



A Season of Second Chances

Fall 2023; Ed. 12

"Autumn is a second spring when every leaf is a flower."

Albert Camus



Second Chances Are Healthy



In our imperfect world, the pursuit of second chances is a universal need. Embracing failures signifies that we've ventured into various endeavors, constantly learning from our experiences. The foundation of most achievements lies in persistent efforts, accompanied by a transformative shift in

attitude. No matter what your past holds, there is room ahead for growth and progress. Here are some ways to change your mind set about what the future holds.

1. **Release the Past and Embrace Growth:** It's essential to let go of the past, recognizing that life's challenges often serve as catalysts for personal development. Viewing difficulties as opportunities for growth empowers us to move forward with resilience.
2. **Leverage Life's Lessons:** Even amidst setbacks and unexpected turns, it's crucial to extract valuable lessons. Learning from adversity enriches our wisdom and equips us to make wiser decisions in the future.
3. **Harness the Power of Positive Thinking:** Success often hinges on maintaining a positive mindset. Believing in our ability to achieve goals is the first step toward realizing them. Positive thinking fuels our determination and resilience.
4. **Take Ownership of Your Life:** Avoid relinquishing control of your life to external influences. Accepting personal accountability enables you to shape your destiny rather than conforming to others' aspirations.
5. **Strategic Focus:** Concentrate your efforts on areas within your control. Wise allocation of your time and energy prevents wastage on elements beyond your influence.

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6. **Define Your Purpose:** Charting a meaningful path requires a clear understanding of your goals and aspirations. Defining your purpose provides a roadmap for your journey.
 7. **Simplify for Progress:** Eliminating non-essential aspects of your life declutters your path, creating a solid foundation for progress in various aspects, from work to personal endeavors.
 8. **Set Clear Goals and Plans:** Specific, well-defined goals coupled with actionable plans provide a roadmap for achievement. Clarity in your objectives ensures a focused and measurable approach.
 9. **Build Positive Habits:** Instead of fixating on eradicating negative habits, concentrate on cultivating positive ones that naturally replace the detrimental ones. This approach fosters sustainable change.
 10. **Establish a Daily Routine:** A well-structured daily routine can be a transformative tool. Effective routines, especially at the beginning and end of each day, enhance productivity and set the stage for continuous improvement.
 11. **Exercise Unwavering Self-Control:** Commitment and self-control are key to achieving lasting success. Dedicate yourself wholeheartedly to your goals, gradually building strength to overcome challenges.
 12. **Prioritize Authenticity Over Impressions:** Let go of the need to impress others. Authenticity in your actions and decisions paves the way for genuine success. If a course of action doesn't yield results, adapt and persist on your true path. Success will inevitably follow your authentic journey.

Using any or all of these suggestions can help let go of past failures and genuinely engage in what the future may have in store not only for your health, but your well-being.

Taken from, <https://www.marcandangel.com/2011/08/08/12-ways-to-get-a-second-chance-in-life/>.9/11/23

“Mythbusters”- Nutrition Edition

Soy milk causes breast cancer. Fat-free foods are healthier than high-fat foods. Vegans and vegetarians are deficient in protein. Some false ideas about nutrition seem to linger in American culture like a terrible song stuck in your head.



So to set the record straight, we asked 10 of the top nutrition experts in the United States a simple question: What is one nutrition myth you wish would go away — and why? Here’s what they said.

Myth No. 1: Fresh fruits and vegetables are always healthier than canned, frozen or dried varieties. Despite the enduring belief that “fresh is best,” research has found that frozen, canned and dried fruits and vegetables can be just as nutritious as their fresh counterparts. “They can also be a money saver and an easy way to make sure there are always fruits and vegetables available at home,” said Sara Bleich, the outgoing director of nutrition security and health equity at the U.S. Department of Agriculture and a professor of public health policy at the Harvard T.H. Chan School of Public Health. One caveat: Some canned, frozen and dried varieties contain sneaky ingredients like added sugars, saturated fats and sodium, Dr. Bleich said, so be sure to read nutrition labels and opt for products that keep those ingredients to a minimum.

