



# LIVE WELL BE WELL

2019 Issue I

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## The Incredible **BULK!** Curb Appetite, Boost Health with a High Fiber, Plant-Based Diet

Every year Americans spend 30 billion dollars on vitamin and herbal supplements hoping to boost their health, lose weight, and feel better. That comes to about \$100 a year for every person including children in the United States for substances that are often of questionable value. Sadly, most do not gain their hoped for health benefits.

Even sadder is the fact that so little focus is placed on the relatively inexpensive foods that add bulk to your diet and do provide clearly documented health benefits, as well as aid in weight loss. Colorful, high-fiber plant foods provide you with nutrients that curb appetite, lower inflammation, boost the healthy bacteria in your gut, and lower risk for disease.

Unfortunately, people usually only give fiber consideration when they are constipated and then they supplement just enough to get the pipes unclogged. But plant fibers provide some of the most important nutrients you can ingest.

Fiber is a type of carbohydrate that your body doesn't have the digestive enzymes to break down and absorb. Once consumed, fiber travels through the digestive track to the colon, where trillions of bacteria can, and do digest it.

People who eat low-fiber diets are at increased risk for heart disease, certain cancers, diabetes, arthritis, and possibly auto-immune disorders.<sup>1,2,3</sup> In fact, low-fiber eaters have increased mortality rates for all causes.<sup>4</sup>

One reason for the increased mortality rate may be the

protective anti-inflammatory affect of whole, natural fiber-rich plant foods.

People who eat a diet high in meats, dairy, and eggs, and low in fibrous vegetables, fruits, beans and grains have increased blood levels of C-reactive protein, a known marker for inflammation. Inflammation around the major organs can be a trigger for the development of disease. In contrast, people who consume all or mostly plant-based diets (40 grams of fiber a day or more) have much lower levels of C-reactive protein and high levels of natural plant anti-inflammatories circulating in their blood.<sup>4</sup>

Fiber also provides health benefits for the gut. Bacteria in the lower GI tract digest fiber and produce short-chain fatty acids. These fatty acids fuel the delicate cells that line your intestinal tract and have a tremendous impact on overall gut health. Butyrate is one of the most researched of the free fatty acids. Studies show that butyrate enhances gut function, acts as an anti-oxidant, and regulates immune function. It also helps thicken the protective mucus layer of the gut. This is important as it helps stop the absorption of harmful substances and partially digested food, helping to prevent food allergies and sensitivities.<sup>5,6</sup>

Fiber has an impact on diabetes and weight management as well. When you eat an abundance of unprocessed fruits, vegetables, beans, grains, nuts and seeds, the bacteria in your gut produce hormones that increase sensitivity to insulin and decrease appetite. These hormones are critical in keeping blood sugar and weight under control.

There are about 1000 different kinds of fibers in the foods we eat. Fiber can be hard, rubbery, and tough. Think of the strings on celery or the chewy part of whole grains. Other types can be moist and gel-like, such as oatmeal,

beans, and grits. The hard, stringy fibers take up a lot of space in the digestive tract. The gel-like fibers absorb water and swell, taking up even more space. Both kinds of fiber create feelings of fullness and decrease appetite which can aid in weight management.

To get a feel for how well fiber acts like an appetite suppressant, consider that all of the following are roughly equal to 175 calories:



- **Six Hershey Kisses (0 grams of fiber)**
- **One ounce of almonds (2 grams of fiber)**
- **Three apples (10 grams of fiber)**
- **5½ cups of air-popped popcorn (8 grams of fiber)**

It is so much more satisfying and easier to stop eating after three apples or five plus cups of popcorn than after just six Hershey Kisses. Why? Fiber!

The gel-like fibers provide an additional role in weight management. These fibers slow the emptying of food from the stomach, making the digestion of a meal much longer (6 to 8 hours instead of the usual 3 to 4 hours). This slowing of digestion allows nutrients to flow into the blood stream gradually over a longer period allowing for more stable blood sugar levels and sustained energy levels.<sup>7</sup>

Unfortunately, most people average less than 15 grams of fiber intake a day. Ideal fiber intakes are between 40 to 60 grams per day. One may be tempted to purchase a fiber supplement. However, the isolated fiber in supplements don't work as well as the whole intact fibers found in all plant foods.

Supplements won't supply you with the feeling of being full or slow down digestion—and they are expensive in comparison to fresh produce.

