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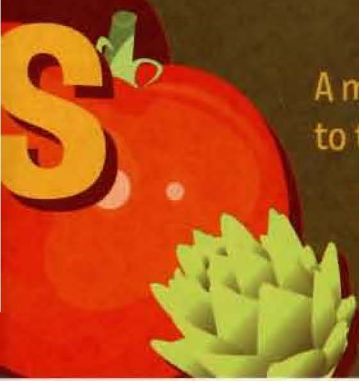
- Diabetes or High Blood Sugar • High Cholesterol
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- Alzheimer's Disease • Osteoarthritis • GERD (gastroesophageal reflux disease)
- Migraine Headache • Gout • Post-Herpetic Neuralgia (pain after shingles attack)
- Painful Diabetic Peripheral Neuropathy (nerve damage from diabetes)

**KENTUCKY MEDICAL RESEARCH CENTER**  
354 Waller Avenue, Lexington, KY 40504

# FARMER market



It's Summer.  
**Tomato Time**



A monthly column dedicated to those who believe...  
**you are what you eat.**



to  
e!

Summer has truly arrived. Ramsey's Diner now has their chicken salad plate on the menu. I look forward to this event every year. It's not the chicken salad, which is excellent, or the avocados, which are delicious – it's the tomatoes. Ripe, red, luscious, fresh tomatoes which have been locally grown. There is nothing like them. The smell of a farm-fresh, vine-ripened tomato is the smell of summer, as far as I'm concerned.



By Jan Ross, Staff Writer

It's sometimes a bit difficult to tell when fruits and vegetables are actually in season, since you can purchase most of them year-round nowadays at the grocery store. But those lovely, red tomatoes you see in the grocery store and purchase, thinking they will be just the thing in your fresh salad are about as tasty as eating plastic vegetables. They were grown in a hot house, picked while they were still green, forced to turn an unnatural red, and then packaged and shipped to groceries all over the country. So, forget those grocery store tomatoes. The absolute best place to purchase fresh tomatoes is at the local farmer's market. Tomatoes are so wonderful; it's hard to believe they were considered poisonous hundreds of years ago! I can only guess that some brave soul tried one and was able to tell everyone else that, not only were they not poisonous, they were scrumptious.

I think we can all agree that tomatoes are delicious, but they are also one of the healthiest vegetables you can eat. They are full of vitamins A and C, fiber and are cholesterol-free. Anyone else a movie buff and remember what the dinosaurs needed to reproduce in "Jurassic Park"? Yep, it was lycopene – one of the most beneficial carotenoids (plant pigments known for demonstrating antioxidant properties) found in any vegetable. Although I'm sure you know, of course, that tomatoes are technically a fruit!

Lycopene is found not only in tomatoes themselves, but in everything made from them, which can include anything from spaghetti sauce to ketchup. You can also get your healthy dose of lycopene by eating tomato soup – did you know Campbell's tomato soup has been around since 1897? It's one of my family's favorite foods, along with a grilled cheese sandwich. Cooked tomatoes are actually higher in lycopene than uncooked ones.

Lycopene has been extensively studied by scientists and found to help prevent heart disease and protect against a whole list of cancers. And if you need yet another reason to choose organic vegetables, organic tomatoes have three times as much lycopene as those that are not organic. Tomatoes are also naturally low in calories, which makes them a great choice for lunch with some cottage cheese for those of us on the Weight Watcher plan!

I think the best way to eat tomatoes in the summer is simply sliced and placed on a plate with a little salt and pepper. But I will also stuff them with chicken or tuna salad, cut them up in a fresh salad or dice them for tacos. Years ago, when I went to my future in-laws house, my mother-in-law served fresh, sliced tomatoes – which she had peeled first! I was amazed at this and enjoyed these unusual tomatoes but soon figured out that it was not that difficult to peel a tomato easily. Just douse the whole, cored tomato in boiling water, immediately immerse it into ice water and the peel will come right off with the help of a sharp knife.

I have been eating pasta all winter, tossed with canned, diced tomatoes but now I can liven up this repast with some fresh tomatoes. It's quick, easy and delicious.

**Easy Olive Oil, Tomato And Pasta Salad**

*Ingredients*

- 1 (16 oz) package of your favorite pasta
- 2 fresh tomatoes, diced
- 1/2 C. olive oil
- 2 cloves garlic, minced
- 1/2 C. fresh basil leaves, cut into strips
- Oregano to taste
- Salt and pepper to taste
- Parmesan cheese, if desired

*Directions*

Cook your pasta, and then toss it with all the other ingredients. Enjoy!

So, enjoy those fresh tomatoes. They

TOMATOES Continued on Page 39



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Tuesday 3:00pm - 6:30pm  
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**HIP** continued from Page 6

related to implant position, so this is a considerable advantage of performing the surgery through the anterior approach, according to Dr. Yerasimides.

With just a 5-inch incision compared to 12-16 inches in a total hip replacement, Ditto was up and walking the evening of his surgery and discharged from the hospital the next day; plus he didn't need physical therapy.