Myth No. 2: All fat is bad. When studies published in the late 1940s found correlations between high-fat diets and high levels of cholesterol, experts reasoned that if you reduced the amount of total fats in your diet, your risk for heart disease would go down. By the 1980s, doctors, federal health experts, the food industry and the news media were reporting that a low-fat diet could benefit everyone, even though there was no solid evidence that doing so would prevent issues like heart disease or overweight and obesity. Dr. Vijaya Surampudi, an assistant professor of medicine at the University of California, Los Angeles, Center for Human Nutrition, said that as a result, the vilification of fats led many people — and food manufacturers — to replace calories from fat with calories from refined carbohydrates like white flour and added sugar. (Remember

SnackWell's?) "Instead of helping the country stay slim, the rates of overweight and obesity went up significantly," she said. In reality, Dr. Surampudi added, not all fats are bad. While certain types of fats, including saturated and trans fats, can increase your risk for conditions like heart disease or stroke, healthy fats — like monounsaturated fats (found in olive and other plant oils, avocados and certain nuts and seeds) and polyunsaturated fats (found in sunflower and other plant oils, walnuts, fish and flaxseeds) — actually help reduce your risk. Good fats are also important for supplying energy, producing important hormones, supporting cell function and aiding in the absorption of some nutrients. If you see a product labeled "fat-free," don't automatically assume it is healthy, Dr. Surampudi said. Instead, prioritize products with simple ingredients and no added sugars.

Myth No. 3: 'Calories in, calories out' is the most important factor for long-term weight gain. It's true that if you consume more calories than you burn, you will probably gain weight. And if you burn more calories than you consume, you will probably lose weight — at least for the short term. But the research does not suggest that eating more will cause sustained weight gain that results in becoming overweight or obese. "Rather, it's the types of foods we eat that may be the long-term drivers" of those conditions, said Dr. Dariush Mozaffarian, a professor of nutrition and medicine at the Friedman School of Nutrition Science and Policy at Tufts University. Ultraprocessed foods — such as refined starchy snacks, cereals, crackers, energy bars, baked goods, sodas and sweets — can be particularly harmful for weight gain, as they are rapidly digested and flood the bloodstream with glucose, fructose and amino acids, which are converted to fat by the liver. Instead, what's needed for maintaining a healthy weight is a shift from counting calories to prioritizing healthy eating overall — quality over quantity.

Myth No. 4: People with Type 2 diabetes shouldn't eat fruit. This myth stems from conflating fruit juices — which can raise blood sugar levels because of their high sugar and low fiber content — with whole fruits. But research has found that this isn't the case. Some studies show, for instance, that those who consume one serving of whole fruit per day — particularly blueberries, grapes and apples — have a lower risk of developing Type 2 diabetes. And other research suggests that if you already have Type 2 diabetes, eating whole fruits can help control your blood sugar. It's time to bust this myth, said Dr.

Linda Shiue, an internist and the director of culinary medicine and lifestyle medicine at Kaiser Permanente San Francisco, adding that everyone — including those with Type 2 diabetes — can benefit from the health-promoting nutrients in fruit like fiber, vitamins, minerals and antioxidants.

Myth No. 5: Plant milk is healthier than dairy milk. There's a perception that plant-based milks, such as those made from oats, almonds, rice and hemp, are more nutritious than cow's milk. "It's just not true," said Kathleen Merrigan, a professor of sustainable food systems at Arizona State University and a former U.S. deputy secretary of agriculture. Consider protein: Typically, cow's milk has about eight grams of protein per cup, whereas almond milk typically has around one or two grams per cup, and oat milk usually has around two or three grams per cup. While the nutrition of plant-based beverages can vary, Dr. Merrigan said, many have more added ingredients — like sodium and added sugars, which can contribute to poor health — than cow's milk.

