

Functional Medicine is an evolution in the practice of medicine which addresses the health care needs of the 21st century.

By shifting the focus of medical practice to a patient-centered approach, Functional Medicine addresses the whole person and deals with the cause of your illness, not just the symptoms.

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## Top 5 Negative-Calorie Health Foods That Burn Fat While Keeping You Satisfied

There's only one way to eat more while losing more weight at the same time. One of the best ways is to eat "negative-calorie" foods, meaning that these foods actually take more energy to digest than they deliver to your body. While these foods are an important source of nutrients, they are not sources of fat-packing calories.

Because of their surprising lack of calories, these foods can essentially be consumed in almost *unlimited quantities* without you gaining weight. That works because your stomach senses when it is physically full, and it will trigger your brain to stop eating when you can't handle more food. You know that "I'm stuffed" feeling? That's your stomach (which has its own complex nervous system, by the way) telling your brain to stop eating.

This is why, believe it or not, the simple act of *drinking a glass of water before each meal is a proven weight loss method*. When your stomach is half full of water, it reduces the amount of space left for other foods. So your stomach gets full more quickly, triggering the "stop eating" signals to the brain.

Eating an apple before each meal also works similarly. This is true even though apples are not negative-calorie foods. But they are rich in water, and water takes up space in your stomach.

In fact, that's the common property among all negative-calorie foods: **They all contain a lot of water** locked in a fibrous matrix. Grapes and watermelons are other fruits that contain a lot of water. Among the water-packed vegetable family, look for celery, bell peppers, and cucumbers.

So here's a list of the five best negative-calorie foods that you can enjoy every day as part of a healthy weight loss diet:

### 1) Celery

One cup of celery (120g) contains only 19 calories. It takes significantly more than 19 calories to prepare, eat, digest and eliminate one cup of celery, and that's why it qualifies it as a negative-calorie food. You can eat as much celery as you want, and you won't gain body fat. Even though celery contains effectively no contributing calories, it does contain **powerful phytonutrients**. Celery juice is a powerful anti-inflammatory medicine, and one of the active phytonutrient constituents in celery -- **apigenin** -- reduces the risk of ovarian cancer as well.

continued...

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## 2) Lettuce, Onions and Greens

Lettuce is basically just structured water locked into a vegetable matrix. One cup of typical iceberg lettuce contains just **8 calories**, meaning you can nibble on this to your heart's content and you'll never gain an ounce of body fat. Much the same is true with **onions**, which contain only 64 calories per cup and yet deliver an amazing assortment of anti-cancer nutrients and immune-boosting substances. Virtually all salad greens are "negative-calorie" foods. But be aware that while lettuce by itself is a negative-calorie food, salad dressing is mostly definitely NOT. In fact, salad dressings are often loaded with cheap oils and even MSG (monosodium glutamate), a chemical taste enhancer linked to neurological damage and obesity. MSG is almost always found in "Ranch" flavor dressings, in particular.

## 3) Kelp noodles

Eating noodles is not usually known as a way to lose weight. That's because traditional noodles are made with calorie-rich starches derived from grains like wheat. But even brown rice noodles, spelt noodles, and quinoa noodles still contain a lot of calories. That's why **kelp noodles** are so amazing: They're made out of sea kelp, and they're packed with water. Yet they perform amazingly well in soups, raw noodle dishes and even Italian-style dishes like spaghetti. Kelp noodles contain just **6 calories per serving**, and yet they take up a lot of physical space in your stomach, contributing to that "full" feeling. Kelp noodles are also great for adding substance to light soups or vegetable broths. They make a broth eat like a full soup (and they make you feel full, too).

## 4) Pickles

Pickles are, of course, made from **cucumbers**, and cucumbers are a "negative-calorie food" because they're so light in calories. One cup of cucumbers contains a mere **16 calories**. Does that mean one cup of pickles contains 16 calories, too? Well, not really. You have to watch out for the sugar content in some brands of pickles. Just pickling cucumbers in vinegar, water and spices won't add any calories, but a lot of today's most popular pickle brands contain some sugar. This typically adds only a slight amount of calories to the food. Dill pickles made from cucumbers, for example, have **17 calories** per cup. So they're still a negative-calorie food because it takes more than 17 calories to consume and digest them. If you're looking to lose body fat or maintain a healthy weight, **eat all the pickles you want**. Beware, however, of this: **Many pickles are made with artificial food coloring chemicals**. In fact, approximately **95% of the pickles sold in grocery stores are contaminated with FD&C Yellow #5**. This dangerous chemical should be avoided by everyone -- especially children. So only buy natural pickles made without the yellow #5 food coloring!

