



# Healing Times

November 2011  
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## Thankful

By Dr. Suzanne

Thanksgiving is America's only mainstream holiday devoted to being grateful, and with each passing year I realize more and more how lucky I am and how thankful I am.

For the past few years, I have been intentionally spending time each day counting my blessings, and I can tell you from personal experience, it really does make you happier in the rest of your life. Try it. You may be pleasantly surprised to find there are more great things about your life than you thought.

Searching online for "thankfulness," I came across an article called "Remember the Purpose of Thanksgiving," by Bob Hoffman, from which I took the following excerpt:

*As we celebrate Thanksgiving, let us remind ourselves of all we have to be grateful for ... our health, our families, our work, the freedoms we take for granted and the opportunity to make a difference in the world while we create a happy and fulfilling lifestyle for ourselves and others.*

*If you woke up this morning with more health than illness, you are more blessed than the million that will not survive this week.*

*If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of 500 million people in the world.*

*If you can attend a religious meeting without fear of harassment, arrest, torture, or death, you are more blessed than 3 billion people in the world.*

*If you have a refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 75% of the world.*

*If you have money in the bank or in your wallet and spare change in a dish someplace, you are among the top 8% of the world's wealthy.*

*If you can hold somebody's hand, hug them or even touch them on the shoulder, you are*

*blessed because you can offer your healing touch.*

*If you can read this message, you are more blessed than over two billion people in the world who cannot read at all.*

*You live among the top few percent of all of the world's people. Feel your power and be thankful. Instead of stressing, see how good you already have it, and appreciate the unlimited potential you have to make it even better.*

*Choose to be grateful when life treats you well and graceful when it doesn't. Make this Thanksgiving a time for you to really feel blessed and then do whatever you can to become infectious and spread that blessing around.*

*Remember that the purpose of this important holiday is to be **thank-full**, as compared to just being full.*

There's no need to wait until Thanksgiving to feel grateful. During this beautiful autumn month, let's each of us remember our blessings with joy. It's good for your health and your heart, and it's good for everyone and everything around you. Try it out and you'll be amazed by how different you feel.

Dr. Brian and I wish you the happiest of Thanksgivings. May your table and your heart be full! **Bright blessings to you on this holiday of counting your blessings! We count you as one of ours!**



**We proudly announce our  
13<sup>th</sup> Annual  
Enhance Your Life Toy Drive**

We are collecting new and *very gently* used toys and books to benefit local children in need through Virginia Migrant Education from

Monday, November 14<sup>th</sup> through Saturday, December 17<sup>th</sup> during office hours in our Charlottesville & Afton offices.

Thank you to everyone who is able donate this year, and a big thank you to everyone who has donated in the past.

For these children and families to know the community cares about them is a priceless gift.

What better way to spread the joy of the holidays than to help a child to feel the connection we all share?

## **Classes Available at EYLC**

### ***Feldenkrais Class***

Marsha Robertson, OTR/L teaches Awareness Through Movement® Tuesdays from 12:30–1:30PM. *Feldenkrais* is a gentle and effective way to become more in touch with your body and how it moves. Classes are \$12. Drop-ins are welcome. Please call Marsha at 434-970-1066 or email her at [marshaerobertson@cs.com](mailto:marshaerobertson@cs.com) to register, or for more information. ***Your first class is free!***

### ***Yoga Class***

Sara O'Hare, certified Alexander teacher and yoga instructor, teaches one hour of gentle yoga on Tuesdays and Fridays at 1:45PM. Commit to six week sessions at \$10/class, or you're welcome to drop-in for \$12/class. Please bring a mat for lying on the floor (extra mats are available). Call Sara at 434-984-3503 for more information and/or to register. Drop-ins are welcome. ***Your first class is free!***

### ***Life-Changing Healthcare Class***

**FREE 30-minute class for the curious in our C'ville office: 6:30PM on Monday, November 14<sup>th</sup>; please RSVP by noon on the 14<sup>th</sup>.**

During class, Dr. Brian describes Reorganizational Healing, Network Spinal Analysis, Somato Respiratory Integration, answers questions, & provides a demonstration of a Network Spinal Analysis Entrainment.