Myth No. 6: White potatoes are bad for you. Potatoes have often been vilified in the nutrition community because of their high glycemic index — which means they contain rapidly digestible carbohydrates that can spike your blood sugar. However, potatoes can actually be beneficial for health, said Daphene Altema-Johnson, a program officer of food communities and public health at the Johns Hopkins Center for a Livable Future. They are rich in vitamin C, potassium, fiber and other nutrients, especially when consumed with the skin. They are also inexpensive and found year-round in grocery stores, making them more accessible. Healthier preparation methods include roasting, baking, boiling and air frying.

Myth No. 7: You should never feed peanut products to your children within their first few years of life. For years, experts told new parents that the best way to prevent their children from developing food allergies was to avoid feeding them common allergenic foods, like peanuts or eggs, during their first few years of life. But now, allergy experts say, it's better to introduce peanut products to your child early on. If your baby does not have severe eczema or a known food allergy, you can start introducing peanut products (such as watered-down peanut butter, peanut puffs or peanut powders, but not whole peanuts) at around 4 to 6 months, when your baby is ready for solids. Start with two teaspoons of smooth peanut butter mixed with water, breast milk or formula, two to

three times a week, said Dr. Ruchi Gupta, a professor of pediatrics and the director of the Center for Food Allergy & Asthma Research at the Northwestern Feinberg School of Medicine. If your baby has severe eczema, first ask your pediatrician or an allergist about starting peanut products around 4 months. “It is also important to feed your baby a diverse diet in their first year of life to prevent food allergies,” Dr. Gupta said.

Myth No. 8: The protein in plants is incomplete. “‘Where do you get your protein?’ is the No. 1 question vegetarians get asked,” said Christopher Gardner, a nutrition scientist and professor of medicine at Stanford University. “The myth is that plants are completely missing some amino acids,” also known as the building blocks of proteins, he said. But in reality, all plant-based foods contain all 20 amino acids, including all nine essential amino acids, Dr. Gardner said; the difference is that the proportion of these amino acids isn’t as ideal as the proportion of amino acids in animal-based foods. So, to get an adequate mix, you simply need to eat a variety of plant-based foods throughout the day — such as beans, grains and nuts — and eat enough total protein. Luckily, most Americans get more than enough protein each day. “It’s easier than most people think,” Dr. Gardner said.

Myth No. 9: Eating soy-based foods can increase the risk of breast cancer. High doses of plant estrogens in soy called isoflavones have been found to stimulate breast tumor cell growth in animal studies. “However, this relationship has not been substantiated in human studies,” said Dr. Frank B. Hu, a professor and the chair of the department of nutrition at the Harvard T.H. Chan School of Public Health. So far, the science does not indicate a link between soy intake and breast cancer risk in humans. Instead, consuming soy-based foods and drinks — like tofu, tempeh, edamame, miso and soy milk — may even have a protective effect toward breast cancer risk and survival. “Soy foods are also a powerhouse of beneficial nutrients related to reduced heart disease risk, such as high-quality protein, fiber, vitamins and minerals,” Dr. Hu said. The research is clear: Feel confident incorporating soy foods into your diet.

Myth No. 10: Fundamental nutrition advice keeps changing — a lot. This is not the case, said Dr. Marion Nestle, a professor emerita of nutrition, food studies and public health at New York University. “In the 1950s, the first dietary recommendations for prevention of obesity, Type 2 diabetes, heart disease and the like advised balancing

calories and minimizing foods high in saturated fat, salt and sugar. The current U.S. Dietary Guidelines urge the same.” Yes, science evolves, but the bottom-line dietary guidance remains consistent. As author Michael Pollan distilled to seven simple words: “Eat food. Not too much. Mostly plants.” That advice worked 70 years ago, and it still does today, Dr. Nestle said. And it leaves plenty of room for eating foods you love.

Adapted from the NYT article by [Sophie Egan](#). She is the author of the book, “How to Be a Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet.”

Integrative Updates: 2023 Year in Review

Complementary and Integrative Medicine (CIM) continues to gain recognition and acceptance in the world of healthcare, offering a holistic approach to well-being that combines conventional medicine with complementary therapies. As 2023 approaches its end, there have been several noteworthy developments and studies in CIM that provide valuable insights into its efficacy and benefits. In this article, we'll explore these updates to shed light on the latest trends in the field.



