



## Newsletter, Volume 2, Number 4 – April 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.**

**\*\* 15% Discount offered on all medical aesthetic procedures by Dr. Hoo during the month of April at pHresh Spa**

Happy Easter everyone! For the choco-holics amongst us, Easter may mean children (and adults) buzzing around on a sugar high! Well I've got great news for you – An observational study published in the Journal of Internal Medicine examined the long-term effects of chocolate consumption among patients with coronary heart disease. The study involved 1,169 non-diabetic patients who were admitted to hospital with confirmed first heart attack. These patients were asked to fill a questionnaire reporting their usual chocolate intake during the preceding 12 months. They were then followed for hospital admissions and mortality over the next eight years. The authors of the study found chocolate consumption had an inverse relationship with cardiac mortality, and reported that chocolate was associated with lower cardiac mortality in a dose dependent manner in patients free of diabetes who survived their first heart attack [2009 Sep; 266(3):248-57].

#### **Naturopathic Options:**

While the above may inspire some of you to take a big bite of chocolate from your Easter bunny rabbit, one should be mindful of the term "everything in moderation". It is well established that chocolate provides beneficial antioxidants, however, chocolatiers typically blend high amounts of sugar and milk in their chocolate products, more so if the chocolate is not of the dark variety. High consumption of sugar is known to depress the immune system through a reduction in NK (natural killer) cells, your first line defence against viruses and cancer cells. Dairy is mucoproducer for many individuals, and is typically a source of food sensitivities.

Consider instead antioxidant and cardiovascular supports in the form of Vitamins E, C, beta-carotene, Selenium and CoQ10. Regular moderate exercise, stress reduction and healthy consumption of whole grains, fruits and vegetables as well as adequate hydration is always essential for overall health.

### Advice from Dr. Aaron Hoo

If you or someone you know have risk factors for coronary heart disease (risks include a family history of heart disease, diabetes, history of atherosclerosis etc.), consider coming into the clinic for a general cardiovascular screen which may include a physical exam, basic bloodwork or a genetic screening test that assesses for your risks for developing coronary heart disease.

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## Featured Recipe


### FISH CREOLE (SERVES 4)

**Ingredients:** 1 tbsp. olive oil; 1 onion, chopped; ½ cup thin-sliced celery; ¼ cup green pepper, chopped; 1 garlic clove, minced; 2 tbsp. fresh parsley (2 tsp. dried); 1 bay leaf; ¼ tsp. rosemary, chopped; 1 x 28oz. can tomatoes with liquid; 1 pound fish fillets; 2 cups cooked brown rice

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper and garlic until soft. Add parsley, bay leaf, rosemary and tomatoes. Simmer, uncovered about 20 minutes. Add fish fillets in small pieces and simmer until cooked thoroughly, about 5-10 minutes more. Remove bay leaf. Serve over brown rice –

Bon a petit!

## Clinic Savings



**Bring this portion into the clinic to receive**

**15% off**

**your next supplement purchase**

\*\*This offer is not to be used with any other discounts or in-store promotions.  
Offer applicable once per month per household\*\*



**Bring this portion into the clinic to receive**



**15% off**

**Medical Aesthetics Procedures**

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