

Health Topics

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Brought to you by: Get Fit With Nick

The Wonder Fruit?

- Cherries contain large quantities of Melatonin, a hormone produced in the brain
- Melatonin slows aging
- Melatonin aids in restful sleep

Are Cherries the Wonder Fruit?

Some scientists think they are.

Cherries will be in season in a few months. I remember as a young child one of my grand uncles bringing cases of cherries to the house in mid June. Growing up in an Italian-Catholic household these events were usually associated with a saint's feast day; and for cherries it was St. Anthony. Saints or not, health benefits or not; we kids enjoyed the ripe delicious berries, and looked forward to them each Spring.

The tangy little orbs have been credited with an array of health advantages, from soothing gout and arthritis to helping with a good night's sleep. Without hard data, though, such claims were

dismissed as proverbial old wives' tales. Well, sometimes old wives know what they're talking about. "It was always



Eat fresh fruits and berries when they are in season when they are most nutritious.

anecdotal, but it's been reported so frequently, by so many different people, that you have to think there may be something to it," says Dr. Russell J. Reiter, professor of neuro-endocrinology at The University of Texas Health

Science Center in San Antonio. Reiter recently put some hard science behind the cherry folklore. He conducted a five-month study and found that tart cherries contain significant amounts of melatonin, a hormone produced in the brain's pineal gland that has been credited with slowing the aging process, and fighting insomnia and jet lag. It's also being studied as a potential treatment for cancer, depression and other diseases and disorders.

[Remember to wash fruit thoroughly to remove the toxins left by commercial farming. [More on nutritional cleansing in another newsletter.](#)]

Decrease Your Waistline

- Don't park right next to the mall entrance
- Use the garage door opener only in bad weather
- Use a rake instead of the leaf blower

Decrease Your Carbon Footprint [and perhaps your waistline]

Human powered appliances not only reduce energy consumption, they burn calories. If you're interested in trimming your waistline as well as your energy costs - think hand powered tools and utensils; a manual can opener, a whisk, a carpet sweeper, a manual juicer, a wooden spoon instead

of the an electric mixer – inside your home. Outside, try a reel mower, a spade or hoe instead of a power cultivator and a broom or rake instead of that leaf blower. Some other things you might consider are: taking the stairs instead of the elevator, disconnecting the garage door

opener, and not circling the mall parking lot looking for a spot right at the entrance; park in one of the far reaches of the lot, and walk. You may find that as your energy savings grow, your silhouette will shrink; the best of both worlds.

Thought of the Day

Obstacles are those horrible things you notice when you take your eye off your goal.
- Henry Ford

Get Fit With Nick

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Fit Happens! At Get Fit With Nick



Could one conversation change your life?

When was the last time you talked with someone about your health and received the personal attention you deserve? It's rare for anyone to get an hour to work on their nutrition and goals with a trained professional. As a health counselor, I am here to create a supportive environment while we explore what really works for you.

Find out by scheduling a free consultation with me.

We will discuss your unique situation in depth and determine how I can help you reach your personal goals.

At Get Fit With Nick, We Combine Physical Activity, Career, Relationships, and Spirituality with Food.

We're on the Web at:
healthcounseling.getfitwithnick.com

The Crash of the "Green Revolution" in India: From Basket Case to Bread Basket to ? . . . And what it means for us.



Unsustainable farming is leading toward and economic and environmental calamity.

Hear the entire story on the Crash of the Green Revolution in India at wnyc.org.

When I was a child, my mother always exhorted me to eat all the food on my plate with the words "there's a poor boy in India who has none." That is no longer the case, but is the future secure for India. A generation after Indian farmers abandoned traditional methods and crops for high yield crops and chemicals, adopting "American Way," the country's farming system is headed for disaster. Where they once grew traditional grains, beans, & vegetables, Indian farmers now grow high yield crops such as wheat and rice, but these crops come at a cost. They require irrigation, and lots of it. Ground water levels have dropped by as much as 300'

and the brackish water that is now coming out of some of them is damaging crops. Chemical fertilizer & pesticides instead of cow dung is producing more and more, but less and less nutrition each year as the soil becomes increasingly depleted of vital nutrients.

What does that mean for us, you might be thinking. Aside from the economic and ecological disaster that is looming for India, we're in a not too different situation here in the US. Commercial farming in the US has directly or indirectly influenced 1) the epidemic of obesity now facing our country, because subsidies to grow high yield crops such as corn, wheat, and soy make products made

from those crops as well as beef and the other staples of the fast food industry artificially inexpensive; and 2) has caused a generation of Americans to be malnourished [rather than under-nourished,] because the soil in North America is so depleted of vital nutrients. For example, it takes 12 apples today to give you the nutrition of one apple in 1979 gave you, and it takes 42 more spinach to give you the same nutritional value of a 1950's crop. Maybe, going organic is not that far fetched after all. Seems the only thing we're able to export are our bad habits.

[More on this topic in another newsletter.]