

food thought

established 1971

July 2009

Adrenal Stress & Exhaustion

The adrenal glands get very little attention in western medicine, yet they have an important job of secreting the sex hormones and stress hormones that guide our reactions to stressors throughout the entire body.

We have two adrenal glands, which are comprised of two parts: the medulla and the cortex. The medulla triggers the instinctual “flight or fight” response, including the increase of blood sugar levels, the rate of breathing, cardiac output and blood flow to the brain, lungs and muscles. The cortex produces hormones that are essential in regulating excretory, immune defense, metabolic, mineral balancing and reproductive functions. The cortex also secretes corticosteroids in response to stress, and these hormones help us to cope with long-term stressors by converting protein to en-

ergy. This energy remains available long after the “flight or fight” response subsides.

Adrenal exhaustion occurs when the glands wear out from the continual production of the stress hormone cortisol, and can lead to chronic fatigue syndrome and eventually Addison’s disease. Most importantly adrenal exhaustion promotes hormone imbalance. Scientists now are linking cortisol to bone loss, comprised immune function, exhaustion, fat accumulation, infertility and memory loss.

During menopause, the workload of the adrenal glands are a primary source of sex hormones including estrogen. For women, particularly those who come home from a full-time job to then care for their family, cortisol remains elevated in the evening when it naturally should subside to allow the onset of sleep.

Adaptogens are herbs that enhance the ability of the body to resist the stressors and are called the great equalizers. Adaptogens exert a normaliz-

ing influence on the body, neither over-stimulating nor inhibiting normal body function, but providing a generalized balancing effect. Adaptogens include rhodiola, suma, siberian ginseng, schizandra & ashwagandha. Rhodiola increases resistance of the body to chemical, biological and physical stressors. Suma is considered a regenerative tonic for the nervous, reproductive and digestive systems. Siberian Ginseng has been shown to normalize reactions to physical and mental stress. Schizandra has been shown to counter the effects of stress and fatigue. Ashwagandha is used primarily as a general tonic to increase energy and improve overall health.

AdrenaSense, is a new adaptogenic product containing many of the valuable support herbs. It was formulated as a coping remedy for the times when life is too stressful. Stop by Food for Thought for more info.

Super Saturday Events!!!

July 4th *Happy Independence Day!*

We will be closed today to celebrate with our families!

July 11th *Cool Treats!*

Let’s cool off with a yummy ice creams & frozen desserts!

July 18th *Customer Appreciation Luau*

See the back page for more info!

July 25th *Gluten Free Saturday!*

Sample how great gluten free can be!

All Saturday events are 11 a.m.-4 p.m.

Supplement Shorts

Stress Busting Tips

Breathing is a powerful de-stressing tool. Several times per day, breathe in through your nose and fill your lungs with air until your abdomen rises. Then slowly exhale from your mouth until your lungs are empty. Repeat this five times.

Get help dealing with grief. The loss of a loved one, a divorce, or the

loss of a job all produce grief. Immune suppression is the result when grief is not dealt with.

Carpe diem—seize the day—and live it to the fullest. Don’t worry so much about tomorrow.

Believe in yourself. Negative self-talk and continually doubting your abilities hampers your body’s ability to heal.

Be good to yourself. Most of us are our own worst enemies. We focus on our

weaknesses and minimize our strengths. Wake up each day and tell yourself you are a good and useful person.

Eat seven to ten half-cup servings of fruits and vegetables every day.

Notice the beauty around you. Smell the flowers, watch the sunset, and listen to the wind. Tell stories to your grandchildren, walk, garden—whatever makes you happy.

20% off one Insect Repellent product of your choice.



Limited to stock on hand; One coupon per customer, please.
Expires 7/31/09

Red, white & Blueberry!

I love this time of year when the patriotic colors line our neighborhoods. One of my favorite fruits to serve on Independence Day is blueberries. Not only does their color add to the festivities, but they are nutritional stars bursting with nutrition and flavor while being very low in calories.

Blueberries are the fruits of a shrub that belong to the heath family, which includes the cranberry and bilberry as well as the azalea, mountain laurel and rhododendron. Blueberries grow in clusters and range in size from that of a small pea to a marble.

