



Secrets to a New Revitalized You

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Secrets for Good Health & Stable Blood Sugar

Healthy Oils vs. Saturated Fats: Saturated fats from red meat and dairy products worsen insulin resistance. High quality healthy oils improve the way the body handles blood sugar and insulin. Sources of Healthy Oils: Avocado, cold water, deep sea fish (cod, salmon, tuna), flaxseed oil, grape seed oil, nuts, nut butters, cold-pressed oils (olive oil, safflower oil, soybean oil, sesame seed oil), seeds (pumpkin, sunflower).

High Quality Lean Protein: Fish! Oily, wild, blue-skinned cold water fish are the best sources of Omega-3's. Skinless poultry (white meat): chicken, duck breast, turkey, emu, ostrich, pheasant, game birds, eggs, low-fat dairy, nuts, beans, legumes, rabbit, lean cuts of red meat (cuts that include "loin" in the name); venison, elk, beef, bison, goat and lamb.

Fiber: Fiber plays an important role in promoting healthy insulin and blood sugar response by slowing digestion and preventing blood sugar spikes. Fiber is also important for creating and maintaining healthy bowel movements. Unexcreted bowel movements lead to a buildup of toxins in the body contributing to chronic inflammation that leads to diseases such as diabetes, and hypertension.

Good fiber sources: sprouts, bran, beans, lentils, brown rice, nuts, seeds, green vegetables, berries and apples.*

*Apples are not appropriate for all diabetics

Foods to Avoid Entirely:

- Refined products and foods which tend to be high in calories, salt, sugar and fat with very little nutrition: white flour products such as pasta, cake, muffins, pretzels, bagels, waffles, white bread, enriched flour products, white rice, rice cakes, breakfast cereals, candies, baked goods, popcorn, crackers, white potatoes (includes mashed potatoes, French fries, potato starch and flour), chips of any kind, and any sweetened or alcoholic beverages, etc.
- Margarine, butter, lard, shortening, palm and palm kernel oil, saturated fat, trans-fat (partially hydrogenated oils).
- Smoked or cured meats: bacon, hot dogs, luncheon meats, sausages, ham, Spam, and any other high fat or processed meats.
- Cuts of meat that are high in fat. Remove skin from poultry. Trim all visible fat.
- Meats cooked at extremely high temperatures or cooked to well-done.
- Any sweetened or artificially sweetened soft drinks, Kool-Aid, juice-flavored drinks, etc
- Fried foods/Deep Fried foods: including French fries, fried chicken, potato chips, corn chips and doughnuts.
- Any artificial sweeteners (they trigger an insulin surge)

Are you at risk for Insulin Resistance?	
<i>Blood Tests to help you determine:</i>	<i>Symptoms characteristic of Insulin Resistance:</i>
Fasting insulin ≥ 15 mg/mL	Apple shaped obesity
Triglycerides ≥ 100 mg/dL	Family history of type 2 diabetes
Total Cholesterol/HDL ratio ≥ 3.0	Hypertension
	Dyslipidemia
	Polycystic ovaries
Do you have Metabolic Syndrome?	
<i>If you have 3 or more of the following criteria, you have metabolic syndrome.</i>	
Central obesity as measured by waist circumference: Men: > 40 inches. Women > 35 inches.	
Fasting blood triglycerides: > 150 mg/dL	
Blood HDL: Men < 40 mg/dL. Women: < 50 mg/dL.	
Blood pressure: $>$ or $= 130/85$ mmHg.	
Fasting glucose: $>$ or $= 100$ mg/dL	

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Should You be Concerned about Insulin Resistance and Metabolic Syndrome?

- Heart disease & stroke is responsible for 65% of deaths in people with Diabetes.
- 73% of diabetics have high blood pressure
- Diabetes is the leading cause of blindness in adults ages 20 to 74, responsible for 12,000 to 24,000 new cases of blindness each year.
- Diabetes is the leading cause of kidney failure in the US.
- 60-70% of diabetics have mild to severe forms of nerve damage. Severe forms of nerve damage are the leading cause of amputations.
- More than 60% of non-traumatic lower limb amputations occur in diabetics in 2002. This translated into 82,000 amputations.
- 1/3 of diabetics have severe periodontal disease.
- Poorly controlled diabetes causes 5-10% of pregnancies and 15-20% of all spontaneous abortions in the first trimester. In the 2nd and 3rd trimesters it is the leading cause of excessively large babies, increasing the risk of complications during birth, and increasing the baby's risk of obesity.
- Diabetics are more susceptible to other illnesses, more likely to receive a poor prognosis, and develop additional complications. They are also more likely to die from these illnesses, such as pneumonia and influenza.

