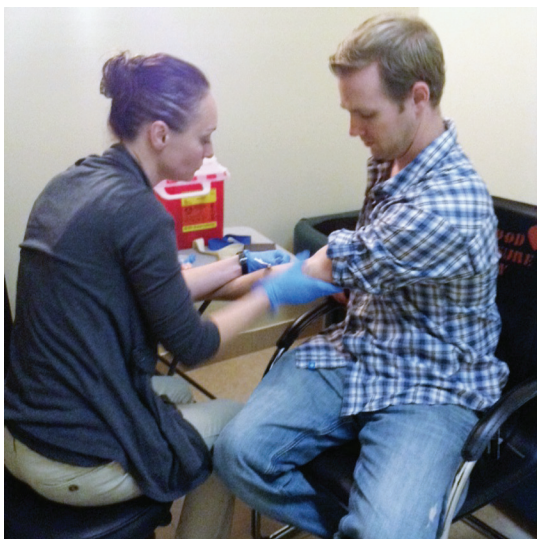
Food Sensitivity Test Results		Allergen Sensitivity Test Results	
Severe Intolerance ACORN SQUASH ASPARAGUS CASHW EGGS YOLK LAMB LENTIL BEAN MUSHROOM PEACH PEAR RASPBERRY SHRIMP STRAWBERRY TUNA	Moderate Intolerance BAKERS YEAST BAY LEAF BEEF BELL PEPPERS BLACK/OLIVE PEAS BRUSSEL SPROUTS BUTTERNUT SQUASH CARROT CORN COWS MILK FIG GARLIC JALAPENO KIDNEY BEAN MACKEREL OKRA PEANUT PISTACHIO PORK SALMON	Mild Intolerance APPLE APRICOT BEET BLACK PEPPER BUCKWHEAT CABBAGE CANNED CANNED TOMATO CASHW CALIFORNIA LIME CELERY CHAMOMILE CHICK PEAS CHOKEN LIVER CHICKEN COCONUT COTTONSEED CRANBERRY CUMIN DILL ENDIVE FAVA BEAN FENNEL FENNEL SEED	Vegetables / Fruits BLACK BEANS CUCUMBER CUCURBIT LIMA BEAN RED LENTIL SQUASH ZUCCHINI SQUASH ARTICHOK NAVY BEAN LEEK WHITE BEAN RADISH SPINACH WATERCRESS AVOCADO BLUEBERRY GRAPEFRUIT NECTARINE PLUM BANANA CANTALOUPE LEMON OLIVE POMEGRANATE

This photograph is of a young firefighter patient of ours, Daniel B. getting blood drawn from our friendly and skilled Phlebotomist, Mindy. Every few weeks, she comes to our office and prepares patient's blood (about 4 small vials) for one of the most important blood tests a person could have...the ALCAT FOOD AND SUBSTANCE SENSITIVITY TEST.

Daniel related to us, "I couldn't figure out why I was so lethargic all the time. I had excess weight that was difficult to shed despite what I thought was a good diet and exercise routine. Little did I know that many of the "healthy" foods that I was eating were far from healthy for ME! Who would've known that for my body, beets and some greens were a big no,no,no."

Certain supplements that he was taking, like chondroitin sulfate and glucosamine were creating white blood cell and inflammation reactions that can depress the immune system, tax glands and produce hormonal imbalances. "now, I feel like a million times better!," confessed the beaming Daniel, "I've got so much more energy, less aches and pains and I've lost quite a bit of unwanted body fat."

If you desire more information regarding the ALCATS, see Stephanie, Susan, Nina or Natasha.



BEANS, BEANS, THE MAGICAL FRUIT May 2015

By Dr. Michael J. O'Connor

Growing up in Schenectady N.Y., I was only a five minute walk to both of my grandparents homes. It was awesome! My grandmother would always have hot soup for me as soon as I walked in covered in snow or cold rain. Pasta Fagioli ('fazool' in dialect) was a regular staple and first course at many meals. Before we ate the meat or fish (main course) there was always a soup or a cold salad in the warmer weather. We had a gigantic family, number-wise, and not one of them were obese. Recently, I read that Borlotti beans also known as 'Cranberry beans', have properties that satisfy you and hence make you less likely to overeat. It struck me that perhaps this could be a reason why our family was never overfat? Living for a number of years in Italy also taught me a great deal about the eating habits and lifestyle rituals that keep most Europeans, in general, very slender and fit. I'd like to share what I learned about beans in the diet, and make some suggestions on your quest for a flatter stomach and less weight pulling on your spine.

Let's get one thing straight in the beginning; adding beans to your diet will NOT by itself help you to burn more body fat! It's never that easy is it?! However, if you feel more satiated from getting more fiber from the beans into your diet and cut down on the "garbage" food. That 'hard to shed' fat around your midsection will begin to fall off. Adding a few recipes with these white beans to your diet can help your body stop storing the carbs that you eat and convert more of those carbs to fuel for more immediate energy use. This is good stuff!

