

# Good Health *is* Real Wealth

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## Good Health Is Real Wealth!



*Rev. Cathy Haven Howard's year long odyssey is over and she shares with us the insights gained and strategies developed for coping with the fears and stressors of that journey. We have a number of new contributors to this issue. Cheryl Richardson touches a nerve in a lot of us as she challenges us to be a warrior, not a worryah. Jen Albritton, a prolific writer of all things regarding Nourishment, leads us on a guided tour of slow-cooking, including some very nourishing recipes. Laura Howard West gives us a business talk that is strangely relevant to the Healing Journey, and Dr. Randall Neustaedler provides a comprehensive guide for choosing a safe sunscreen.*

— Anita Patel  
Editor

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# Good Health *is* Real Wealth

## MASTER YOUR MIND



**By Cheryl Richardson**

Driving in my car on my way to an appointment, I passed a church with a sign announcing the topic of their Sunday sermon. It read: “Are you a Warrior or a Worryah?”

As soon as I saw the sign I chuckled and grabbed my iphone to record the idea. Then, I spent the day thinking about ways to shift from being a Worryah to a Warrior. The way I see it, to be a Warrior means to take charge of your thinking, to choose to see opportunities instead of roadblocks, or to absolutely refuse to give in to your distressing mind. If, like me, you have a tendency to worry, here are four things you can do to stop yourself from spiraling down:

**1. Make a decision,** right now, to become a Warrior. All positive change begins with a decision – a choice to rise up to a whole new way of being in the world. So, if you tend to be a Worryah, make a decision to take charge of the most powerful creative tool you own: your beautiful mind. Tell yourself:

“I am the ‘Master of My Mind’ and I choose to think positive, life-affirming thoughts.” Or make up your own version of Warrior speak.

**2. Let your body lead.** When you start to ruminate about something, catch yourself and immediately move your body in an outrageous way. I know, I know, this might sound a bit crazy, but stay with me. Do something wacky with your body. For example, if you have a tendency to worry when in bed (before going to sleep or upon waking), the minute you start thinking troublesome thoughts, you might:

Go to the bathroom and make goofy faces in the mirror.

Sit up and shake your head from side to side while holding a big smile on your face.

Get up and start dancing a happy dance (if you share a bed with someone, please warn him or her ahead of time).

The quickest way to shift your state of mind is to shift your body from the position it’s in once you start to worry. Try it and experience the magic for yourself.

**3. See yourself as a Warrior.**

Take a few moments to find an image of yourself as a Warrior. You might see yourself sitting stick straight on the back of a beautiful white horse, dressed like a king or queen, holding a





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golden sword, armed and ready to slice away at any worrisome thoughts. Or, you might imagine yourself as a big majestic bird, that drops any negative thoughts into a cleansing lake where they're transformed into positive ones that allow you to feel strong, courageous, and resourceful. Then, see yourself flying back from the lake with a renewed determination to be an even stronger Warrior.

To find your own image, close your eyes, take several slow, deep breaths, and ask your subconscious mind to gently place an image in front of you. Go ahead. Do it now...

When you find yourself worrying about something, focus on your image so you can return your mind to a more resourceful state.

**4. Do something for someone else.** Sometimes the fastest way to shift from "Worryah to Warrior" is to get out of your own head by giving support to someone else. I've had days when I've been strangled by worry and literally forgot what I was worrying about after spending time on the phone with someone who needed comfort, advice, or a listening ear. It always happens. Being a Warrior for someone else will instantly make you a Warrior for yourself.

So how about it? Ready to make the shift? Let's go to battle fellow Warriors! Think great thoughts: I am empowered by everything...My life is a gorgeous reflection of Divine Wisdom...I touch the soul of everyone I meet...I

am fearless...I am filled with great ideas...I love deeply...I can do anything...I believe in the power of good...I am the Master of My Mind!

### Take Action Challenge

Shifting from Worryah to Warrior starts with one small step. Choose an idea from above and begin now. While worrying is a normal human behavior, you can limit the amount of time you spend in this suffering state by choosing to do something different.



**Cheryl Richardson** is a professional life coach. She writes a free weekly e-newsletter, hosts an Internet Radio Show called "Coach on Call" writes books and creates beautiful card decks, records audio programs and DVDs, and teaches live workshops, offers specialized programs and gives keynote speeches. Cheryl can be contacted at:

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## THE FOOD-MOOD CONNECTION:



### By Debbie Sarfati Steinbock

One of my clients, I'll call her Jennifer, came to my office suffering from extreme fatigue and complained that everything in life felt like a challenge, including her typical daily routine. Jennifer was always getting sick. If something was going around the office, Jennifer was the first one to catch it and the last one to get rid of it. Dave, another client, came

to see me because he was battling a cycle of elation and depression in both mood and energy.

He too experienced extreme exhaustion and lacked the strength to get through an average day. A look at both Jennifer's and Dave's diets revealed that their depression, lethargy, and malaise was most likely related to the foods they consumed regularly.

Did you know that the foods you eat have a significant effect on both your mental and emotional state? If you have ever reached for a cup of coffee to keep you awake or attentive, you have experienced the food-mood connection firsthand. The foods you consume not only affect your body physically, but effect how your mind functions as well. There is a wealth of evidence linking what we eat to how we feel, yet many people unknowingly choose foods that aggravate

depression, insomnia, fatigue, food cravings, stress, memory-loss, and prevent mental and emotional wellness (Source: *Food & Mood* by Elizabeth Somer).

Poor diets contribute to much of the mood disorders in our country. Mood disorders affect 19 million Americans and \$20 billion is spent annually on treatment (Source: *Healthy Healing* by Linda Page). Our food creates the quality of our blood. When we eat healthy foods, we fuel our bodies with anti-oxidants, vitamins, and minerals. When we eat junky foods, we fill our bodies with chemicals, preservatives, and refined and artificial ingredients. Because the quality of our blood effects the functioning of every cell, tissue, and organ, our diets influence our minds, thoughts, feelings, and emotions.

Most of us know that what we eat today has an impact on our state of health down the road. However, many people don't realize how immediate the mood-food connection actually works. What you eat for breakfast will affect your thinking, cravings, and energy a few hours later. How you feel right now is partially affected by what you ate a few hours ago. For example, the caffeine in coffee may increase your capacity for intellectual tasks, however, the boost that coffee gives is often followed by a huge decline in mood and energy. Chocolate contains an amphetamine-like substance associated with pleasure and love, but may leave you feeling mildly depressed later. A large pasta dinner often leaves you depleted and sleepy shortly





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afterwards, and the sweet treats that most Americans consume ultimately result in fatigue and sadness.

Unfortunately, many people have simply grown accustomed to feeling “blah” and most are unaware that something can be done to change how they feel. If you are feeling blah, what can you do? Consider whole foods; unprocessed and pure in nature, these foods are a powerhouse of goodness for the body. By switching to a more nourishing diet, you will begin to experience an increase in your mood, energy, mental clarity and productivity. You will notice a decrease in fatigue, sadness, forgetfulness and confusion. Your body will start to create a natural state of order and balance.

*The Self Healing Cookbook* by Kristina Turner, discusses eating to create a desired emotional state. Here are some tips to start with:

## **Feeling Tense, Angry or Stuck?**

Eat MORE crisp, succulent veggies like cabbage, green beans, lettuce, cucumber, cauliflower, celery, carrots, and snap peas. These vegetables will help you relax, lighten up, and feel clear. Have them lightly cooked or in salads.



## **Feeling Super-Sensitive or Too Emotional?**

Eat MORE cooked veggies, es-Fresh, minimally processed veg, especially roots (daikon, carrot, turnip, yam), winter squash (butternut, acorn), and sturdy greens (kale, collards). These will calm you and get you down to business. They will give you a firmer grip on life and fuel productive creativity.

## **Feeling Tense, Overheated or Overworked?**

East LESS salt, meat, eggs, cheese, and hard, baked foods. These foods are heavy and contracting

I also suggest you start a food-mood journal. For three days, see if you can notice how certain foods make you feel. Let me know what you discover!



for your body. They make it hard for your body to relax.

## **Feeling Fatigued, Spacey or Moody?**

Eat LESS sugar, raw foods, cold foods, cold drinks, and alcohol. These foods are lightening and expansive for your body and too many can put your head in the clouds.

