



Mediterranean Diet

By Jan Ross

“He who enjoys good health is rich, though he knows it not.”
-Italian proverb

My husband and I have a weekly “date night” every Friday night when we visit a restaurant for a lovely meal out and have a real face-to-face conversation instead of one that is comprised of statements interjected as we fast forward through the commercials

on a TV show. Wanting something different, we ventured into “Petra Mediterranean Bar and Grill” the other night and enjoyed our meal so much that we immediately added it to the list of our favorites.

Being unfamiliar with a number of the items on the menu, we ordered the familiar gyros and were surprised when presented with a plate of fresh ingredients and the best pita bread we have ever eaten. IN OUR LIVES. This bread was thick, fluffy, warm and had

obviously just come from the oven. After spending several minutes listening to us gush about the complete fabulousness of the food, our waiter brought over Barjas Dabbain, the owner and manager of the restaurant, who explained that the reason our food was so excellent was that everything was prepared on-site and made of fresh ingredients. “Petra” opened in July, 2009 because Mr. Dabbain and his wife felt that Lexington could benefit from a new and different restaurant which specialized in healthy and delicious Mediterranean food.

The best thing about eating at “Petra” is that not only is everything wonderful and fresh-tasting, it’s actually good for you too. You may have heard or read about The Mayo Clinic advocating the Mediterranean diet as a heart-healthy eating plan which incorporates the basics of healthy eating. It has been proven to lower the level of low-density lipoprotein (LDL) cholesterol which builds up deposits in your arteries. This diet is characterized by the traditional cooking style of countries bordering the Mediterranean Sea and includes the following components:

- Get plenty of exercise and eat meals with family and friends.
- Eat a generous amount of fruits

- and vegetables.
- Consume healthy fats such as olive oil and canola oil.
- Use herbs and spices instead of salt to flavor food.
- Eat small portions of nuts.
- Drink red wine in moderation.
- Consume very little red meat.
- Eat fish or shellfish at least twice a week.

The residents of these countries have always traditionally eaten fruits, vegetables, past and rice and bread throughout this region is served with olive oil rather than butter or margarine. Our delicious pita bread came with small saucers of seasoned olive oil for dipping and our plates were piled with fresh vegetables and fluffy, delicious rice pilaf.

Adopting the healthy Mediterranean diet is really pretty easy. When you shop, choose plenty of fresh fruits and vegetables, limit red meat and eat fish at least once a week. Keep nuts on hand for a snack and have a glass of red wine now and then. And use olive oil instead of butter or margarine. Or even easier? Just have dinner at “Petra”. And let me know how you like that pita bread. I think you’ll be pretty pleased with it.

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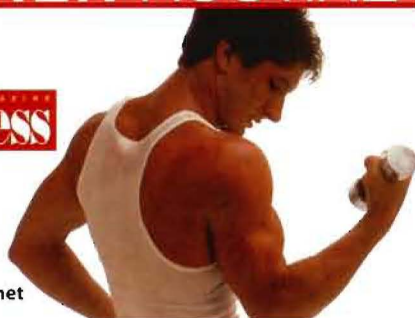
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There may be more help on the way. "For the future, there may be something called sublingual drops where instead of allergy shots you can get the allergen extract as a liquid drop that you place under your tongue. It is a way for people to have allergy immunotherapy without having shots," explains Warriier. This has not yet been FDA-approved.

If your allergies persist, do not be afraid to get evaluated. "We want you to have a good quality of life and that is something we can help most people with," expresses Warriier.

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we wouldn't think it would be appropriate for these to be used on a regular basis," said Baird. "It should be the exception and normally it should be done in the gymnasium or on the playground."

Kentucky law already allows 30 minutes of recess to be included as part of the instructional day for elementary students. Baird noted though that not all schools currently have 30 minutes of activity in their schedule, as some may have 25 or some different amount. This comes about through a master schedule each school's site based council makes and the fact that though students are mandated to be in school six hours, some schools have students in class for six and a half hours or six hours and twenty minutes because of transportation or other scheduling. This allows for extra recess, while other schools may have a tighter schedule.

"It gets a little complicated including everything in a day and it might come down to a situation where scheduling of 25 minutes of recess a day is the best a school can do," said Baird, "and in those cases we see that as a good faith effort to have 30 minutes of recess."

As for collecting the BMI data, Baird said, they see no problem with making that information available to the Cabinet for Health and Families.

Though there is debate over this particular bill, both Baird and Wuchner noted, there have been significant improvements in schools in the last several years regarding health and wellness.

