

Health & Fitness

Kim Morrison, 734-953-2111 (kmorrison@homecomm.net) on the web: <http://observer.eccentric.com> Sunday, October 3, 1999

MEDICAL BRIEFS

Ostomy care

The McAuley Pharmacy is hosting an Ostomy Care open house from 1-3 p.m. Thursday, Oct. 7 at the McAuley Pharmacy (Arbor Health Building) 990 West Ann Arbor Trail, Suite 104 in Plymouth. A free ostomy consultation and evaluation will be given by Enterostomal Nurse Clinicians. Free samples and refreshments will be served. To schedule an appointment for a free consultation (walk-ins welcome) call Georgia Robertson at (734) 451-7777.

Alternative therapies

Botsford General Hospital will offer the public an opportunity to discover, touch and taste a few of the more common alternative therapies and learn how they can be used to complement traditional elements of health care at a seminar from 8:30 a.m. to 3 p.m. Oct. 23 titled "Integrating Alternative and Traditional Health Care." The seminar will include complementary medicine, a discussion of massage therapy, soy cooking demo, alternative forms of exercise, information on acupuncture and a variety of displays. Registration fee is \$25. Call (248) 442-7956.

Fibromyalgia talk

A fibromyalgia lecture will be hosted by Dr. Martin Tamler, M.D. and Sharon Catalucci covering the etiology, diagnosis and treatment of fibromyalgia at 7 p.m. Monday, Oct. 25 at Livonia's Civic Center Library (32777 Five Mile Road). Call (248) 344-0896 for information.

Doctor advises eating close to nature for pure, safe food

Staying healthy

BY KIMBERLY A. MORRISON
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How does that old cliché read ... "An apple a day keeps the doctor away." If the doctor is Elson M. Haas, M.D., the apple should be organically grown, in season, from your locale and you should be sure to chew it well.

Haas' particularity comes from the realization that what we eat not only affects our weight and energy level but can lead to a deteriorated immune system, chronic illness (high blood pressure, diabetes), susceptibility to allergies and our health status 20 years down the road.

A University of Michigan medical school graduate, Haas moved to California in 1972 where he founded a multidisciplinary practice he terms *integrated medicine* — a marrying of natural therapies including nutrition, bodywork and acupuncture with traditional Western medicine. Today he serves as medical director of the Preventive Medical Center of Marin, located in San Rafael, Ca. and is the author of several books, most recently "The Staying Healthy Shopper's Guide: Feed Your Family Safely."

"I suggest people try and eat as close to nature as possible," said Haas, "and avoid the dangers our foods are laden with including chemicals, toxins, pesticides and processes that rob foods of their nutritional value."

The California physician sees patients on a daily basis who are frequently sick or perform significantly lower than they have the potential to (both physically and mentally) because of their poor eating habits and the "hidden effects" of chemicals that are mixed, dipped and sprayed onto foods.

Haas shared the story of a preteen, overweight male that recently came into his California office for treatment. The child had been diagnosed as suffering from Attention Deficit Disorder. After extensively

evaluating his diet and exercise habits Haas prescribed dramatic changes in what he could and could not eat including refined sugar, artificial food coloring, wheat, milk and eggs.

During a follow-up visit three weeks from his initial evaluation, the boy lost weight, had an increased energy level and was reported by his teacher to have had the "best week," since the school year began.

"The teacher said he was able to sit still and focus longer than ever before," said Haas. "It was a culmination of reactions he was having to the food he was eating that kept him in this constant state of physical chaos. Because it had been going on so long it was unnoticeable to his family."

Getting to the truth

Haas said the boy was diagnosed as having food allergies. Since then the change has been significant.

"There's a lot of garbage that we eat and we set the example for our children," said Haas. "Just because it's out there doesn't mean it's good for us."

The former Michigan physician suggests using the "perimeter" of a grocery store as a basic guide to shopping and eating healthy.

Shop "the produce section, the meat counters, and the dairy cases while avoiding the aisles. However, this is not the whole answer either."

You'll still have to minimize the higher fat foods and the more heavily treated animal products, even though a popular diet these days focuses on proteins and vegetables (Chapter Six - Walking the Aisle/The Staying Healthy Shoppers Guide).

Some simple tips for minimizing additives such as sodium nitrite, aspartame, gelatin and artificial colors in your diet include:

(At least 50 percent of your diet should be fresh fruit and vegetables).

Buy or grow as many of them organically as possible.

■ Eat more whole grains, beans, nuts and seeds as the other main components of your diet.

■ Eat seasonally. ■ Eat primarily locally available foods. This minimizes the chemicals used in shipping, and these foods are usually less costly.

■ Limit your consumption of animal products.

■ Eat manufactured or processed foods only occasionally such as fatty/sugary snacks, sodas and chips.

■ Drink plenty of clean, uncontaminated water.

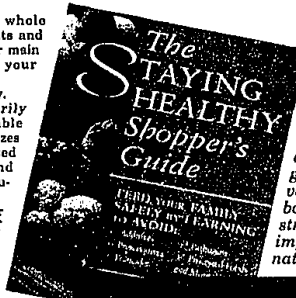
■ Make a list of what to buy, what to eat, what to grow and what not to buy or eat.

Haas recognizes that a transformation of this magnitude isn't easy or something most of us could do overnight.

"It's important to make changes in your diet so that your health isn't at risk 20 or 30 years down the road," said Haas.

"If you start out slowly with a sensible plan that isn't too overwhelming the difference shouldn't seem so substantial."

Dr. Elson Haas' book can be found at major and health-related booksellers published by Celestial Arts in the Nutrition/Health category \$12.95; ISBN: 0-89087-882-X.



Doctor's orders: Below, Dr. Elson M. Haas stands before a display of organically grown fruits and vegetables. His book, at left, stresses the importance of natural foods.



Cancer Answer Night

Be a Wise Guy: The Facts on Prostate Cancer

Presented by:

Howard M. Sandler, M.D.

Radiation Oncologist

John T. Wei, M.D.

Urologist

Mark A. Moyad, M.P.H.

Complementary Health Counselor

Kenneth J. Pienta, M.D.

Medical Oncologist

Phillip R. Rupp, B.S.N., M.S.

Urology Nurse Practitioner

Tuesday, October 5, from 7 -8:30 pm

Livonia West Holiday Inn

(on 6 Mile Road just east of I-275,

near Laurel Park Shopping Mall)

This event is free of charge.

Learn from a panel of U-M experts as they discuss detection, treatment options, complementary care and quality of life following prostate cancer therapy.

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