**Debbie Sarfati Steinbock H.H.C** is a Nutrition Counselor and Natural Foods Cooking Instructor in Boulder. Debbie works with clients to create a customized nutrition plan that will improve diet, enhance wellness, and eliminate health problems. Call 303 938 1468. [www.wholenourishment.com](http://www.wholenourishment.com)



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## WHY YOU REALLY NEED TO BE GENTLE AND COMPASSIONATE WITH YOURSELF



**By Tom Robinson, M.A.**

If you have been reading my articles for a while, you know that I frequently ask you to be gentle and compassionate with yourself when you are having a flare or experiencing painful symptoms because of your illness. I do that because I have seen, again and again, how people's lives change significantly – and often dramatically – for the better when they do.

I have also seen, again and again, that many people have a hard time being gentle and compassionate with themselves. But that isn't all that surprising, because few if any of us were taught to do that by our parents, teachers, or mentors. I sure wasn't. However, it is definitely possible to learn how to be that way with ourselves. I have, and so have many people I have met and many whom I've taught, either directly or serendipitously as recorded below:

*I went in for knee surgery in March this year and after 5 weeks it was still very swollen and I was*

*in a lot of pain. I felt so angry, resenting this new knee and hating it. My neighbor had read Tom Robinson's article 'Three Healing Words' in Issue 17 on being compassionate to yourself, and shared its basic ideas. I immediately actioned these ideas and within 3 days the swelling had gone down by half. Since I first heard about Tom's article I have told my knee every day that I loved it, that I was sorry it was in this pain, and that it was OK to hurt some. One week later my doctor told me there had been more progress in that one week than the whole time since the surgery. Since then it has continued to improve and now, three months later it's all good.*

- Muriel T. Scottsdale, AZ

Some of those I taught learned how to be gentle and compassionate with themselves when I asked them how they would feel and what they would do for someone they cared about who had the same illness and the same symptoms and pain they did – and then asked them to have the same feelings for themselves. Others understood the concept when I asked them what they would do if they found a helpless injured bird. For those clients who were especially hard (on themselves) and critical of themselves for not being able to do all the things they could before they became ill, I asked them if they would criticize the bird for not being able to fly. Their answer, of course, was always no, and they usually real-

ized that their criticism of themselves was not justified or called for.

Still others learned to be gentle and compassionate with themselves when I had them imagine how they would feel if their beloved dog or cat got injured, and then had them imagine how the animal would feel when it got the compassion and reassurance they would automatically and spontaneously give it.

Clients who were directly involved in helping people in difficult situations make their lives better, often had very dramatic "aha's" when they suddenly realized that they could give themselves the same gentle, compassionate caring they were giving others.

However, while many people I have worked with learned to be gentle and compassionate with





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themselves, a sizable number of them didn't. I was wondering how I could help them the next time I talked to them, and then went through a time when I wasn't able to give myself the gentleness and compassion that I needed.

I've known for a long time that all people deserve compassion when they are struggling or are experiencing physical or emotional pain. After trying for a while to figure out why I wasn't able to give myself any, I realized that my perception was that I was different from everyone else. And because I felt like I was different from everyone else, I felt like I didn't deserve any compassion.

But then I took a close look at my belief – a previously unconscious one – that I was different. And I realized I wasn't. Just like everyone, I have a body that needs food, air, water, and sleep. Just like everyone, I have problems and strengths and weaknesses. Just like everyone, I need love and I experience joy and pain. And like all human beings, I deserve compassion. Realizing that, I was again able to give it to myself.

As I said at the beginning of this article, I have seen many, many people with chronic illnesses ex-

perience significant and often dramatic improvements in the quality of their lives when they give themselves gentleness and understanding. Here's what a client recently wrote about giving herself compassion and how it helped her:

(Note: the hard work she refers to is giving herself compassion. It can be hard to do at first, but the results make the effort very worthwhile.)

*"My coaching sessions with Tom over the last several weeks have brought me a level of peace, understanding and acceptance about living with a chronic illness that I never envisioned was possible. His masterful approach to helping you to extend the compassion to yourself that you would extend to a treasured friend experienc-*

*ing similar challenges is brilliant and effective. You do the hard work, gently and compassionately guided by Tom, and before you know it you have opened yourself up to see beyond your condition to all that you still have to offer. For the first time in a very long time, I look forward to each day with joyful expectations."*

- Roberta Somerset, NJ

Because of the difference it will make in your life, I encourage you to give yourself all the compassion you possibly can. And if you are one of the many people who have a hard time doing that, I hope you will take a good look both inside yourself and in the mirror, and realize that you truly deserve lots and lots of compassion.



**Tom Robinson, M.A.**, helps people struggling with chronic illness overcome depression, anxiety and hopelessness so they can have more peace of mind and live fulfilling lives. To sign up for a 30 minute no cost consultation, go to: [www.chronicillnesscoach.com/nocostconsultation](http://www.chronicillnesscoach.com/nocostconsultation) or call: 805-964-8682

For more ideas on healing illness-related emotional pain, sign up for Tom's "Three Strategies for Living a Better Life When You Have a Chronic Illness" report at: [www.chronicillnesscoach.com/ghirw.html#report](http://www.chronicillnesscoach.com/ghirw.html#report)



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# FRUIT, FRUCTOSE & HFCS: HOW DIFFERENT SUGARS AFFECT THE BODY



**By Anita Patel**

Everyone loves to eat fruit, but lately there are flags around the succulent delights, warning us not to eat too much. Too much sugar is bad, say the pundits and lump together fruit, fructose and high fructose corn syrup. We are warned against anything that spikes our insulin levels - raising the specter of diabetes. Candida, a common yeast infection, is another concern for people who worry about too much sugar in their diet. So let's take a look at the different types of sugars (saccharides) and how they affect the body.

Fruits in general are made up of fairly equal amounts of fructose and glucose, as is honey, although some fruits have a little sucrose (table sugar) as well. Fructose, galactose and glucose (commercial name dextrose) together with honey are monosaccharides. Glucose and fructose in combination form the disaccharide 'sucrose'- our regular table sugar.

Monosaccharides can be ab-

sorbed directly into the blood stream but disaccharides need to be broken down by enzymes into their monosaccharide components in order to be absorbed. Any sugars that are not absorbed hang around in the gut feeding the bacteria in residence there before being excreted.

Beet sugar and cane sugar are both relatively pure sucrose. Galactose and glucose make up the disaccharide lactose (found in milk). Lactose needs the enzyme lactase, produced by cells lining the small intestine, in order to break it down into its monosaccharide components so it can then be absorbed. Sucrose needs the enzyme sucrase for the same purpose.

The fructose source in agave nectar is inulin, a fructose polymer that must be enzyme or acid-hydrolyzed to monosaccharide fructose before the product becomes a useful sweetener.<sup>1</sup>

Fruits are almost all half fructose and half glucose. These being monosaccharides, they have no trouble being absorbed by the blood. Every part of the body can use glucose. The liver converts it to glycogen and can store any amount of it - ready for transportation to any part of the body that needs it. Some fructose follows the same pathway as glucose in being phosphorylated by certain enzymes, along the pathway to becoming glycogen. Glycogen forms an energy reserve that can be quickly mobilized to meet sudden needs.

There are studies that indicate that fructose together with glucose promote glycogen production better than glucose alone.<sup>2</sup> However fructose is favored by the liver to be metabolized into phospholipids (fats) some of which are packaged up in lipoproteins: water soluble carrier molecules that transport chole-



sterol through the blood to repair cell membranes. The remainder is excreted in bile as cholesterol, or after conversion, to bile acids. Bile acids are critical for digestion and absorption of fats and fat-soluble vitamins in the small intestine.<sup>3</sup> Fructose is a potent regulator of glycogen synthesis into energy, and liver glucose uptake.<sup>4</sup>

That all sounds good, so why has fructose been so maligned? I think we will find it is a matter of throwing the baby out with the bath water.





## What is high fructose corn syrup?

Both crystalline fructose and high-fructose corn syrup can be derived from sugar cane, sugar beets, but most often, corn. To make high-fructose corn syrup, the corn is first milled to produce cornstarch. Next, the protein and fiber are removed from the cornstarch, using enzymes like amylases and glucoamylase and heat and chemicals such as caustic soda and/or hydrochloric acid. The glucose syrup produced is known as corn syrup. The glucose syrup is then passed through an immobilized column of glucose isomerase (another enzyme), where it will be converted to fructose to yield HFCS-90%, which is then blended with glucose syrup to produce the standard HFCS-55, being 55% fructose and 42% glucose with the remaining 3% being negligible amounts of other sugars, such as various oligosaccharides.<sup>5</sup> HFCS-55 is sweeter than sucrose and used extensively in soft drinks, juices, and carbonated drinks. Another blend of HFCS has 42% fructose, and 56% glucose. HFCS-42 has a mild sweetness and does not mask the natural flavors of food, so it is of-

ten used in canned fruits, sauces, soups, baked goods, and extensively in dairy products.

