



Newsletter, Volume 2, Number 2 – February 2010

In the News

- **Dr. Hoo's Stress Buster Formula and Dr. Hoo's Cold Buster Formula are now available at Choices Market in Yaletown.**
- Secondly, due to the Olympics, clinic hours will be altered from February 15th – 28th. The clinic will be closed Mondays on February 15th and 22nd, as well as Saturdays on February 20th and 27th. Regular business hours apply within the two weeks from Tuesdays to Fridays for your convenience, to pick up your refills and additional supplements.
- In addition, I will not be in the office from February 12th – 23rd, but will resume accepting appointments on February 24th and 26th.

February is Heart Health month – no wonder Valentine's Day falls in this month! To keep your heart healthy and strong, consider preventative strategies to lower your blood pressure, strokes and atherosclerotic plaque build-up. Studies show that heart disease remains the number one cause of death in North America. Poor nutritional and lifestyle habits as well as chronic stress contribute greatly to heart disease. In fact, a 2003 study published in the Journal of American Medical Association showed that although drugs can be effective in some individuals for hypertension, only 34% of those on hypertensive drugs have controlled blood pressure; as such, diet and lifestyle modifications as well as some natural alternatives prove to be much more effective in lowering blood pressure overall.

Naturopathic Options: You can lower your blood pressure by minimizing your intake of salt to no more than 2.5g (2500mg) per day. Remember that salt is added to processed foods in the form of preservatives and additives, and sauces. Intake of magnesium rich foods like soy, buckwheat, rye, and figs contain about 100-300mg of soy per cup. Magnesium supplementation in the form of tablets may also be appropriate to help lower your blood pressure by dilating your vessels. Daily intake of fish oils is essential, not only to lower LDL ("bad") cholesterol, but also to reduce inflammation that can further damage the lining of your blood vessels and thereby contribute to atherosclerosis.

Dr. Aaron Hoo, Doctors' Choice Nutrition
1190 Thurlow Street Vancouver, BC V6E 1X3
Phone: 604-688-1169 Fax: 604-688-1176
www.doctorschoicenutrition.ca

Advice from Dr. Aaron Hoo

If you or someone you know has high blood pressure or other forms of heart disease, I encourage you to discuss it with me in order to treat and manage the underlying causes. While it is essential that modifying lifestyle and dietary factors to reduce heart disease risks, studies have also shown that certain peptides (proteins) from bonito fish (same family as tuna), the very same flakes drizzled over some sushi rolls, have excellent blood pressure lowering capacity by affecting enzymes in the kidneys which regulate blood volume. Clinical trials with bonito fish peptides suggest a 64% efficacy rate in lowering blood pressure in mild and moderate high blood pressure. Please consult with me for more information on bonito fish peptides.

Additional lifestyle considerations include: weight reduction for those who are overweight or obese, increase in physical activity, moderation of alcohol intake, and adopting the DASH (Dietary Approaches to Stop Hypertension) diet which is rich in potassium and calcium.

Featured Recipe

RICE AND BEANS WITH CHICKEN (SERVES 1)

Ingredients: 4 oz. (1/2 cup) cooked kidney or black beans; 1/2 cup cooked brown rice; 3 oz. chicken breast cubed (substitute with tofu or tempeh for vegetarians); 3 cloves garlic (chopped); 1/2 red onion (chopped).

Ingredients for Basic Salad & Veggie Dressing: 1/4 cup each of flaxseed and olive oils; 2-4 Tbsp. vinegar (apple cider, tarragon, rice, or balsamic); 1 Tbsp. water; 1 tsp. dry mustard or other herbs of choice, whisked into liquid for mixing; minced garlic, oregano, basil or other herbs. Mix ingredients in a shaker jar and keep in fridge.

Saute onions and garlic in a pan with grapeseed oil; when these are caramelized, add beans and stirfry with black pepper and Vegit (vegetable seasoning) to taste. Add cubed chicken breast to beans and sauté for 15-minutes on medium high heat. When cooked, add rice, and mix contents with Basic Salad & Veggie Dressing. – Bon a petit!

Clinic Savings

 Doctors' Choice NUTRITION	<p>Bring this portion into the clinic to receive</p> <p>15% off</p> <p>your next supplement purchase</p> <p><small>**This offer is not to be used with any other discounts or in-store promotions. Offer applicable once per month per household**</small></p>
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