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Ask Laura - The Green Kitchen Economist

By: Laura Bruzas



Dr. Kori E. Feldman

Can You Recommend a Physician?

As the health care debate rages on, I remain focused on taking personal responsibility for my own well-being. I eat well, embrace voluntary simplicity to reduce stress, and take long daily walks with my canine companion, Happy.

Occasionally, that's not enough though - especially as I age and move through my fifties. Thankfully, living in La Grange means that I and you, too, can have access to a physician (Kori E. Feldman, M.D.) who specializes in Integrative Medicine. Integrative Medicine combines conventional Western medicine with alternative or complementary treatments such as acupuncture and massage, all in an effort to treat the whole person.

When I asked Dr. Feldman why she elected to specialize in Integrative Medicine, she responded, "I truly believe it is the best way to practice medicine. There are cases where traditional therapy falls short and exposes patients to more side effects and risks than benefits. Patients should have the choice of going with more aggressive, traditional therapies or choosing a more natural approach first." I couldn't agree more.

Dr. Feldman shares my belief that one's diet is the cornerstone to their well-being. According to Dr. Feldman, "Traditional doctors spend very little time learning about nutrition. As a result, there is a focus on the end point (disease) and how to manage symptoms instead of prevention. With the Integrative Medicine Approach, I focus more heavily on diet and lifestyle choices for my patients thus often help them avoid the need to start taking medications. I've never met a patient who told me that they wanted to be on medication long-term. Knowing that it may be avoided, can motivate patients to work on making simple lifestyle changes."

I invite everyone to visit Dr. Feldman's Integrative Family Health Associates web site to learn more about her practice.
<http://www.integrativefha.com/>

Until next time, below is one of my favorite fast-n-easy recipes. Try it. You just may like it!

LAURA'S CHOP CHOY - Serves 4

Prep time: 2 minutes or less

Mix together:

- 4 teaspoons white wine vinegar
- 1 tablespoon reduced-sodium tamari (wheat-free soy sauce)
- 1 teaspoon sesame oil
- 1/2 teaspoon sugar

Toss in 5 cups (about 1 1/2 pounds) of any variety, raw, sliced Bok choy.
 Optional: top with 2 tablespoons of chopped peanuts or cashews.

Nutrition Facts Per Serving (without nut topping): Calories 34, Total Fat 1.2g, Saturated Fat 0.2g, Trans Fat 0g, Cholesterol 0mg, Sodium 242mg, Carbohydrate 4.5g, Dietary Fiber 1.9g, Sugars 2.4g, Protein 2.4g, Vitamin A 93%, Vitamin C 112%, Calcium 15%, Iron 8%

Laura Bruzas is the founder of HealthyDining.org, an all-volunteer community education and outreach effort promoting food choices that foster personal wellness, conservation and animal compassion. Since 2003, <http://www.HealthyDining.org> has been helping consumers make smarter choices. Send your questions to Laura@HealthyDining.org.