Some health experts express concern over the level of genetic modification and processing used to create high-fructose corn syrup. Even though consumers think of fructose as natural fruit sugar, the concentration of fructose found in high-fructose corn syrup and the combination ratio with glucose, is not necessarily natural.

In its pure form, fructose (i.e., crystalline fructose) is not the same as HFCS; it is not a combination of glucose and fructose, it is 100% fructose, nor does it contain other sugars. Crystalline fructose is also usually derived from cornstarch (although wheat starch or rice starch can also be used). The corn syrup produced is almost entirely glucose, which is then reacted with a series of enzymes to convert nearly all of the glucose into fructose. After it crystallizes, the fructose is dried and milled to produce crystalline fructose.<sup>6</sup>

Unfortunately, many of the studies that have been published have either failed to clearly define the

form of fructose that was studied, or have generalized their conclusions from one form of sweetener to all fructose-containing foods i.e. HFCS, sucrose, crystalline fructose, fruit, honey and molasses.<sup>7</sup> It is also of limited value to judge an isolated item out of the context of the whole diet.

## Glycemic index and fructose

Maybe one of the worst results of HFCS proliferation is its substitution for 'quality' calories. Although HFCS is as sweet as cane sugar or honey, it does not cause the same insulin release as they would and therefore the Glycemic Index is very low. With less insulin excursion, less 'leptin' will be released, and 'ghrelin' will not be suppressed. Leptin is the gastroenteric hormone that makes you feel full or satiated. Ghrelin is the one that makes you hungry for more. So, when you consume HFCS, the hormones produced make you feel hungry for more and your appetite is not satiated.

In 1992 the USDA recommended that only 40 grams of extra sugars should be added to a standard 2000 calorie a day diet, 40 grams would equal 10 teaspoons of sugar. One can of soda pop would put you over the top with its 11 teaspoons of sugar. With the ever-increasing consumption of soft drinks and fruit juices, not to mention the myriad inclusions of HFCS in processed foods, the amount of HFCS being ingested is staggering. From 0.5 pounds per year per person in 1970 to 62.4 pounds per year per person in 1997, with some people consuming well over 100 grams (15





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teaspoons) of high fructose corn syrup per day.

It is not that HFCS is evil of itself. Yes it is processed, just as other refined sugars are processed, **but it is the amount that can be consumed without the body registering the fact, that poses the threat**, resulting in the body consuming more than it can cope with - no matter how empty the calories, or how much bad fat, salt and chemicals are included with it in the junk foods.

When pure fructose or HFCS intake is too high (over 40 grams 10 teaspoons) the liver copes with it by rapid stimulation of lipogenesis and triglyceride accumulation. And certainly excessive long-term intake of HFCS will have negative effects including changes in digestion, absorption, plasma hormone levels, appetite



and hepatic (liver) metabolism, leading to development of insulin resistance, dyslipidemia and hypertension. These risk factors, including abdominal obesity, elevated triglyceride levels, low HDL and increased blood pressure, predispose individuals to heart disease and Type 2 diabetes.<sup>8</sup>

Exercise has a large role to play in this scenario since it can burn off some of those stored fats and blood triglycerides.

## How much is too much?

For centuries people have consumed between 16 and 20 grams of fructose per day, and far more in tropical countries (largely from fresh fruit) and have gained all the benefits of the antioxidants, vitamins and fiber contained in them. They also benefit from the flavonoids; the most important of the phenolic compounds naturally occurring in fruit, which, in addition to their antioxidant activity, demonstrate a wide range of biochemical and pharmacological effects including anti-inflammatory, anti-viral, anti-allergenic, anti-carcinogenic, and anti-aging activity.<sup>9</sup>

In an August 2004 report in *JAMA*, Walter Willett, MD, DrPH, (Department of Nutrition, Harvard School of Public Health) and his colleagues report the findings of an analysis on consumption of sugar-sweetened beverages and type 2 diabetes:<sup>10</sup>

*"In this study, a higher consumption of sugar-sweetened beverages was associated with higher body mass index (BMI) and an increased risk of type 2 diabetes. Interestingly, fruit juice consumption was not associated with diabetes risk, whereas fruit punch (containing HFCS) consumption was. These researchers commented that, "...vitamins, mineral, soluble fiber and phytochemicals in fruit juices may have beneficial effects counterbalancing potential adverse effects of sugars." Moreover, they noted that women*

*who increased their sugar-sweetened soft drink consumption also increased energy intake from other foods. They suggest that consumption of these beverages either induces hunger and food intake, or may reflect detrimental accompanying dietary and lifestyle changes."*<sup>11</sup>

An overload of high-fructose corn syrup (HFCS), as in the concentration of most carbonated beverages, can lead to malabsorption in healthy people,<sup>12</sup> but people with any kind of bowel disorder may experience this malabsorption with great discomfort, including symptoms of bloating, pain and discomfort, distention of the small intestine, flatulence and diarrhea.

*The JAMA report continues ... "because glucose enhances the absorption of fructose, when glucose and fructose are taken at equal amounts, the facilitation of fructose's absorption by the glucose can prevent the intolerance symptoms. Skoog and Bharucha, in particular, have investigated this facilitation process and advocate that the fructose intolerant patient should consume products that contain glucose at an equal or higher amount to the fructose to avoid symptoms."*<sup>13</sup> (Remember standard HFCS is 55% fructose to 42% glucose)

*"Certain amino acids also appear to facilitate the absorption of fructose. It is important to note that sorbitol, a sugar alcohol found naturally in foods, has the opposite effects and inhibits fructose absorption."<sup>14</sup> Sorbitol and fructose occur together in many fruits, including apples,*



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cherries, peaches and pears. Interestingly, bananas and strawberries do not contain sorbitol. Understanding these subtleties of fructose absorption may allow for more choices for patients with functional bowel disorders like IBS.”<sup>15</sup>

“Modest intake of fructose as part of a low glycemic load diet has been associated with improved hepatic glycogen storage, reduced postprandial insulin and glucose, and a lower triglyceride-to-HDL cholesterol ratio, all of which indicate improved insulin sensitivity rather than reduced insulin sensitivity.”<sup>16</sup>



## Getting a handle on applying the knowledge

So what is a ‘modest’ intake of fructose? If we take the USDA recommendation of 5 half cup servings of fruit per day for adults (double that for teenagers), adding up to a total of 40 grams (80 g for teenagers), or if we restrict intake to only 20 grams per day, how much fruit can we eat?

In the following list of fruits you can count up the grams of sugars for your choice of fruit.

Fruit	Serving Size	Grams of Sugars
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Cantaloupe	1/8 of medium	2.8
Raspberries	1 cup	3.5
Kiwi	1 medium	3.4
Blackberries	1 cup	3.5
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Peach	1 medium	5.9
Orange	1 medium	6.1
Papaya	½ medium	6.3
Honeydew	1/8 of medium melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple	1 medium	9.5
Watermelon	1/16 medium melon	11.3
Pear	1 medium	11.8
Raisins	¼ cup	12.3
Grapes, seedless	1 cup	12.4
Mango	½ medium	16.2
Apricots, dried	1 cup	16.4
Figs	1 cup	23.0



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Twenty to forty grams gives us quite a selection, so eat fearlessly! And try to eat **organic**, or **no spray**, at least for fruits or vegetables with edible skins. Leafy vegetables, like spinach and collard greens, and orange colored fruits and vegetables such as mangos, oranges, cantaloupe, sweet potatoes and carrots are all excellent sources of the antioxidant beta-carotene. Fruits and vegetables containing lycopene, such as tomatoes, watermelon, guava, papaya, apricots and pink grapefruit, with their cancer fighting properties, are also packed with antioxidants.

Small berries are excellent also. They are even better if you can



use a high-speed blender like a Vita Mixer, which pulverizes the seeds and releases the stored antioxidants and polyphenolic bioflavonoids.

## Adding Candida into the equation

If there is a problem with Candida, which flourishes in an acidic body pH, it is best to eat only fruits on the alkaline end of the scale, since sugar cravings come not only from candida but also from the body being too acidic.<sup>17</sup> Their alkalinity is not a measure of the fruit itself, but of its effect on the body after consumption.

