

Vol. 1 No. 2

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RxComplement

BALANCED HEALTHCARE FOR MIND-BODY WELLNESS

Why We
Love
NURSES

Veterans Go
Holistic

Supplement
Tips to
**Soothe Sore
Muscles
& Ease
Indigestion**

How to
Restore
**Youthful
Nutrition**

KIND DIET AUTHOR
**ALICIA
SILVERSTONE**
Reveals Her
TRUE SELF

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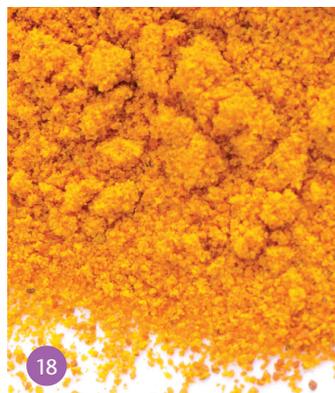
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Editor's Note



HEALTHY DECISIONS

Have you ever made a life-changing decision? For Alicia Silverstone, going vegan was one of the most important decisions she ever made. In her book *The Kind Diet*, Silverstone discusses how her choice brought her happiness while explaining how veganism can boost health, end suffering, clean up the environment and save the world! While Silverstone believes that dedicated veganism is the best life change we can

make, she is also quick to point out that even just “flirting” with veganism can still make a big difference towards achieving all of these goals.

Of course, Silverstone didn't set out to save the world. All she did was listen to her body and act on a critical decision. So what is your body telling you? Do you have a decision in mind that is simply waiting for action?

If that decision is health-related, then this issue of *Rx Complement* is here to help you spring into action. Want to reverse the sands of time? We've got tips to restore your body's nutrients to an optimal youthful level. Tired of the same old remedies for aches, pains and indigestion? We share soothing natural alternatives that are safe and effective. Plus, we reveal herbs, supplements and lifestyle tips to help you conquer two of the most insidious health challenges we face today: Type II diabetes and chronic inflammation.

But before diving in, let's take a lesson from Alicia and depressurize the process of decision-making. After all, you don't have to set out to revolutionize your life or change the world. But by listening to your body and acting on even the smallest bite-sized decision, you may end up doing exactly that.

We all shine on,

PATRICK DOUGHERTY
Editor-in-Chief

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Ease Your Digestion

Bloating, indigestion and irregularity are common stomach complaints...

but did you know that brain fog, joint pain and fatigue may also be signs of digestive imbalance? Thankfully, digestive health is a wellness area where simple natural health changes can bring immediate and significant improvements.

By Olga Norstrom

WHAT DOES IT MEAN TO HAVE GOOD DIGESTIVE HEALTH?

A digestive system in top working order is able to break food into its smallest parts and optimally absorb the nutrients. The digestive system also helps to detoxify the body and protect it from invasion by harmful pathogens. There should be no discomfort (such as bloating, intestinal pain, nausea or headaches) immediately after eating or while food is being digested – a process that takes six to 24 hours to complete.

However, due to factors like stress, eating on the run, over-consumption of processed foods, poor nutrition, undiagnosed food sensitivities, and even age, digestive discomfort and irregularity are widespread problems.

WHAT CAN HELP GET THE DIGESTIVE SYSTEM BACK ON TRACK?

Many people do not produce enough



digestive enzymes. Supplements that contain amylase, protease and lipase – enzymes that help break down carbohydrates, proteins and fats respectively – can make up for this shortfall. Two other plant-based enzymes, papain (from papaya) and bromelain (from pineapple), also help digest proteins, while providing the added bonus of anti-inflammatory properties that soothe and heal the

digestive tract. Probiotics, such as *L. acidophilus* and *Bifidobacterium* produce additional digestive enzymes along with antibodies that protect the gastrointestinal tract from ingested illness-causing pathogens, such as *E. coli*. What's more, probiotics combat GI tract yeast overgrowth, a common factor that is linked to poor nutrient absorption, sugar and carbohydrate cravings, and inflammation. [Rx](#)



{ A NURSE PRACTITIONER'S COMPLEMENT: }

“**W**hen I see patients who have digestive complaints, one of the first things I do is to put them on a probiotic and digestive enzymes. By using both of them, many symptoms – like indigestion, bloating, gas and even constipation and diarrhea – resolve. And patients get benefits they didn’t even expect because they’re absorbing more nutrients or they’ve gotten rid of yeast. They might see an increase in energy, a decrease in depression, fewer headaches, less joint pain, or even improved libido. As a practitioner, I’ve learned that these supplements are two of the best-kept secrets and should always be used first with digestive complaints, as long as we know there is no serious abnormality going on.”

– Marcelle Pick

Marcelle Pick, M.S.N., OB/GYN NP, is the author of *The Core Balance Diet: 4 Weeks to Boost Your Metabolism and Lose Weight for Good* (Hay House, 2009) and co-founder of Women to Women, a medical clinic in Portland, Maine (www.womentowomen.com).



Did You Know ?

SINCE PROBIOTICS ARE DELICATE LIVING ORGANISMS, IT'S IMPORTANT TO ONLY USE HIGH QUALITY PROBIOTIC SUPPLEMENTS. THE BEST WILL DELIVER ROBUST BACTERIA STRAINS IN CAPSULES THAT CARRY THE FRIENDLY FLORA THROUGH DAMAGING STOMACH ACIDS, ULTIMATELY RELEASING THEM IN THE INTESTINES WHERE THEY FORM SUCCESSFUL COLONIES.