All participants also receive a coupon for 50% off their first visit. This class is a perfect opportunity to learn how a healthy spine can help

you have a healthy, vibrant life. Refer your friends and family, so they can experience the same great changes you have since starting NSA care!

## **Services Available at EYLC**

### **Somato-Respiratory Integration with Brian Dickert, DC**

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Designed by Dr. Donald Epstein, SRI helps the individual experience their body more fully, and instantly shift their state of consciousness to one that supports trust for the body-mind and healing process, as well as promote increased peace and ease.

Call or e-mail Dr. Brian at 434-971-5433 or [drbrian@eylc.com](mailto:drbrian@eylc.com).

### **Treat Yourself Right! Massage with JeAnne Frey, CMT**

We're happy to welcome back JeAnne Frey to our EYLC family. JeAnne Frey has been a full time Certified Massage Therapist since 1999, specializing in integrative sessions and deep tissue work. She added energy techniques to her practice when she was with us previously at EYLC and looks forward to whatever new expansions await her return.

For more information check out JeAnne's website: [www.tyrmassage.com](http://www.tyrmassage.com), or call her at 434-989-8364. If you'd like to schedule online go to [www.schedulicity.com](http://www.schedulicity.com).

## **Eat Good Fats, Be Healthy!**

By Dr. Brian

I recently read *Eat Fat, Look Thin*, by Bruce Fife, N.D., and Tim Ferris's book, *The 4 Hour Body* and with the help of those books I've made changes in my diet that had been relatively the same for over 20 years.

Before I talk about what I changed, I should begin with what I was eating and why I ate it. In 1989 I started cycling for recreation and racing. The conventional wisdom at the time was for distance athletes to consume large portions of carbohydrates to fuel sustained efforts from long

training rides. I didn't eat processed foods, but over the years my consumption of healthy oils and fats like butter and olive oil became fairly low. I ate a vegetarian diet that consisted of around 65% carbohydrates, 20% protein and 15% fat, a diet that would fit in with the recommendations of Dr. Dean Ornish and the American Heart Association.

The AHA recommendations are based on the theory, introduced in the late 1950's by Ancel Keys, that a diet low in fat, specifically saturated fats will reduce the risk of artery disease, heart attack and stroke. Following their recommendations, if you remove dietary fat, you should lower your risk from heart attack and stroke.

As many people changed their diets, vegetable oils became popular. In the 1980's manufactured "low-fat" foods and "no-fat" foods became available. In Eat Fat, Look Thin, Fife states, "from 1910 to 1970 butter consumption fell from 17 pounds per person each year, to 4 pounds. During the same period, consumption of "healthy" vegetable oils (margarine and shortening) increased 400%."

The "lipid hypothesis" of disease has some good points, but it is not a complete picture. It doesn't account for cultures that eat high amounts of saturated fats, and it doesn't explain the high incidence rates of heart disease and stroke even though dietary consumption of fat has decreased over the last 40 years from 40% to 32% of total calories.

What the lipid hypothesis didn't take into account was a sharp rise in mechanically processed foods starting in with the industrial revolution. Sugar, white flour, and pre-prepared foods were now available. Also, the consumption of rancid, heated or processed oils, now known as "trans fats" increases systemic inflammation which increases heart disease and stroke. Meanwhile other cultures that didn't have the advancements of the industrial revolution just kept eating the same diet they had been for thousands of years, and their rates of disease stayed the same.

About the time Keys was promoting his lipid hypothesis, others were promoting different ideas. Researchers Alan Kewick and

Gaston Pawan found that when overweight participants of a study were given calorically similar diets that differed in protein, fat or carbohydrates the ones on the high carbohydrate diets gained weight, but those on high protein or high fat diets lost weight.

A more recent study at Harvard Medical School used two groups of people on calorically similar diets, but one had 35% of the total calories from fat, the other 20%. What do you think the results were? The ones who ate more fat **lost** an average of 9 lbs., and the other group, they gained an average of 6.3 pounds, which is a difference of 15 pounds!