## Alkaline Forming Foods

### VEGETABLES

Garlic  
Asparagus  
Fermented Veggies  
Watercress  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard  
Chlorella  
Collard Greens  
Cucumber  
Eggplant  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Dulce  
Dandelions  
Edible Flowers  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Rutabaga  
Sea Veggies  
Spirulina  
Sprouts  
Squashes  
Alfalfa  
Barley Grass  
Wheat Grass  
Wild Greens  
Nightshade Veggies

### FRUITS

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapes  
Grapefruit  
Lime  
Honeydew Melon  
Nectarine  
Orange  
Lemon  
Peach  
Pear  
Pineapple  
All Berries  
Tangerine  
Tomato  
Tropical Fruits  
Watermelon

### PROTEIN

Eggs (poached)  
Whey Protein Powder  
Cottage Cheese  
Chicken Breast  
Yogurt  
Almonds  
Chestnuts  
Tofu (fermented)  
Flax Seeds  
Pumpkin Seeds  
Tempeh (fermented)  
Squash Seeds  
Sunflower Seeds  
Millet  
Sprouted Seeds  
Nuts

### OTHER

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Probiotic Cultures  
Green Juices  
Veggies Juices  
Fresh Fruit Juice  
Organic Milk (unpasteurized)  
Mineral Water  
Alkaline Antioxidant Water  
Green Tea  
Herbal Tea  
Dandelion Tea  
Ginseng Tea  
Banchi Tea  
Kombucha

### SWEETENERS

Stevia  
Ki Sweet

### SPICES/SEASONINGS

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari  
All Herbs

### ORIENTAL VEGETABLES

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame  
Sea Veggies

## Fructooligosaccharides or prebiotics

There is class of alternative sugar that is broken down via fermentation in the colon. It has 30-50% the sweetness of

sucrose and is found naturally in onions, leeks, garlic, legumes, asparagus and jicama, among others. Commercially it is derived either from chicory root or manufactured



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synthetically, labeled 'total carbohydrate' or 'fiber' and also 'inulin'. This alternate sugar is a fructooligosaccharide (FOS); it is protective of colon cells and sometimes referred to as a prebiotic. But, even more protective of the colon cells are a class of carbohydrates called resistant starches.

### Resistant Starches

Resistant starches are an integral part of grains and legumes that are cooked intact – for example, all kinds of beans (soaked first - not from a can), barley, long grain brown rice, plantains and others. These resistant starches can only be digested in the colon,

where they are used as fuel by the resident bacteria. In this process of fermentation, short chain fatty acids (SCFA) are produced, including butyrate, which is protective of colon cells and associated with less genetic damage (genetic damage that could lead to cancer). As with other fermentable fiber, resistant starch provides for better mineral absorption, especially of calcium and magnesium.

Resistant starch improves insulin sensitivity and glucose tolerance the next day and gives lower cholesterol and triglyceride levels, and less fat storage after a meal.

The SCFA butyrate promotes 'good' bacteria and suppresses 'bad' bacteria and their toxins, and for this reason butyrate is used as an animal feed supplement, due to its ability to reduce pathogenic bacterial colonization.

### Resistant starch promotes bowel regularity

An excellent source of resistant starch is konjac noodles (called shirataki noodles in Japan and Moyu or Juruo in China). They are gluten-free and made from the root of the plant *Amorphophallus Konjac* and contain a soluble fiber known as glucomannan. The ones I found are ready-to-use, packed in liquid, but a few minutes of boiling them in water takes away the rubbery texture. They are almost tasteless, so a little garlic, ginger, green onion and soy sauce is sure to please. For lots of detailed information on konjac noodles, go to: [www.konjacfoods.com](http://www.konjacfoods.com)

But getting back to fruit and fructose and HFCS: Realizing how many cups of fruit add up to the same grams of sugar as a single can of soda pop gives me a better understanding of the difference between fruit sugars (one of the major products of photosynthesis, by which plants transform the sun's energy into food) and HFCS, the processed fructose usually made from genetically engineered corn. This encourages me to incorporate fruit into my diet in a healthful way – knowing that consuming sugars in their natural matrix of nutrients affects the body very differently than consuming refined sugars in processed foods and drinks.





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*Note From Jini:* Personally, I prefer the other resistant starches (beans, plantain) to the konjac noodles. I find the konjac noodles very rubbery and it doesn't even feel like I'm eating a real food. Konjac powder (glucomannan) dropped into water instantly forms an almost impenetrable layer that you then cannot even break up with a spoon - so I wonder what happens to this type of substance in the gut?

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Konjac Noodles

**Anita Patel** has been a stay-at-home Mom, becoming an expert in unprocessed, whole foods cooking. She is an accomplished pianist, seamstress and upholsterer, a rental property manager, house painter and tiler, and has written and produced several plays. She wrote a 1-year Through the Bible course for Grade 5 students and taught it for 7 years in a public school. She is also Jini Patel Thompson's mother and has assisted Jini with numerous projects and experiments over the years - the latest as Editor of this Infoletter! Anita can be reached at: [info@jptwellnesscircle.com](mailto:info@jptwellnesscircle.com)



**MIND THE GAP****By Annabel Fisher**

What happens when you've cleared a long standing problem with EFT?

Very often there is a feeling of ease, relief, excitement and even curiosity. But sometimes, it's as if a void is left in its place. It's almost as if there is a gap; something is missing now.

In one of my podcasts recently, Scott and I talked about the gap that is sometimes felt after successful tapping. I suggested it was similar to wearing a thick, heavy coat all winter and spring. It feels like an ever increasing burden, but throwing it off in a matter of seconds leaves a sudden void; an unexpected weightlessness; a loss of the familiar, that feels uncomfortable.

So, what happens if you guess there probably will be a sense of weightlessness, space or unfamiliarity, once you've cleared problems with EFT? That may be enough to prevent you from tapping in the first place! Questions, (AKA resistance!) may arise in your mind.

Who will I be once I let this problem go completely?

What if it's not safe to NOT be angry/grieving/stressed, etc?

I'll lose my current identity, and then what will they think?

If these types of questions or concerns come into your mind, write down the answers, and then use that information to tap on. Whatever you've written down is probably the reason why you are stuck, still experiencing that memory or limiting belief.

Remember, what we resist, persists. The problem will remain if we are unable to acknowledge it and address it.

Two strong emotions that can be challenging to release are anger and grief.

Here's something I hear about grief quite a lot from clients: "I have to continue grieving in order to honour the person and acknowledge who they were".

A good reframe for this as we tap is: Could I joyfully honour the person? Could I acknowledge them in a heartfelt way which brings me joy?

Often I'll hear this about anger: "I can't let go of the anger otherwise they will have won".

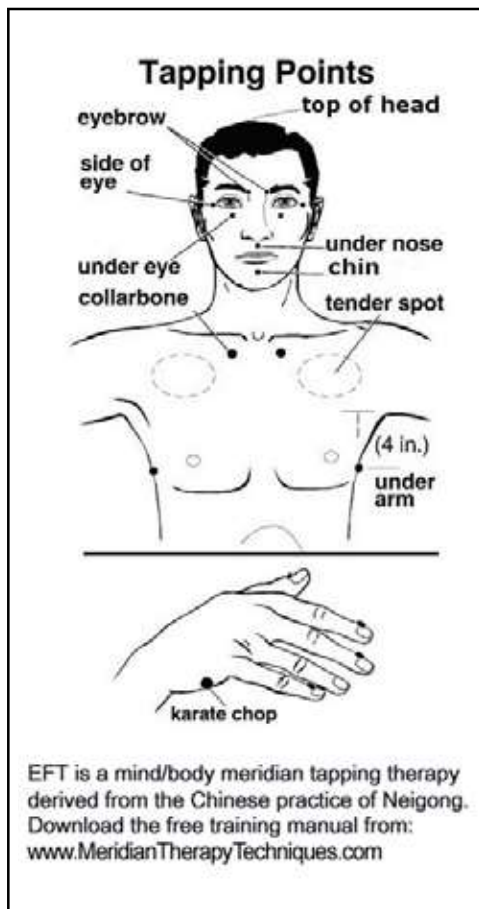
A useful consideration for this as we tap is: Does it have to be about winning? By holding on to this anger I'm punishing myself and they aren't even aware of how I'm feeling! What if I could "win" by letting go?

Once you let go of a longstanding emotion, there may be a space,





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or gap which is left. To ensure it's not filled up with a different stressor, tap in some positive reinforcements, acknowledging the courage it's taken to release the past; how determined you are; how you love feeling free; how calm and confident you are, and so on.

Here are some examples:

*Head:* I'm so grateful that I'm free of the past!

*Eyebrow:* It feels surprisingly easy

*Side of eye:* I love the lightness I'm feeling

*Under eye:* I acknowledge the courage it's taken to release this

*Under nose:* I choose to feel calm and confident

*Chin:* I am determined and strong

*Collarbone:* I am ready and willing to move forward now

*Under arm:* I am deserving of this freedom.