Chronically high insulin levels cause:

- Hypertension, due to impaired sodium balance
- Impaired kidney function
- Damage to the vascular system
- Increased risk and progression of certain cancers
- Difficulty in losing weight because insulin prevents the release of fat stored in tissue. It drives fat into the tissues, even when the individual restricts caloric intake and exercises.
- An increase in cravings for simple carbohydrates
- Contributes to the benign prostate enlargement

What can I do?

- By following the many suggestions listed here, you will be well on your way to preventing and reversing many health conditions.
- If you need additional guidance, please feel free to contact our office to schedule an appointment

What assistance can WISH offer me?

- Dr. Bevacqua and her team at WISH understand your body is unique. We analyze your blood chemistry and dietary intake; assess your nutritional status and lifestyle to devise a plan with your assistance to help you accomplish your health care goals. We understand there is no single answer that will work for everyone.

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Simple vs. Complex Carbohydrates

This is a quick list to help demonstrate the classification of commonly consumed carbohydrates. For additional information on how various foods affect blood sugar levels look at the Glycemic Index website: <http://www.glycemicindex.com/>

Simple Carbohydrates	Complex Carbohydrates
Alcohol & Soda	Vegetables
Sweets & Candy	Fruits
Bread	Whole Grains
Pasta	Nuts
Cereal	Seeds
Crackers & Chips	Bran
Tortillas	Legumes
White Rice	-Lentils
Corn	-Peas
Potatoes	-Beans
Refried Beans	
Fruit Juice	

Common Foods and Suggested Substitutes:

Reduce or Eliminate:	Replace or substitute with:
Red Meat	Fish, white meat, poultry, tofu
Hamburger, Hot dogs, luncheon meats, smoked or cured meat	Vegetable-based alternative
High fat dairy products	Low-fat or nonfat dairy
Ice cream, cookies, etc	Fruit
Fried foods, fatty snacks	Vegetables, fresh salad
Coffee, soft drinks	Herbal tea, green tea, fresh fruit and vegetable juices
Butter, lard, other saturated fats, margarine, shortening and other sources of trans fatty acids or partially hydrogenated oils.	Oils to cook with: Olive oil, grape seed oil, sesame seed oil, rice bran oil, coconut oil. Oils to use raw: flax seed oil, borage seed oil, pumpkin seed oil, avocado oil, and macadamia nut oil. Nut and seed butters: Almond butter, cashew butter, tahini, etc.

Healthy Oils List	
<p>Cooking Oils: Olive Oil Grape Seed Oil Sesame Seed Oil Rice Bran Oil Coconut Oil</p> <p>Note: When cooking with oil, if the oil smokes, discard the oil and start over. When oil smokes it means that the oil has been damaged, consuming the oil or foods cooked in the oil will introduce additional free radicals into the body. Free radicals can damage the cells in the body.</p>	<p>Oils to use Raw: Flax Seed Oil Pumpkin Seed Oil Avocado Oil Borage Seed Oil Macadamia Nut Oil</p> <p>For example, steam your vegetables then add the oil afterwards.</p>