DIGESTIVE HEALTH TIPS:



Supplement with Herbs.

Ginger, turmeric, cumin, rosemary, cinnamon and garlic all have anti-inflammatory properties that soothe the digestive tract.

Take a Breather. Stress shuts down digestion and depletes probiotics. Keep digestive problems at bay with relaxation strategies like deep breathing or yoga.

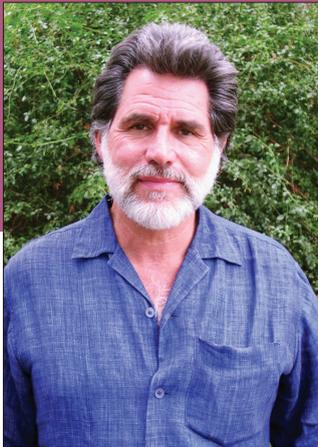
Curb Liquid Intake with Meals.

Drinking too much while eating

dilutes digestive juices, causing indigestion. Wait until after a meal to have your drink.

Get Tested. A Celiac Profile test, an ALCAT test, and an intestinal permeability test can determine if food sensitivities and allergies are behind digestive symptoms.

Don't Forget Fiber. Soluble fiber absorbs water and swells in the stomach, promoting regularity and imparting a sensation of satisfied “fullness.”



MARK BLUMENTHAL

Mark Blumenthal is the founder and executive director of the American Botanical Council (ABC), an independent nonprofit research and education organization, and is editor of HerbalGram, ABC's peer-reviewed journal. He is also the senior editor of three reference books for health professionals and actively promotes the scientific and clinically-documented benefits of herbs and plant-based ingredients in healthcare.

The author gratefully acknowledges Gayle Engels of the American Botanical Council, whose profile on Turmeric, published in HerbalGram 84 in November 2009 provides some of the basis for this article. More research summaries on turmeric and curcumin is available at ABC's website at www.herbalgram.org.

Turme

By Mark Blumenthal

Several years ago a leading ketchup manufacturer began to tout its product as a “functional food,” insofar as it contains a significant level of lycopene. A reddish-colored antioxidant carotenoid found in tomatoes, lycopene also makes watermelons red and gives the characteristic color to pink grapefruit.

By a similar logic, then, one might begin to promote yellow mustard as a functional food. Yellow mustard gets its yellow color (and some of its flavor) from the addition of the traditional spice turmeric. In fact, after distilled vinegar, water, yellow mustard seed and salt, the next ingredient in the leading national brand of yellow mustard is turmeric. Whether there is enough turmeric in yellow mustard is something that may be worth investigating, and, at present, I do not know the answer. But, I'd like to believe that eating yellow mustard regularly, in appropriate amounts, might provide a subclinical dose of turmeric, and, in turn, a potential health benefit.

SPICING UP HEALTH

What's the deal with turmeric and

curcumin? Turmeric is a traditional spice sold used in foods and condiments for centuries, even millennia. Turmeric (*Curcuma longa*, a member of the ginger family, Zingiberaceae) is what makes Indian food curry yellow, and gives it much of its taste.

Like many culinary herbs and spices, turmeric has traditionally been used as a medicine. For example, in India it has been known as the “golden spice” or the “spice of life,” deemed sacred and used medicinally for over 4,000 years. In Ayurveda, India's traditional system of medicine, the bright orange-yellow root (actually it's a rhizome in botany, a lateral root) was called the “herb of the sun” and was regarded as the most primary medicinal herb. Traditional uses in Ayurveda include anorexia, cough, diabetic wounds, bile and liver disorders, rheumatism, and sinusitis. Today, many Ayurvedic healers combine the powder into a paste or lotion for the treatment of dry and flaking skin, skin sores and wounds, external inflammations, and painful arthritis.

MODERN RESEARCH

Much of the modern research on turmeric

meric

Tasty Medicinal Spice and Versatile Dietary Supplement

ExpertINSIGHT

.....
Curcuma Longa, a member of the ginger family is what makes the Indian food curry yellow and gives it much of its taste.

is focused on curcumin, a complex of similar chemicals known as curcuminoids, which makes up about 3-5% of turmeric root. Curcumin is being investigated for its anti-inflammatory effects and its use as an adjunct therapy in cancer treatment. Scientific studies show that turmeric, particularly, curcumin, demonstrates cyclooxygenase-2 (COX-2) activity, acting on an enzyme involved in the inflammatory process.

Numerous clinical trials suggest a variety of activities, although some of the trials warrant confirmation with more and larger trials. For example, treatment with turmeric in one clinical study resulted in the alleviation of stomach ulcers. A study of 207 subjects with irritable bowel syndrome (IBS) suggested that turmeric might help reduce IBS symptoms. Curcumin was also shown to produce a better anti-inflammatory response than placebo in postoperative inflammation in a small group of males after hernia operations. And, on the dermatological front, a small trial showed that turmeric paste applied externally may be an effective

(and inexpensive) treatment for scabies, a condition caused by skin mites.