Be mindful of the gap that is left, and fill that void with healthy acknowledgements of who you are and what you are capable of. Allow your body to feel what it's like to hear those positive affirmations, and experience the joy!



**Annabel Fisher** is an Advanced EFT Practitioner, Licensed NLP Practitioner and certified Matrix Reimprinting Practitioner. She specialises in overcoming chronic illness and has worked with hundreds of clients around the world, over the phone and via Skype, enabling them to transition from struggling and hopeless, to vibrant and fully mobile. Annabel hosts the internet radio show, *Tap Into Your Healthy Self*, and records weekly podcasts on a wealth of EFT related topics. She's the author of two e-books, several CDs and a DVD on EFT: [www.TheEFTHealingCentre.com](http://www.TheEFTHealingCentre.com)



**TORNADO STORM SHELTERS TO SACRED NESTS**

**By Reverend Cathy  
Haven Howard**

These are challenging, fast changing times right now. You probably know someone that has been affected by the floods, tornadoes or fires that have been sweeping our world right now. As my husband and I have been travelling the country in our RV we found ourselves having to make a dash to a tornado storm

shelter on four separate occasions this spring in Oklahoma, Arkansas and Mississippi. When we returned back to Alabama we found that tornadoes had destroyed over 90 homes on the mountain next to the one that we live on.

Finally arriving home at Heartwood, our retreat center in the mountains of northeast Alabama after living in our RV for the past year, we feel very grateful to be home and to have the forest and the silence encompass us. I learned many things while I was on the road and it feels important to share some of this wisdom in the hopes that it might be helpful to you on your journey of health and well-being.

I have found that whenever my physical system gets out of balance, I stop and ask my internal guidance what has happened?

- Did I eat something that created an issue?
- Was I in some kind of stressful situation?
- Was I in anxiety about something?
- Was I afraid of something?

Sometimes the answers to these questions are obvious. For example, I have known for a long time that I have trouble digesting green peppers, but I went ahead and ate them when I was at a friend's home for dinner. But at other times the answers to the questions are not as easy to get to. I learned while on the road that I really could not easily get past my anxiety around travelling while towing a trailer and driving in a large stick shift truck. I never felt at ease and my sensors were always on alert. I could see and feel the drain that



*Heartwood, by Cathy Haven Howard.*



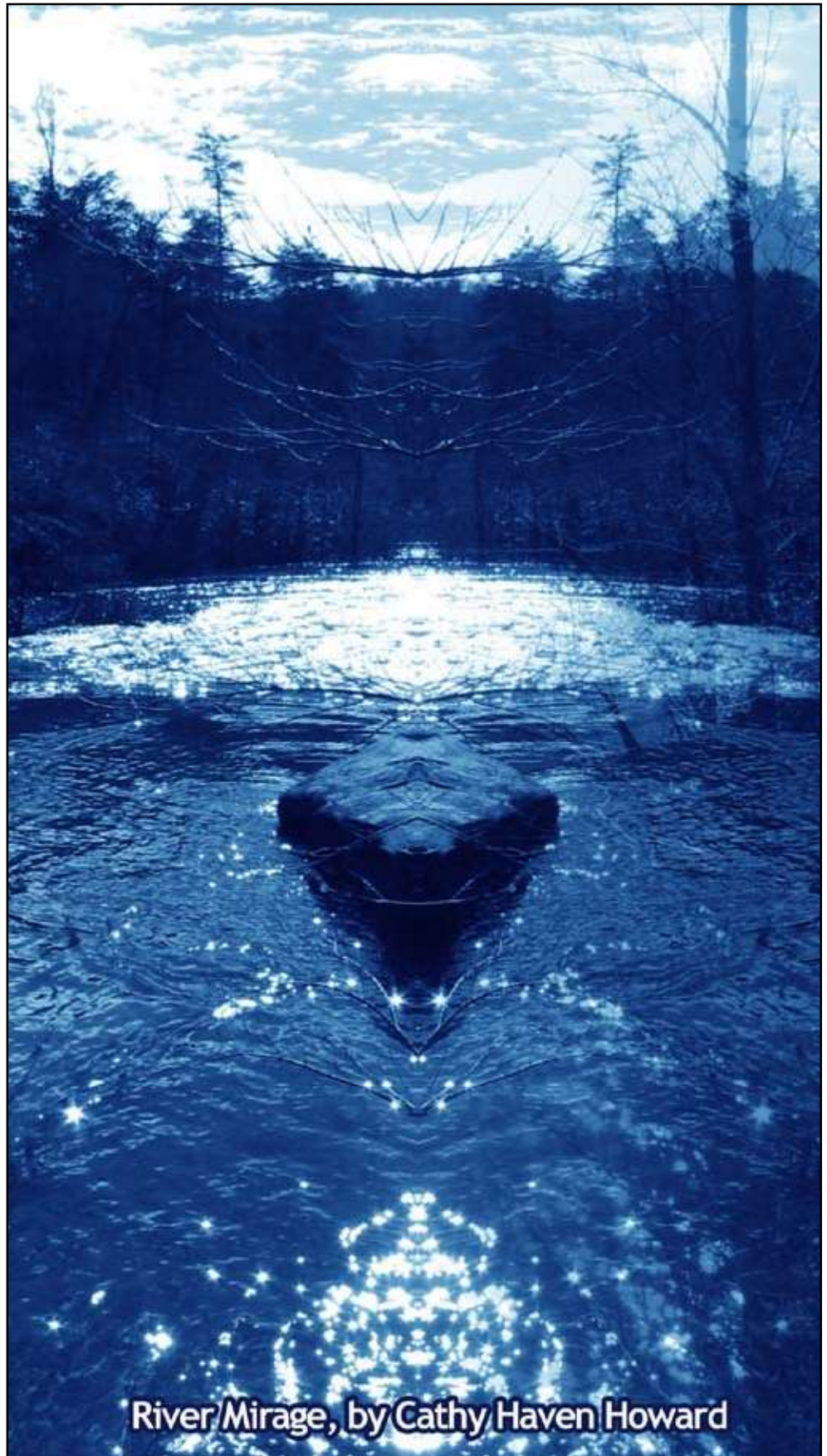
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this created on my body and how my body responded to the constant alert message to my internal system.

I see how so much of my life has been about not feeling safe. This is one of my biggest fears. I see that it has been a daily message that has been sent to my body with an underlying message to my immune system to sound the alert. I can literally see and hear the red light flashing or the sirens screaming. My body would take on a certain stance, one that I believe activates anxiety and dis-ease.

I have tried repeating affirmations while I am travelling in stressful situations such as "I am safe, I am safe." This has worked up to a point, but I still was faced with jangled nerves and a depleted feeling. I finally began to see that I needed to face my fears, embrace them rather than resist them. I saw that I needed to really get to know them and to ask the question on a deeper level: of what was I really afraid? I began to see 'fear' as a teacher to all the ways that I did not trust God or the higher power. I began to see that I was listening more strongly to what I call my ego voice rather than my spirit voice. I saw that I was choosing fear over love.

I most clearly hear my spirit voice when I am in meditation. I do not follow a particular type of meditation practice, although I have studied many. I really just sit in a special place wherever I am and listen. I sometimes ask a particular question, or repeat a mantra or phrase over and over to myself with the focus on my in and out breath. But the most important component is spending time with





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Spirit in my own unique way. After I come out of meditation, I write down what I have heard. I feel that this is like my own sacred text or personal bible. I feel that some of the wisdom received is important to share with others. This is a passage from my meditation journal:

*"The world right now is changing at such a fast pace that there is nowhere to go but through the door of trust. This trust goes hand in hand with you feeling spiritually safe. All the rest is an illusion. The space of spiritual safety begins with an allowing; that invitation that opens the door. When you can wiggle down into your sacred nest, you allow the resting in to take place. This stops the chatter and lets you trust. The trust allows you to listen with a different ear and then the true conversation can begin. You can see that there is a different voice that is coming through, one that is not tied to worry, fear and anxiety. It allows you to breathe differently; it allows you to hear differently, it allows you to feel in your body something different; it literally allows you to see the world differently. All of a sudden you are aware that something is gone from your demeanor, it is fear. This does not mean that it will not come into your life again, but you know that it is not with you every moment as that constant nagger. You begin to know that you have everything that you need to make yourself safe, comfortable and to be in well-being."*

Our life on the road allowed me an incredible opportunity to face my fears and I am very grateful for what I learned in the past

year. But we have been called back to our mountain retreat and I am now surrounded by trees and their benevolent silence. I have found that this is a place of deep rest and relaxation for me. This is my sacred nest, a place of grounding where I can truly "stand down" from the deafening sounds of the "alert siren."

