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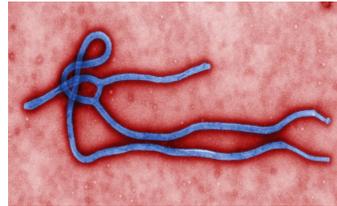
*Prescribing Health
and Wellness
Naturally*

In This Issue: Infections, Near and Far

Scary stuff in the news these days. Ebola continues to spread across West Africa at an alarming rate. Previous Ebola epidemics saw fatality rates reach 90%. The death rate for the current outbreak is approximately 50%. Many are concerned it will reach our borders and uncontrollably spread through the population. People were outraged when two Americans infected in Africa were flown to Atlanta for treatment. Could the virus be contained? Should we be worried about an Ebola outbreak in the U.S.? There are so many other things to fear, do we need to add this to the list?



Influenza



Ebola

A bit of knowledge goes a long way in allaying fears...on page 2, an overview of the salient points about Ebola are shared.

Closer to home and of more concern is influenza (flu) season, which is right around the corner. A brief reminder on the importance of the vaccination is also on page 2.

When the anxieties of the world are

getting to you, a stress management practice can do wonders for your overall well-being. Numerous techniques exist — you just have to find the one that matches your personality and needs. In this newsletter we will discuss mindfulness and yoga.

Of note: the two Americans with Ebola were treated successfully and recently released from the hospital.

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The Fall and Exercise

The beautiful foliage and cool weather of Fall make it the perfect time to get outside and exercise. Bike to work, walk during lunch, run on the weekend — whatever your preference, now is a great time to get out and be active. On an almost daily basis, evidence is reported that highlights a previously unappreciated benefit of exercise or provides further support of its understood value.

For example, aerobic exercise:

- *Lowers risk (10% - 25%) for breast cancer.
- *Improves cardiovascular health
- *Lowers risk for diabetes and hypertension
- *Maintains brain function as we age

For those who enjoy wine for its heart protection, a study aptly named In Vino Veritas (IVV study) found, “moderate wine drinking was only protective in people who exercised.” European Society of Cardiology. (2014, September 2).

Medical News Today. Retrieved from <http://www.medicalnewstoday.com/releases/281789.php>

Understanding Ebola, Managing Concerns

The Ebola virus is an infection you do not want to catch and living in America is something you are unlikely to acquire. You are at much greater risk of becoming infected with the flu, especially if you are not vaccinated (see reminder below). According to the Centers for Disease Control and Prevention, Ebola is not airborne and is not spread through casual contact. Direct contact with infected secretions — primarily vomit, blood, and diarrhea, but also saliva, sweat, and tears— is

the mode of transmission.

People who contract Ebola are generally healthcare providers and family members in close contact with the infected relative.

Patients with the flu can spread the virus without knowing they are ill (ie, before symptoms emerge). In contrast, patients with Ebola do not become contagious until they are symptomatic.

Symptoms of Ebola are:

Sudden high fever

Severe weakness

Sore throat

Headache

Vomiting

Diarrhea

It is now top priority in emergency rooms across the country to exercise universal precautions to protect healthcare workers and other patients from Ebola as well as other highly infectious agents.

When it comes to Ebola...the risk for those living and working in the U.S. is low

Reminder: Time for the Flu Vaccine

It may get tiresome to hear, but it is still worthy of an annual reminder that the influenza virus is highly contagious and the vaccine, which is safe and effective, is readily available for your yearly inoculation. The flu vaccine reduces the risk of illness throughout the population. Catching the flu will make an otherwise healthy person feel terrible for at least a week; however, for four groups in particular (ie, young children, older adults, pregnant women, and immune-compromised individuals), the consequences of the flu could be life-threatening. The American College of Obstetricians and Gynecologists strongly recommends all pregnant women, at any

stage of pregnancy receive the vaccine, emphasizing that prevention during the prenatal and postpartum period is also important.

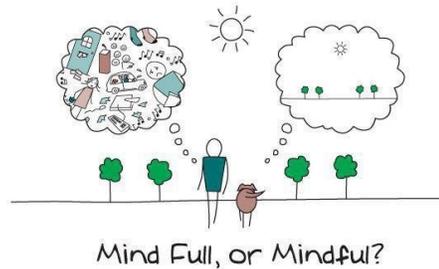
Your participation in a flu vaccination program can help limit the spread of the disease to your family, friends, colleagues, and the general public.