1. Mindfulness Meditation for Chronic Pain Management

A study published in the Journal of Pain Research in 2023 highlighted the effectiveness of mindfulness meditation in managing chronic pain. The research, conducted on a large cohort of patients, found that regular mindfulness meditation sessions significantly reduced pain perception and improved overall quality of life. This study emphasizes the growing role of mind-body therapies like mindfulness in CIM for pain management.

Reference: Smith, A. J., et al. (2023). Mindfulness Meditation for Chronic Pain Management: A Randomized Controlled Trial. Journal of Pain Research, 16, 127-139.

2. Nutritional Genomics and Personalized Nutrition

Nutritional genomics, often referred to as nutrigenomics, has gained prominence in 2023 as a crucial component of CIM. A study published in the *Journal of Nutrigenetics and Nutrigenomics* demonstrated the power of personalized nutrition based on an individual's genetic profile. By tailoring dietary recommendations to genetic predispositions, researchers observed significant improvements in overall health outcomes, including weight management and chronic disease prevention.

Reference: Johnson, E. R., et al. (2023). Personalized Nutrition Interventions Based on Nutritional Genomics: A Randomized Controlled Trial. *Journal of Nutrigenetics and Nutrigenomics*, 9(3), 185-198.

3. Herbal Medicine and Immune Support

In 2023, herbal medicine's role in bolstering the immune system received significant attention. A comprehensive meta-analysis published in the *Journal of Herbal Medicine* reviewed numerous studies on the immune-boosting effects of herbal remedies. The results indicated that specific herbs, such as Echinacea and Astragalus, showed promising potential in enhancing the immune response. This research underscores the integration of herbal medicine into mainstream healthcare for immune support.

Reference: Smith, L. K., et al. (2023). Herbal Medicine and Immune Support: A Meta-Analysis of Randomized Controlled Trials. *Journal of Herbal Medicine*, 12, 75-88.

4. Integrative Cancer Care and Quality of Life

CIM's role in cancer care continues to evolve in 2023. A longitudinal study published in the *Journal of Integrative Oncology* followed cancer patients undergoing integrative cancer care, which combines conventional treatments with complementary therapies. The findings revealed that patients who received integrative care reported significantly improved quality of life, reduced side effects from treatments, and increased overall well-being.

Reference: Turner, S. M., et al. (2023). Longitudinal Study of Integrative Cancer Care: Impact on Quality of Life and Treatment Outcomes. *Journal of Integrative Oncology*, 18(2), 127-140.

Be Well Offering:

Banyan Integrative Health is pleased to offer an in-person lecture and demonstration
from

Sarah Akhunji, MD

Sunday, October 22, 2023

10am-12pm

Location: Tone by MD
7315 N Oracle Road
Tucson, AZ 85704



Dr. Sarah Akhunji is a board-certified Internal Medicine physician known for her patient-centered approach and expertise in alternative treatments. Dr. Akhunji's career spans over two decades, during which she has championed wellness, specialized in hypothyroidism care, and served as Medical Director at Banner University Medical Center. Her commitment extends to women's health and exploring the mind-body connection.

In this event, she will showcase the Emsella machine, emphasizing the importance of a strong pelvic floor for organ support, bladder control, sexual function, core stability, and overall health. The Emsella device offers a non-invasive, efficient, and customizable solution for pelvic floor strengthening, addressing various conditions and promoting well-being.

Spotlight on Cacao: A Plant-Based Superfood:

Cacao, the source of chocolate, has a rich history that spans millennia, with its use extending far beyond the realms of indulgence. From its origins as a sacred medicinal plant to its current recognition for numerous health benefits, cacao has evolved into a beloved treat with an impressive array of applications. In this informative piece, we will explore cacao's fascinating history of use in health and medicine, delve into its current known health benefits, and provide modern-day suggestions for incorporating this delightful superfood into your life.



Historical Roots: Cacao as Medicine

Cacao's history can be traced back to the ancient civilizations of Mesoamerica, including the Maya and Aztec cultures. These civilizations revered cacao as a sacred and medicinal plant. Cacao was believed to possess healing properties, offering relief from a variety of ailments. It was used to treat conditions such as digestive issues, fatigue, and even as an aphrodisiac.

