

## Services At Groton Wellness

- ◆ Functional Medicine
- ◆ Bioidentical Hormone Balance
- ◆ Holistic Dental
- ◆ Safe Mercury Filling Removal
- ◆ Clinical Hypnosis
- ◆ Biofeedback
- ◆ Stress Management & Relaxation
- ◆ Psychotherapy Session
- ◆ Mat Pilates
- ◆ Manual Lymph Drainage (face/neck only)
- ◆ Massage Therapy
- ◆ Chair Massage
- ◆ Face, Jaw, Neck Massage
- ◆ Nutrition Services
- ◆ Acupuncture
- ◆ Colon Hydrotherapy
- ◆ Epsom Salt Bath
- ◆ Therapeutic Clay Bath
- ◆ Magnesium Bath
- ◆ IV Vitamin C
- ◆ Clay Pack
- ◆ Weight Loss
- ◆ Far Infrared Sauna
- ◆ Skin Brushing
- ◆ Holistic Nontoxic Skin Care/Facials
- ◆ Waxing Services
- ◆ Castor Oil Pack



## Meet the Groton Wellness Team

G. Robert Evans, DMD	Jodi Cabral, CHHC, AADP	Josh Ivy
Jean Nordin-Evans, DDS	Julia Capone, LMT	Heidi O'Neil, RH
Gilbert Carney, DMD, DC	Kristin Deruzzo, RH	Leslie Ritchie-Dunham
Terrance Shutts, DDS	Stephanie Hebb, RH	Ross Robarge, LMT
Charise Ivy, MD	Elisabeth Horesh, LIC AC,	Jane Shustin, LICSW
Robert Luby, MD, ABHM	MAOM	Wendy Walter
Leon Lashner, DC, ND	Nicole Howell, RH	

# The Bistro OUR STANDARDS

Nourishing food gives health and vitality. The foods we eat each day determine our medical, dental and psychological health. Thus Groton Wellness intends to nourish and educate through our Bistro, our support for locally produced foods and organic and sustainable farming techniques, our promotional materials and events, and our direct care for our patients. We serve whole, nutrient-dense, flavorful, natural foods.

These are our standards:

Always eat slowly in a good atmosphere. Eat small portions. ENJOY!

Grass-fed meats

Free range chickens and eggs

Bone broths

Organ meats

Raw foods

Fermented foods

Raw milk and other dairy products\*

Local, seasonal organic produce

Abundant cruciferous vegetables

Use of spices, herbs, garlic, turmeric and onions

Sprouted grains and Gluten-free grains

Pre-soaked nuts

Healthy oils: olive, coconut, peanut, macadamia, palm, butter and animal fats

Use of stevia, maple syrup and raw honey as sweeteners

Biodegradable, compostable take-out containers

No artificial sweeteners, colors or flavors

No high fructose corn syrup

No trans fats

No vegetable oils

No refined sugar

No soy foods or additives

No pesticides, antibiotics or hormones



\*We support the personal consumption of raw milk due to its unparalleled nutritional profile. However, Massachusetts law prohibits the sale of raw milk, which is allowed in other states. We therefore use whole, organic, grass-fed, pasteurized and glass-bottled local milk in our Bistro. We advocate at a local and state level in support of raw milk whenever possible.

Groton Wellness believes in the nutritional guidelines of the Weston A. Price Foundation.

We recommend the books *Deep Nutrition* by Catherine Shanahan, MD & Luke Shanahan, and *Eat Fat, Lose Fat* by Mary Enig, PhD & Sally Fallon, for outstanding and enjoyable explanations of these standards and the nutritional guidelines we promote. ❖

**Written by Charise Ivy, MD**



# Groton Wellness

Medical • Dental • Spa • Bistro

## What's Happening

There are so many exciting activities to share with you this month. First we want to introduce and welcome our new Bistro Chef Karen Zimmerman and two new additions to our management team - Josh Ivy and Jodi Cabral. Together Josh and I bring to Groton Wellness over 40 years of experience in Business and Practice Management, Sales and Operations. Speaking of new and exciting, see our food standards information on the last page of the newsletter. Our Bistro has several new offerings including; daily combo specials, ready-made salads and sandwiches, raw nuts, snack bars and new drinks including Coconut water. In a hurry? Then we will fax you a menu, just call in an order and it will be available upon your arrival. Follow us on Facebook

and Twitter for an update on what is on the Bistro menu and other special offers posted on our social media sites – so stay tuned in for a weekly special in the month of August. On the theme of new, we are also excited to launch a new program to help non-profit clubs and organizations raise money! It is simple and easy, contact me at 978-449-9919 and we will review all of the details and schedule a day for your special event at the Center. Lastly, customer service is our highest priority and we welcome your input and feedback on our services and encourage you to either call or write to me or Josh – you deserve the best and we want

to deliver the best! September sneak preview - we will be offering a Veggie Boot camp! Have a wonderful August and remember to support our local farmers and have fun with food! ❖ *Written by Jodi Cabral*