Other research on turmeric and curcumin has focused on its potential in cancer treatment. Dr. Bharat Aggarwal and other researchers at MD Anderson Cancer Center in Houston have used a turmeric extract standardized to its curcumin content experimentally to treat cancer patients. Speaking at a conference in early November 2009, Dr. Aggarwal noted that "curcumin selectively inhibits tumor cells of all types, but not normal cells." He noted that, as of that time, about 40 clinical trials on curcumin testing its anticancer and other properties were in progress.

There has been an explosion in the medical literature on turmeric and curcumin in the past decade and it is not possible to cover the depth of their activities in this short article. For a more concise review of turmeric, see the American Botanical Council's journal *HerbalGram* #84, available on the ABC website (<http://cms.herbalgram.org/herbalgram/issue84/article3450.html>).

Rx

Nourishing *with* Age

As we grow older, natural supplements are more essential than optional.

By Olga Norstrom

So you found a grey hair when you looked in the mirror yesterday morning. Great. Add that to the laundry list of complaints about aging, such as an expanding waistline, aches and pains, forgetfulness, low energy levels or simply finding it harder to bounce back after a long day.

As it turns out, many of these changes may share the same cause: “As the body ages, it becomes less efficient at producing or absorbing many important nutrients that drive hundreds of functions, from keeping energy high, memory intact and bones strong, to protecting against illness-causing germs, heart disease and cancer,” explains Carolyn Dean, M.D., N.D., a Hawaii-based holistic practitioner and author of *Dr. Carolyn Dean’s Natural Prescriptions for Common Ailments* (McGraw-Hill).

Several other factors can compound age-related nutritional challenges. Among them: “Excessive stress, inadequate hydration, and overconsumption of refined sugars and processed carbohydrates . . . all these can slow down nutrient production or flush nutrients out the body before they can exert their benefits,” explains Dr. Dean. She recommends deep breathing, meditation or yoga exercises to de-stress, drinking 8 to 10 glasses of water daily, and limiting processed foods intake to help ensure higher levels of useful nutrients in the body.

“That said, the most effective strategy for reversing what can be major nutrient shortfalls is taking supplements,” says Dr. Dean. “Supplementation provides the best assurance that your body is getting what it needs to function at its best, especially under conditions one can’t help, like aging. Many nagging symptoms disappear once supplements replace what the body is lacking.” Turn the page to learn about six nutrients that run low with age – and how supplements can ensure that nutrient shortfalls don’t hold back your health.



Coenzyme Q10 (CoQ10) & Ubiquinol



NUTRIENT: Coenzyme Q10 (CoQ10) & Ubiquinol

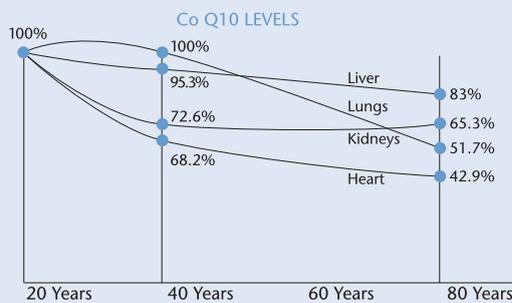
AGE-RELATED DECLINE: Our ability to synthesize CoQ10 starts to decline around age 20 and enters a tailspin by age 40. Equally troubling, as we age we lose the ability to convert CoQ10 into its energizing antioxidant form, Ubiquinol. Statin drugs also deplete CoQ10 levels.

WHY ARE CoQ10 & UBIQUINOL IMPORTANT? CoQ10 and Ubiquinol “spark” the body’s energy production and provide powerful antioxidant activity. These “energizing antioxidants” promote cardiovascular health, help maintain healthy blood pressure, and even deliver anti-aging benefits.

SUPPLEMENT SOLUTION: For young healthy adults under age 40, CoQ10 supplementation at 30-60 mg/day is recommended. For those aged 40+, 100 mg of Ubiquinol daily may be beneficial because it is already pre-converted and ready-to-use.

DISTRIBUTION IN THE BODY

The concentration of Coenzyme Q10 in the body decreases year by year, indicating that it has a close relationship with aging.



Source: A. Kalen et al., Lipids, 24, 579 (1989)

Melatonin



NUTRIENT: Melatonin

AGE-RELATED DECLINE: Secretion of this body clock-regulating hormone by the brain’s pineal gland drops with age, with the most significant decline occurring after age 50.

WHY IS MELATONIN IMPORTANT? Melatonin regulates the sleep/wake cycle and increases the amount of restful REM sleep. It also prevents DNA damage and is an antioxidant that defends brain cells against free radicals and toxins.

SUPPLEMENT SOLUTION: Since there’s no proven way to prompt the pineal gland to produce more melatonin, taking 1 to 5 mg of a melatonin supplement is recommended to enjoy the benefits of more restful sleep, antioxidant protection and optimal brain function.



NUTRIENT: DHEA

AGE-RELATED DECLINE: The ability of the adrenal glands, ovaries and testes to produce DHEA can start to slow down relatively early, when we’re in our 30s.

WHY IS DHEA IMPORTANT? DHEA is the building block of testosterone, estradiol and other hormones that help promote a healthy libido, strengthen bones, keep thinking sharp, speed fat burning and maintain muscle mass to keep metabolism high.