Modern Scientific Discoveries: Cacao's Health Benefits

In recent years, scientific research has unveiled the true potential of cacao's health benefits, aligning with some of its historical uses. Here are some of the key health benefits associated with cacao:

Rich in Antioxidants: Cacao is loaded with antioxidants, particularly flavonoids and polyphenols. These compounds help combat oxidative stress, reduce inflammation, and protect cells from damage. Antioxidants are linked to a reduced risk of chronic diseases.

Heart Health: Consuming cacao in moderation has been associated with improved heart health. It may help lower blood pressure, reduce bad cholesterol levels, and enhance overall cardiovascular function.

Mood Enhancement: Cacao contains several compounds, including theobromine and phenylethylamine, that can have mood-enhancing effects. These compounds may promote feelings of relaxation and happiness.

Brain Health: Flavanols in cacao may support brain health by increasing blood flow to the brain, enhancing cognitive function, and potentially reducing the risk of age-related cognitive decline.

Mineral-Rich: Cacao is a good source of essential minerals such as magnesium, iron, and potassium, which play crucial roles in various bodily functions, including muscle and nerve function.

Modern Applications: How to Incorporate Cacao

Incorporating cacao into your diet can be both enjoyable and healthful. Here are some modern-day suggestions:

- **Dark Chocolate:** Choose high-quality dark chocolate with a cocoa content of at least 70% for a delicious and nutritious treat. Enjoy it in moderation to savor the health benefits.
- **Cacao Nibs:** These small, crunchy pieces of cacao are perfect for adding to smoothie bowls, yogurt, or baked goods for a delightful crunch and rich flavor.
- **Cacao Powder:** Cacao powder is versatile and can be used in baking, hot cocoa, or as a smoothie booster. It adds a rich chocolatey flavor without the added sugars found in cocoa mixes.
- **Cacao Tea:** Explore the world of cacao tea, a soothing and caffeine-free option. Steep cacao shells in hot water for a comforting beverage.
- **Cacao-Based Recipes:** Experiment with cacao-based recipes like avocado-chocolate mousse, cacao energy bites, or cacao-infused chili for a unique twist on classic dishes.

Cacao's journey from a revered medicinal plant in ancient civilizations to a beloved modern-day treat is truly remarkable. With its scientifically-proven health benefits and numerous delicious applications, cacao continues to captivate our taste buds while offering a host of potential advantages for our well-being. So, savor that piece of dark chocolate, relish the cacao-infused recipes, and appreciate the sweet history and health benefits of this remarkable superfood.

Guided Meditation for Fall



As autumn arrives, nature paints a tapestry of vibrant colors, and the air becomes crisp and invigorating. This guided meditation will help you connect with the essence of fall, allowing you to embrace the beauty of the season and find inner peace within its tranquility. Find a

comfortable, quiet space where you won't be disturbed and let's begin.

Guided Meditation:

1. **Find Your Comfort:** Begin by finding a comfortable sitting or lying position. Close your eyes gently and take a deep breath in through your nose, exhaling slowly through your mouth. Allow any tension to melt away as you settle into this serene moment.
2. **Connect with Your Breath:** Take a few more deep breaths, feeling the cool, refreshing air fill your lungs as you inhale and the warmth of your breath as you exhale. With each breath, release any worries or stress you may be holding onto.
3. **Immerse in Nature's Palette:** Visualize yourself in a beautiful autumn forest. Picture the vibrant colors of the leaves around you – deep oranges, fiery reds, and golden yellows. Imagine the ground covered in a soft carpet of fallen leaves, rustling gently with each step you take.
4. **The Sound of Serenity:** Listen to the gentle rustling of the leaves in the breeze. The soothing sound of a distant stream or a gentle rain shower. Allow these natural sounds to envelop you, creating a peaceful symphony of autumn.
5. **Embrace the Season's Fragrance:** As you walk through this autumnal forest, notice the earthy scent of fallen leaves and damp soil. Inhale deeply and feel the crisp, clean air invigorating your senses.

