

In this issue

- . Where are Your Treasures? - A devotional from Focus on the Family
- . The Aging of Eating Disorders - A Message from Timberline Knolls
 - New Faith-Based Hospital Programs
 - Happy Mother's Day

NUTRITION TIPS FOR A HEALTHY LIFE

By Gary Casaccio, M.D.

Healthy Eating/Weight Loss

Healthy eating does not need to be overly complicated; a bit of common sense goes a long way. I would advise to avoid any fad diets or dietary extremes. A healthy eating plan should be easy to maintain over the long haul. At least 50% of your diet should be lean protein sources (i.e. fish, tuna, egg whites, turkey, chicken, lean beef). Eliminate or at least reduce sugar and high glycemic, fast acting carbohydrates such as breads and pastas made of white flour, all of which cause a rapid rise in blood sugar. The rapid rise in blood sugar is followed by an excessive elevation of insulin which drives glucose (sugar) into adipose or fat cells. It is better to choose low glycemic or slow acting carbs which help keep blood sugar levels more steady after a meal. Good carbohydrate sources would include oatmeal, most fruits and vegetables (which are a great source of nutrients and phyto-nutrients), brown rice and whole wheat bread in moderation. Choose sweet potatoes or yams over regular potatoes if given a choice. Add in some healthy fats such as olive oil, nuts or nut butter, avocados, seeds and fish oil, and you have a great foundational diet. To keep blood sugar levels steady and avoid an elevation of fat storing hormones, eat every three hours if possible. For most, this would include three meals with three snacks which could consist of plain yogurt, nuts or a low carbohydrate protein shake (whey protein is great). To cover your bases, it would be a good investment to add in a good quality multivitamin or whole food source supplement. Keep very well hydrated and keep caffeine to a minimum- green tea is a much better choice over coffee. Keep stress levels to a minimum, avoid emotional overeating and ensure you are getting enough good quality sleep. Lastly, add in some aerobics and resistance training and you are well on your way to looking and feeling better.

Improve Your Brain Power

A recent study has shown that people who follow a Mediterranean like diet have a 68% lower risk of age related cognitive decline. A Mediterranean diet encourages the use of fresh fruits and vegetables, olive oil, fish and nuts, and minimizes the intake of sugar and red meat. This type of diet is thought to be beneficial because of the high amounts of Omega 3 fatty acids and phytonutrient antioxidants both of which support brain function and structure. Some helpful nutritional supplements to further support brain health would be 1) Phosphatidylserine; helps to sharpen memory, decrease cognitive decline and improve mood 2) DHA; concentration in the brain declines with age and its use can also reverse cognitive decline, and 3) Ginkgo Biloba; promotes healthy blood flow to the brain and increases oxygen delivery to the brain as well as serving as an antioxidant. Ginkgo also increases the availability of the important brain neurotransmitter acetylcholine and has been shown to improve memory and sharpen focus. Of course, don't forget healthy exercise (which increases blood flow to the brain and promotes the production of feel good neurotransmitters) and stress reduction (which decreases the harmful effects of the stress hormone cortisol). Lastly, good sleep is a must if you want your brain to fire on all its cylinders.



Gary Casaccio joined Meier Clinics in 1994 as a psychiatrist and also serves currently as the Medical Director of the Illinois clinics. He earned his M.D. from Chicago Medical School in 1992 and completed his residency at Loyola University in 1996. Dr. Casaccio provides evaluation and medication management services and has a special interest in nutrition.

NUTRITION TIPS (Continued)

Consider Calcium for Weight Loss

The benefits of Calcium are numerous. Calcium deficiency is the most common nutrient deficiency; it is estimated that only 21% of people are getting adequate amounts of calcium in their diets. Of course, just about everyone knows that calcium is important for the development of strong bones and teeth, but it does a lot of other great things as well. Calcium can reduce your risk of colon cancer, protect your heart health by regulating your blood pressure, help reduce PMS mood symptoms and, of most interest, aid in fat loss and prevent fat gain. People who don't get enough calcium in their diet are more likely to be overweight. When you don't get enough of this nutrient in your diet, your body produces more of a hormone called calcitriol which helps absorb more calcium; but it also causes your body to store more fat and also prevent the breakdown of fat. Many studies have shown that higher calcium levels are associated with lower body fat levels, especially fat around the mid-section. Ideally, one should get about 1,500 mg of calcium from their diet per day. Calcium rich foods include milk, yogurt, and broccoli. You may want to consider supplementing with 400-600 mg of calcium twice per day *with* food to improve absorption. You can also boost your calcium absorption by taking it with vitamin D.