When I got back and went into meditation the first words I heard were, "Restore, restore, restore." I was to return to a place where I could replenish myself, bring back my energy, and renew my body, mind and spirit.

Consider the following questions for yourself:

- What are my fears? Make a list of them.
- From the list, which fears are most with me on a daily basis?
- What are my fears telling my body?
- What are my thoughts telling my body?
- What do I do when I know that I do not feel safe?
- When do I feel safe?
- What do I trust?
- How do I build trust in relationships or with life?
- Do I trust God or a Higher Power?
- What does my sacred nest look like? Where is it and what does it feel like to be there?
- How often do I visit or connect with my sacred nest?
- What is the main way that I feel trust and protected in my sacred nest?
- Where is my place of rest?
- What do I do to renew my body, mind and spirit?

In closing I would like to share with you two quotes from Marianne Williamson's book, *A Course On Weight Loss*:

"In order to birth the miracle of the new you, you must be open to the love that pierces your invisible shield. A miracle is a shift in perception from fear to love, creating breakthroughs in your experience by creating breakthroughs in your mind."

"The universe, being the handwriting of God, is a continuous flow of love. Yet the fear mind seeks to block that Love just as continually as Spirit pours it forth."

**Reverend Cathy Haven Howard** is an ordained minister who travels throughout North America in an RV with her husband, Ted. She is the author of the book, *Spirit Expression for Everyone, A Guide to Living a Soul-driven Life*, a book based on her meditative writings. She majored in Religious Studies in undergraduate and graduate school. She has recently retired from ten years directing Heartwood, a wooded mountain spiritual retreat center in Mentone, Alabama. She has dealt with the challenges of Crohn's Disease and is committed to assisting people in finding the "answers within" as a tool to healing and well being. She can be reached at [havenhoward1@gmail.com](mailto:havenhoward1@gmail.com) and you can leave your thoughts and questions on her blog at [www.spiritexpressionbook.com](http://www.spiritexpressionbook.com)



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## TRADITIONAL ORIGINS AND BENEFITS OF SLOW-COOKING



Adapted from *The Slow Cooker Rules* by **Jen Allbritton, CN**

Although slow-cooking was introduced in the early 1970s, it can be considered a modern version of the time-honored traditional braising, stewing, pot-roasting and Dutch oven cooking methods. All use long cooking times, low temperatures with liquid and a tight-fitting lid to keep it all enclosed in a moist environment. These methods typically use indirect heat, such as with an oven, compared to the direct heat applied from fire or a stovetop.

As described in *Slow-Cookers for Dummies*, “For generations, women in small towns throughout Europe. . . have been using the town bread baker’s cooling ovens to slow-cook their family’s meals. . . . For a small price, the baker rented oven space to anyone who wanted to slowcook a joint of meat or fish. The food was left in the oven unattended and picked up in the early afternoon for dinner. Although the practice of slow-cooking in a wood-burning oven was also common practice in the United States during the

1800s, it died out with the introduction of castiron stoves. . . .”<sup>1</sup>

### What exactly is a slow-cooker?

First of all, “slow-cooker” is the generic term used for this appliance, but the company who first designed the slow-cooker (Rival) coined their product a Crock-Pot. The slow-cooker and the crock-pot are one and the same. Features that make a slow-cooker a slow-cooker are: countertop appliance; low and high settings without a gauge to set a specific temperature; inner container made from stoneware, ceramic or heat-resistant glass; wrap-around heating elements within the metal casing offering indirect heat to the container for even heating to avoid hot spots and the need for stirring; and a tight-fitting lid to contain the heat and steam.

The combination of low temperature, lengthy cooking times and locked-in moisture work together to cook food thoroughly, while inhibiting the growth of bacteria and eliminating the need for attention throughout the cooking process.

### Which setting to use and when.

The settings on most slow-cookers include off, low and high – for safety reasons, smaller sizes may not have a high setting. More “high-tech” models have other goodies, such as a keep-warm function. Most slow-cooker recipes are geared to the low setting which reaches 180-200 degrees, that is, a gentle simmer. The

high setting hovers between 280 and 300 degrees and will cook food about two to two-and-a-half times faster than when on low. This is useful when cooking large cuts of meat or a whole chicken, where you can start the dish out on high for about an hour, and then turn it down. The high setting is also useful for thickening a sauce or gravy after the food has been removed.

### Don’t Peek!

The vacuum seal created by the tight-fitting lid of a slow-cooker plays a big part in the way the appliance works it’s magic. Once the meal starts heating up, hot steam is generated, which helps cook the food. Just like the oven door, the lid is best left on throughout the entire cooking time required for the dish, unless of course, you suspect it is going to be overcooked, there is a problem, or you need to add additional ingredients. Lifting the lid can result in as much as a 12-15 degree loss in heat not to mention loss of the accumulated steam, which can take up to 20 minutes to replace.





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## How much food is too much?

For the best outcome, the container of your slow-cooker should be half to three-quarters full. Filling the container less than half full is more likely to result in overcooked or burned food. Food in an overfilled container may not cook thoroughly in the allotted time or get hot enough to inhibit bacteria growth, that is reach 140 degrees in under four hours. For this reason it may suit your needs to have more than one size slow-cookers as you do pots and pans.

## Do I have to brown or sauté?

Some slow-cooker recipes require nothing more than chopping up the ingredients, while others may taste better with a touch more prep. Since slow-cookers don't reach browning temperatures, browning large cuts of meats or sautéing or softening vegetables (especially onions and garlic) outside the slow-cooker in a separate skillet is an option to impart more depth of flavor to a dish. Browning meat consists of partially cooking meat, typically in a preheated frying pan with a small amount of fat to impart a brown color and extract the fats; browning caramelizes the food to release its flavor. Browning also locks in juices, resulting in more tenderness in the finished product.

Browning ground meat usually results in improved color and texture, but this step is not absolutely necessary, and browning is not recommended for meatloaf and similar dishes.

After browning food on the

stovetop, deglazing is another flavor enhancer for your dish. Simply add approximately 1/3 cup liquid to the sauté pan to pick up some of the caramelized juices. Bring the liquid to a boil, gently scraping the bottom of the pan to remove stuck-on food particles, and then pour into your slow-cooker right along with your other ingredients. The downside to browning is that it takes away from the slow-and-low concept discussed earlier; however, there may be occasions when browning is the best way to go for sheer taste and tenderness. Bottom line: browning meats and sautéing or softening vegetables are unnecessary, but experiment and see what you and your family's taste buds prefer, given the time you have available.

## Which foods and when?

With a few exceptions, most of the ingredients for your slow-cooker dish can be put in all at the same time and still end up evenly cooked.

**Vegetables:** Although it seems counter-intuitive, most vegetables (especially roots such as potatoes, carrots and turnips) cook more slowly than meat and poultry do in the slow-cooker. These do best layered along the bottom under the meat or other ingredients or along the sides of the container. Be sure to cut similar vegetables into same-size pieces. Faster cooking veggies (peas and greens) can be added 20 to 30 minutes before the dish is finished cooking.

**Poultry:** Poultry is easy to overcook and dry out. Leave the skin on a whole chicken to lock in moisture and add flavor.

To achieve the best results with pastured meats, it is best to check the internal temperature with a meat thermometer. Shannon Hayes's temperature chart in *Grassfed Gourmet* reflects the safety of pastured meats and inter-



nal temperatures best suited for bringing out the most flavor and juiciness (notice they are significantly lower than USDA recommendations.<sup>1</sup>) Be sure to insert a food thermometer into the thickest part of the food and avoid the bone and cooking container.

**Beans and legumes:** These dried foods are perfectly suited for the slow-cooker, just be sure to properly prepare them beforehand and don't add salt until after they are cooked, as salt will keep the skins tough. See Beany Slow-

Beef, Bison,	
Venison	120 – 165 F
Veal	125 – 155 F
Lamb and Goat	120 – 145 F
Chicken	160 – 165 F
Turkey (unstuffed)	160 – 165 F
Goose	170 F
Duck	160 – 170 F
Rabbit	160 F
Pork	145 – 165 F



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Cooker Creations in the *Recipes to Whet your Slow-cooker Appetite* article below.

**Dairy food:** Milk, cream, sour cream and yogurt tend to curdle with long simmering and cheese can break down and separate. It is best to leave these foods on the table to get the most from their enzymes and live cultures. If provided by evaporated or condensed milk in a slow-cooker recipe, opt for coconut milk or coconut cream instead.