## 5) Grapefruit

Grapefruit technically isn't a negative-calorie food, but it deserves mention for another reason. For starters, it's still fairly low in calories, delivering only **74 calories** per cup. But the best part is that grapefruit contains **naringenin**, an antioxidant that delivers the bitter flavor of grapefruits, which triggers the liver to break down fat. So as part of a fat-loss strategy, grapefruit is truly essential to your daily diet! So there you have it! Five foods that you can gorge on and not gain weight, and, in fact, will probably contribute to your weight loss efforts. But in order to get the very best results from any weight loss program, you have to identify the biochemical barriers that impede your progress and keep your body holding on to fat cells. That's where the Functional Medicine Assessment (FMA). Often times there are burdens and malfunctions in the body that can actually signal the body to make more fat cells, and the revolutionary technology of FMA can help us to identify what those are in you.

**Call us today to schedule an FMA!**

# Upcoming Events

## What Can Integrative Medicine Do For You?

**Time:** March 8<sup>th</sup> @ 7:00

Free Seminar with Steven Johnson, DO, and Rafael Cruz, MD from 21st Century Medicine.

**Topics to be included, but not limited to:** cardiac-disease prevention, prolotherapy, musculoskeletal injuries, and hormone therapy

## Talk Tuesday-March 15<sup>th</sup> @ 6:30

Free seminar with our health care providers.

**Seminar Topics:** Importance of hormone balance, hormones and aging, differences between synthetic & bio-equivalent hormones, symptoms of hormone deficiency or excess, functions of hormones, and options for testing your hormone levels



# Recipes

## Chocolate-Cherry Heart Smart Cookies

### Ingredients:

- 1/3 cup all-purpose flour
- 1/3 cup whole-wheat flour
- 1 1/2 cups old-fashioned rolled oats
- 1 tsp baking soda
- 1/2 tsp salt
- 6 tbsp unsalted butter
- 1 cup dried cherries
- 1 tsp vanilla extract
- 1 large egg, lightly beaten
- 3 oz bittersweet chocolate, coarsely chopped
- Cooking spray



### Preparation:

1. Preheat oven to 350°.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, rolled oats, baking soda, and salt in a large bowl; stir with a whisk.
3. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray.
4. Bake at 350° for 12 minutes. Cool on pans 3 minutes or until almost firm.

### Nutritional Information:

1 cookie, 94 calories, 3.2g fat, 1.6g saturated fat, 1.5g protein, 15.7g carbohydrate, 1.3g fiber

## Shrimp and Crab Gumbo

### Ingredients:

- 1/3 cup all-purpose flour
- 3 bacon slices, diced
- 2 cups finely chopped onion
- 4 celery stalks, thinly sliced
- 4 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp crushed red pepper
- 16oz. bag frozen cut okra, thawed
- 1 cup water
- 2-14oz. cans chicken broth
- 1 large finely chopped green bell pepper
- 2 tsp salt-free Cajun seasoning
- 1 lb. peeled and deveined medium shrimp
- 2-6oz. cans lump crabmeat, drained
- 3 cups hot cooked long-grain white rice
- Hot pepper sauce (optional)



### Directions:

1. Place flour in a small skillet; cook 5 minutes over medium heat or until flour is brown, stirring constantly. Place in a small bowl, cool.
2. Cook bacon in Dutch oven over medium-high heat 3 minutes. Add onion, bell pepper, celery, and garlic; sauté 10 minutes or until vegetables are tender and lightly browned. Add water, and cook 1 minute, stirring constantly.
3. Combine toasted flour and 1 can of broth in a medium bowl, stirring well with whisk. Gradually pour broth mixture into pan. Stir in remaining can of broth, Cajun seasoning, 1/2 tsp salt, red pepper, and okra; bring to boil. Cover, reduce heat, and simmer 15 minutes.
4. Add shrimp; cook 3 minutes or until shrimp are done. Gently stir in crabmeat. Remove from heat; serve over rice.

### Nutritional Information:

6 servings, serving size 1/2c rice, 1 1/4c gumbo  
464 calories, 9g fat, 2.9g saturated fat, 33.8g protein, 60.2g carbohydrate, 5.4g fiber