


James Hubbard's My Family Doctor™

The Magazine That Makes Housecalls™

SEPT/OCT 2008



Strong, Healthy, Woman

No more confusion!
What you really
need to know, p. 16

In this issue

12 CELIAC: WHEN IT'S NO TREAT
TO EAT WHEAT

Meet this underdiagnosed
disorder—and learn from the
people thriving with it!

15 REASONS TO SEASON: HERB AND
SPICE ESSENTIALS

You'll never cook the same again!
Easy, mouth-watering, health-
boosting seasoning tips.

HOUSECALLS

22 Nutrition *Anorexia: how to know when dieting's gone too far.*

23 Fitness *Muscle myths and facts.*

24 Digestive Health *Ulcer-causing bacteria.*

25 Adolescent Health *Help prevent school violence.*

26 Mental Health *Addiction recovery.*

REGULAR FEATURES

10 So You Wanna . . . *Save 50 calories!*

11 Alternate Reality *Acupressure.*

20 The Great Debate *Abortion effects.*

29 How Does It Work? *Your eyes and your brain.*

30 To the Test *Lactose-free foods.*

Nutty Butters

These days, peanut butter isn't the only type of nutty spread you'll find in the supermarket. For a little variety, keep an eye out for almond, cashew, macadamia, hazelnut butters and more, says Patricia Vasconcellos, R.D., C.D.E., a nutrition consultant in Cape Cod, Mass. There are also seed butters and even legume. Soy butter, made from roasted soybeans, is "a good alternative for those with nut allergies," says Vasconcellos.

KIND*	CAL.	PROTEIN**	SAT. FAT	OTHER NOTABLES**
Almond	203	5 g	2 g	magnesium, vitamin E, phosphorous, copper, riboflavin; 1 g fiber
Cashew	188	6 g	3 g	magnesium, phosphorous, zinc
Peanut, smooth	188	9 g	3 g	niacin, magnesium, phosphorous; 2 g fiber
Soy	170	7 g	2 g	potassium, phosphorous; 3 g fiber
Sunflower	185	6 g	2 g	magnesium, phosphorous, pantothenic acid, zinc, vitamin B-6, folate; 4 g fiber

Sources: USDA National Nutrient Database, Soyfoods Association of North America

*Serving size: 2 Tbsp.

**The FDA recommends 50 grams of protein and 25 grams of fiber a day.

Make Your Own!

Spread a couple of cups of nuts on a cookie sheet. Bake at 350, stirring every once in a while, until lightly browned—around 10 minutes. Grind the nuts in a food processor with a little olive or vegetable oil (one teaspoon to a few tablespoons, depending on the nut) and salt, if desired. After a few minutes of grinding, once it's smooth and buttery, enjoy! (Keep refrigerated.)

Good Fats, Bad Fats

Nuts are high in unsaturated (good) fats, says Vasconcellos. "But be careful because nuts are high in calories, too."

Also read the nutrition label, says Gloria Tsang, R.D., founder of HealthCastle.com, which is run by registered dietitians. "In particular, some brands of nut butter contain partially hydrogenated oil despite that the label claims zero trans." (They can claim this if it has less than 0.5 grams per serving.)

"In the course of being a personal trainer, I've tried many BMI devices, from made-for-the-home scales to handheld medical-quality instruments and skin calipers. Many of the appliances vary in quality and most require proper hydration. None are perfect. I recommend that people determine their BMI using the simple formula method."

—GREG MUMM, A.C.E., *author, Lose Weight, Gain Energy: How to Enjoy Exercise*

"The value of knowing body-mass index is that it provides a better correlation of your body size to your risk for disease, such as heart disease and high blood pressure. ... It is possible to calculate your BMI each time you weigh yourself, or create a chart of BMI for your weight as

WORTH IT?

Body-Mass Index Scales

Some scales claim to read more than just your weight; they calculate your body-mass index. BMI indicates how much actual fat you have, not just your overall weight. So should these scales be bathroom staples? (See more about BMI on page 22.)

it changes according to your height. ... You may also find an online version of the BMI table and post it near your scale, which is just as good as a special scale."

—SHAWNA D NESBITT M.D., M.S., *associate professor of internal medicine, University of Texas Southwestern Medical Center*

"What really counts is fat loss, not poundage. So I use an old-fashioned doctor's scale, a handheld body fat and BMI calculator, and a tape measure. But as long as my patient weighs, measures or tracks on her scale-of-choice as often as she and I decide, even a BMI scale will work."

—JOHN LA PUMA, M.D., *director, Santa Barbara Institute of Medical Nutrition and Healthy Weight; author, ChefMD's Big Book of Culinary Medicine*