Mindfulness-Based Stress Reduction (MBSR)

Mindfulness is defined as a 'practice of present moment awareness.' The idea behind mindfulness is to encourage the mind to clearly observe things as they arise without judgment. It focuses and widens our attention to ourselves and the world around us with the objective of being more fully present in our lives.

MBSR training takes the core principles of mindfulness meditation as



the basis for a an educational 8-week program that teaches participants how to marshal their inner resources and respond more effectively to stress, pain and illness.

My personal experience with the 8-week course was an interesting one. I found the practice helpful as a technique for calming my mind and reminding myself to live in the present. As in life, all who take the course experience it in their own way. To find out more, visit the University of Massachusetts Medical School, Center for Mindfulness at <http://www.umassmed.edu/cfm/>

Yoga

Cultivate a yoga practice and you are getting more than just a healthy dose of relaxation. Researchers at Ohio State University found levels of Interleukin-6, a small protein involved in the immune response and inflammation, were lower among those who practiced yoga once or twice weekly for at least 3 years compared with those just starting out. Inflammation is the leading theory to explain the underlying cause of many chronic illnesses, including heart disease and cancer. This study suggests yoga may decrease inflammation in the body.

Additional benefits of yoga may include:

- *Improved sleep
- *Reduction in chronic pain
- *Decrease in anxiety and depression
- *Increased mental acuity

Several styles of yoga may be practiced. Perhaps one is right for you. Consider attending a workshop to introduce yourself to yoga or to revive your practice.



Food as Medicine and the ANDI Score

Developed by Dr. Joel Fuhrman, ANDI or the Aggregate Nutrient Density Index is a scale that assigns food a rating from 1 to 1000 based on the nutrients per calorie. The ANDI score is calculated from the vitamins, minerals, phytochemicals, and antioxidant capacities within each food.

What gets a 'perfect' score of 1000?

Kale and mustard/turnip/collard greens.

As a general rule, green vegetables have higher scores than starchy, non-green vegetables, which score higher than fruits, beans, nuts, and seeds. These latter four groups contain more calories due to their sugar or fat content so although they are healthy, the nutritional bang for the caloric buck is less than that for greens.

Refer to the chart below and choose a variety of high-scoring foods for a diet rich in disease-fighting, health-promoting nutrients. In this way you are doing as Hippocrates suggested and making *food be thy medicine*.

Kale	1000	Cantaloupe	100	Skim Milk	36
Collards	1000	Kidney Beans	100	Walnuts	34
Bok Choy	824	Sweet Potato	83	Grapes	31
Spinach	739	Black Beans	83	White Potato	31
Broccoli Rabe	715	Sunflower Seeds	78	Banana	30
Chinese/Napa Cabbage	704	Apple	76	Cashews	27
Brussel Sprouts	672	Peach	73	Chicken Breast	27
Swiss Chard	670	Green Peas	70	Eggs	27
Arugula	559	Cherries	68	Peanut Butter	26
Cabbage	481	Flax Seeds	65	Whole Wheat Bread	25
Romaine Lettuce	389	Pineapple	64	Feta Cheese	21
Broccoli	376	Chick Peas	57	Whole Milk	20
Carrot Juice	344	Oatmeal	53	Ground Beef	20
Cauliflower	295	Pumpkin Seeds	52	White Pasta	18
Green Peppers	258	Mango	51	White Bread	18
Artichoke	244	Cucumber	50	Apple Juice	16
Carrots	240	Soybeans	48	Swiss Cheese	15
Asparagus	234	Pistachio Nuts	48	Low Fat Yogurt	14
Strawberries	212	Corn	44	Potato Chips	11
Pomegranate Juice	193	Brown Rice	41	American Cheese	10
Tomato	164	Salmon	39	Vanilla Ice Cream	9
Blueberries	130	Almonds	38	French Fries	7
Iceberg Lettuce	110	Shrimp	38	Olive Oil	2
Orange	109	Avocado	37	Cola	1
Lentils	100	Tofu	37		

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