Packed with antioxidant phytonutrients called anthocyanidins, blueberries neutralize free radical damage to the collagen matrix of cells and tissues that can lead to

cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. While wine, particularly red wine, is touted as cardio-protective since it is a good source of antioxidant anthocyanins, a recent study found that blueberries deliver 38% more of these free radical fighters.

In addition to their powerful anthocyanins, blueberries contain another antioxidant compound called ellagic acid, which blocks metabolic pathways that can lead to cancer. Laboratory studies published in the Journal of Agricultural and Food Chemistry show that phenolic compounds in blueberries can inhibit colon cancer cell proliferation

Ready to reap the benefits of this little berry? This is the best time of year for blueberries! Make sure you remember to wash berries just prior to use to not prematurely remove the protec-

tive bloom that resides on the skin's surface. Blueberries are a tasty treat on their own, yummy in smoothies and great on top of cereals. For a new twist, try out these recipes:

Blueberry Soup

1 ¼ cups blueberries
½ of buttermilk
½ cup plain non fat yogurt
10oz raspberries
½ cup vanilla non fat yogurt
Blend one cup of the blueberries in a blender until very smooth and then pour through a strainer to remove the skins. Add the buttermilk and plain yogurt together with the blueberries and mix well together – refrigerate until thoroughly chilled. Empty the raspberries into a strainer and pulp through the strainer with a spoon. You want to be left only with the juice – so take care not to force the seeds or any skin through. Throw out

the seeds.

Stir the vanilla yogurt together with the raspberries and refrigerate until thoroughly chilled. To serve divide the blueberry mixture between two bowls and also divide the raspberry mixture into two adding each half to the side of the bowls. Then using the end of a knife, swirl the blueberry and raspberry mixtures into each other creating a pattern on the soup.

Blueberry Pasta Fruit Salad

1 packet of 3 cheese tortellini
1 cup fresh blueberries
1 cup sliced fresh strawberries
¾ cup of green grapes
¼ cup of almonds - sliced or crushed
1 can mandarin orange segments - drain these
½ cup of poppy seed dressing
Cook pasta and then empty into a large bowl. Add all salad ingredients and pour salad dressing over and toss lightly. Store in fridge until ready to serve.

Bulk Bins: Sunflower Seeds

Baseball games, road trips and lazy days of fishing owe a debt to sunflower seeds. This tasty snack keeps you going when you don't have time to stop and fix one.

While sunflowers are thought to have originated in Mexico and Peru, they are one of the first plants to ever be cultivated in the United States. Today, Kansas is known as the "Sunflower State!"

Sunflower seeds are an excellent source of vitamin E, the body's primary fat-soluble antioxidant. They are also high in phytosterols, which are believed to reduce blood levels of cholesterol, enhance the immune response and decrease risk of certain cancers.

Sunflower seeds are a good source of magnesium. Numerous studies have dem-

onstrated that magnesium helps reduce the severity of asthma, lower high blood pressure, and prevent migraine headaches, as well as reducing the risk of heart attack and stroke. Magnesium is also necessary for healthy bones and energy production.

Sunflower seeds are also a good source of selenium, a trace mineral that is of fundamental importance to human health.

Swiss Breakfast

Ingredients:
4 cups rolled oats
1 tsp cinnamon
½ cup raisins
½ cup sliced almonds
½ cup dried apricots, chopped
½ cup sunflower seeds
4 dates, chopped
¼ cup dried cranberries
Mix all ingredients together. For 2 servings, bring 2 cups water to a boil. Add 1 ¼ cups Swiss Breakfast. Turn heat to low and cook uncov-

ered, stirring occasionally until water is absorbed, about 7 minutes. Cover, and set for about 2 minutes before serving. Serve with low fat milk or unsweetened soy milk.

Spinach & Cranberry Summer Salad

10 oz fresh spinach
1/3 cup dried cranberries
1/4 c. roasted sunflower kernels
Vinaigrette
1/4 cup raspberry vinegar
1/4 cup raspberry jam
1/4 cup sunflower oil
Blend dressing ingredients. To serve, mix salad ingredients and drizzle with dressing, tossing to coat.