These nutrition tips are not meant to diagnose or treat any medical condition and are for the purpose of information only. Please contact your medical doctor to see if any of these suggestions would be appropriate for you. For more nutrition tips please see my nutrition blog at www.doctorcmd.net. Gary Casaccio, M.D.

Where Are Your Treasures?

By Joan Condie, RN, LPC

While unpacking our suitcases after an overseas trip, my distress level kicked into high gear when the travel-size jewelry case was nowhere in sight. As I fretfully rummaged through every pocket, nook and cranny, my mother's haunting, pre-trip admonition rang in my ears, "Don't take valuables that might get stolen." (At the time, while attempting to reassure her, my mind was already basking on a sun-drenched beach found only on the travel channel.)

Feeling partly angry with myself ("Why didn't you listen to your mother?") and partly angry with the elusive thief ("Why steal costume jewelry?"), my heart sank. Meanwhile, my husband tried to be helpful as we searched together.

"Your jewelry has to be here somewhere," he assumed, but his hand came up empty from the hundredth zippered pocket.

A quick mental appraisal of the missing pieces suggested a low market value, but a high sentimental significance. The memories attached to the jewelry brought a sadness that was out of proportion with the losses. I began asking God for help in retrieving my possessions; however, those prayers went unanswered.

Later, a childhood memory verse came to mind: "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21) Unexpectedly, God's living word from two thousand years ago brought back a proper perspective to the lost jewelry.

The cold winter melted into spring, but occasionally, while getting ready for the day, I still looked toward the jewelry drawer, only to remember again, "It's not here!" Eventually, God replaced the thoughts about what was missing with gentle questions. "Have you considered the number of hours spent with your treasures (hobby, music, car, smart phone, TV) compared to your hours spent with God?"

The Aging of Eating Disorders

Middle-aged Women Fight the Devastating Disease

While adolescent girls and fashion models are typically viewed as the poster girls for eating disorders, in reality, they have plenty of company. Eating disorders are equal-opportunity offenders, pervading economic and cultural boundaries and leaping the borders of age and gender. Over the past 5-10 years, we have been seeing a growing number of older women seeking treatment for eating disorders. According to a 2006 study, Austrian researchers found that among 475 women 60 to 70 years old, 60 percent said they were dissatisfied with their bodies and four percent met the criteria for an eating disorder diagnosis.

Three categories identify older women with eating disorders: women who have secretly struggled with an eating disorder for years without seeking treatment (many of whom have received treatment for substance abuse), women treated when they were younger for an eating disorder that has now reoccurred, and women who first develop an eating disorder as an adult. At any age, an eating disorder stems from deep insecurity and an overwhelming fear of being out of control. Compulsive food management, whether it's extreme dieting, purging, or bingeing, provides people with eating disorders an emotional "fix," a sense of power and control, but only until the next crisis comes crashing down or up (internal, deeply buried emotional memory). There is usually a collection of stress factors that commonly occur in midlife as powerful catalysts for the onset - or reemergence - of eating disorders in later-life, that include:

- Relationship problems
- Divorce
- Parenting troubles
- Death of a parent
- Career difficulties
- Financial strain
- Empty-nest syndrome
- Emotional and physiological changes brought on by menopause

Where Are Your Treasures? (cont.)