**Pasta and rice:** Cooking these starchy foods too long can leave you with mush. Either cook them separately on the stove top or add them in 30 to 60 minutes before the dish is finished cooking. Rice should be pre-soaked before it is cooked in the slow cooker.

**Seafood:** Foods from the sea also tend to cook fast, thus tend to not fare well with the long cooking times of the slow-cooker. Add them during the last 30 to 60 minutes of cooking.

**Herbs and spices:** Whole herbs and spices release their flavors slowly, while ground versions tend to lose their flavor or even become bitter tasting in the slow-cooker. Chopped fresh herbs should be added during the last hour of cooking.

## The many benefits of a slow-cooker:

**Save time in the kitchen:** Barbara M. Murray, R.N., in her book *Crock-It* says, "I think of my crockery as a little ol' lady who stands around cooking for me all day." Not only can you fix a dish in the morning and have it ready for lunch or dinner, but you can put a dish in overnight



to have ready for breakfast or lunch the next day. Moreover, a dish can be cooked overnight or during the day and refrigerated until you are ready to serve. For example, cook a whole chicken overnight to supply the meat needed for an enchilada casserole or make meatballs during the day for those meatball sandwiches to take to the ball park that night. For even more time savings, many ingredients can be prepared the night before, layered right in the slow-cooker container and stored in the fridge overnight to speed things along in the morning. Breakfast can also be cooked overnight and be ready to fill empty tummies in the morning (see Overnight Creamy Millet Quinoa Porridge in recipes article below).

**Portability:** Slow-cookers provide an excellent way to bring dishes to potlucks or buffets, gift meals to a family with a new baby or to keep food warm during a gathering.

**Save money on electricity:** Compared to the oven, the slow-cooker uses less electricity. On low, it runs on the same amount of energy needed to power a 75 to 100-watt light bulb.<sup>9</sup>

**Lower heat production:** The

lower amount of energy that is used, the lower amount of heat that is produced. This is particularly useful during the hot summer months when the thought of turning on the stove or oven is enough to turn you completely off food altogether. Move the slow-cooker to the garage for even less chance of increasing the inside temperature one more unbearable degree.

**Safe to leave home alone:** Due to its low energy usage, the slow-cooker is safe to leave to its own devices without any supervision, unlike dishes left in the oven or on the stove top.

**Use up those tougher cuts of meat:** The slow, moist cooking environment created within a slow-cooker is perfect for breaking down the tough connective tissue of less tender, but more affordable, grass-fed cuts of meat—the portions of muscle that are used the most, such as the chuck, brisket, round and shank.

**A second oven:** When the oven is being used for another dish, the slow-cooker provides another way of cooking additional dishes—such as for holidays or parties. For example, place four or five washed, but not dried, sweet potatoes in the slow-cooker to bake for 4 to 6 hours for that Thanksgiving side dish.

**Seconds as a serving dish:** Why dirty another serving dish when your meal is already in one? Simply transfer the slow-cooker container straight to the table (don't forget the trivet).

**Brothy liquid:** The long, slow-cooking of meats and bones dissolves collagens and gelatins that enrich the dish's liquid with fla-



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vor and a bounty of nutrients (see the article “Why Broth is Beautiful” by Kaayla T. Daniel, PhD, at [www.westonaprice.org](http://www.westonaprice.org)). Bone broth is a spectacularly nourishing liquid easily made in the slow-cooker (see the recipe in *Nourishing Traditions* by Sally Fallon and simply make the recipe in the slow cooker).

## PREVENTING AGE-RELATED EFFECTS

As with other old-fashioned cooking methods, the slow-cooker dishes up nutritional advantages over other cooking techniques with its low-and-slow ways. Foods cooked or processed at high temperatures create what are called advanced glycation end products (AGEs). They are formed when sugars bind to proteins, fats or other compounds in foods—an effect that becomes visible as food browns. Exposing any food to extreme high heat can result in AGE production.

AGEs increase levels of inflammation, accelerate the aging process<sup>2</sup> and even contribute to cancer.<sup>3,4</sup> AGEs accumulate in collagen and skin, the eyes, the brain and the nervous system, as well as in the arteries and other vital organs.<sup>5,6</sup> Eventually, AGEs cause cells to lose their elasticity, thus contributing to impaired cellular function. Luckily, the slow-cooker provides three out of the four best ways to reduce AGE production:

1. Cook foods at a lower temperature for a longer period of time (as with a slow-cooker), instead of high temperatures at shorter periods of time.<sup>7, 8</sup> Slow-cookers don't produce

temperatures high enough to brown food.

2. Keep food moist (as with a slow-cooker), since dry heat encourages AGE-production.<sup>7,8</sup>
3. Limit foods that are fried, barbecued, broiled or cooked in the microwave, which are all cooking methods that encourage AGE production. For example, broiling a chicken breast for 15 minutes serves up five times more AGEs than one boiled in broth for one hour.<sup>7,8</sup>
4. Marinate foods when applicable, since it helps reduce AGE production and protects nutrients within the food. Try olive oil, apple cider vinegar, garlic, mustard, wine or lemon juice.<sup>9</sup>

**Editor's note:** Some slow-cookers or crockpots might have lead in their glaze, especially old ones. Make sure you check it out before using.

The companies *Hamilton Beach* and *Rival* both have pots free of any lead, as do many other brands.

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## Good Health *is* Real Wealth

### YOUR 3 BIGGEST MISTAKES WITH LAW OF ATTRACTION - ARE YOU MAKING THEM?



**By Laura Howard West**

*Editor's note:* Although this article is directed towards business people, the same principles apply to the Healing Journey. Because in both cases you are setting an intention, or defining a reality that you want to bring into existence...

So you've been studying law of attraction. Reading the books, watching the videos, and going to the workshops. Still, you want to know why isn't it working for YOU.

I'm a big believer in working with the natural laws of the universe when it comes to building your business. One of those laws is that of working with your energy and knowing how attraction works. Like the law of gravity, you can't see attraction energy. You just have to trust that it's at work all the time.

I've noticed over the years of working with clients creating businesses using these principles that they run into three common problems. I bet you've experienced this too. The first mistake

is that you place your power in the wrong place. You put your power into the vision board, the affirmation, or the intention. For example, you get excited to attract new clients, so you create a vision board featuring pictures and images representing your new ideal client. And then you step back and wonder when the board is going to work its magic.

The problem is that you've put the power IN the vision board. The power should be in YOU. The vision board is there to ignite your passion, your desire, your curiosity and your openness. It's there to ignite the power within YOU, not the other way around. When your power is alive in you, then you engage with life differently. You show up and look for opportunities, you put your intentions

out confidently, you speak differently and you write differently. All of these inspired passionate actions bring you closer to what's on your vision board. You've shifted, and therefore, things, people, opportunities shift.

The second mistake I see is you want to manage the timing of your intention. You say you want five new clients, and then you close up and don't allow the opportunities in. You wonder why it isn't happening right now. Then you get impatient and irritable and wonder why your business intentions aren't happening this instant. So you start making bargains with the universe. Then things get really messy! The harder you hold on, the messier it gets.





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There's a fine art to being totally committed and letting it unfold. The real key is to carve out quiet time (don't wrinkle your nose - you know it's true!) and listen. Then follow the energy. Usually the steps are in front of you, but you're too much in a ball of stress to see the lighted path of inspired action. I've learned to pay attention to my energy - it will direct me to what I want and it will happen when I'm ready to allow it.

The third mistake is that you forget. You get excited about an intention for your business. You are ready to grow and expand and you are excited for about two days, and then you go back to business as usual. If you want

a big shift, you have to do things differently - meaning you start by thinking about things differently. It starts by having reminders like vision boards, positive affirmations and intention cards and even a great business coach to keep your desire front and

center. It reminds you to be alive and to dare to be in your joy right here, right now. That's attraction magic!

Which one of these mistakes has you hooked? What are you going to do differently today?

