

### In This Week's Sugar Issue:

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## Conquer Pain: Ginger-Spiced Pumpkin Muffins

Managing arthritis usually starts with anti-inflammatory meds. Try starting with anti-inflammatory food instead.

¾ cup almond flour (*found in health food section*)  
½ cup packed brown sugar (*or substitute agave nectar, see below*)  
2 tsp baking powder  
1 tsp ground cinnamon  
1 tsp ground ginger  
½ tsp salt (*optional*)  
1 egg  
1 cup fat-free milk (*or milk substitute such as Almond Milk*)  
½ cup canned 100% pure pumpkin  
¼ cup canola oil  
½ tsp freshly grated orange zest

1. **Preheat** oven to 375°F. Lightly coat 12-cup muffin pan with cooking spray (or use liners).
2. **Stir** flour, sugar, baking powder, cinnamon, ginger, and salt in a large mixing bowl.
3. **Beat** egg in medium bowl 30 seconds, until foamy. Add milk, pumpkin, oil, and orange zest. Beat well. Add to flour mixture and stir until moistened.
4. **Fill** muffin cups three-quarters full with batter. Bake 15 to 17 minutes, until tops spring back when touched with finger. Turn muffins out onto rack to cool. Garnish with candied orange peel before serving if desired. (Once cool, muffins can be frozen, tightly wrapped, up to 2 months.)

#### SUPERNUTRIENTS TO CONQUER PAIN

**Antioxidants:** Vitamin C, selenium, and carotenes; all three of these powerful nutrients may help prevent arthritis, slow its progression, and relieve pain.

**Ginger:** This spice contains chemicals that work similarly to some anti-inflammatory medications. However, ginger can also act as a potent blood thinner, so be sure to collaborate with your physician to monitor and possibly adjust any prescribed medication while adding ginger to your diet.

~Prevention Magazine



## Agave Nectar

This liquid sweetener is made from the blue agave plant, a desert shrub. "Agave is only slightly lower in calories than sugar," says

Elisa Zied, R.D. "But it falls lower on the glycemic index, which means it's absorbed more slowly by the body and won't cause blood sugar spikes." Because it's sweeter than table sugar, use about half the amount called for in a recipe; if you're baking, reduce the oven temperature by about 25°F because agave nectar has a lower burning point.

~SHAPE Magazine

## Health Tip of the Week The Dangers of Aspartame

Aspartame (aka, Nutrasweet, Equal, Spoonfuls, and DiabetiSweet) is one of the most toxic food additives used today in the United States. It is used by over 200 million Americans in over 6,000 products. At one point, it was on the Pentagon's list of biowarfare chemicals. With significant controversy and substantial opposition, Aspartame was approved first as an additive in dry foods and then 2 years later approved for use in sodas and other drinks. This was after its use was halted due to evidence revealing that it caused brain tumors in lab rats. The FDA has received over 10,000 consumer complaints since 1980 about aspartame, which include seizures, brain tumors, changes in DNA (affecting future generations) and birth defects. These complaints account for 80-85% of all complaints made to the FDA since 1980. When aspartame reaches above 86°F, Formaldehyde and Formic Acid (fire ant venom) are the final products formed. Our average body temperature is 98.6°F.

The following is a list of the most common products containing aspartame; diet sodas/juices/flavored waters, chewing gum, table top sweeteners, diet/diabetic foods, breakfast cereals i.e. FiberOne, Fiber supplements i.e. Orange Metamucil, jams, sweets, Alka Seltzer Plus, Vitamins, sugar free cough drops, certain Tylenol medications, and powdered lemonades and Kool Aids.

~ For Dr. Douglas Long's entire article ask the front desk.

Aspartame may also be listed as; contains phenylalanine, E951, Canderel, sucralose, neotame, Acesulfame-k (sunette, sweet & Safe, Sweet one), cyclamates, and saccharin.

## Exercise of the Week: Pilates

Two prereqs for any Pilates move: (1) engaging your inner abs, which support the muscles in your back, and (2) lifting and lengthening your upper body. "Think of your spine as a bendy straw," explains New York City Pilates instructor Kristin McGee. Everyday movements like walking, sitting, and driving compact that straw. Pilates stretches it out again. "People say they grow an inch in class," McGee says. "It's really just that you find the space in your spine that you always had."



