

Dr Plumser's Health and Wellness Newsletter

September 2019



If you checked out last month's newsletter, you read about how my team and I have continued to look **beyond conventional medicine, integrating functional medicine** into conversations.

One of the things that I frequently get asked is "what IS functional and integrative medicine?" I already mentioned that we are personalizing healthcare in a way that **focuses on genetics, biochemistry and lifestyle of each patient** to identify and truly correct the root cause of your individual concerns. But...what does that mean to you?

Simply put - **Functional Medicine is an approach to the care of patients that takes into account the entire body.** It seeks out the base cause of a disease or condition and focuses on correcting this, in order to cure and prevent chronic disease.

Functional Medicine **uncovers all underlying biologic, structural, hormonal, chemical, and psychological malfunctions**, and corrects all of these issues at the same time, in order to achieve true health, wellness and vitality. Too often, **modern medicine focuses on symptoms and tries to relieve these.** However, integrative physicians understand that, unless the root cause of a disorder is corrected, the conditions cannot be cured or controlled.

Integrative medicine looks at the entire person, and will utilize any method to get to, and cure, the issue causing the patient's problems. This includes a comprehensive history and physical exam, blood work and other diagnostic testing, utilizing any other specialties that might improve the patient's condition, including nutrition, exercise medicine and physical therapy, Chiropractic, acupuncture and massage, psychologic support and relaxation therapy, stress management, yoga, energy healing, hormone replacement treatment, supplements and natural treatment. Medicine is personalized further by the use of genetic testing, if indicated and other advanced laboratory and diagnostic techniques are utilized to **arrive at a treatment plan designed for an individual**, rather than for a diagnosis.

If you are interested in learning more about what functional medicine can do for you, **please reach out to my team at (732) 254-1003** to register for one of my FREE upcoming wellness talks.

Over the course of the evening, we will cover topics like how:

- Counting calories does not impact belly fat
- Hormone imbalances impact sleep and cravings
- Common exercise mistakes can prevent weight loss
- To naturally manage Crohn's disease and arthritis pain

Upcoming FREE Events



- Thursday, September 26th
- Saturday, September 28th
(with 30 minute conditioning class!)

If you are not able to join me in the coming weeks, check out some of the things other patients are saying about their experiences by visiting <https://www.eliteintegrativehealthcare.com/>

Yours in wellness,
Allan B. Plumser, M.D.

A PHYSICIAN WHO BELIEVES IN TAKING A
PROACTIVE APPROACH TO YOUR HEALTH



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Wellness Tip: The Farm-Raised or Fresh-Caught Fish Debate

I was reading an article last week about how the annual "salmon run" on Lake Ontario is getting a late start this year and it got me thinking. I love boating and fishing, and there is nothing more satisfying to me than catching the "the big one," followed by enjoying that at my next meal. As a boater and fisherman, **I am very concerned about the environment** (who wants contaminated fish?) **and sustainability** (many species are overfished and endangered), so I never keep more than one fish. We all know that fish should be a staple in our diets, rich in protein, vitamin, minerals, and omega fatty acids. However, **the concern has always been the risk of contaminants in fish**, including mercury, arsenic, antibiotics, herbicides and pesticides.

In New Jersey, where I live, the State advisories indicate that except for summer flounder (once weekly), no other single fish from the New York and New Jersey waters, including off-shore, deep water, should be eaten more than once monthly. When I go to a restaurant, I, more often than not, order fish. **I am always warned by my wife not to ask: "Fresh caught or farm raised?"** Invariably, the server does not know and needs to check, and recently, the answer I got back was "both". This was a little confusing and received a chuckle, but I have since investigated where "fresh fish" comes from.

Fresh caught is easy to understand: fisherman simply go out and catch the fish. Many of the freshest and cleanest fish come from northern colder climates (Norway, Alaska, New England and Canada, etc.). These fish, as well as commercially caught fish around the United States, are cleaned and flash frozen on the boat. Although frozen, the freshness, taste, and nutritional value is maintained. **Farm-raised has had a bad connotation for years.** Farms were typically penned in areas in lakes, near shore and even indoors. The issue was the runoff from local land, carrying chemicals and toxins. The fish were also fed differently than in the wild, leading not only to higher contaminants, but lower omega 3 fatty acids (the ones that protect the heart and blood vessels) and also requiring other additives such as antibiotics for growth. Farm-raised has always been supported by some in order to increase the availability of fish, but also in order to improve sustainability of wild fish populations.

Over recent years, especially in the United States, **fish farms have advanced in methods and technology** -- they can even be large enclosed areas in the ocean. New methods for feeding the fish more of their natural foods have improved the quality of nutritional value of the fish. For the most part, the contaminant levels are down to safe levels and equivalent to fresh caught...and even fish "aficionados" would be hard pressed to tell the difference by taste. The only warning, however, is that many fish are imported from overseas, particularly China and other countries in southeast Asia, where farming methods are frequently suspect. So, always ask! The bottom line is that **fish is a great food and eating any fish at least once weekly (I try for at least three times weekly) is better than no fish at all.**

Featured Recipe: Salmon in a Dill Butter Sauce

Salmon has so many nutritional benefits that I encourage my patients (and my family!) to incorporate it into a consistent diet. Not only is it rich in Omega-3 fatty acids (think – lower blood pressure, decreased inflammation), but it's high in B vitamins, potassium and protein.

One of my personal favorite recipes for a fresh salmon in a dill butter sauce. Salmon is a versatile dish and, for this recipe, you can cook on a grill, in the oven or – my personal favorite – on a smoker. ENJOY!



Our patients aren't the only ones making a change!

Check out our newly renovated office space, designed for our ELITE patients. With a brand new reception area, comfortable consultation spaces and an on-site fitness studio, we are ready to welcome you.

