

Carolyn's The DNA Diet®

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Personalized Nutrition is here!

Carolyn has been your trusted source for information about nutrition and cancer since the launch of her first website www.cancernutrition.com in 1997. Now she is offering vital insights into who you are at a molecular level and what these mean for your health.

The DNA Diet® arose out of Carolyn's long standing fascination in how our genetic expression is affected by what we eat. She provides a personalized nutrition program. You can learn more about this exciting service at www.thednadiet.com. Use your personalized nutrition recommendations for lifelong health.

Complete the questionnaire online and then order the detailed results package.

Carolyn's DNA Diet® can be determined at any age and in any state of health.

Since the draft map of the human genome in 2001 we have learned about key genes and

how variations in their structure may affect your dietary choices. Use this knowledge to select foods that work with your genetic profile to optimize your health. Carolyn's DNA Diet does just this.

In November, 2005 Carolyn attended the First International Conference on Nutrigenomics hosted in Singapore by the International Life Sciences Institute (ILSI - South East Asia). Here she learned about how other countries are addressing the new opportunities for using nutrition to enhance our genetic expression. Athletes and those wishing to improve their mental acuity may be especially interested in learning about genes involved in brain function and mood. Scientists in New Zealand and Australia are looking at how certain foods enriched with beneficial bacteria may improve immune function. Look for yogurts with these active cultures such as Activia® and supplements such as Culturelle® or Align®.

Chemotherapy and Nutrigenomics

New findings in genetics and cancer treatments include important dosage modifications of Methotrexate for those with variations in MTHFR (5,10-methylenetetrahydro folate reductase). Approximately 40% of Caucasians have been found to have two

copies of a variation which may significantly increase their chances of having toxic side effects from a standard dose of Methotrexate.

Foods rich in B vitamins including whole grains, eggs, lean meat and supplements of folic acid, vitamin B12 and B6 may be helpful in minimizing side effects of some chemotherapy. Always check with your physician before embarking on any new supplement.

For more details and full review article: Mutation Research 573 (2005) 180-194
“Pharmacogenetic testing: proofs of principle and pharmaco-economic implications” Thierry Dervieux, Brian Meshkin, Bruce Neri.

Below is an article about one of my favorite foods recently published in the Beverly Hills Cancer Center Newsletter
www.bhcancercenter.com

WATERCRESS

A Super Food for Eyes and Lung Health

Watercress is a vegetable that grows naturally along river beds or other running fresh water sites. Watercress (*Nasturtium officinale*) is a member of the Cruciferous family and grows wild in many parts of the world. Watercress is thought to have originated in Persia and is now widely cultivated all over the world. Hippocrates described watercress and its medicinal values in 460 BCE building a hospital next to a stream of pure spring water where it was cultivated for his patients. It is appreciated as a salad vegetable, in soups and as a garnish for a wide variety of dishes. With a sharp, peppery flavor watercress provides many phytonutrients or plant based chemicals with nutritional value. These include the antioxidant vitamins C, A and E as well as the B vitamin folate. Iodine,

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calcium and iron are minerals found in significant amounts. The particular flavor is associated with sulfur compounds called isothiocyanates. These active cancer preventing chemicals are released when the watercress is chewed or chopped and provide stimulation of important detoxification enzymes that protect us from possibly harmful carcinogens. Watercress is very low in calories (about 4 calories per 34 grams serving with 1 gram protein).

Watercress and Endive Salad

1 bunch watercress with sprigs
1 head of Belgian endive (source of isothiocyanates)
Goat or sheep cheese (soft type)
A few walnut halves
Balsamic vinegar
Extra virgin olive oil

Separate the watercress heads from the thick stalks and rinse well. Place in a salad bowl or directly onto salad plates. Wash and slice the endive and arrange on top. Lightly toss with balsamic vinegar, extra virgin olive oil and a little mustard to taste if desired (to increase the cancer fighting benefits). Thinly slice the cheese and add to the salad with the walnut halves. Serve immediately.

One serving of this salad provides helpful cancer fighting isothiocyanates. In addition, the goat or sheep cheese provides an easy to digest type of fats called short chained fatty acids which support colon health. Walnuts are an excellent source of omega-3 fatty acids which are anti-inflammatory. Extra virgin olive oil provides monounsaturated fatty acids which increase the overall health benefits of this salad. Be Well!

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