If you are a low-fiber eater and want to increase the amount of fiber in your diet, do so slowly. Any time you add in more or a different type of fiber, there may be some bloating and gas until your GI tract adjusts. Drinking adequate amounts of water will help your body move the fiber through the digestive tract. There are many online resources if you are looking for help with eating a high-fiber plant-based diet or looking for recipes. Try visiting some of these sites:

[ForksOverKnives.com](http://ForksOverKnives.com) (Offers an online, weekly meal planner with shopping lists/recipes available)

[FatFreeVegan.com](http://FatFreeVegan.com)  
[RebootwithJoe.com](http://RebootwithJoe.com)  
[Mcdougall.com](http://Mcdougall.com)

A good rule of thumb for achieving a high-fiber diet is to follow **THE HEALTHY PLATE METHOD**.

- Fill ½ of your plate with non-starchy vegetables
- ¼ of your plate with a healthy whole grain or starchy vegetable (rice, potato, quinoa, corn, sweet potatoes, etc.)
- ¼ of your plate from plant-based protein (beans, edamame, tofu) or very lean, organic chicken, fish or meat.



Here is what your daily totals should look like if you are shooting for 40-60 grams of fiber a day.

- **3 to 4 servings of fruit a day (skin on), 9 to 12 grams of fiber**
- **2 to 4 cups of vegetables and leafy greens a day, 6 to 9 grams of fiber**
- **2 cups of starchy vegetables or whole grains a day (rice, oatmeal, corn, farro, millet, quinoa, potatoes, butternut squash, etc.), 12 to 20 grams of fiber**
- **1 to 2 cups of beans a day, 14 to 28 grams of fiber**

## NUTRITION / FITNESS FORUMS

If you think it would be helpful to speak with an expert, the Positive Choice Integrative Wellness Center offers free **NUTRITION/FITNESS FORUMS**. Simply show-up at a scheduled forum and one of our experts will be there to help you. Be sure to come only at times listed below.

**POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER 7035**  
 Convoy Court, San Diego, CA 92111, Room 7 Monday,  
 Tuesday, Wednesday, Thursday at 5 to 5:30 pm and  
 Tuesdays at 11:45 am to 12:15 pm

**SAN MARCOS MEDICAL OFFICE 400 Craven Rd, Room C,**  
 1st and 3rd Thursday of the month at 6 to 6:30 pm

**OTAY MESA MEDICAL OFFICE 4650 Palm Ave, Building 4,**  
 Room 3, Mondays at 5 to 5:30 pm

# Be Well on Your Way — Free 2019 Wellness Seminars

Would you like to attend one of these free Wellness Seminars? Send us your e-mail address and we'll put you in our invitation system. Once in the system, you will receive an invitation in your e-mail 35 days before any event we host. If you want to attend, all you need to do is click the enroll button in your e-mail and you're set.

To get started go to [PositiveChocie.org](http://PositiveChocie.org), click on the **CONTACT US** section. Type your **NAME** and **E-MAIL address**, under subject select **WELLNESS SEMINAR**, and then hit **SEND**. We do not share e-mail addresses and only use them for event invitations and reminders. You do NOT need to be a Kaiser Permanente Member to participate. Enrollment is done online only, we are not able to take phone registration for these events.

## YOGA DONE SIMPLY

Tuesdays at 9 to 10:00 am

March 5<sup>th</sup>, June 4<sup>th</sup>, and September 3<sup>rd</sup>

Simple Yoga uses the aid of a chair or wall to support you through different Yoga poses that build both strength and flexibility.

**Norma Solomon BS** has over two decades of yoga experience and she will help you develop proper alignment as well as breathing techniques that you can do at home. Come dressed to participate and bring your own yoga mat. Enrollment is limited due to space requirements. Seminar in building next door to Positive Choice at 7071 Convoy Court, room 106.



## PRACTICING GRATITUDE

Friday, March 8<sup>th</sup> from 6 to 7:00 pm

Gratitude teaches us how to appreciate both the rainbow and the storm.

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they are thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Learn simple strategies from **Carissa Fish MS** that will help you begin the art of practicing gratitude.

*gratitude  
CHANGES  
everything*



## INTRODUCTION TO A WHOLE FOOD, PLANT-BASED DIET

Friday, March 29<sup>th</sup> from 6 to 7:00 pm

Many of the common diseases in the United States are preventable, treatable and possibly reversible using a whole-food, plant-based nutrition plan. Significant health benefits can be gained from choosing most or all of your food from plant sources. Come learn about the power of plants with **Angela Storck-Petersen MPH, RD**, as she covers an overview of the research and gives helpful tips on improving your diet and health through the health providing properties of plants.