#### Try it: The X

- Lie on your stomach, your arms and legs extended, forming an X.
- Engage your abs and relax your shoulders.
- Inhale and lift your arms and legs off the floor, making sure your legs go no higher than your arms.
- Exhale, bending your elbows toward your waist and pulling your legs together.
- Repeat 6 to 8 times.

~Women's Health Magazine

## Your Genes Remember a Sugar Hit



Human genes remember a sugar hit for two weeks. What's more, prolonged poor eating habits could be capable of permanently altering your DNA.

A team studying the impact of diet on heart tissue found that cells showed the effects of a single sugar hit for 14 days. The cells switched off genetic controls designed to protect the body against diabetes and heart disease.

Regular poor eating could amplify the effect, with genetic damage lasting months or years, and potentially passing through bloodlines.

~Journal of Experimental Medicine September 2008, 29:205(10):2409-17  
~Tehran Times January 18, 2009

## Sugar Shock

Even if you shun regular soda and rarely cave in to your cupcake cravings, chances are you're still on a major sugar high. According to the USDA, Americans take in more than twice the maximum recommended limit of 40 grams of added sugar a day. And it's not just your dental bills you have to worry about: Consuming too much of the sweet stuff can lead to weight gain, metabolic disorder (a precursor of diabetes and heart disease), and possibly even certain cancers. To scale back, read labels, looking for ingredient panels with little or no added sugar. "The type found in fruits, vegetables, and dairy is preferable," says Melinda Johnson, R.D., a Phoenix nutritionist, "because it comes packaged with nutrients our bodies need, like vitamins, minerals, and fiber." A strawberry contains less than a gram of sugar, plus disease-fighting antioxidants.

## Hidden Sources of Sweeteners

You know you'll find sugar in candy and cake, but it also lurks in products you'd never suspect. Defend yourself with these tips;

1. **Speak the language:** "Most people monitor their intake of table sugar, or sucrose," says Mary Ellen Bingham, R.D., a New York City nutritionist. But sugar goes under a variety of aliases. In addition to the usual suspects (granulated, brown, and raw sugars), keep an eye out for these red flags: maltose, dextrose (glucose), fructose, fruit juice concentrate, corn sweetener, corn syrup, high-fructose corn syrup, maple syrup, honey, malt syrup, and brown rice syrup.
2. **Get the skinny on fat-free:** "Some lowfat or fat-free foods contain higher amounts of processed sugar to mask missing flavor," says Bingham.
3. **Lay off the Sauce:** "Barbecue, spaghetti, and hot sauces may get more than half their calories from added sugar," says Elisa Zied, R.D., author of Feed Your Family Right! "The same goes for condiments, such as ketchup and relish, as well as some bottled salad dressings." Request them on the side when dining out.
4. **Know that "all-natural" doesn't mean "sugar-free":** There aren't any guidelines for this healthy-sounding label, and some products that bear it, like certain cereals and yogurts, are packed with added sugar, such as high-fructose corn syrup.

~SHAPE Magazine

## Baze Fitness Center

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## Sweet Swaps

**INSTEAD OF:** 2 tbsp. bottled honey mustard salad dressing (6g sugar)

**HAVE:** 1 tbsp. fat-free mayo with ½ tbsp. mustard and ½ tsp. each honey and lemon juice (4g sugar)

**INSTEAD OF:** 1 tbsp. ketchup (3g sugar)

**HAVE:** 2 slices tomato (1g sugar)

**INSTEAD OF:** ½ cup canned sweet peas (6g sugar)

**HAVE:** ½ cup frozen baby sweet peas (2g sugar)

**INSTEAD OF:** 1 packet maple and brown sugar instant oatmeal (13g sugar)

**HAVE:** ½ cup steel-cut oatmeal with 2 tsp maple syrup (8g sugar)

**INSTEAD OF:** 1 peanut butter and jelly sandwich (17g sugar)

**HAVE:** 1 all-natural almond butter and low-sugar\* jelly sandwich (9g sugar)

**INSTEAD OF:** 1 cup jarred pasta sauce (20g sugar)

**HAVE:** 1 cup crushed tomatoes with 1 tsp. each; basil and oregano (10g sugar)

**INSTEAD OF:** 1 small bag Skittles (47g sugar)

**HAVE:** 1 small bag peanut M&Ms (25g sugar)

~SHAPE Magazine

\*make sure low-sugar or sugar free products do not contain aspartame (a toxic additive found in artificial sweeteners).



Check out our product line from Innate Choice including Probiotics, and Omega-3 Fish Oil Supplement