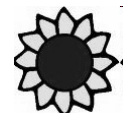
Sunflower Cookies

Ingredients:
1/2 c margarine, softened
3 cups all-purpose flour
1 1/2 cups white sugar
1 tablespoon baking soda
1 tablespoon baking powder
1 cup shredded coconut
1 cup sunflower seeds

Preheat oven to 350 degrees. Cream sugar and butter or margarine. Add flour, baking soda, and baking powder. Then add coconut and sunflower seeds. Mix well. Shape into one inch balls and bake on ungreased cookie sheets for 15 minutes or until delicately browned.

Triple Cheese Spread

1 cup fat-free cottage cheese
1/2 c. shredded swiss cheese
1/4 cup grated Parmesan
2 tbsp skim milk
1/8 tsp dill weed
1/8 tsp pepper
1/4 cup shredded carrots
1/4 cup sunflower seeds
In a blender or food processor, combine cheese, milk, dill and pepper. Process until smooth. Stir in carrots. Cover and chill. Just before serving, stir in the sunflower seeds.



Buzz Off!

Making human flesh unappetizing to mosquitoes, ticks, flies, and fleas is an age-old preoccupation. The earliest insect repellents included smoke, mud, and various plant substances. Our contemporary contribution is DEET (N, N-diethyl-metaltoluamide), a powerful insecticide found in over 400 repellents. DEET can peel paint, damage rayon and spandex, and melt plastic. Up to 56 percent of DEET applied to the skin enters the bloodstream, and reactions to it include skin rashes, lethargy, muscle spasms, nausea, and irritability. An extreme reaction can cause seizures and even death. Children seem especially susceptible to DEET problems. In 1995 alone, the National Poison Control Center in Washington, DC. received over 6,700 reports of repellent exposure, including one death, and of the 6,700 reports, two thirds occurred in children age six and under. There are natural alternatives to DEET, made primarily from plant essential oils, that can protect you in less threatening circumstances.

Recent research indicates **lavender, peppermint, cedarwood and geranium** essential oils to be among the most effective natural mosquito repellents.

Another recent study found that **lemon eucalyptus** essential oil has the same efficacy as a low concentration of DEET, lasting about 90 minutes. Oil of lemon eucalyptus is the only plant-based active ingredient for insect repellents approved by the CDC.

Rose Geranium essential oil contains geraniol, which has been found to be more effective than DEET at repelling ticks.

Finally, tests by manufacturers of **citronella** products show that they are effective, but their repellency lasts for a shorter time than DEET. Repellency is greatest in the first 40 minutes after application. Similar results were found by Consumers Union when this nonprofit consumer group tested mosquito repellents. Canadian researchers studied, under field conditions, the efficacy of three citronella-based products (lotion, milk, and sun block formulations) to protect against biting mosquitoes. All of the repellents "reduced the number of mosquitoes biting by 95% over the 1st and 2nd 30 minutes after application."

The most important aspect of non-

DEET products is to reapply more often. Usually after two hours, you should reapply the repellent. At Food For Thought, we have a wide selection of natural insect repellents in sprays, lotions and towelettes. One favorite is the Bug Band, which eliminates the need for applying any product directly to the skin.

If mosquitoes, flies, and fleas feast on you in spite of your efforts, applying undiluted tea tree oil to the bites may provide relief. Test a small area of skin before applying the oil liberally. If the essential oil irritates your skin, wash it off with soap and water and dilute the tea tree oil in five parts of jojoba or almond oil before reapplying. Lavender essential oil may also provide relief.

No one wants to spend his time outside swatting at bugs and even fewer individuals want to be stuck inside itching and miserable. There are many natural alternatives & easy to apply applications to prevent such scenarios.

Stop by Food For Thought for more information on natural bug repellents and other natural summer care.

Aromatherapy Corner:

With this sweltering weather, I have been struggling to find ways to cool off. One of the most refreshing beverages I've found is ice cold water with a few slices of lemon. It's like instant air conditioning! Taking this a step farther, it is time to break out the lemon essential oil to revive my mind and body.

Lemon essential oil is pale yellow to slightly greenish yellow, with a refreshing aroma nearly identical to the freshly peeled fruit. The oil is extracted from the fresh fruit peel by cold expression. Constituents of lemon oil include limonene, which is responsible for the oil's tangy-fruity aroma, and citral, which is responsible for what we recognize as the lemon note in the aroma profile.