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Recipes by Dr. Sandy

<p>Dr. Sandy's Royal Breakfast Cereal</p> <ul style="list-style-type: none">- 1 cup Rolled Oats- ½ cup of rolled rye- ½ cup Rice Bran- ½ cup Oat Bran- ¼ cup Flax Meal- 1 cup Instant Soy Protein- ¼ cup Hemp Seed- ½ cup of your favorite raw nuts- 2-3 tbsp. cinnamon <p>Store the mixture in the refrigerator. At breakfast put 1/4 cup of cereal in bowl and add fruit, ½ cup berries, and ½ cup of almond milk, skim milk or water. Mix well. Eat cold or warm; do not cook. Makes 8 servings</p>	<p>Veggie Hash</p> <ul style="list-style-type: none">- Cruciferous: broccoli, green and red cabbage, cauliflower- Root Vegetable Suggestions: Carrot, Yam, Beet, Parsnip, Radish, Jicama- Squashes to use: Zucchini, Summer Squash, Chayote, Crook Neck Squash, Winter Squash (acorn, butternut, turban, etc.)- Bulb/Stem Veggies to use: Asparagus, Celery, Fennel and Kohlrabi- Pepper: bell peppers (all colors) <p>Cut vegetables into ¼ to ½ inch cubes. Any dense vegetable you have in your refrigerator will work. Grate, slice, or dice the vegetables. Place all the veggies together in a bowl and keep refrigerated. When ready to eat place serving in a fresh bowl and add your favorite dip or sauce.</p> <p>Sauce Suggestions: hummus, lime/lemon juice, guacamole, a healthy low fat salad dressing, sun-dried tomato pesto, basil pesto, or pinjur (roasted red peppers, roasted eggplant, and roasted garlic.) Get creative and make it Delicious!!!</p>
<p>Dr. Sandy's Golden Salmon Delight</p> <ul style="list-style-type: none">- 1 lb. wild salmon- 3 tbsp Dijon mustard- 3 tbsp omega 3 mayo <p>Mix the Dijon mustard and mayo together, coat the salmon with mustard sauce. Bake in the oven at 350 until the salmon flakes easily with a fork.</p>	<p>Healthy Oil Dressing</p> <ul style="list-style-type: none">- 1 oz macadamia nut oil (optional)- 3 oz olive oil or grape seed oil (increase to 4 oz if macadamia nut oil is omitted)- 4 oz organic flaxseed oil- 2 tbsp lemon juice- 2 tsp balsamic vinegar- 2 garlic cloves, finely minced- 1 tbsp Italian herbs- 1 tsp iodized sea salt or dulse- black pepper (to taste) <p>Place all ingredients into a blender and blend for 2 to 3 minutes. Store in the fridge.</p>

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Chemical Components of the Muscadine Grape used in Vivix (*Unique to Muscadine Grape)

- Chemical Constitutes:
 - Catechins
 - Resveratrol
 - Kaempferol
 - Myricetin
 - Quercetin
 - Ellagic Acid*
 - Ellagic acid glycosides
 - Ellagitannins*
 - Gallic acid
 - Anthocyanins*
 - Proanthocyanins*

Resveratrol

- Known for protecting plants against bacteria & fungi
- Anti-tumor activity, shown to arrest unregulated cell growth & induce apoptosis (cell death)

In animal studies Resveratrol has demonstrated:	
Changes associated with longer lifespan	Increased DNA stability
Increased insulin sensitivity	Improved cellular repair
Reduced cancer risk	Inhibits tumor initiation
Increased mitochondrial number	Reduced blood pressure, glucose, lipids
Improved motor function	Improved immunity
Increased aerobic capacity	Reduced IGF-1, decrease in inflammation
Protection against diet-induced obesity and insulin resistance	Increases Cardiovascular protection

- Interferes with pancreatic cell energy source effectively shutting off the pump that eliminates chemotherapy from the cell.
 - Turns on SIRT 1 & 2 genes to prolong life; acts like the calorie restriction diet.
- Many Resveratrol products (50%) are tainted with emodin (a laxative) Shaklee's is 98% pure! NO Emodin
- Thousands of references on Resveratrol – Google this: **Resveratrol cancer site:gov** and **Resveratrol diabetes site:gov** and **Resveratrol cardiovascular disease site:gov** to see research papers.
 - Anti-heart disease
 - Anti-cancer (see next page)
 - Protection from radiation - Wine Compound May Protect Against Radiation Exposure (<http://www.omhrc.gov/templates/news.aspx?ID=619612>)
 - Anti-diabetic - Study Demonstrates Improved Health, Survival In Aged Overweight Male Mice on Resveratrol (<http://www.nih.gov/news/pr/nov2006/nia-01.htm>)

Trans-Resveratrol

- Trans-Resveratrol is the more bio-available form of Resveratrol.
- Enhances endothelium-dependent vascular relaxation in response to acetylcholine in some animal models
- Positive influence on bone strength in these models
- Protective against environmental toxins