SUPPLEMENT SOLUTION: The typical DHEA recommendation is 25 mg for women and 50 mg for men. Existing DHEA levels should be tested before supplementation; have your health professional recommend DHEA intake that matches your individual needs.

DHEA

Vitamin B-12



NUTRIENT: Vitamin B-12

AGE-RELATED DECLINE: This vitamin must be first broken down by the stomach's hydrochloric acid, but levels of this acid are in decline by age 40, hindering B-12 digestion and absorption.

WHY IS VITAMIN B-12 IMPORTANT? Vitamin B-12 is an anti-inflammatory that protects against heart disease. It also plays a key role in the synthesis of red blood cells that circulate oxygen, which helps boost physical and mental energy, keeps memory sharp and wards off depression.

SUPPLEMENT SOLUTION: To make up for the B-12 shortfall caused by poor absorption, most people will benefit from 500 mcg of the nutrient. People with specific health concerns should discuss greater B-12 intake with their doctor.



NUTRIENT: Vitamin D

AGE-RELATED DECLINE: With age, the skin becomes less efficient at converting sunlight into vitamin D.

WHY IS VITAMIN D IMPORTANT? Vitamin D is technically a multi-functional hormone that is key to hundreds of functions, including energy production, immunity, cancer protection, and blood sugar balance. It is also a pain-reducing, heart-helping anti-inflammatory.

SUPPLEMENT SOLUTION: Vitamin D deficiency has become so severe in the United States that supplementing with 1000 to 4000 IU is recommended for optimal health. Ask your healthcare professional for a Vitamin D intake that works best with your diet and exposure to sunlight.

Vitamin D



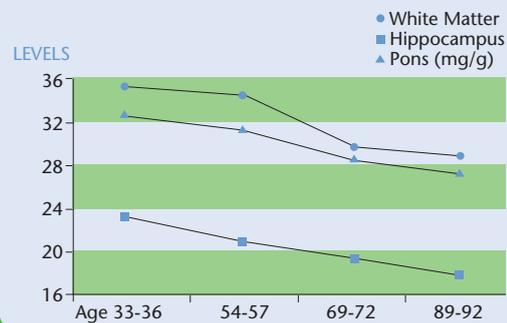
NUTRIENT: Phosphatidylserine (PS)

AGE-RELATED DECLINE: PS concentrations in the brain naturally diminish as we age.

WHY IS PS IMPORTANT? A phospholipid, PS is found in nearly all cells but is especially concentrated in the brain. Here, PS helps energize neurons, dispose of toxins, promote neurotransmitter release, and is the primary raw material for building new brain cells.

SUPPLEMENT SOLUTION: To compensate for age-related decline and achieve memory and mental sharpness benefits, PS must be taken in supplement form. Taking 300 mg of PS daily is associated with cognitive benefits; additional cognitive benefits have been documented with 800 mg daily.

PHOSPHOLIPID LEVELS IN THE BRAIN CAN DECREASE WITH AGE



Source: Soderberg, M. et al. Lipid compositions of different regions of the human brain during aging. *Jnl of Neurochemistry*. 1990. 54. 415-423.

Phosphatidylserine (PS)

alicia's foodfor thought

With her new book *The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet*, actress, activist and environmentalist **Alicia Silverstone** takes on her most important role yet: **Truth-teller**.