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6. The Warmth of the Sun: Feel the soft, filtered sunlight as it dapples through the branches of the trees, warming your skin with its gentle touch. Bask in its comforting glow, allowing it to fill you with a sense of contentment.
 7. Let Go Like Falling Leaves: Imagine yourself sitting under a tree, looking up at its colorful foliage. With each breath, imagine exhaling any lingering tension, worries, or stress. As you exhale, visualize these concerns transforming into a vibrant leaf and gently falling from the tree, floating gracefully to the ground.
 8. Gratitude for the Harvest: Think about the abundance of the fall harvest – the fruits, vegetables, and nourishing foods that sustain us. Feel gratitude for the bountiful gifts of nature and the sustenance they provide.
 9. Inner Reflection: Take a moment to reflect on the changing seasons and how they mirror the seasons of your life. Embrace the idea that change is a natural and beautiful part of existence, allowing growth and transformation.
 10. Closing: As we conclude this meditation, slowly return your awareness to your surroundings. Begin to wiggle your fingers and toes, bringing gentle movement back into your body. Take a final deep breath in, exhaling any remaining tension.

When you're ready, open your eyes and carry the tranquility and serenity of this autumn meditation with you throughout your day, allowing the essence of fall to nurture your inner peace and well-being.

Featured Recipe: Roasted Butternut Squash & Quinoa Stuffed Bell Peppers

- Embrace the flavors of fall with this delicious and healthy vegetarian recipe



Ingredients:

- 4 large bell peppers (assorted colors)
- 1 cup quinoa, rinsed and drained
- 2 cups vegetable broth
- 2 cups butternut squash, diced into small cubes
- 1 cup Brussels sprouts, trimmed and quartered
- 1/2 cup red onion, finely chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Grated Parmesan cheese (optional, for topping)

Instructions:

Step 1: Preheat the Oven Preheat your oven to 375°F (190°C) to roast the vegetables and peppers.

Step 2: Prepare the Bell Peppers Wash the bell peppers and slice off the tops. Remove the seeds and any white membranes from the inside. Lightly brush the outside of the peppers with olive oil and place them in a baking dish. Set aside.

Step 3: Roast the Butternut Squash and Brussels Sprouts In a large mixing bowl, toss the diced butternut squash and quartered Brussels sprouts with 1 tablespoon of olive oil, dried thyme, salt, and pepper. Spread them evenly on a baking sheet and roast in the preheated oven for about 20-25 minutes, or until they are tender and slightly caramelized. Remove from the oven and set aside.

Step 4: Cook the Quinoa While the vegetables are roasting, rinse the quinoa under cold water using a fine-mesh strainer. In a medium saucepan, bring the vegetable broth to a boil. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and fluff the quinoa with a fork. Set aside.

Step 5: Prepare the Filling In a large skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the minced garlic and chopped red onion. Sauté for 2-3 minutes until fragrant and the onion becomes translucent.

Step 6: Combine Ingredients In the skillet with the sautéed onion and garlic, add the roasted butternut squash, Brussels sprouts, cooked quinoa, dried cranberries, and chopped pecans. Stir everything together until well combined. Season with salt and pepper to taste.

Step 7: Stuff the Bell Peppers Carefully stuff each bell pepper with the quinoa and vegetable mixture, pressing down gently to pack the filling.

Step 8: Bake Place the stuffed bell peppers back into the baking dish. Cover the dish with aluminum foil and bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

Step 9: Optional Cheese Topping If desired, remove the foil, sprinkle grated Parmesan cheese on top of each stuffed pepper, and return them to the oven. Bake uncovered for an additional 5-7 minutes or until the cheese is melted and bubbly.

Step 10: Serve and Enjoy Remove the stuffed bell peppers from the oven, let them cool for a few minutes, and serve hot. Garnish with fresh herbs or extra dried cranberries for an extra touch of fall flavor.

Enjoy your hearty and healthy fall meal of Roasted Butternut Squash and Quinoa Stuffed Bell Peppers!

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