

THE STEELMAN CLINIC • (405) 755-4600

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Tools & Tips



Try this...

Cheese Omelet

Serves 1. Four (4) protein blocks per serving.

- 1 whole egg and three egg whites, or 1 cup Egg Beaters™
- Salt
- Freshly cracked white pepper
- Olive-oil spray
- 1 ounce Alpine cheddar cheese
- Parsley or cilantro sprig
- ½ cup chopped tomato, or ¼ cup picante sauce

1. In a glass measuring cup, whisk the eggs until light in color; add salt and pepper. Spray a skillet with the olive oil, and heat the skillet over medium heat.
2. Pour the egg mixture into the skillet when it is hot and let cook about 30 seconds. Lift the edge of the omelet with a spatula and let liquid eggs run around the outside. Continue cooking until moist but not runny.
3. Sprinkle cheese in the center of the omelet.
4. Fold the omelet into thirds and transfer it to a plate.
5. Garnish with a parsley sprig and freshly chopped tomato or picante sauce and freshly chopped cilantro. Serve with 2 pieces of whole rye toast and almond butter.

Log on to this ...

If you're looking for an easy way to track your food, exercise, weight loss and goals, **The Steelman Clinic Online Journal** is the answer. This free online tool is completely secure, confidential and, above all, easy to use.

www.thesteelmanclinic.com

Heart disease tied to insulin

(EDITOR'S NOTE: The following is a question-and-answer session with Dr. Michael Steelman, The Steelman Clinic's medical director.)

Q: I've been told that I'm pre-diabetic and at high risk of developing Type II Diabetes. What does this mean? I know I've gained some weight recently, but my blood sugar levels have always been normal.

A: Insulin is a hormone made by the pancreas and secreted into the bloodstream in response to food entering the digestive system. Sugars and starches (carbohydrates) in the food are broken down into glucose and absorbed into the bloodstream. Your body "burns" glucose to produce energy.

Insulin controls the level of glucose in the bloodstream and allows a certain amount of glucose into cells. This control is important.

Q&A Too much blood glucose is just as damaging to the body as too little blood glucose.

If you've gained some weight, you may have developed insulin resistance, where more insulin is required than usual. Blood-sugar levels in a person with insulin resistance may come back normal, at least in the beginning stages. As the condition progresses, it can lead to pre-diabetes and, if left unchecked, Type II Diabetes.

Q: How is my weight linked to my insulin levels?

A: The high insulin level associated with insulin resistance inhibits the breakdown of fat. A vicious cycle is created as more insulin makes fat, and more fat increases insulin requirements.

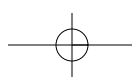
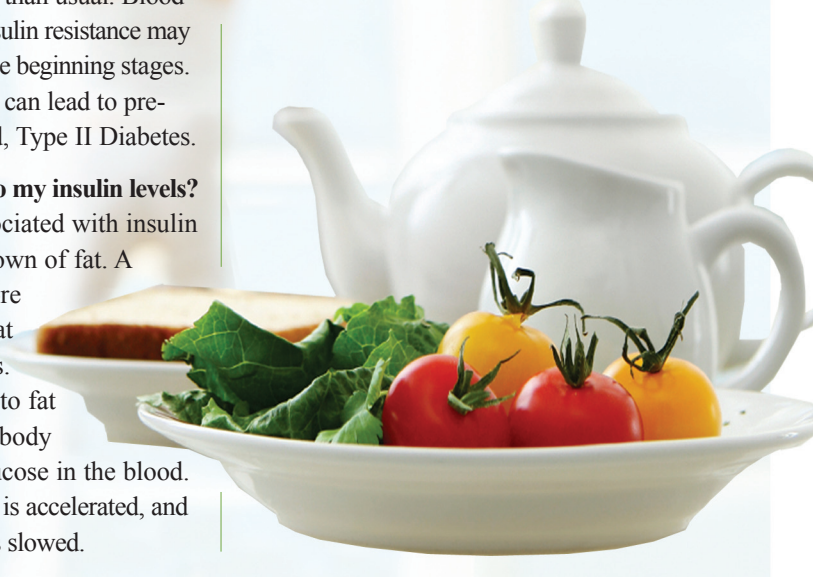
Glucose can be converted to fat and, in insulin resistance, the body creates fat with the excess glucose in the blood. The storage of fat in our body is accelerated, and our bodies' ability to burn fat is slowed.