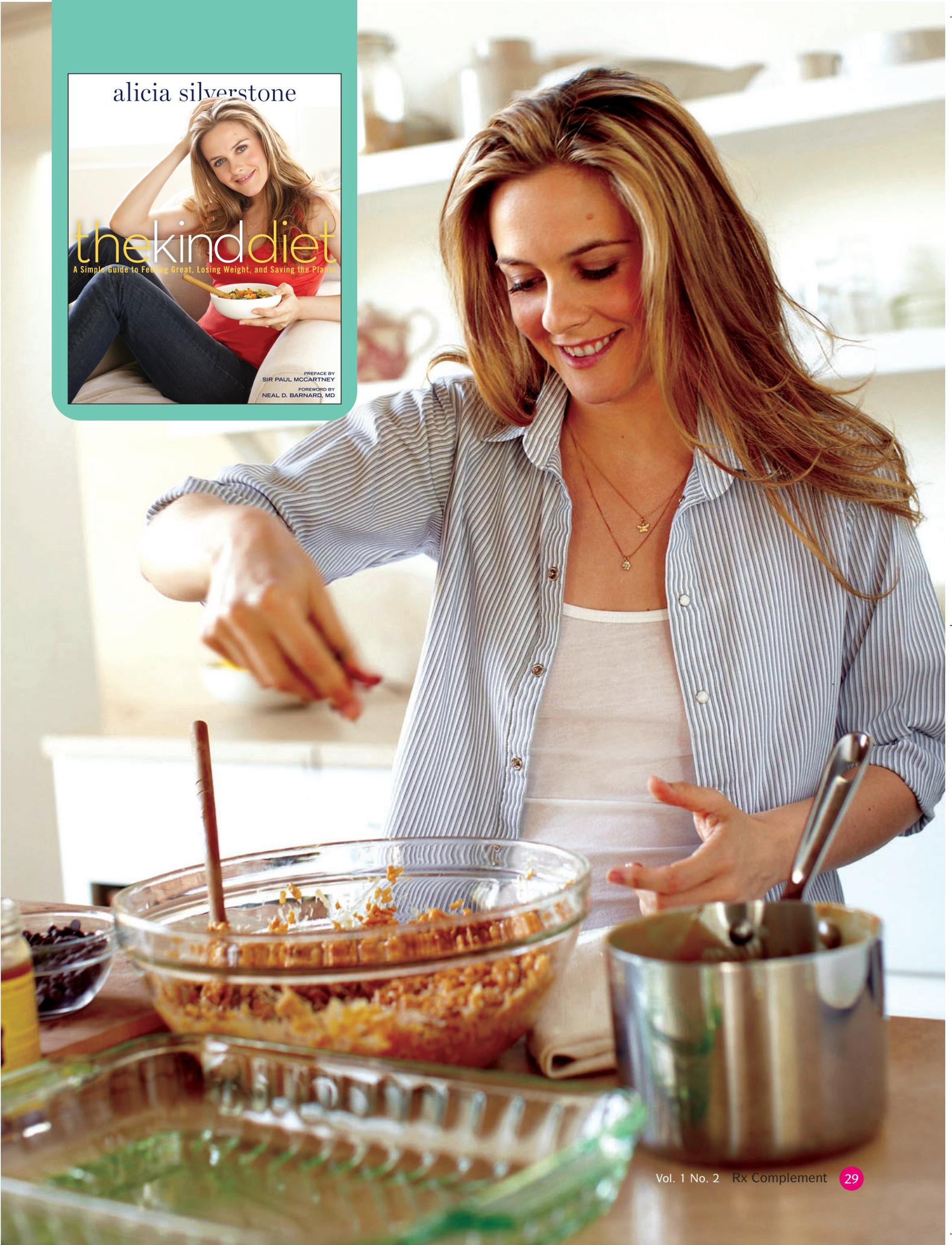
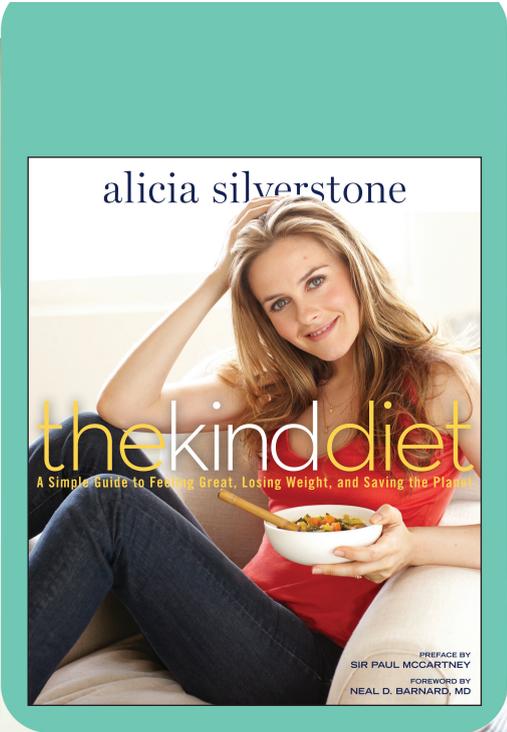
Amidst an animated stream-of-consciousness discourse on food, Alicia Silverstone suddenly pauses to collect her thoughts. “I get very passionate about anything that I’m working on,” she explains apologetically. “I really love working, and I have a lot of missions.” Silverstone’s latest mission is *The Kind Diet* (Rodale Books), a vegan cookbook and lifestyle guide that she hopes will inspire people to become their best selves.