Have you truly longed to be in His Word? Would you experience loneliness for God if you hurriedly forgot your daily quiet time with Him?" God prompted a Prophet to write, "When you come looking for Me, you'll find Me. Yes, when you get serious about finding Me and want it more than anything else, I'll make sure you won't be disappointed." (Jeremiah 29:13) Likewise, when David was in the wilderness of Judah he lamented, "O God, You are my God, earnestly will I seek You; my inner self thirsts for You, my flesh longs and is faint for You, in a dry and weary land where no water is." (Ps 63:1) Through my experience, God exposed my attachment to "things," and He offered, in exchange, a deeper attachment to Him. Amazing! My prayers were answered far better than I ever imagined!

What about you? Can you say you are seeking God's companionship above all else? If your answer is, "No," will you prayerfully consider what is more important? How can temporary possessions, job security, vehicles or vacations ever compare to what is eternal? Hopefully, you will not need to lose something personally valuable to realize the unsurpassable value of a personal God. Missionary Jim Elliot rightly said, "He is no fool who gives what he cannot keep to gain what he cannot lose."

Treasures in Heaven, indeed!



Joann Condie is a Licensed Professional Counselor and Registered Nurse at Focus on the Family (FOTF). She specializes in sexual addiction and dysfunction. In addition to speaking and training professionals nationally, Joann is a counselor at FOTF and maintains her private practice, "Renewing Intimacy," in Colorado Springs, CO.

For more information about FOTF, visit www.focusonthefamily.com

NEW FAITH-BASED HOSPITAL PROGRAMS

Meier Clinics is pleased to be partnering with Ascend Health Corporation in starting faith-based inpatient programs at University Behavioral Health in El Paso, Texas, and Cedar Hills Hospital in Portland, Oregon. Patients who request the Meier Clinics Faith-Based Program will be using the *Journey to Joy Workbook* that was created by Meier Clinics staff to assist patients in their healing process. For more information about this hospital program, contact Meier Clinics at 888-7CLINIC (888-725-4642).

"For you created my inmost being; you knit me in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:13-14

The Aging of Eating Disorders (cont.)

- Fears associated with aging
- Desires to look younger and slimmer than your age may allow

So, environmental factors, society's emphasis on appearance and idealization of thinness and stressful, traumatic or disruptive life events are all triggers. If there is a genetic predisposition, the odds are not in your favor. Regardless of age, for someone with an eating disorder, the inner voices of anorexia, bulimia and compulsive overeating shout that self worth is measured by physical appearance, and self-worth is always zero (or less). Yet the truth is that happiness and self-esteem are inside jobs which stem from loving and accepting yourself for who you truly are and taking "esteem-able" actions. That's only possible with lifelong recovery in the context of an abundantly supportive, ever-present recovery community.

Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago. A nurturing environment of recovery is offered to women ages 12 and older who are struggling to overcome eating disorders, substance abuse, mood disorder and co-occurring disorders. Meier Clinics provides Christian counseling services for those residents who request it. For more information about Timberline Knolls, visit their website at www.timberlineknolls.com.

HAPPY MOTHER'S DAY

to the many women who are mothers, grandmothers, mothers-to-be, or have served as a mother figure to someone else. The supportive, nurturing care a mother provides is priceless and has lasting effects. Many people may have never experienced the unconditional love of a mother; their mother may have been physically or emotionally absent or they may have had an abusive mother. They may be dealing with scars created by this vacuum or abuse for years to come.

Meier Clinics is here to help those struggling with "mother issues" and a wide range of other issues. We are looking for others who want to show "mother love" to those less fortunate who are needing Christian mental health care. Can you help? Contributions may be made by:

Phone: 800-848-8872

Online: www.meierclinics.com/donations

Mail: MCF, 2100 Manchester Road, Suite 1510, Wheaton, IL 60187-4561

MCF is a 501(c)(3) non-profit. Donations are tax deductible within IRS regulations.

Thank you for taking time out of your day to read our newsletter. We hope it has been encouraging and enlightening. If there is a topic you would like us to address in the future, please feel free to contact us at info@meierclinics.com.

If you would like to speak with one of our staff members, please call us at 888-7CLINIC to be directed to the Meier Clinics nearest you. Or you may contact us by e-mail at intakepost@meierclinics.com. **See us on facebook.**