## BUILDING RESILIENCE and MANAGING STRESS

Friday, April 5<sup>th</sup> from 6 to 7:00 pm

Learn strategies that will help build the skill of stress resilience with **Carissa Fish MS**. Resilience is a skill that allows you to adapt well to negative or challenging experiences in life. We cannot always change our circumstances, but we can change how we respond to them. Resilience helps you to bounce back from adversity without losing morale or confidence.

## BODY COMPOSITION, EXERCISE, and WEIGHT LOSS

Friday, April 19<sup>th</sup> from 6 to 7:00 pm

**Melanie Perkins MS**, will discuss state of the art body composition testing, explain what percent of body fat is healthy, and demonstrate exercise techniques that can help you build strength and give your metabolic rate a boost. Class includes viewing samples of a SECA Body Composition test reports.



## TEA FOR YOU, OR TWO

Friday, April 26<sup>th</sup> from 6 to 7:00 pm



In honor of National Tea Day come and learn about the many healing properties of different teas. **Kay Rethwisch MS RD, CDE**, will explain the different types of tea, where to purchase, and the healing properties you can receive from these tiny leaves. **Bring a tea cup for tasting!**

## DIET WARS - PALEO, KETO, OH NO!

Friday, May 10<sup>th</sup> from 6 to 7 pm

It's hard to know what's best, low carb, high protein, Keto or plant based? **Vicki Pepper MS RD** will cover the pros and cons of each diet and help you make sense of the very confusing information out there on diets.



## FUNCTIONAL FOODS for HEALTH and WELLNESS

Friday, May 17<sup>th</sup> from 6 to 7:00 pm

Consider the nutritional impact of a potato compared to potato chips. Some foods provide greater nutrition and health benefits than others. **Angela Storck-Petersen, MPH, RD** will cover what foods are functional in terms of helping you achieve optimum health and how to incorporate a variety of health providing functional foods into your everyday diet.

## HERBS and SPICES and EVERYTHING NICEST!

Friday, June 14<sup>th</sup> from 6 to 7:00 pm



Dietitian **Kay Rethwisch** will cover the healing benefits of different herbs and spices. Learn how herbs like turmeric, cardamom, or thyme can

provide healing properties and act like a natural anti-viral and anti-bacterial agents. Kay will talk about herbal tinctures, supplements, and fresh plants can be worked into your daily routine to promote optimal health.

## HEALTHY GUT and YOUR HEALTH

Friday, July 19<sup>th</sup> from 6 to 7:00 pm

The consequences of an inflamed and damaged gut can be devastating. **Vicki Pepper MS RD** will speak about gut health, why it is important, and what can happen when your gut becomes inflamed. Learn strategies to improve gut health, how to clean up your environment and more.



## EXERCISE, NUTRITION, and METABOLISM

Friday, July 26<sup>th</sup> 6 to 7:00 pm

Maintaining a healthy weight involves both healthy eating habits, as well as a healthy exercise routine. **Angela Storck-Petersen, MPH, RD** will cover the holistic effects that exercise has on your body and mind. You will learn how nutrition impacts your ability to exercise and how exercise influences your choices for nutrition.

## INTUITIVE EATING

Wednesday, September 27<sup>th</sup> 6 to 7:00 pm

Intuitive Eating helps you establish a healthy relationship with food. Come learn how to develop intuitive eating with



**Angela Storck-Petersen, MPH, RD.**

Angela will teach you about external and internal food cues, how to honor hunger and fullness, and challenge distorted food-related thoughts.

## THE MAGIC of MUSHROOMS and FUNGI!

Friday, October 11<sup>th</sup> from 6 to 7:00 pm

Did you know that mushrooms are a great source of vitamin D and their DNA is more like humans than plants? These wonderful magical mushrooms and fungi provide so many healing properties and immune system boosts. **Kay Rethwisch, MS RD, CDE** will speak about different types of mushrooms and fungi, their healing properties, and how you can incorporate them into your daily food intake.



## IGNITING MOTIVATION

Friday, October 18<sup>th</sup> from 6 to 7:00 pm

You can't expect to see change, unless you make one. Sometimes getting started and keeping yourself going are hard to do, but there are ways to ignite your motivation and stay on track. **Carissa Fish, MS** will help you take action and go from dreams to reality.



