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Grilled Filet Mignon with Vegetable Kebabs

You might be tempted to save beef filet for special occasions, but this low-fat cut is actually perfect weekday fare: it cooks up fast, stays juicy and carries other flavors perfectly. The kebabs are a wonderful mix of lemon, herbs and fresh vegetables.

SERVINGS: 4 **ACTIVE TIME:** 20 min **TOTAL TIME:** 30 minutes

INGREDIENTS

- 1 lemon, zested and juiced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 16 cherry tomatoes
- 10 ounces white mushrooms, stemmed
- 1 med zucchini, halved lengthwise and sliced into 1-inch pieces
- 1 small red onion, cut into wedges
- 1lb filet mignon steak, 1 1/2 to 2 inches thick, cut into 4 pieces

1. Preheat grill to high.
2. Combine lemon zest, lemon juice, oil, oregano, salt and pepper in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add tomatoes, mushrooms, zucchini and onion to the remaining marinade; toss well to coat. Thread the vegetables onto eight 10-inch skewers. Drizzle the vegetables and steak with the reserved marinade.
3. Grill the steak 4 to 6 minutes per side for medium. Grill the vegetable kebabs, turning frequently, until tender and lightly charred, 8 to 12 minutes total. Remove the vegetables from the skewers and serve with the steak.

NUTRITION INFORMATION: Per serving: 291 calories; 17 g fat (4 g sat, 9 g mono); 70 mg cholesterol; 10 g carbohydrate; 27 g protein; 3 g fiber; 363 mg sodium; 529 mg potassium. Nutrition bonus: Vitamin C (45% daily value), Zinc (33% dv), Iron (25% dv).

Tip: When using wooden skewers, wrap the exposed parts with foil to keep them from burning. (Contrary to conventional wisdom, soaking skewers in water doesn't protect them.)

MAKE AHEAD TIP: Equipment: Eight 10-inch skewers (see Tip)
~EatingWell

Safe Breast Cancer Screening Methods Do Exist: The Benefits of Thermography

The option for breast screening that I most highly recommend is called thermography.

Thermographic breast screening is brilliantly simple. It measures the radiation of infrared heat from your body and translates this information into anatomical images. Your normal blood circulation is under the control of your autonomic nervous system, which governs your body functions.

Thermography uses no mechanical pressure or ionizing radiation, and can detect signs of breast cancer years earlier than either mammography or a physical exam.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography is able to detect the possibility of breast cancer much earlier, because it can image the early stages of angiogenesis (the formation of a direct supply of blood to cancer cells, which is a necessary step before they can grow into tumors of size).

~Dr. Mercola

Health Tip of the Week:

Nasal Irrigation: Spring Cleaning for Your Nose



Before you reach for expensive over-the-counter or prescription allergy remedies, you might want to try an inexpensive alternative treatment that really seems to work: nasal irrigation, or washing out your nose once or twice daily with warm salt water. Most medical studies on nasal irrigation for allergies are rather positive, and there's little risk and little expense in trying.

Spring marks the beginning of pollen season, and the same yellowish dust that coats your car also fills your nasal passages, causing enough irritation to trigger an allergic reaction. Nasal irrigation simply washes away the irritants causing the allergy symptoms.

Many medical institutions, such as the Mayo Clinic, advocate the use of nasal irrigation. The most recent study appeared in January 2009, with the 200 patients in the study reporting some relief of symptoms from twice daily irrigations.

To try it, you can invest two dollars in a bulb syringe. or you can buy a neti pot, which looks like a little oil lamp, often used by yoga devotees. Nasal irrigation is known as jala neti in the ancient Indian practice of Ayurveda.

~ Live Science April 16, 2009

How Safe is the Pill

The birth control pill was first introduced to the American public for contraceptive use in 1960. By 2002, 11.6 million U.S. women were on the Pill, making it the nation's leading method of contraception.

But oral contraceptives can have negative health effects. The Pill's relationship with blood-clot risk and stroke is well-documented, and that risk increases when a woman is a smoker, particularly a smoker over age 35. In addition, studies in recent years have found that birth control pill use:

- Impairs muscle gains in young women
- Increases the risk of breast cancer in pre-menopausal women
- Increases the risk of cervical cancer

The Pill may also interfere with a protein that keeps testosterone unavailable for women's physiologic needs, thus causing long-term health problems, including sexual dysfunction.

