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PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

Happy New Year!



As we welcome year 2012, we would like to wish you optimum health in the new year, expanded awareness of your body needs, intuitive connection of mind-body and many happy visits to Pacific Wellness. We are here to assist and support you on the journey of looking after your health.

Let Us Help You Achieve a Healthier 2012

We are here to assist you whether you require assistance with stress management, weight control, smoking addiction, tips for exercises, resolving ongoing health matters or simply need a place to relax. Please refer to the lists of health conditions we most commonly treat at the Pacific Wellness and Special Treatment Programs available on our website:

<http://www.pacificwellness.ca/conditions.html>

http://www.pacificwellness.ca/special_therapies.html



Lessons from Dr. Mayer's “Ten Quick Ways to Kill Your Husband”

What is your top new year's wish? We are certain many of you would say health of your own and loved ones. After all, there is nothing more important than good health.

In every issues of Pacific Wellness Quarterly, we have been providing useful health tips for our readers. In this issue, however, we'd like to take a different approach:

An article, Ten Quick Ways to Kill Your Husband, originally appeared in a Florida newspaper in 1974. It was written by Dr. Jean Mayer, Professor of nutrition at Harvard University at that time. Although nutrition advice or theory changes every so often, for the most part, his advice still holds true after almost 40 years. As the title of the article suggests, Dr. Mayer lists ten unhealthy lifestyle habits that most likely shorten anyone's life expectancy. Of course, the real intent of Dr. Mayer was to inform his readers about unhealthy lifestyle with hopes that they would choose a healthy way of living. This is also our intention of introducing his article.

So, we hope you'll enjoy the article and be sure not to comply with Dr. Mayer's "recommendations." This will help create a healthier 2012 and many years to come for you and your loved ones.

Ten Quick Ways to Kill Your Husband

*By Dr. Jean Mayer,
Professor of Nutrition, Harvard University*

1. **Fatten him up.** Excessive overweight increases his chance of succumbing to diabetes, liver and kidney disease, stroke and heart attack.
2. **Keep him sitting down.** Strongly discourage any departure from sedentary life. Don't let him walk to the station – drive him. If he gets any ideas about gardening, playing football with the kids, or the like, switch to a football game on TV, suggest a long ride in the country or call friends over for a slow game of bridge. Be generous; if he plays a golf, buy him a golf cart.
3. **Feed him lots of saturated fats.** Give him all the foods he loves that don't love him: good country butter, well-marbled steaks, deep fried potatoes and chicken, most of all, bacon and eggs. Avoid broiled fish; in fact, never broil anything if you can fry it.

4. **Load him down with salt.** This is likely to push his blood pressure, and if it's already a little high, you can push it right off the top of the gauge while you send his life expectancy down to the bottom of the chart.

5. **Ply him with coffee.** There is no proof that it will give him a heart attack any sooner, but there's a possibility, so why miss a chance? At any rate, caffeine may promote insomnia, which is definitely injurious to health.

6. **Keep him well supplied with liquor.** Make his drink stiff and make them sweet or sweet and fat – Manhattans or brandy alexanders fill the bill.



7. **Don't let him run out of cigarettes.** They are the would-be widow's best friend. Buy him a lighter; he'll be reluctant to quit and waste the expense.

8. **Don't let him relax.** Judicious overspending will prevent him from being able to afford a vacation – and the chance of exercise, relax, and escape from your cooking.

9. **Keep him up late.** In addition to coffee and late-night television, frequent entertainment of friends and reserving bedtime for bringing up worrisome matters should wear him down and prepare the way for the “cardiovascular storm” that will carry him off and allow you to get back to regular hours.

10. **Never let up the nagging and the worrying.** Money and children are hot topics and, for good measure, throw in a question about the man in the office who just got a promotion.

Note : The summary of the original article is provided here to promote public awareness of healthier lifestyle. The full article originally appeared in The Ledger, on July 17, 1974.

Recipe

Coconut Cream Seafood Chowder

By Victoria Murdoch

(Editorial Note: The seasonal recipe in our newsletter has always been a popular reading. This special recipe is a contribution from one of our readers, Victoria Murdoch. We would like to extend our thanks to Victoria for sharing this recipe with us.)



As winter sets in, it's so comforting to come home and be greeted by the heart-warming aromas of a simple and delicious hot meal. This chowder is perfect for dinner, lunch and leftovers and you can customize it with your own favourite seafood and hearty vegetables. So let it snow! You've got a hot meal waiting!

Ingredients:

- Minced Garlic
- Peeled and slivered fresh ginger root
- Chopped vegetables such as carrots, celery, broccoli, green Peas
- Lemongrass shoots. (To prepare, peel away a few husks from the stick, chop off root end and about 1/3 of the other end. Chop into 2" shoots. These are like bay leaves, you leave them in the dish to flavour while cooking, but they are not eaten)
- Dried Basil
- Salt to taste

What do I do?

- 1) In a large pot, sauté onions on med/low heat in a bit of oil until translucent, add garlic and ginger, and sauté for another minute.
- 2) Add seafood and sauté on medium until edges are opaque.
- 3) Turn heat to med/hi and add lemon juice.
- 4) Add all veggies and mix gently.
- 5) Add a can of coconut milk (or two if you have a very large pot) and top with water until liquid is just over the top of the mixture.
- 6) Add lemongrass shoots and a large dose of dried basil.
- 7) Cover and turn heat to max. Once chowder boils, turn down to a light simmer. Cover and simmer for at least 30 minutes or until veggies are tender.
- 8) Season with salt to taste.

Creamy, delicious, hot and ready; a simple dish for a not-so-simple season!

Wishing you Health and Happiness,

Victoria

Victoria Murdoch is an actress/voice over talent and hostess who enjoys cooking for her friends and family and sharing her recipes and tips on living gluten and dairy-free on her food blog.