## CULTIVATING COMPASSION

Friday, November 8<sup>th</sup> from 6 to 7:00 pm

An important aspect about your self-talk is that you are always listening! Too often, we allow how we think and what we say to ourselves to be influenced by difficult life experiences and external messages that are not based in truth. Inner happiness, compassion, and acceptance of yourself and others is generated by how you speak to yourself. Come to this seminar with **Carissa Fish, MS** and learn how to create healthy inner dialogue and compassion for both yourself and others.

# Massage

Away Your Aches and Pains

Aaaahhh the relief you are looking for... We now offer Therapeutic Massage. Our therapist works with you, combining multiple massage techniques to best suit your individual needs: Shiatsu, Thai, Acupressure techniques (finger pressure, compression, pulling, stretching, and rocking), Swedish and Eastern techniques (rubbing, long gliding strokes, circular pressure by hands, kneading, bending, stretching), deep tissue massage, and sports massage (deep finger pressure and slow, firm strokes).

\$60 per hour. No tipping necessary.

# 2019



## PLANT-BASED COOKING CLASSES

One way to make plant-based eating easier is to connect with fun creative recipes and cooking techniques that make eating them easy and delicious. The [Positive Choice Integrative Wellness Center](#) hosts plant-based cooking classes that provide tasting of recipes that nourish your body, while providing education on how you can use plant-based eating to boost health and immunity, enhance your gut health and microbiome, and reduce inflammation. \$45 per class.

MEDITERRANEAN FLAVORS	13-April Saturday, 11 am
SOUPS, STEWS and CHILIS	26-April Friday, 5:30 pm
SPRING PICNIC BASKET	3-May Friday, 5:30 pm
START YOUR DAY PLANT- BASED	17-May Friday, 6 pm
SUMMER BBQ	7-June Friday, 6 pm
ONE BOWL MEALS	21-June Friday, 5:30 pm
FARMER'S MARKET FINDS	12-July Friday, 6 pm
INDIAN SUMMER FAVORITES	24-Aug Saturday, 11 am
FALL INTO FLAVOR WITH PLANTS	6-Sept. Friday, 6 pm
SOUTHWEST MEXICAN FLAVORS	20-Sept. Friday, 6 pm
COMFORT FOODS	4-Oct. Friday, 5:30 pm
FULL WITH FIBER RICH PLANTS	18-Oct. Friday, 6 pm
AUTUMN FAVORITES	8-Nov. Friday, 6 pm
PLANTED FOR THE HOLIDAYS	6-Dec. Friday, 6 pm

KAISER PERMANENTE **thrive**

## KP MEMBERS...

### QUIT TOBACCO

One of the best things you can do for your health is to quit tobacco. Kaiser



Permanente offers members a **Freedom from Tobacco Program** that starts with an overview of medications, helps you to set a quit date and quit tobacco, and then supports you to stay tobacco free. You will learn successful, easy techniques for dealing with cravings and temptations in a supportive group environment. Four-session program meets for 90 minutes each session. KP members only, no fee. **Call to schedule, 619-641-4194.**

### MIND-BODY HEALTH

Medical science has long documented how stressful and negative emotions/ thoughts affect our health. Kaiser



Permanente offers members a six-session program that helps you identify the thought patterns and emotions that act like triggers for added stress. You will learn proven techniques for training your body to relax and let go of stress. Six-sessions, 2 hours each session. KP members only, no fee. **Call to schedule, 619-641-4194.**

### SLEEP WELL – RECOVERY FROM INSOMNIA

In this four, 2 hour session program you will learn the techniques and relaxation skills you need to recover a good night's sleep. Discover techniques that work better than medications and have long-term results. KP members only, no fee.



**Call to schedule, 619-641-4194.**

### PATH TO PREVENTION — PREVENTING DIABETES

Diabetes is a preventable disease. Even if you have a family history of diabetes or you already are having signs that you are resistant to insulin you can still make lifestyle changes that can stop the progression of the disease. One, two-hour session. KP members only, no fee. **Call to schedule, 619-641-4194.**

**POSITIVE CHOICE  
INTEGRATIVE  
WELLNESS CENTER**



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Your Health...  
It's Why We Are Here!

## Check Out our 2019 Wellness Seminars

The *LIVE WELL BE WELL* newsletter is published once or sometimes twice a year in the public interest by the Positive Choice Integrative Wellness Center at Kaiser Permanente San Diego. The newsletter is distributed free of charge to interested groups and individuals. The Positive Choice Integrative Wellness Center is dedicated to providing multi-disciplinary services in integrative medicine, weight management, nutrition, fitness, and stress management.

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