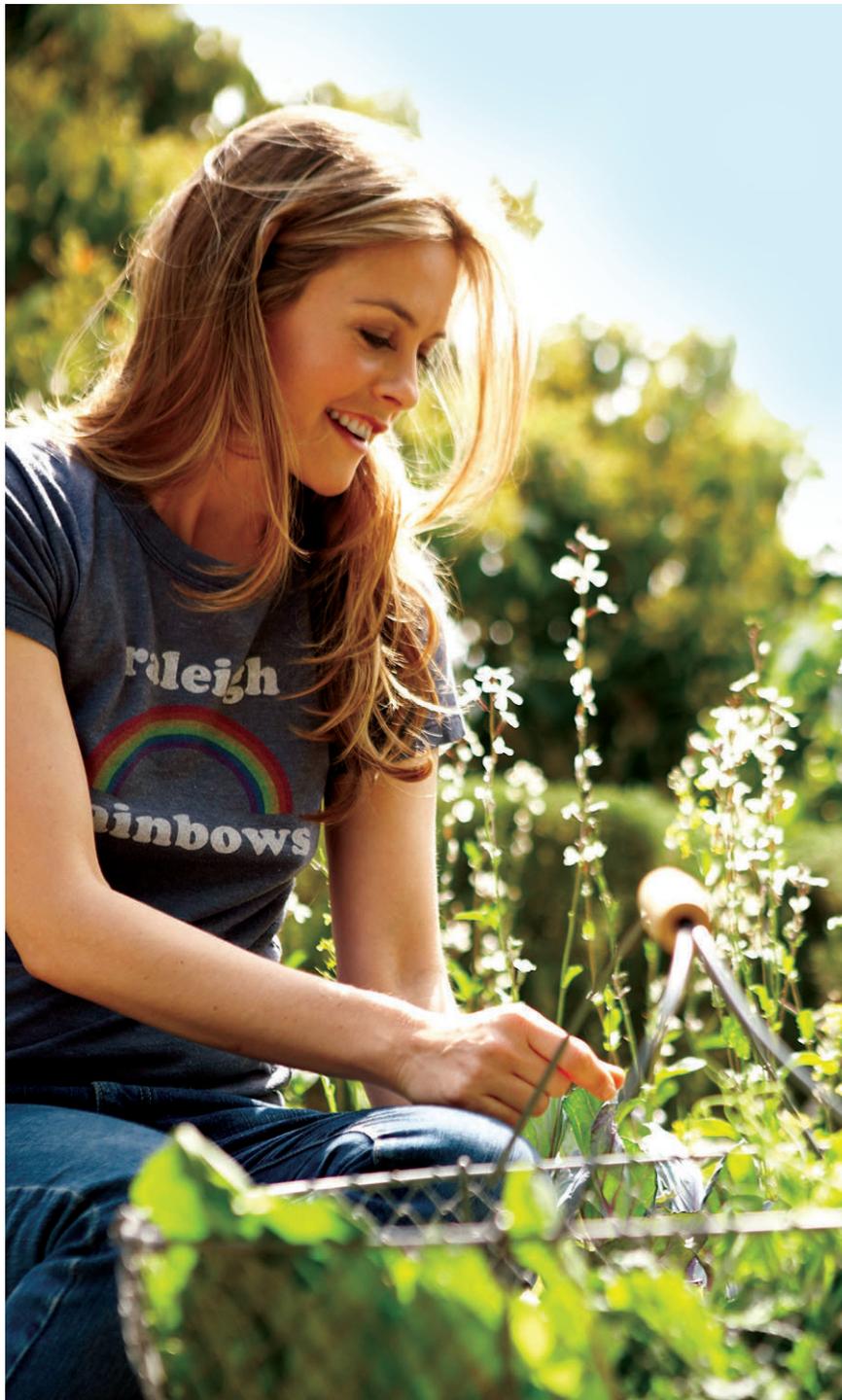
A culmination of 11 years of kitchen experimentation, Silverstone’s *Kind Diet* recipes range from playful vegan treats to macrobiotic dishes with specific healing purposes. But all her recipes are united by deep nourishment, which Silverstone asserts can bring transcendental benefits. In addition to weight loss, Silverstone promises *The Kind Diet* will boost energy, enhance well-being and reverse the aging process.

On a more esoteric level, she hints *The Kind Diet* helps fine-tune intuition and strengthen the mind-body connection. As if that weren’t enough, kind eating also ends animal suffering and saves the environment.

Living proof of her diet’s results, Silverstone is earnest, open and friendly. She bubbles with enthusiasm over her chocolate peanut butter cups and overflows with love of cooking vegan dishes for family and friends. She shares foods’ “magical” properties with the exuberance of a child who’s bursting at the seams to reveal a secret. Silverstone attributes her positive vibes to veganism, a lifestyle change she proclaims is “the single best decision I’ve ever made in my life.”

But don’t let her sunny exterior fool you. When it comes to food, Silverstone is also a scholar – quoting vegetarian viewpoints from Einstein and Gandhi, reciting foods’





vitamin and mineral content and reeling off stats on meat's environmental impact. Caught up in a moment of passion, she wells up with indignation: "I don't even think people are being nourished," she laments. "There are a lot of forces at work trying to keep us asleep, and it's disturbing to me that the truth about food isn't widely available."

Silverstone aims to be the truth-teller that awakens Americans to reality, reminding us that food is inexorably tied to our physical, emotional and spiritual well-being – as well as the health of our planet and all other life forms that inhabit it.

Of course, the jump to veganism is daunting, even more so when the fate of the world is at stake. That's why Silverstone,

a self-proclaimed "foodie," emphasizes *The Kind Diet's* deliciousness while gently persuading with humor and girl-next-door charm. "My favorite concept is that it's not all or nothing," she points out. "You don't have to become a vegan to feel better and save the planet . . . it would be the best choice, but even just starting to understand *The Kind Diet's* principles can help, too."

Rx Complement sat down with Alicia Silverstone to discuss *The Kind Diet* and how her labor of love may help to enlighten minds and change the world for good.

Rx COMPLEMENT: What is your mission with *The Kind Diet*?

ALICIA SILVERSTONE: I want to give people the tools to be the healthiest and happiest they can be – to feel amazing. And I want them to feel like it's easy and delicious. You don't have to sacrifice pleasure. It just takes a little bit of effort, and ultimately you can feel so much better, look your best and be kind to the planet all at the same time. There's this beautiful toolbox that I was lucky enough to come upon, and I've practiced with it for a long time. I just want to share it so people can make good choices for themselves and feel the magic, because there's so much magic and beauty in being truly nourished.

RxC: Can you elaborate on the "magic" of this lifestyle?

AS: I call it magic because it's so easy and I absolutely know for a fact that it works. All the "kind" foods are magical, but some are specially-endowed foods that can really boost your immune system and heal your organs; foods like Umeboshi plums, miso, and greens. Every one of the *Kind Diet* dishes is incredibly nutrient-rich; they're made with kind foods that serve a purpose in your body. Seaweed is another one, it's so high in calcium and minerals, it makes your skin and eyes radiant and glowing . . . it's powerful!