Anthocyanins

- Of the antioxidants they show the most ability to penetrate cell membranes and provide protection. They increase peripheral circulation, improve vision, enhance immunity and wound healing.
- Anthocyanins show promise against Obesity. (Regulation of adipocyte function by anthocyanins; possibility of preventing the metabolic syndrome. *J Agric Food Chem.* Feb 2008)
- Anthocyanins in Purple, Blue and Red Foods Fight Colon Cancer (Ohio State University Press release. <http://www.medopedia.com/anthocyanins-purple-blue-red-foods-fight-colon-cancer>)

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Ellagic Acid

- Has been shown to inactivate cancer-causing chemicals, and block carcinogens from attacking DNA (*Cancer Lett.* 30; 1986)
- Has anti-viral and antibacterial properties
- Reduces side effects from Chemo. (http://www.cancer.org/docroot/ETO/content/ETO_5_3x_Ellagic_Acid.asp)
- Impact of antioxidant supplementation on chemotherapeutic toxicity: a systematic review of the evidence from randomized controlled trials. (<http://www.ncbi.nlm.nih.gov/pubmed/18623084>)
- Support ellagic acid therapy in patients with hormone refractory prostate cancer (HRPC) on standard chemotherapy using Vinorelbine and Estramustine Phosphate. *Eur. Urol.* April 2005
- Protective effect of curcumin, ellagic acid and bixin on radiation induced genotoxicity. *J Exp Clin Cancer Res.* 1998

Proanthocyanins

- Powerful free radical scavengers and antioxidants
- Bioflavonoids: proanthocyanins and quercetin and their potential roles in treating musculoskeletal conditions. (<http://www.ncbi.nlm.nih.gov/pubmed/12113470>)
- Anti-inflammatory effect and mechanism of proanthocyaninidins from grape seeds. (http://grande.nal.usda.gov/ibids/index.php?mode2=detail&origin=ibids_references&throw=445347)

Anti-cancer Evidence

- Ellagic acid and quercetin interact synergistically with Resveratrol in the induction of apoptosis and cause transient cell cycle arrest in human leukemia cells. *Cancer Lett.* Feb 2005
- Induction of cell death in Caco-2 human colon carcinoma cells by ellagic acid rich fractions from muscadine grapes. *J Agric Food Chem.* July 2006
- Inhibition of prostate cancer growth by muscadine grape skin extract and Resveratrol through distinct mechanisms. *Cancer Res.* Sept 2007.
- Protective against variously chemically induced cancers. (Polyphenols as cancer chemopreventive agents. *J. Cell Biochem. Supp.* 1995)
- In vitro studies showing positive effect against a variety of cancers: Blood, Colon, Prostate, Breast
- Stimulating apoptosis while protecting normal healthy cells
- Inhibition of DNA synthesis in breast cancer cells, blood vessel growth in some tumors, and of enzymes involved in tumor spread.
- Researchers pinpoint how Resveratrol induces pancreatic cancer cell death. Research by Paul Okunieff, M.D. (http://www.redorbit.com/news/health/1312355/red_wine_can_kill_cancer_cells/index.html)
- Does Resveratrol Enhance the Effects of Radiation Therapy? (<http://www.cancerdecisions.com/033008.html>)
- Mounting evidence shows red wine antioxidant kills cancer (<http://www.physorg.com/news125673123.html>)
- Antioxidant Found in Grape Skins Could Destroy Cancer Cells when Teamed with Radiation (<http://www.cbsnews.com/stories/2008/03/27/health/webmd/main3973006.shtml>)
- Significant inhibitory effects on the prostate cancer cells studied in lab settings.
- Pancreatic cancer has been notoriously unresponsive to conventional treatment
 - Univ of Rochester Medical Center (Okunieff) has shown resveratrol can help destroy pancreatic cancer cells by reaching the cell's core energy source (mitochondria) and crippling its function.
 - The study also showed pancreatic cancer cells doubly assaulted – pretreated with resveratrol then irradiated – the combo induced apoptosis, an important goal in cancer treatment.
 - There has been much concern that antioxidants may protect cancer cells and therefore the use of antioxidants during chemo & radiation has been discouraged. Okunieff's study showed there is little evidence to support this fear.
 - The research suggests resveratrol not only reaches the intended target, injuring the nucleus of malignant cells, but at the same time protects normal tissue from the harmful effects of radiation.
 - Resveratrol seems to have a therapeutic gain by making tumor cells more sensitive to radiation and making normal tissue less sensitive.