P.S. We look forward to seeing you at the 36th **NOFA Summer Conference**, to be held on August 13-15 at UMass Amherst, MA. Catch our own doctors, Jean Nordin Evans, DDS and Charise Ivy, MD who will be speaking on Saturday August 14. For more information visit [www.nofasummerconference.org](http://www.nofasummerconference.org).

In addition, Groton Wellness will be at the **Boston Greenfest** at City Hall Plaza Boston, MA, on August 19-21. Terrance Shutts, DDS will be speaking on Saturday August 21. Visit [www.bostongreenfest.org](http://www.bostongreenfest.org).

August 2010  
Newsletter

Groton Wellness  
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### Monthly Specials

**25% OFF Any Initial Wellness Service**

*\*excludes Jane Shustin, Drs. Ivy & Luby*

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**20% OFF Dr. Hauschka Body Washes**

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### Dental Dream Day

*Pamper You & Your Teeth*

Relax with a warm neck wrap, paraffin hand treatment, arnica and music all while getting your teeth cleaned. After, choose from a massage, facial or clay detox bath along with an organic lunch.

\$288 Special \$159

## August Events and Seminars

Wed. 4th 7-9pm Holistic Dentistry with Dr. Jean Nordin-Evans (free)

Wed. 11th 6-8pm Dr. Haushcka Radiant You Party! (free)

Wed. 25th 7-9pm Bioidentical Hormones with Dr. Charise Ivy (free)

## PRESS RELEASE

### PROPOSED 2010 USDA DIETARY GUIDELINES --A RECIPE FOR CHRONIC DISEASE

Weston A. Price Foundation Proposes a Return to Four Basic Groups of Nutrient-Dense Foods

WASHINGTON, DC, June 21, 2010: The proposed 2010 USDA Dietary Guidelines are a recipe for infertility, learning problems in children and increased chronic disease in all age groups according to Sally Fallon Morell, president of the Weston A. Price Foundation.

“The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources,” explains Fallon Morell.

“The revised Guidelines recommend even more stringent reductions in animal fats and cholesterol than previous versions,” says Fallon Morell, “and are tantamount to rearranging the deck chairs on the Titanic. While the ship of state sinks under the weight of a crippling health care burden, the Committee members are giving us more of the same disastrous advice. These are unscientific and grossly deficient dietary recommendations.”

The Weston A. Price Foundation is a non-profit nutrition education foundation with no ties to the government or food processing industries. Named for Dr. Weston A. Price, whose pioneering research discovered the vital importance of animal fats in human diets, the Foundation has warned against the dangers of low-fat and plant-based diets.

“Basic biochemistry shows that the human body has a very high requirement

for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates, but excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function,” says Fallon Morell. “Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.”

### Discovered

*Indian spice reduces Alzheimer's by 30%*

One of the more promising treatments for Alzheimer's disease is found in a substance better known for its ability to spice and color food.

The compound curcumin, only found in turmeric, is a powerful antioxidant. It has been found in clinical studies to help reduce beta amyloid plaque in the brains of people with Alzheimer's -- and prevent its buildup in people without the illness.

*Source: Mercola.com/Mother Nature Network*

The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese. Incredibly, the Guidelines single out cheese as an unhealthy food!

Fallon Morell notes that by restricting healthy animal fats in school lunches and diets for pregnant women and growing children, the Guidelines will accelerate

the tragic epidemic of learning and behavior disorders. The nutrients found most abundantly in animal fats and organ meats-including choline, cholesterol and arachidonic acid-are critical for the development of the brain and the function of receptors that modulate thinking and behavior. Studies show that choline helps the brain make critical connections and protects against neurotoxins; animal studies suggest that if choline is abundant during developmental years, the individual is protected for life from developmental decline. The National Academy of Sciences recommends 375 mg per day for children nine through thirteen years of age, 450 mg for pregnant women and 550 mg for lactating women and men aged fourteen and older. These amounts



are provided by four or five egg yolks per day-but that would entail consuming 800-1000 mg cholesterol, a crime by USDA standards. In their deliberations, the committee referred to this as the “choline problem.” Pregnant women and growing children especially need to eat as many egg yolks as possible-yet the Guidelines demonize this nutrient-dense food.