Fats make up the membrane of the cell – the outer shell that holds it together. Your brain is composed of 60% fat and cholesterol. Dietary fats are used to make hormones that control body functions. Vitamin D, estrogen, progesterone, testosterone, and DHEA are made from cholesterol. Hormones are the main regulators of metabolism, development, reproduction and many other processes. In addition, a diet lacking in fat can reduce the efficiency of your immune system and make your more susceptible to disease.

Starting in the 1960's, saturated fats got a bad reputation and the market for vegetable oils skyrocketed. Did your parents have a large vat of Crisco too? Vegetable oils are high in poly-unsaturated fats, and they are made mostly from seeds like sunflower, safflower, canola and vegetables like soybeans and corn. Extracting oils from seeds and vegetables was almost impossible without the utilization of the hydraulic press. Vegetable oils have only been a part of the human diet for less than 150 years.

Conversely, coconut, palm, butter, tallow, olive oil and lard are high in saturated fats. They have been a staple in the diet of civilizations for thousands of years. To this day if you go to rural Pakistan you will find people using butter and goat fat, in rural China: lard, India: ghee, and in Italy and Greece: olive oil.

On the islands of Pukapuka and Tokelau in the South Pacific you will find people who, for the most part, are isolated from Western culture and influence. Their native diet remains what it has been for centuries. The standard diets on both islands are high in saturated fat derived

from coconuts. Every meal contains coconut in some form, from green coconuts for drinking, the meat of the coconut, and coconut oil for cooking. In the 1960's a long term health study was completed on the islanders, and despite a diet high in saturated fats the population of 2,500 was found to be healthy. Some of the findings of the study were:

1. No signs of kidney disease.
2. No signs of hypothyroidism.
3. No high blood cholesterol.
4. Ideal height to weight ratios.
5. Digestive problems were rare.
6. Heart disease, colitis, colon cancer, hemorrhoids, ulcers, diverticulitis, and appendicitis were all unfamiliar conditions on the islands.

They weren't following the American Heart Association guidelines of 30% of calories from fat, and no more than 10% should be saturated. The islanders obtained close to 60% of their calories from fat, most of it in the form of saturated fats from coconuts. Ian Prior, M.D., one of the researchers stated, "Vascular disease is uncommon in both populations and there is no evidence of the high saturated fat intake having a harmful effect in these populations." Other islanders who left for New Zealand were also tracked and Dr. Prior commented, "The more an islander takes on the ways of the West, the more prone he is to succumb to our degenerative diseases...gout, diabetes, atherosclerosis, obesity, and hypertension."

A *saturated* fat is one that has no double bonds between the individual carbon atoms. This makes it less prone to going rancid and forming trans-fats. Oils higher in poly-unsaturated fats go rancid easier, in the presence of air, heat or light. This is why it is important to keep oils, especially olive oil in your refrigerator.

High fat diets - are they good or bad? What do you do when faced with opposing health information? Use your body as a guide. How do you feel? Do you have energy in the morning? If you wanted to sprint 100 yards to beat an impending downpour, could you? Have you had your blood values tested lately? Take your body measurements: weight, body fat percentage. These will all tell you if you are on the right track.

What do I eat now? Since reading [The 4 Hour Body](#), I have significantly lowered the amount of carbohydrates I consume in a day. To make up for the loss of calories I am eating more eggs, and more fat in the form of butter and coconut oil. I've lost 5 pounds and have stayed there for 5 months, and I've lost an inch from my waist.

The change in my body I'm most impressed with is one I didn't realize was a problem. In 2006 when we moved to our new house I over-worked my body and it took its toll on my hands; you could say I was having "arthritis" symptoms: painful, swollen hand joints. I didn't think it was serious, and after the initial "flare-up" in 2006 it improved, but another episode would occur if I used my hands a lot when engaging in an activity like gardening or waxing the car. For the most part I became used to my hands being a little bit sore and stiff all the time. About two months into the diet change I noticed my hands were moving more freely, and the joints didn't look as swollen and enlarged.

