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FROM THE DESKS OF  
DAVID L MELLMAN MD &  
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Oct 19, 2020

To Our Patients,

Some of us have pulled out our fall jackets, others our winter coats, scarves and mittens, while the hardest among us are still wearing shorts and laughing at the ultra-prepared. Remember the good old days, when your parents got you over-dressed for the cold weather? This fall, our over preparedness just may be a sign of our hopes and wishes that the snow will fall soon and give these fires a good dowsing.



"My mom was cold."

I think I have a bit too much fun with our education classes. The next one is a **"Trivia Night"** with fun and light medical information that you should learn, mixed with golf tips and a few historical facts about Denver. You don't have to reveal your answers or keep score if you don't want to, so there will be no pressure.



"Poor kid can't move. Parka-plegic."

After watching the class, you may want to adopt the format. It is a great way to socialize with friends. (Of course, you may want to change the type of questions!)

Join us this **Thursday, Oct. 22, at 7 p.m.**

Zoom Meeting ID: 720 320 2061

Passcode: 123456

Zoom Link:

<https://us02web.zoom.us/j/7203202061?pwd=eUpVd1pEaDFZSGJaZEs4S1RoV1NtUT09>

**More on Balance:**

Some patients in our community asked if the balance classes with Shae could continue. Unfortunately, most people thought the weather was getting too cold for classes in the park.

Here is another option. Many of you know Sarah Arbess, a trainer, from Level III fitness. I have enjoyed working with her as well. She has designed a class entitled: Stretch, Strengthen, Balance – The Essentials of Healthy Aging.

This class will help increase your flexibility, improve your strength and empower you to move freely and with confidence. Don't let the aches and pains of aging stop you from doing the activities you love. Learn techniques that will help release sore, tight muscles as well as strengthen them and improve balance. The ultimate goal of this class is to help you move well.

WHEN: Tuesdays at 1:30pm, beginning November 10<sup>th</sup>.

WHERE: Zoom. Once you have signed up for this class you will receive a link to join the class on Zoom. You will need to download the Zoom Application onto your computer and when your email arrives each week inviting you to the class just click on the highlighted link.

COST: 4 classes for \$60 or \$20 drop in fee per class.

TO REGISTER: Contact Sarah Arbess by email at [sarbess@gmail.com](mailto:sarbess@gmail.com) or call (303)521-8521.



## Tips of the week:



I found these great stickers. Which saying best supports you?

In case you missed it, here are highlights from Kelly's Immune Support Talk on August 27<sup>th</sup> and 31<sup>st</sup>. She wrote a great summary which is here to share:

### **Secret to immune health? Eat well & take care**

By Kelly Dwyer, MNT

As we head into cold and flu season (and corona-season keeps on keepin' on), many folks ask me how best to support their immune system.

*But what does that mean, exactly?*

*And can you prevent illness by "boosting" your immune system with vitamins?*

### **Your personal army**

First let's look at what the immune system is. Think of a well-coordinated military operation with many commanders and troops carrying out specific, coordinated tasks to benefit an entire country (your body!). Similarly, the immune system consists of many cell types busy doing their thing all throughout your body – in your digestive tract, lymphatic system, mucus membranes, bone marrow and other tissues. This complex operation works best when you're body can draw upon required nutrients to help create, activate and manage a variety of immune cells. Specific nutrients also help control inflammation and protect tissues from oxidative stress – both which result when the body's immune system responds to an infection.

Along with nutrition, lifestyle factors such as stress, sleep, exercise, sunshine and social connection are key to keeping you healthy, and your immune system active as a result.

### **Aim for nutrient density**

Many people are deficient in certain vitamins, minerals and other nutrients that support immune health. But that doesn't mean you need to rush out and buy lots of vitamins. It means that focusing on a *nutrient-dense* diet is paramount. Nutrient density describes how



much good stuff – vitamins, minerals, essential fats, phytochemicals, fiber and other nutrients – there is per calorie of a food.

For instance, a slice of wheat bread (80 calories) offers some fiber and a smidgen of B vitamins and a few minerals. But there's little protein or healthy fat, and lots of starch (which quickly turns to sugar in the body – even with whole wheat!).

By comparison, a pasture-raised egg (70 calories) contains protein and fat, vitamins A, D, B2 and B12; choline, phosphorus, selenium and iron; omega-3 fatty acids and traces of other nutrients. And a medium apple (94 calories) contains some B vitamins, vitamin C, potassium, copper, fiber and traces of other nutrients.



Simply put, *whole foods* – vegetables, fruit, meat, offal, poultry, seafood, healthy fats legumes, nuts and seeds – have a *high* nutrient density, while processed foods like crackers, cereal, chips and cookies, have a *low* nutrient density. When we eat mostly processed foods (even those fortified with vitamins) we can end up nutrient-deficient. Similarly, whole foods – preferably organic produce and animals raised at pasture or in the wild – tend to be *anti-inflammatory*, or less inflammatory, while processed foods are often highly *inflammatory*. And, of course, we know that the Covid-19 virus tends to cause more serious problems for people with inflammatory health conditions.