**Laura West** is an award-winning entrepreneur, and president and founder of the Center for Joyful Business. As a certified business coach, author and speaker, she helps thousands of women entrepreneurs create successful businesses filled with passion, purpose and prosperity. She is also the author and creator of Joyful Business Guide™ Home Study System, and the author of the upcoming book, *Awakening Your Inner Business Goddess*. She is also the Fresh Entrepreneur Expert at LadiesWhoLaunch.com and creator of their Fresh Entrepreneur workshop and workbook program. She can be reached at [www.joyfulbusiness.com](http://www.joyfulbusiness.com)



# Good Health *is* Real Wealth

## RECIPES TO WHET YOUR SLOW-COOKER APPETITE



By **Jen Albritton** (Adapted from Jen's article *Slow Cooker Rules*)

### BEANY SLOW-COOKER CREATIONS

Katherine Czapp, in her 2006 *Wise Traditions* article "Putting the Polish on Those Humble Beans," provides the key to this "flatulence-free" method of bean preparation. First, soak legumes in hot, not boiling, water. Add approximately a tablespoon or two of some acidic medium to the water – lemon juice, vinegar or whey – to black beans, lentils and fava beans. Water without an acidic medium is fine for other types of beans – white beans, brown beans and dried peas. Hard, mineral-rich water will hinder the hydrating process. If your water is hard consider adding a pinch of baking soda to make it slightly basic.

Black, brown, white and kidney beans will benefit from a longer soak, from 18 to 24 hours, while lentils, fava beans, and dried split peas do fine with about 10 hours soaking. Adequately hydrated beans will jump-start the enzymatic actions to begin the

breakdown of hard-to-digest complex starches. Also, for beans that have longer soaking times, consider draining, rinsing and re-soaking at least once during soak time. After soaking, drain and rinse the beans well – many of the anti-nutrients are released into the soaking water, so be sure to not use this for cooking. For chickpeas, the skins should also be picked off. Add the cooking water – about six cups for every two cups of beans. Add herbs or a stick of kombu if desired, but no salt. Turn on low in the slow-cooker and allow them to cook until tender throughout, approximately 13 to 15 hours (less for the softer legumes). Katherine emphasizes the importance of not boiling beans since this will coagulate their vegetable protein and result in permanently hard, unpalatable beans. Thus, the slow-cooker is the perfect cooking tool for these foods. Foam will rise as the legumes are cooked – simply skim it off. You may need to add more water midway in the cooking process to keep the level high enough.



### OVERNIGHT CREAMY MILLET-QUINOA PORRIDGE

#### Ingredients

- 1 cup quinoa
- 1 cup millet
- 5 to 6 cups warm filtered water plus 3 to 4 tablespoons whey, yogurt, kefir or buttermilk
- 5 cups filtered water
- 4 cups coconut milk (or almond milk)
- 1 cinnamon stick, broken in two

#### Instructions:

The morning before you want your porridge, soak the quinoa and millet in the warm water mixture until after dinner (roughly 12 hours) – this can even be done right in the slow-cooker container. Rinse and drain well in a colander. Pour the soaked grains into the slow-cooker along with the additional water, milk and cinnamon. Cover and set the unit to low to cook overnight (roughly 7 to 9 hours). In the morning, you should have a rich and creamy porridge. If you like a smoother texture, use a wand hand blender until it reaches the desired consistency. Add butter, coconut oil or ghee and top with dried coconut, chopped nuts and seeds, a dollop of nut butter, fresh fruit, a drizzle of pure maple syrup or a touch of honey. Note: try this using only millet or add different grains, like rice or amaranth, or use bone broth in the cooking liquid for a more savory dish.



## EASY BARBECUED BEEF

### Ingredients

- 3 pounds boneless grass-fed chuck roast
- 1 1/2 cups ketchup (preferably homemade and fermented) and/or tomato paste mixture (depends on how sweet you want the dish)
- 2 tablespoons Dijon-style mustard
- 1/4 cup red wine vinegar
- 2 tablespoons MSG-free Worcestershire sauce or fish sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 clove fresh garlic, crushed

### Instructions:

Place chuck roast in your crock-pot. Combine remaining ingredients in mixing bowl. Pour barbecue sauce mixture over chuck roast. Cover and cook on low 8 to 10 hours or 4 to 5 hours on high. Remove roast from crock-pot and shred meat with a fork. Place shredded meat back into the crock-pot and stir to evenly coat with sauce. If you like your meat a touch sweeter, add a tablespoon or two of Rapadura or date sugar while it is still hot to allow it to dissolve. Spoon meat onto whole grain (preferably sprouted) sandwich buns and top with additional barbecue sauce if desired.



For even more time savings, many ingredients can be prepared the night before, layered right in the slow-cooker container and stored in the fridge overnight to speed things along in the morning. Breakfast can also be cooked overnight and be ready to fill empty tummies in the morning (see Overnight Creamy Millet Quinoa Porridge above).



**Jen Allbritton CN** is a wife, mother of two fantastically energetic and spunky boys and a Certified Nutritionist who enjoys researching, writing, and experimenting in the kitchen with traditional food-friendly dishes. Jen has a degree in Kinesiology from the College of William and Mary and has been passionately learning and teaching others about food's affect on health for over 14 years. Contact her at [jen@growingwisekids.com](mailto:jen@growingwisekids.com)



# Good Health *is* Real Wealth

## SHOULD YOU USE SUNSCREEN?



### By Randall Neustaedter OMD

The debate about sunscreens rages on. Dermatologists advise slathering up every day. Nutritionists and holistic doctors advise sun exposure to get vitamin D. Some even say sunscreens cause cancer, and a disturbing study showed that people who used more commercial sunscreen had more melanoma.

Where is the truth? We might never know. Sunscreen manufacturers need to sell their product and natural sunscreen companies have little money for research. The FDA is mute and has never said that sunscreens prevent skin cancer. It is clear that commercial sunscreen ingredients (like oxybenzone and methoxycinnamate) are potent hormone disruptors and potential carcinogens. My advice is to never use these commercial sunscreens.

What should you do? Be judicious and safe. Get sun exposure. It is the best and most reliable source of vitamin D. But avoid sunburn, which damages the skin and may increase your risk of skin cancer. Avoid baking in the sun at mid-

day, especially those first days of summer or your beach vacation. Gradually build your tan. Wear a hat to protect your face from sunburn.

If your kids are at camp or swimming in the afternoons in the summer, have them use a zinc oxide sunscreen. The safest sunscreen is zinc oxide. There is some concern about nano particles in mineral sunscreens, so the very safest is a non-nano zinc oxide. Many mineral sunscreens contain titanium dioxide, but suspicions have been raised over titanium dioxide because of its capability of disrupting cell growth. These mineral sunscreens are much more expensive than cheap commercial sunscreens, but well

worth paying the extra cost.

Fortunately there are a number of zinc oxide sunscreens that often also contain organic herbal ingredients as well as oils and waxes that make them water resistant. Some of these brands include Badger, Soleo, Burnout, and UV Natural.

The Environmental Working Group publishes a yearly online guide to sunscreens that lists the ingredients in these products: [www.ewg.org/2010sunscreen/](http://www.ewg.org/2010sunscreen/)

**Bottom Line:** Stay safe by avoiding sunburn. Wear a hat. If you are in the sun at the beach or swimming pool, use a zinc oxide sunscreen, and reapply it after swimming.



**Dr. Randall Neustaedter, OMD** has practiced and taught holistic medicine for more than thirty years in the San Francisco Bay area, specializing in child health care. He is a licensed acupuncturist and doctor of Chinese medicine, author of *The Holistic Baby Guide*, *Child Health Guide*, and *The Vaccine Guide*. Visit his website, [www.cure-guide.com](http://www.cure-guide.com), to register for a free newsletter with pediatric specialty articles.



# Good Health *is* Real Wealth

## NUGGETS

A poem begins as a lump in the throat, a sense of wrong, a homesickness, a lovesickness.

*Robert Frost*

A poet is, before anything else, a person who is passionately in love with language.

*W. H. Auden*

A poet looks at the world the way a man looks at a woman.

*Wallace Stevens*

A poet's work is to name the unnamable, to point at frauds, to take sides, start arguments, shape the world, and stop it going to sleep.

*Salmon Rushdie*

Genuine poetry can communicate before it is understood.

*T. S. Eliot*

God is the perfect poet.

*Robert Browning*

No poem is easily grasped; so why should any reader expect fast results?

*John Barton*

Pain is filtered in a poem so that it becomes finally, in the end, pleasure.

*Mark Strand*

Painting is silent poetry, and poetry is painting that speaks.

*Plutarch*

Poetry heals the wounds inflicted by reason.

*Novalis*

Poetry is an echo, asking a shadow to dance.

*Carl Sandburg*

Poetry is nearer to vital truth than history.

*Plato*

Poetry is the rhythmical creation of beauty in words.

*Edgar Allan Poe*

Poetry is thoughts that breathe, and words that burn.

*Thomas Gray*

A wounded deer leaps the highest.

*Emily Dickinson*

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair

*Khalil Gibran*

Poetry is a packsack of invisible keepsakes.

*Carl Sandburg*







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