Lemon oil helps the body face physical and psychological weariness, most strongly influencing the mind by

supporting concentration and the ability to memorize. In Japan, a test showed a 54% decrease in typing mistakes when lemon oil was diffused into an office area.

Lemon oil also is a powerful antiseptic. Not only has it been used to clean contaminated surfaces, such as a butcher's cutting block, but it has a powerful antibacterial and antiviral effect attributable to its limonene content.

Lemon oil also contains antifungal compounds

Lemon oil can be very beneficial to the circulatory system and aids with blood flow, boosts the immune system and cleanses the body, improves the functions of the digestive system, and it is helpful to combat cellulite.

Lemon oil is also used for clearing acne, cleaning greasy skin and hair, as well as removing dead skin cells, easing painful cold sores, mouth ulcers and insect bites.

Lemon oil blends particularly well with other citrus oils, lavender, rose, sandalwood, eucalyptus, geranium, fennel,

juniper and neroli.

Ready to be refreshed? Here are a couple recipes to get you started!

Energizing Blend

20 drops lemon essential oil
20 drops tangerine essential oil
25 drops neroli essential oil
35 drops lavender essential oil
8 oz. unscented lotion

Revive Dead Sea Scrub

2 Cups Dead Sea Salt
5 drops Lemon essential oil
5 drops Orange essential oil
¼ cup Avocado oil

Concentration Inhaler

Add the following to inhaler:
5 drops Lemon essential oil
3 drops Cypress essential oil
2 drops Clary Sage essential oil
1 drop Rosemary essential oil



Melinda's Musings

Independence, as defined by Webster's dictionary, is the state or quality of being independent; freedom from the influence, control, or determination of another or others.

As we celebrate Independence Day this month, let us continue to achieve the goal of being an independent, autonomous country. We are experiencing a historical period as we see our government bailing out failing industries and taking control of these businesses. There is a shared concern by many Americans that once the government assumes that role of ownership, there will be a surge in red tape and unnecessary bureaucracy when running those formerly shareholder owned companies.

As an independent business partner, I have always promoted doing business with other independently owned companies. I prefer shopping locally whenever possible. The independent business owner still remains the backbone of the country. It is tragic to see so many businesses closing up shop after years of hard work and dedication because of the economy and the big

box chain stores that come into a town and muscle out the small mom & pop operations. If that continues to happen, consumers will no longer have a local presence in which to do business. Most of the large chain stores do not have a vested interest in the community in which they operate. Their concern is to answer to a corporate bottom line and gone will be the days when you can shop at a store that knows your name and can help fill your individual needs.

I guess I can't stress enough how important it is to our wonderful city to have so many options to shop locally. From clothing stores & restaurants, local garden nurseries, hardware stores, children's shops, shoe stores and beyond, we are fortunate to have so many wonderful choices. We also are fortunate to still have independent trash haulers. Many cities have switched to franchise trash services which leave you at the mercy of a large hauling service. There is even a local trash hauler that has implemented a wonderful recycling program for a nominal fee.

Be conscious when making your shopping lists each week to try to get to a new local shop each time you venture out.

Our freedom of choice has been hard fought and is something that should be valued instead of being taken for granted.

This year as we celebrate our 233rd year as an autonomous nation, let us recall and pay respect to our very brave men and women in the military who continue to fight for our freedom. We owe a great debt to these service men and women. On a recent business trip, I had the good fortune to encounter a group of military personnel walking through the airport in Dallas. I gave them a huge thank you and a heartfelt salute for protecting us.

Be a patriot-fly the American flag-thank a military service person-sing out loud when our national anthem is played and remember how precious our freedoms are. Three cheers for our red, white and blue!!!



Customer Appreciation Luau!

10:00 a.m.-4:00 p.m.

Saturday, July 18th

We want to say

thanks to our customers!!!!

Join us for special savings, samples,
prizes & giveaways!

Food For Thought, Inc. 2929 E Central Wichita, KS 67214
316-683-6078

Hours: Mon-Fri 9:00am-6:30 pm Sat 9:00am-6:00pm