BORLOTTI BEANS HAVE ASSASSIN NINJA SKILLS

Not really, I'm just using catchy titles. Yet, researchers have found that BORLOTTI beans - especially - have a special capacity to prevent carbs from breaking down into stored sugars. There is an enzyme in our saliva and stomach called ALPHA AMYLASE. This enzyme converts starches/carbohydrates into simple sugar to be stored. That's why so many folks have large bellies, jiggle thighs, 6 chins, etc. It is all that bread, pasta, crackers, cakes, cookies, etc. stored in fat cells. The Italian Borlotti bean blocks and decreases the effectiveness of the alpha amylase, so your body cannot turn those starches into sugar to be stored in your waist-line. Enterprising companies have now actually concentrated the bean compound into capsules and tablets for fat loss clinics and even individual use. I prefer eating the real beans as they taste so good to me and satisfy my hunger. Borlotti beans are hard to find, so if you use canelMost often, I just put some into a bowl with chopped garlic, tuna fish, extra virgin olive oil or avocado oil and some sea salt and ground black pepper. Talk about a protein power packed dish! Beans are an awesome source of amino acids, which are the chemical building blocks of good protein. When we combine beans with other excellent sources of protein, like fish, chicken, eggs, beef etc., we have a mighty healthy and satisfying meal. You may add these beans to soups, casseroles or even blend them down as a thickener when you make gravy or a health shake.

Most Americans believe that the Italians eat enormous helpings of pasta all day long and then pizzas and breads on top. Not at all true. Once again, most meals in Italy, France, and Spain (as well as many other Euro countries) begin with an 'antipasto' which is comprised usually of vegetables or beans. This allows one to feel a bit less famished and less likely to overeat when it comes to pastas (carbs) and meats. Furthermore, serving sizes of pasta in Italy are about half of what we Americans normally heap into our plates. As a matter of fact, I ate at a local Italian restaurant recently that serves up a full pound of pasta for their customers. Generous, but ridiculous really.

A pound of pasta usually feeds four at our house because we eat other veggies or salads to accompany the pasta. Another habit that we loved while in Italy was walking after dinner. It is a ritual of almost everyone over the pond. A "passeggiata" means a nice stroll around town after dinner to breathe fresh air, observe people, have a 'caffè' or a gelato. The movement helps aid digestion and peristalsis which is the movement of waste and foods through the digestive system. Don't be a couch potato after meals. Discipline yourself and your kids to walk after dinner. It's a nice time connect as a family as well.

So, a few things to incorporate into your lifestyle habits that will guarantee a slimming effect on the ol' bod....

1. Eat more BORLOTTI beans before your main meal. Even a few tablespoons with EVOO and sea salt.



2. Eat less glutens or eliminate them altogether. When I eat a hamburger, I use a knife and fork and load it up with veggies like spinach, red onion, tomatoes and pickles and use only a bottom bun or piece of bread instead of the top. Use lettuce to wrap your meats up with a tasty sauce or seasoning instead of the bread. Discipline yourself to smaller servings of pasta or pizza. If you have your beans first, or an extract tablet, it's easier to push the plate away.



3. Walk after dinner. It doesn't have to be a workout, just a stroll.



4. Keep your blood sugar stable and shed fat by eating good lean proteins when you are hungry. A hard boiled egg, rolled up turkey or grass fed beef, beans and tuna, an avocado with cottage cheese, etc.



You CAN slim down if you make yourself aware of your everyday choices.

REFER YOUR FRIENDS
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& Receive a free
HYDROMASSAGE!

In honor of Mother's Day I wanted to feature a recipe that my mom makes so well. Of course she makes everything well, and I've learned almost all of my recipes from her. However, when Mom makes a dessert it's almost always a Gluten free crisp. Gluten free may sound a bit boring, but trust me when I tell you that this crisp is anything but. The warm honeyed berries are heightened with a touch of lemon, and are paired perfectly with the sweetened buttery oat topping. When my family throws an impromptu dinner party, this is usually the quick go to dessert we pick to end the meal. Show some love to your mother this year and surprise her with this "berry" yummy dessert for Sunday, May 10th!

GLUTEN FREE BERRY CRISP

INGREDIENTS

- 6 cups of frozen mixed berries unthawed (can use blueberries, blackberries, strawberries, raspberries..etc)
- ¼ cup local wild honey or palm sugar
- 1 ½ cup of gluten free oats blended into flour consistency
- 1 cup of gluten free oats
- 3 drops of DoTerra Lemon essential oil (or 1 tablespoon lemon juice)
- 2/3 cup of palm sugar (or brown sugar)
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon sea salt

*For extra indulgence top with homemade whipped cream!

1- 8oz carton of organic whipping cream- cold. Put a medium bowl and the legs of a hand mixer in the freezer before starting your crisp. Once the crisp is out of the oven and cooling, pour the cold whipping cream in the cold bowl from the freezer and mix on high speed until you reach whipped cream consistency. That's it!

DIRECTIONS

Preheat oven to 375 degrees F. Combine berries, ¼ cup of honey, ¼ cup of the oat flour, and lemon oil in a large bowl; toss to blend together. Transfer berry mix to 9 inch diameter glass pie dish. Combine remaining 1 ¼ cup flour, oats, palm sugar, spices and salt into a medium bowl. Add the diced butter and use your fingers to rub the butter into the flour mix. The mix should hold together in small clumps. Sprinkle flour mixture over the berry mix.

Bake crisp until berry mixture bubbles thickly and topping is golden brown, about 1 hour. Let stand 15 minutes and then serve warm or at room temperature.

Gifts for mom!



Order a diffuser during the month of May and receive a free lemongrass essential oil from Nina & Natasha.

Check out the different kinds online :

www.mydoterra.com/essentialsisters

Ask us how you can save 25% & earn free products!