Q: What else is associated with insulin resistance?

A: Most people associate insulin disorders with either Type I or Type II Diabetes. While this is accurate, higher amounts of insulin can be damaging in other ways as well, including higher blood pressure and increased risk of heart disease and inflammatory conditions. In fact, there is a stronger connection between insulin levels and heart disease than between cholesterol and heart disease. Insulin disorders have also been associated with Alzheimer's disease.

Q: What can I do to lower my insulin levels?

A: Exercise, even if doesn't result in weight loss, can reduce your body's insulin level. Avoiding refined and highly complex carbohydrates (starches and sugars) that trigger higher insulin production can help. Also helpful is a sensible diet of lean proteins, including white-meat chicken, fish, low-fat dairy products, beans, soy and lean beef, as well as fruits, vegetables and foods high in fiber. Eating fiber *before* eating starches or sugar keeps insulin levels lower.





Doctor's Dialogue

Enjoy! But in Moderation

The average American gains four to seven pounds during the holidays. Why? November and December can bring extra stress, a breakdown in healthy eating habits, and even depression.

Adopting some new habits can help relieve holiday stress and help curb excessive weight gain.

Share the workload.

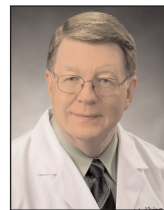
Letting everyone play an active role can make holiday preparation a fun family affair.

Establish priorities. Learn how to say "no" and take time to think about what's really

important to you about the holidays.

Simplify things. Be less elaborate this year. Relax your housekeeping and holiday preparations.

Make simple changes in your diet. Substitute a lower-fat food for a traditional holiday food high in fat and calories. Or go ahead and eat a certain food you enjoy too much to give up, but conserve calories by having a little of something that's not as important.



Dr. Michael Steelman

Don't skip meals to save up for the big one. Eat a light breakfast and lunch and have a snack just before going to the party. Or, bring a low-calorie appetizer or fruit plate so you have a safe choice for snacking.

Pay attention to what you drink. Two mixed drinks can contain as much as 500 calories, while two classes of cider or white wine have only 300 calories.

Keep the activity level up. Taking even a 20-minute walk twice a day will help keep off pounds.

Patient Spotlight

Success? Be accountable



Rev. Doug & Mrs. Kelli Allen

Kelli Allen and husband, Rev. Doug Allen, had tried everything to lose weight. Over 40 and overweight, they were frustrated.

"It was like a roadblock," Kelli Allen said.

That frustration was eliminated when they began The Steelman Clinic's Releana™ program last December.

"Although the low-calorie protocol was difficult, it was good to do it with Doug because we held each other accountable," said Kelli Allen. "We feel better and have more energy."

The results speak for themselves. Both have lost 33 pounds and are still losing.

"I highly recommend The Steelman Clinic and would do this again in a heartbeat," said Rev. Allen. "As I go into the office and talk to people there, I tell them that it is worth it."

"I never feel tired or worn out," he said. "As a pastor, there are times when I need high energy and I never feel weak on this program."

The Allens are also impressed with the clinic's atmosphere. "They take care of you," said Rev. Allen. "It is a highly motivated practice and very personal. We are so impressed with Dr. Steelman as he brings a clinical side to weight loss."

Product Spotlight

Active Omega

You knew the lean protein found in fish was good for your health, but did you know that omega-3 fatty acids, found in the fish that reside in the deep, cold, clean waters of the North Atlantic, offers heart, skin, mental and eye health benefits?

Active Omega Pure Fish Oil with Lemon combines these health benefits in one easy-to-take 1,000 mg softgel - with no fish smell or taste!

Active Omega starts with small species of wild fish harvested from the North Atlantic. The oil used in our for-

mula undergoes molecular distillation, ultra-filtration and other purification processes to remove contaminants while maintaining the nutritional integrity of the oil. Active Omega supplies extra-strength amounts of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) to allow for maximum intake of omega-3s in the fewest number of capsules. Each batch is submitted for independent laboratory testing.

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Have you read this newsletter previously?
 Yes No

Do you find it helpful or informative?
 Yes No

What, specifically, do you like? _____

What, specifically, don't you like? _____

Do you find any of the segments valuable or important? _____

Yes No

If so, which one(s)? _____

What can we do to better serve you? _____

Name (if you want to enter drawing) _____