How will you know your diet is working for you? Within a couple months of adding healthy oils to your diet and removing vegetable oils, you should notice a difference in energy, weight, body dimensions, body fat, and joint mobility. I've combined healthy oil intake with an increase in protein and I haven't felt this great in years.

#### **Keys to Good Health with Healthy Fats:**

- Use the wisdom of cultures who have used whole foods for thousands of years, and be skeptical of manufactured foods offering "low fat" goodness.
- Healthy fats are essential for cellular, hormonal and nerve system health.
- Coconut oil for sautéing and extra virgin olive oil for topping salad and other dishes are essentially the only two oils you need.
- Use healthy oils, and you won't have to worry about the harmful effects of industrially produced and chemically altered oils.

Go to <http://wp.me/pA9re-2B> for links to both books mentioned in this article.

# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Oct. 30</b>	<b>31</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>Nov. 1</b> C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	<b>2</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>3</b> C'ville 9:30-Noon & 4-7	<b>4</b> C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	<b>5</b>  C'ville 10-1
<b>6</b>	<b>7</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>8</b> C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	<b>9</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>10</b> C'ville 9:30-Noon & 4-7	<b>11</b> C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	<b>12</b>  C'ville 10-1
<b>13</b> <b>Annual Toy Drive Begins!</b> <b>11/14- 12/17</b>	<b>14</b> C'ville 8-Noon & 3-6 <b>Life- Changing Health Care 6:30PM</b> Afton By Appt.	<b>15</b> C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	<b>16</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>17</b> C'ville 9:30-Noon & 4-7	<b>18</b> C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	<b>19</b>  C'ville 10-1
<b>20</b>	<b>21</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>22</b> <b>C'ville 9:30- Noon ONLY</b> Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	<b>23</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>24</b> <b>Cville Closed</b>  <b>Happy Thanksgiving!</b>	<b>25</b> <b>C'ville 8-Noon ONLY</b>  <b>Afton Closed</b>	<b>26</b>  C'ville 10-1
<b>27</b>	<b>28</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>29</b> C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	<b>30</b> C'ville 8-Noon & 3-6  Afton By Appt.	<b>Dec. 1</b> C'ville 9:30-Noon & 4-7	<b>2</b> C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	<b>3</b>  C'ville 10-1

## **Squash, Leek, and Cheddar Soufflé with Greens**

*~ A colorful, elegant, delicious dish for Thanksgiving!*

2 medium butternut squashes, about 1 ¼ lbs each  
1 lb Swiss chard or fresh spinach, washed, stemmed and chopped  
1 TBSP olive oil  
1 large, or 2 medium leeks, white part only, sliced into ¼-inch rings and well rinsed  
2 shallots, minced  
2 cloves garlic, minced  
½ cup milk or almond milk  
2 eggs, room temperature, separated, plus 1 additional egg white  
1 ½ cups grated cheddar cheese, or cheddar-style rice cheese  
1/8 tsp nutmeg  
salt and pepper to taste (I use white pepper)

Cut the squashes in half lengthwise and scoop out the seeds and fibers. Place in baking dishes with a little water and cover with a lid or foil. Bake 60 min or until quite soft at 325.

Steam the chard or spinach until wilted. Place in a colander to cool.

Heat the oil in a skillet. Add leeks, shallots and garlic. Add 2 TBSP water and sauté, covered for 10 min, stirring occasionally. Uncover and continue to sauté until the leek rings become slightly touched with gold. Remove from heat.

Scoop out all the pulp from the baked squash and place in a mixing bowl. Mash until smooth, stir in the milk and lightly beaten egg yolks. Squeeze the chard or spinach and chop finely, then stir into the squash mixture, followed by the grated cheese and seasonings.

Beat the egg whites until they form stiff peaks. Fold into the squash mixture gently. Pour into a shallow, oiled 2-quart casserole. Bake for 45-50 min or until the top is golden. Serve!

From Vegetarian Celebrations, by Nava Atlas



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