"I used a crutch for three days and did the stretches and exercises Dr. Yerasimides told me to do," Ditto said. "I was walking three miles in just weeks. In four months I was back playing basketball, mountain biking and hiking – and pain-free!"

Proving nothing was going to slow him down, just a year after surgery Ditto competed in basketball at the National Senior Games.

**VITAMINS** continued from Page 7

ing habits and an understanding of her needs for supplementation, we can feel confident that Mary Beth will find the balance that she desires and live with an improved sense of well-being.

It is important to understand that even with the most balanced of diets supplementation is beneficial for the maintenance of health and vitality. According to integrative health specialist Andrew Weil, MD, "Supplements are best viewed as insurance against gaps in the diet and against increasing toxic pressures from the environment."

**SCHOOLS** continued from Page 9

the unhealthy products. School staff recognizes the role they play as healthy role models and are addressing their own health in the hope that it will be contagious. Youth Service Center Director Londa Melton said, "Staff members conducted self assessments to get them motivated to be more aware of their health status, to make healthy choices, be more active and to be good role models."

Health & Wellness Magazine and the American Heart Association would like to encourage you to help your school get motivated toward improving student physical fitness.

For additional information please contact Marc Jennings at [marc.jennings@heart.org](mailto:marc.jennings@heart.org) or visit [www.americanheart.org](http://www.americanheart.org)

**BONES** continued from Page 10

minum and iron so it is very informative," says Mawlad. It is particularly relevant to our readership because it was pioneered by Dr. Hartmut Malluche, the chief of the division of nephrology, bone and mineral metabolism at the University of Kentucky Chandler Hospital.

It is important to discuss an appropriate intervention with your doctor if you do not have enough mineral in your bone because it can lead to bone disease. "We have to rule out potential problems like organ diseases such as liver and kidney diseases as well as intestinal diseases that have malignancies and may cause a loss of bone," says Malluche. When you are aware of the orthopedic tests that are available to you, you can have a more informed conversation with your doctor.

**HEMOCHROMATOSIS** continued from Page 14

Treatment basically involves getting iron levels back to normal. This is done through therapeutic phlebotomy or blood removal which requires a doctor's order. "There is nothing wrong with the blood and that has finally been recognized by the Food and Drug Administration," says Thomas. Regular blood donation is recommended every eight weeks though individuals with severe iron overload may need to give more frequently. Once iron levels become normal again, maintenance therapy begins in which a pint of blood is given every two to four months for life.

If you suspect that you may have hemochromatosis, bring it up to your doctor. Do not let him brush off the subject by saying that you are healthy, look great or do not have a family history or blatant symptoms. "Say something vague like you read about it in this magazine or a friend told you about this article so it carries the weight that is needed," advises Thomas. © 2010 Jamie Lober

**FENDER** continued from Page 15

chiropractic manipulation is performed to areas of restricted joint movement and misalignment. Because a high velocity/low force technique is utilized, the process is virtually painless. The benefit of chiropractic manipulation is the restoration of joint mobility to its para physiological limit (full movement), thus preventing the stiffness and decreased range of motion that often occur with soft tissue injuries.

Once proper motion is restored to the joints and soft tissue, and painful trigger points have been eliminated, a specific therapeutic exercise regimen (active motion) is prescribed to strengthen the soft tissue. The greatest possibility of soft tissue healing is achieved, in summary, through passive, active and para physiological motion.

**TOMATOES** continued from Page 19

should be in season in Central Kentucky until early September so stop by the local farmer's market and stock up weekly. It will be fall before you know it!

*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](mailto:jan@samplerpubs.com).*

Article sources: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=44>  
<http://www.tomato.org/>

**PARKINSON'S** continued from Page 26

We intend to have the #1 national expert on reversing coronary disease present at the Midway Foundation Fall Conference on Brain and Heart Health. In the spring, one of the most knowledgeable individuals on cancer in the world, Don Yance, has committed to speak at the Second Annual Midway Foundation Cancer Conference.

**FACIAL** continued from Page 27

results and can take away years in a single treatment! They are often used in conjunction with each other and with various laser and light-based treatments which treat sunspots and redness for more even skin tone.

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**NEWS** continued from Page 38

in the first three months, decreasing to 60% by the end of the trial. This reflects the reduced need for monitoring once control of the disease has been achieved.

Victor Van der Meer, Henk F Van Stel, Moira J Bakker, Albert C Roldaan, Willem JJ Assendelft, Peter J Sterk, Klaus F Rabe, Jacob K Sont and Smashing Study Group. **Weekly self-monitoring and treatment adjustment benefit patients with partly controlled and uncontrolled asthma: an analysis of the SMASHING study.** *Respiratory Research*, (in press)

*BioMed Central (2010, June 13). Asthma control? We've got an app for that. ScienceDaily. Retrieved June 17, 2010, from <http://www.sciencedaily.com/releases/2010/06/100609201302.htm>*

## Check out Safe Kids Fayette County's new Website!

[www.safekidsfayettecounty.com](http://www.safekidsfayettecounty.com)

### Learn more about

- Programs offered to organizations in the community
- Free car-seat fitting stations
- Fact sheets and safety tips
- News updates
- Links to other important safety information, including product recalls

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