*So ... can you prevent illness by eating well?*

Most likely ... sometimes. Healthy people still get sick, and Covid-19 is contagious. But know that good nutrition and healthy living are powerful when it comes to fighting infections, because you're giving your body what it needs for its army to put up a good fight.

### **Nutrition tips**

1. Drink plenty of water Aim for at least half your body weight in ounces daily (i.e. 75 oz. for someone 150 lbs.). Drink more with exercise, hot weather, stress, caffeine and alcohol. (But go easy on the caffeine and alcohol! They can hinder sleep and heighten stress.)
2. Aim for nutrient density by filling your plate with a wide range of quality, *whole* foods: colorful vegetables (eat the rainbow!) and healthy proteins and fats. Choose organic and seasonal produce when possible. Frozen berries are great in the wintertime.

### 3. Aim for an anti-inflammatory diet:

- Colorful vegetables and berries
- Wild salmon, sardines, herring, anchovies or other coldwater fish 2-4 times week for omega-3s EPA and DHA.
- 100% grass-fed beef (or “grass-fed, grass-finished”) and pasture-raised eggs are also good sources of omega-3s
- Healthy fats: avocado, olive and coconut oils, grass-fed butter, avocados, nuts, seeds and grass-fed dairy (if well tolerated), fats in grass-fed/wild animal foods
- Herbs & spices such as turmeric, ginger, garlic, rosemary, oregano and others

### 4. Limit or avoid foods inflammatory foods:

- Vegetable and seed oils including canola, corn, cottonseed, soybean, safflower, sunflower and others, which are damaged in processing
- Grains, especially foods made with refined wheat, corn and other grain flours
- Sugar and alcohol
- Conventionally raised meats, poultry and eggs, and farmed fish (these are fed a grain-based diet = inflammation)



### What about vitamins?

Food is the best source of nutrients, but supplemental nutrients may support a healthy immune response. However, this gets tricky. Taking too much of one nutrient can lead to imbalances in others, some vitamins and minerals are toxic at higher doses, and in people with autoimmune conditions, supplemental nutrients may ramp up an immune system already in overdrive.

That being said, vitamin D is key with Covid. Sunshine is the best source, but even spending time outdoors many of us are deficient *without* a supplement. Covid patients deficient in vitamin D tend to have worse outcomes than those with sufficient levels. Plus this important vitamin is needed for bone health and other functions. Reach out to us if you don't know how much you should be taking.

### Food sources of select immune all-star nutrients:

- Vitamin A: beef, lamb, poultry (fully formed vitamin) and carotenoids (precursors to vitamin A) such as red, orange and yellow veggies
- B vitamins (i.e. folate, B<sub>6</sub> & B<sub>12</sub>) fish, meats, sweet potato, potato, lentils, beans, spinach, sunflower seeds and asparagus
- Vitamin C: papaya, bell peppers, broccoli, pineapple, strawberries, Brussels sprouts, oranges, kiwi, cantaloupe (vitamin C is degraded with cooking)

- Vitamin D: sunshine is the best source, but small amounts are found in wild salmon, sardines, milk, eggs and cod liver oil
- Vitamin E: almonds, sunflower seeds, dark leafy greens, avocado, sweet potato, butternut squash, olive oil
- Zinc: seafood, beef, lamb, lentils, quinoa, spinach, pumpkin seeds, cashews
- EPA & DHA (omega-3 fatty acids): wild Alaskan salmon, sardines and other cold-water fish, cod liver oil, pasture-raised beef and eggs.
- Probiotics: yogurt, kefir, fermented vegetables i.e. sauerkraut and Kim chi, miso soup

### **Dial into a healthy lifestyle (easier said than done!)**

Besides eating a nutritious diet, our bodies work better with quality sleep, daily exercise, sunshine, keeping stress in check, connecting with our friends and family and pursuing our passions (the best we can on smoky days during a pandemic).

Sleep and rest are critical for cells and organs to build up their defenses. Get plenty of light and sunshine during the day, stay off screens 2-3 hours before bed and shoot for a 10 p.m. bedtime.

Moderate intensity exercise has been shown to reduce upper respiratory tract infections, while high-intensity exercise may reduce immunity, especially when stress is high and sleep lacking. Get outside when you can.



Stress and anxiety are widespread as it relates to Covid-19 and other current events. But keep in mind that stress hormones dampen immunity (and disturb sleep). Helpful strategies include meditation, deep breathing, exercise, staying connected with family and friends and getting outside. It's also important to take a break from the 24-hour news cycle and make a cup of tea or go for a walk.



Remember that your best defense against any infection or illness is taking care of you.

Please reach out to Drs. Mellman or Guerrasio if you need a referral for mental health support.

Osteoarthritis is the next topic on deck for the upcoming newsletter. Feel free to send topic ideas and questions!

Sincerely,

*Jeannette and Kelly*

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