

TEA



Make way for the no-calorie super food. Both green and black teas have been shown to decrease the risk of heart disease

and cancer, among other benefits, such as preventing osteoporosis. Drink one or more cups a day. Be sure to steep for three to four minutes, and don't forget to squeeze the tea bag afterward to get the most bang for your cup.

TOMATOES



Fresh from the garden or processed in spaghetti sauce or salsa, tomatoes in any form are good news for you. "Tomatoes provide a good source of vitamins C, A, and E, and potassium," Wirshing says.

"Several studies have linked tomato consumption with a decreased risk of prostate cancer and other cancers of the digestive tract." Try to eat one serving of processed tomatoes each day and a few servings of fresh ones every week.

TURKEY



This bird should make an appearance on your plate beyond Thanksgiving dinner, but skinless turkey breast is one of

the leanest meat protein sources in the world. It not only provides protein, but also nutrients such as niacin, selenium, vitamins B6 and B12, and zinc, all of which promote a healthy heart and reduce the risk of cancer. Three to four four-ounce servings per week is best.

WALNUTS



Munch a handful of nuts about five times a week, and enjoy a significant reduction in your chances of a heart attack. Nuts also cut the risk of diabetes, cancer, and chronic ailments.

Although walnuts take the super food title as one of the few sources of plant-derived omega-3 fatty acids with the highest antioxidant value, other nuts are super, too. Just make sure to limit your enjoyment of this tasty super food to a handful each day.

YOGURT



The immune-boosting properties of a creamy cup of yogurt make this super food far more than a quick-and-easy breakfast.

Brandi Schlossberg is editor of RENO Magazine's SEEK section.

MAKING A POINT

3

TINY NEEDLES BRING BIG BENEFITS.



What do Watergate, war, and acupuncture have in common? Richard Nixon. It was during Nixon's administration that his press secretary, Henry Kissinger, received a crash course in the benefits of acupuncture, which he promptly passed along to the American public.

It was 1971, and Kissinger was visiting China along with a group of elite reporters. During the trip, *New York Times* journalist James Reston had an acute appendicitis attack, and Chinese physicians removed his appendix.

Reston's extreme postoperative discomfort was eased — to the great surprise of both Kissinger and Reston — via the ancient Chinese practice of inserting fine needles in specific points on the skin.

Back in the states, Reston wrote an article on acupuncture for the *New York Times*, and Kissinger discussed the experience in a press conference. It was a public-relations boon for acupuncture, and the practice has been increasing in popularity among Westerners ever since.

POPULAR TREATMENTS

"Acupuncture helps people I couldn't help otherwise," says Christi Bonds, M.D., a family physician, as well as an acupuncturist, at Integrative Medicine of Nevada in Reno. "I personally use it for a lot of women's problems, hormones, allergies, fatigue, endocrine, and pain."

at the University of Nevada, Reno and is nearing the end of a fellowship with integrative physician Andrew Weil, M.D., says acupuncture is a wonderful way to boost wellness in general.

"It's excellent for relaxation," she says. "It stimulates the free flow of the body's electromagnetic energy, otherwise known as *chi*, and that is the foundation of a sense of well-being and wellness for people."

An actual acupuncture session may take about an hour and involve anywhere from five to 25 needles placed at various points along the body.

These points will depend on the goal of the session, which could be anything from easing arthritis pain and sleeping better, to relieving sciatica or simply relaxing.

"It's not painful; the needles are so fine, like a strand of silk, so they don't hurt," says Annette Stapleton, a Reno resident and longtime recipient of acupuncture. "I find it very relaxing. Oftentimes, when I have the needles in me, I fall sound asleep."

Check your insurance plan to find out if acupuncture is covered. It's one of the most commonly covered forms of complementary care in the nation. And for that we may have the Nixon administration to thank.

Brandi Schlossberg is editor of RENO