RxC: How does *The Kind Diet* make you feel?

AS: When you start to remove the nasty foods from your life and incorporate kind foods, all this tightness melts away from your body. Your heart softens and you become more in tune . . . it's like the universe is tapping right into you, and you feel yourself rooted on this planet. Eating kind foods opens you up; you start to be able to listen to your body and have this dialogue with yourself. Suddenly there you are, knowing exactly what you want or need about everything in life.



alicia silverstone's mixed berry cheesecake

SERVES 8

- 3/4 cup Earth Balance™ butter
- 2 cups graham cracker crumbs (see Note)
- 1 (12-ounce) package silken tofu
- 1 cup nondairy cream cheese
- 1 tablespoon safflower oil
- 1/4 cup maple syrup plus an additional
1 to 2 teaspoons if using a fresh fruit topping
- 1/4 cup soy milk
- 2 teaspoons arrowroot
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon or orange extract (optional)
- Fresh mixed berries for topping
(or frozen mixed berries, thawed)

Preheat the oven to 350°F. Oil an 8" or 9" springform pan. Melt the butter in a small saucepan. Turn off the heat, and stir in the graham cracker crumbs. Press the crumb mixture into the bottom and slightly up the sides of the prepared pan, and bake for 5 minutes. Let cool on a baking rack. Combine the tofu, cream cheese, oil, 1/4 cup syrup, milk, arrowroot, vanilla extract, and citrus extract (if using) in a blender or food processor and process until smooth. Pour the mixture into the graham cracker crust, and smooth the top with a spatula. Bake the cheesecake for 45 minutes to 1 hour. Let the cheesecake cool to room temperature. If using fresh berries, toss them with 1 to 2 teaspoons syrup to create a slightly glazed effect. Top the cheesecake with the berries, and chill until you're ready to serve.

Note: To make graham cracker crumbs, place graham cracker squares in a sealed plastic bag and smash with a rolling pin, or grind graham cracker squares in a food processor. You'll need 12 to 13 graham cracker squares to make 2 cups graham cracker crumbs.

RxC: You say this way of eating also helps to “release your true self.” What does this mean?

AS: When you can hear yourself better, eventually you get closer to your truth. The answers will be in your heart, where there is an intuitive sense about the next steps in your life. All of that comes from a foundation of eating well. When you have toxic gunk clogging every part of your system, you don't get to enjoy this life the same way. When you're in touch with your true self, you're actually in a nourishing mode where everything is working to support you. You have so much more time and energy. It feels like you're born again. You feel free and you start to get younger instead of aging. I feel younger now than I ever have.

RxC: It seems you're only half-joking when you say “Superhero” eating will make you levitate...

AS: When I'm eating Superhero day after day, my eyes are gleaming white, my skin is radiant and I feel like I can do anything. I'm giddy and happy for no reason. I'm productive and focused. If I go off the Superhero diet, I can always self-correct. One meal of eating properly and literally you feel completely different. It's like a practical joke to me; it amazes me every time.

RxC: Can you discuss the food-environment connection?

AS: Let's say you're an environmentalist, so you are conscious of what you use and mindful of not using a lot of water. You should then also understand that one steak requires the water equivalent of six months of showering to produce. So with this information, maybe instead of having steak once a week, you'll have it once a month. Maybe you'll go all the way to vegan, maybe you won't. But I really want people to feel like every choice they make matters, because it does.

RxC: What is your favorite *Kind Diet* indulgence?

AS: I indulge in life! I'm incredibly passionate about this life. I'm so excited and honored and grateful to be here. I indulge in all the beauty the universe provides, and so much of it revolves around food. I really enjoy the art of food and the art of nourishing yourself. It's creating, it's fun to do with people that you love, and that's beautiful. If I'm being playfully naughty, I may indulge in my coffee fudge brownies, peanut butter cups, mixed berry cheesecake or maple roasted Jerusalem artichoke lotus root dish . . . it's so delicious, it's like candy!

RxC: How do you define yourself?

AS: I think I'm just a creative person and I'm finding my creativity in many different places. I feel deeply compelled to share and teach. I think my purpose is to be a truth-teller. I do that in my acting, in my life, as a good friend and as a good partner. With *The Kind Diet*, I let people have the truth and they will do with it what is meant to be done. Of course I would love to have everyone be the happiest they can be, that's my goal. But I'm not trying to change anyone or impose anything. I am trying to gently excite them and awaken their senses that there is another way that works – I promise it from the bottom of my heart.

RxC: Where else are you finding your creativity these days?

AS: I have created these girly cosmetics bags called ecotools™, made with hemp, vegetable dyes, recycled metals, recycled plastics and bamboo. They are beautiful, inexpensive and really good for the planet – you can find them at major retailers. I'm also doing a play called *Time Stands Still* in January in New York.

RxC: What have you taken away from this chapter of your life?