In 2006, Senate Bill 172 passed changing the choices in vending machines healthier. Baird also said that many schools are getting rid of fried foods.

"There is a conscious effort in schools to work on health and wellness," said Baird.

At press time, Health Kids act 2010 had not been voted on.

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equal amounts of fructose and glucose, it is the perfect pre-exercise food.

There are 30 different flavors of honey available in Kentucky and they are all determined by the type of nectar the bees can locate. From honeysuckle to clover to buckwheat, the clever little insects create that delicious, versatile and viscous liquid. And the best place to locate some of those delicious, fresh and healthy varieties is at your local farmer's market, where Abigail Keam has a booth. The Lexington Farmer's Market opens at Cheapside in a brand-new pavilion on Saturday, April 10th.

Sample all the honey flavors and let me know which is your favorite. You can email or send me a letter in care of the magazine. I look forward to hearing from you!

Jan Ross is a freelance writer who recently discovered the importance of a healthy, whole food diet and exercise regimen. Doing away with white flour and white sugar; introducing organic fruits and vegetables; switching to whole-grains; and participating in various exercise classes, including ballet and Yoga, is a life-changing experience which she will share in this monthly column. Comments, suggestions and ideas for the column are greatly appreciated. You can contact her at jan@samplerpubs.com.

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does not have five to nine fruits and vegetables a day and most people take the elevator and not the stairs," says Fonfa.

You still may be wondering what integrative medicine is all about. "We need to integrate what nature gives us, what common sense talks about and what studies show to be good," emphasizes Fonfa. At the conference, you will get to meet like-minded people who care about their wellbeing. "Having community is the most important thing people can do. Loneliness is a killer," says Fonfa.

The Midway Foundation for Integrative Medicine was established to promote awareness and application of successful integrative health concepts in Kentucky and beyond. They believe that optimal care is achieved through re-establishing mind-body-spirit quality of life outcomes as the primary objective of the healthcare system. They plan to return spirituality to healthcare and inspire medical students to adopt integrative concepts. Learn more at <http://www.themidwayfoundation.org>.

Conference participants will receive a reusable giveaway bag with some sample products. Organic food choices will be available for a light lunch included in the \$25 entry fee. To register, call the Midway Center for Integrative Medicine at (859)-846-4445 or online at www.annieappleseedproject.org. You are guaranteed to leave feeling better. "Instead of saying 'poor me, I have cancer,' you are wasting your whole day worrying about your future. You should be saying the sun came up, my grandchildren are here, I read a book, the weather is beautiful, I took a walk, I had a great carrot and I ate the apple of my dreams. Enjoy that to the fullest because it is part of the health and wellbeing of everybody," expresses Fonfa. © 2010 Jamie Lober

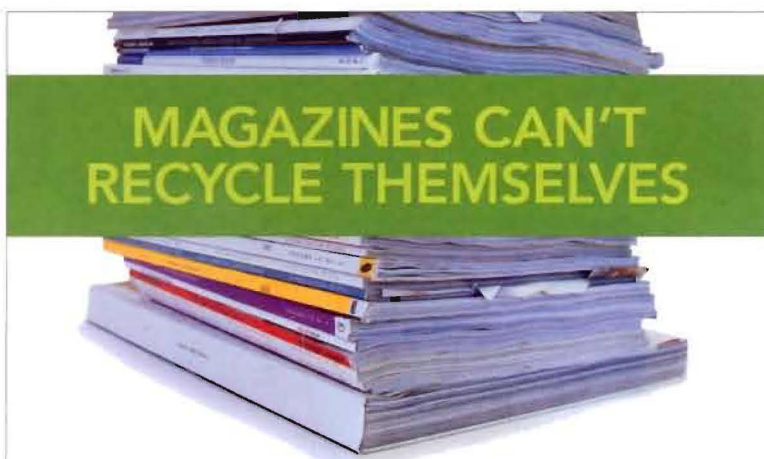
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reducing blood pressure. Thus going barefoot is recommended to prevent deep vein thrombosis.


• **Increases biomechanical performance:** Wearing shoes that have arch supports prevent the arches from functioning properly and heels cause chaos to posture as they compromise energy storage and change the shape of the spine which cause back problems and neck problems.

So try training barefoot to experience the difference and reap the benefits. As always if I can be of any assistance to you, please feel free to contact me at 859-221-4479 or supernat_us@yahoo.com.

Yours in Health, *Willie B. Ray*



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