Since 2000, death rates have increased in women between the ages of 35 and 44. All other age groups, meanwhile, have seen a decline. Research on this fact cites the significant increase in the use of birth control pills as a possible contributing factor. ~Live Science May 7, 2009

The Pills' benefit of convenience is largely outweighed by serious health risks. In fact, their long-term use will invariably increase a woman's risk of developing serious chronic illness. Yet they are passed out like expensive candy at most gynecologists' offices, with little regard to these potential long-term effects.

The most important thing to remember about hormonal birth control methods such as the Pill is that they are synthetic hormones. It isn't healthy for a woman to be exposed to them.

What are You Risking if You Take the Pill?

While many drugs do provide some benefit in certain situations, birth control pills are rarely, if ever, necessary or beneficial. In exchange for the convenience of preventing pregnancy (which you can do naturally just as well, and I'll explain how below), you are putting yourself at risk of:

- **Cancer:** Women who take birth control pills **increase their risk of cervical and breast cancers**, and possibly liver cancer as well.
- **Fatal blood clots:** All birth control pills increase your risk of blood clots and subsequent stroke. And if your prescription contains the synthetic hormone desogestrel, your **risk of fatal blood clots nearly doubles!**
- **Thinner bones:** Women who take birth control pills have **lower bone mineral density (BMD)** than women who have never used oral contraceptives.
- **Impaired muscle gains:** A recent study found that oral contraceptive use **impairs muscle gains from resistance exercise training** in women.
- **Long-term sexual dysfunction:** The Pill may interfere with a protein that keeps testosterone unavailable, leading to long-term sexual dysfunction including decreased desire and arousal.
- **Heart disease:** Long-term use of birth control pills may **increase plaque artery buildups** in your body that may raise your risk of heart disease. These are the more serious, chronic health risks. On top of these, many women also report awful more immediate side effects including:

Migraines and nausea

Weight gain and mood changes

Irregular bleeding or spotting

Yeast overgrowth and infection

Breast tenderness

Despite this long and varied list of risks, many physicians recommend the Pill because studies have shown it may lower your risk of ovarian and uterine cancers and ease the symptoms of PMS. But even a simple side-by-side comparison shows that the risks are clearly greater, particularly since using the Pill is not a necessity by any means to begin with.

In fact, because the risks are so high, and other safer options exist, nearly all patients who visit my **Natural Health Center** are asked to stop hormonal contraceptives like birth control pills as soon as possible.

If you're using birth control pills for reasons other than birth control, such as to regulate your menstrual cycles or treat irregular bleeding, cysts or endometriosis, you are not treating your underlying dysfunction, simply covering it up with a potentially dangerous drug.

In these situations, it is essential to balance your adrenal glands, as cortisol levels modulate and control the female hormones, especially progesterone. The Pill only treats the symptoms instead of the disease, and causes its own side effects as your body continues to remain in an unhealthy state.

For those of you using the Pill for its original purpose, birth control, rest assured there are natural options for you as well such as male condoms, female condoms, diaphragm, and cervical cap. ~Dr. Mercola

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Exercise of the Week: Part 3 of 4

Total Body Tightening

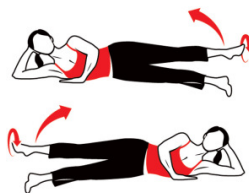
With so little time to get in shape, you need to hit everything--hard.

For carving a solid core, Pilates is king. But it also makes a great total-body workout. Pilates challenges big and small muscles from your tootsies all the way up to the base of your noggin. The result is a longer-and leaner-looking you.

"It's resistance training, pure and simple, because you work with your own body weight in every move," says Alycea Ungaro, owner of Real Pilates in New York City. Do these four moves (last move next week) three days a week for a smashing silhouette.

Move 3: Side Leg Circles

Works: core and inner and outer thighs



1. Lie on your right side with your right upper arm on the floor and your head resting on your right hand.
2. With knees straight, bend at your hips so your legs and torso form a slight angle.
3. Lift your right leg to 8 inches and make 8 small forward circles from the hip, raising the leg higher with each one.
4. From the highest point, make 8 more small circles in the other direction as you lower the leg to start.
5. That's 1 rep. Do 3 and then repeat on the other side.

~Women's Health

Dr. Baze's Health Talk Series



Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

The 7 Keys to Optimum Health:

June 10th, June 24th, July 8th, July 22,

Exercises for Optimum Health: June 17th

Stress Management for Optimum Health: July 15th

Nutrition for Optimum Health: August 12th