AS: It's so profoundly deep to me that the things that make you well and reduce suffering and help the planet are all rooted in the same place. Mother Nature knew what she was doing. I have also come to realize that we're at a critical

**three levels of kindness**

Based on her own stage-by-stage progression to veganism, Silverstone offers three *Kind Diet* approaches and encourages readers to choose what feels right for them:

- 1 FLIRTING:** Sticking your toe in the pool of *The Kind Diet*. Staying open to new food ideas without feeling any pressure to commit.
- 2 VEGAN:** For experienced Flirts and those who are ready to dedicate themselves to a plant-based diet.
- 3 SUPERHERO:** Emphasizes macrobiotic principles including whole grains, organic vegetables and sea vegetables. Superhero eating will make you levitate. (Well, almost.)

tipping point, but I believe that tipping point is for good. Energy is soaring for every conscious-minded person that wakes up and gets healthy. This movement is really catching on quickly. We absolutely have an opportunity to change things, if nothing else, just for yourself to live happier on this planet while you're here. **Rx**

{ For bonus interview content, including Alicia's vegan Chocolate Peanut Butter Cups recipe, visit www.vibrantlifepublishing.com. }



Myth vs. Reality

Warm & Soothing Muscle Comfort

Myth:

“When I have muscle aches and pains from over-exertion, the only thing I can do is pop some aspirin or ibuprofen and rest.”

There is some truth to this: Chemicals called prostaglandins induce pain and inflammation at the site of sore muscles. Both aspirin and ibuprofen inhibit the enzyme cyclooxygenase-II (COX-2) that is involved in prostaglandin synthesis, resulting in less pain and inflammation. However, frequent use of aspirin and ibuprofen is linked to gastrointestinal bleeding, stomach irritation and ulcers.



Reality:

A combination of herbal remedies and lifestyle strategies can effectively reduce inflammation and soothe pain.

➤ **WHITE WILLOW BARK:**

It's been documented that as early as 400 B.C., Hippocrates gave women white willow to alleviate pain during childbirth. Centuries later, in 1823, the herb's active ingredient, salicin, was extracted to create aspirin. The body converts salicin into salicylic acid, which inhibits the synthesis of prostaglandins to effectively reduce pain and inflammation.

➤ **VALERIAN ROOT:**

This herb is an analgesic that relieves pain by safely lessening the sensitivity of the nerves which are registering discomfort, and is a sedative that helps relax overworked muscles.



➤ **AN EPSOM SALTS BATH:**

Soaking in magnesium sulfate for 20 minutes is another way to get more pain-relieving magnesium to overworked muscles.

➤ **MAGNESIUM:**

Eighty percent of Americans are deficient in magnesium, which has well-documented soothing muscle-relaxant properties. Since it's difficult to get enough from food, taking a supplement that contains 100 to 600 mg of magnesium is advisable.

➤ **DEEP BREATHING:**

Taking time to take deep breaths or meditate calms the nerves that are registering pain and delivers a dose of relaxing oxygen to sore muscles, rivaling the results of physical therapy. Audio guided meditations designed specifically for pain relief can also help.



I consider white willow bark to be safer than aspirin and ibuprofen. I advise my patients to take one 120 mg white willow bark pill daily when pain is



present, going up to two pills if the discomfort is significant. Relief isn't as fast as aspirin or ibuprofen because the body converts salicin to salicylic acid slowly, but the pain relief lasts longer because there's longer presence of salicylic acid in circulation.



Carolyn Dean, M.D., N.D.

Carolyn Dean has authored or co-authored more than 10 best-selling books in holistic nutrition and wellness. She is the founder of the Future Health Now! online wellness program. Visit her website at www.drCarolynDean.com.



Pycnogenol®

Soothing Joint Comfort



In addition to its diverse cardiovascular and immune benefits, Pycnogenol® – the “super antioxidant” French maritime pine bark extract – might also help with joint discomfort. In a recent three-month study of 156 patients with osteoarthritis, half received 100 mg of Pycnogenol daily while the rest took a placebo. At study’s end, researchers reported that in the Pycnogenol group, osteoarthritis symptoms – such as discomfort, stiffness, and impaired function – decreased by

56%, while walking distance in a treadmill test nearly tripled. These results led the researchers to suggest that Pycnogenol, thanks to its inflammation-modulating and collagen-binding biological activities, could be used to relieve discomfort and increase mobility in those with osteoarthritis.

Source: Belcaro, et al. treatment of osteoarthritis with Pycnogenol. The SVOS (San Valentino Osteo-Arthrosis Study). Evaluation of signs, symptoms, physical performance and vascular aspects. *Phytother. Res.* 22, 518-523 (2008)

HOW Soy Isoflavones HELP DIABETES

Soy, a source of phytochemicals known as isoflavones, has been shown to help decrease blood glucose levels, lower cholesterol and improve glucose tolerance among diabetics. Researchers at the University of Massachusetts at Amherst have published new findings that suggest some of soy’s benefits may be attributed to daidzein, a form of isoflavones that appears to interact with certain genes and enhance insulin-stimulated glucose uptake in fat cells. This may ease the insulin resistance that is associated with poor blood sugar control, Type II diabetes, and even metabolic syndrome. For those who don’t enjoy tofu and edamame, soy isoflavones – also found to help with help with menopause, prostate and bone health – are also available as a concentrate in supplement form.



Source: Choa KW, et al. Daidzein and the daidzein metabolite, equol, enhance adipocyte differentiation and PPAR transcriptional activity. *The Journal of Nutritional Biochemistry*, Available online 22 September 2009.