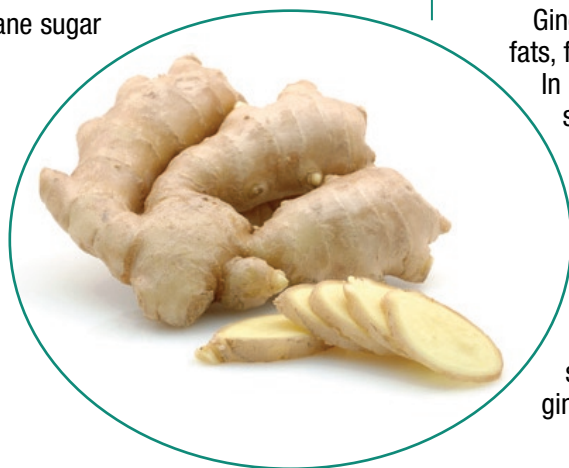
Dairy Free Ginger Cake

By: Melissa Lee, BSc. ND 2012

Even though the holidays are over, doesn't mean you can't enjoy this warming Ginger Cake!

Ingredients

- 2 cups whole wheat pastry flour
- 1 ½ teaspoon cinnamon
- 1 ½ teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup safflower oil
- 1/2 cup fine ground natural cane sugar
- 2 large eggs
- 1/2 cup unsulphured molasses
- Zest of 1 lemon
- 1 cup soy milk
- Love
- Icing sugar



- 5) Add your love
- 6) Pour the batter in the cake pan
- 7) Bake for 30-40 minutes. Check at 30 minute mark with inserting a toothpick in the centre of the pan
- 8) Let the cake cool
- 9) Sprinkle icing sugar on the top and serve

“Let Thy Food be Thy Medicine”

- Hippocrates

The Benefits of Ginger

Ginger, also known as *Zingiber officinale* Roscoe has been cultivated in India, Japan and China since the 1500s. It is used as a seasoning or fragrance in foods, beverages, body products and cosmetics.

Ginger contains several *macronutrients* such as proteins, fats, fiber, carbohydrates, minerals and *phytochemicals*. In particular the active compounds that give ginger its spice and health benefits are known as *gingerols*, *shogaols*, *paradol*, and volatile oils.

These compounds have been shown to help with nausea, motion sickness, and dizziness. Furthermore, these compounds have been studied for its ability to improve heart health, regulate blood sugar levels, act as a digestive aid, and act as an antioxidant. So as the benefits may not be so obvious in a ginger cake, try this cake with a fresh ginger tea!

Method

- 1) Place the rack in the centre of the oven and then preheat the oven to 350 degrees Fahrenheit.
- 2) Grease a cake pan with safflower oil (8X11 inch square pan)
- 3) In one bowl mix the dry ingredients together: whole wheat pastry flour, cinnamon, ginger, cloves, baking soda, and salt.
- 4) In another bowl beat the oil and sugar until it is mixed well together (about 4 minutes).
 - a) Add one egg at a time.
 - b) Add the molasses and lemon zest
 - c) Add the milk and mix
 - d) Add the dry ingredients and mix until all is combine

Melissa Lee is currently a 4th year intern at the Robert Schad Naturopathic Clinic (which is based out of the Canadian College of Naturopathic Medicine).

References

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New Moxibustion Research Coauthored by Dr. Tanaka

A study entitled "Is there a difference between the effects of one-point and three-point indirect moxibustion stimulation on skin temperature changes of the posterior trunk surface?" has been published in the Journal Acupuncture in Medicine of BMJ Publications in January 2012 [1].

This moxibustion study was part of an ongoing collaboration project with the Acupuncture Department at the Tsukuba University of Technology in Japan. Moxibustion is a form of heat therapy on acupoints that is a vital part of traditional acupuncture.

The abstract of the paper is available online at: <http://aim.bmj.com/content/early/2011/12/26/acupmed-2011-010069.abstract>

Did You Know?

Besides actively being involved in different research projects, Dr. Tanaka has been frequently invited to participate in rigorous peer-review processes for new research papers submitted to various international medical journals. Recently, he was commissioned to act as an expert referee to evaluate acupuncture studies from leading traditional Chinese medicine universities in Taiwan and China, and other research manuscripts such as sports massage and electrophysiology studies.

His academic activities are a part of his ongoing efforts to advance traditional therapies. Further, as well as his commitment to deliver the most advanced, effective care possible for his patients.

[1] Mori, H., Tanaka, T. H., Kuge, H., Sasaki, K. Is there a difference between the effects of one-point and three-point indirect moxibustion stimulation on skin temperature changes of the posterior trunk surface? *Acupunct Med* doi:10.1136/acupmed-2011-010069

A New Year Resolution Worth Adding to Your List:



Instead of waiting until December 2012, why not schedule routine massage appointments as of now? Here are some of the benefits:

- You will improve your health and possibly prevent acute muscle pain
- You will have support to manage your stress
- You will avoid the hassle of squeezing in last minute appointments
- You will not need to compromise your schedule
- You will not need to battle traffic and look for a parking spot

Thank You for Your Comments

Here are some of the comments we received recently from our clients. We would like to express our thanks for their positive feedback and their kind publishing permission.

Monica, you did an amazing job! You made my day!
Love you Pacific Wellness Institute!
For sure I'll be back again!

~ Sincerely, Erika A.

Due to major surgery, I have spent numerous years undergoing therapy for my neck / shoulder region. I have seen numerous therapists over the years, but I find Angela has been the best. She is very compassionate while being completely competent. She is very friendly and works on the areas I need. I would highly recommend Angela to anyone

~ Lorrie Easson