The Guidelines lump trans fats together with saturated fats-calling them Solid Fats-thereby hiding the difference between unhealthy industrial trans fats and healthy traditional saturated fats. Trans fats contribute to inflammation, depress the immune system, interfere with hormone production, and set up pathological conditions leading to cancer and heart disease, whereas saturated fats fight inflammation, support the immune system, support hormone production and protect against cancer and heart disease.

The vitamins and fatty acids carried uniquely in saturated animal fats are critical to reproduction. The Weston A. Price Foundation warns that the 2010 Guidelines will increase infertility in this country, already at tragically high rates.

“The 2010 proposed Guidelines represent a national scandal, the triumph of industry clout over good science and common sense,” says Fallon Morell. “It must be emphasized that the Guidelines are not based on science but are designed to promote the products of commodity agriculture and-through the back door-encourage the consumption of processed foods. For while the USDA food police pay lip service to reducing our intake of refined sweeteners, trans fats, white flour and salt, this puritanical low-fat prescription ultimately leads to cravings for chips, sweets, sodas, breads, desserts and other empty food-and-beverage-like products just loaded with refined sweeteners, trans fats, white flour and salt.”

The Weston A. Price Foundation proposes alternative Healthy 4 Life Dietary Guidelines, which harkens back to the traditional four basic food groups, but with a renewed emphasis on quality through a return to pasture-based feeding and organic, pesticide-free production methods:

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

**ANIMAL FOODS:** meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.

**GRAINS, LEGUMES AND NUTS:** whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts, properly prepared to improve digestibility.

**FRUITS AND VEGETABLES:** preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.

**FATS AND OILS:** unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

**AVOID:** foods containing refined sweeteners such as candies, sodas, cookies, cakes, etc.; white flour products such as pasta and white bread; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils and fried foods.

\* \* \* \* \*

The Weston A. Price Foundation is a 501C3 nutrition education foundation with the mission of disseminating accurate, science-based information on diet and health. The Foundation headquarters phone number is (202) 363-4394, [www.westonaprice.org](http://www.westonaprice.org), [info@westonaprice.org](mailto:info@westonaprice.org).

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## Dr. Hauschka • Radiant You party!

Wed. August 11<sup>th</sup> 6PM-8PM

Join Wendy (Certified Dr. Hauschka Esthetician) for a free introduction and gift featuring Dr. Hauschka cleansing products. Wendy will walk you through the cleansing process with the Radiant You kit. This powerful selection of products works to transform your skin to a state of lasting radiance and vitality. The products work in concert with the skin's natural process to renew, replenish and revitalize.

- Kit includes travel size Lavender Bath, Cleansing Cream, Facial or Clarifying Toner and a sachet of Rejuvenating Mask (kit also available for oily/combo skin)

Limited Availability Please RSVP to Groton Wellness at 978-449-9919

## Book Recommendation

### *Eat Fat, Lose Fat*

By Mary Enig, PhD and Sally Fallon

“Eat Fat, Lose Fat,” by Dr. Mary Enig and Sally Fallon, is a wonderful book that teaches a surprising and refreshing approach to health and weight loss. It explains the body's deep cellular need for natural saturated fats, such as those found in coconut, meats and butter, and reminds us of the forgotten health benefits of these recently demonized but truly essential nutrients.

The book describes the history and politics behind myths told to us by the food industry to make us afraid of natural saturated fats, and to convince us to eat the processed industrial foods they sell which contain trans, chemical and synthetic fats. It explains how the synthetic vegetable oils and sugars in processed foods have contributed to our national obesity and chronic disease crises, not the natural fats. In fact saturated fats provide needed nutrients to our cells and organs, and make foods taste better, leading to greater physiological support and psychological satisfaction with less food.

Dr. Enig and Ms. Fallon teach easy ways to add some healthy saturated fats back into daily meals, and they especially highlight all the benefits of coconut. They give specific instructions on how to use coconut oil, as well as cod liver oil and other balanced fats, to either lose weight, recover health, or maintain yourself as an “everyday gourmet”.

There are many fabulous, easy recipes, including two of my favorites, the “Easy Baked Chicken” and the “Yogurt-Coconut Smoothie.” The authors also share secrets of other fabulous internal and external therapeutic uses of coconut oil. I highly recommend this book!

❖ *Written by Charise Ivy, MD*

