

food thought

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aMazing Minerals

Minerals are micronutrients that are essential to maintaining good health. They help maintain tissues, produce energy, synthesize hormones, and repair cellular damage. The body is not able to produce minerals on its own, which means it is important that we are getting an adequate amount through proper diet.

According to a study published in the journal *Medical Hypotheses*, problems caused by mineral deficiencies include depression, allergies, low back pain, arthritis, poor digestion, and cardiovascular disease. Deficiencies were linked to people having inadequate diets and high consumption of highly processed foods such as white flour, refined sugar and harmful fats.

Calcium is the most abundant mineral within the body. It is important in blood clotting, muscle contraction, regulation of heart beat, transmission of nerve impulses, and development and maintenance of healthy bones. Calcium has been linked to many benefits. It has been shown to lower blood

pressure in hypertensive patients, reduce bad cholesterol levels, increase bone density, help prevent osteoporosis, and may help reduce symptoms of PMS.

Magnesium is necessary for functions in the body such as temperature regulation, nerve impulse transmission, muscular activity, and energy production to name a few. Like calcium, it is also essential to bone formation and maintenance. Magnesium deficiency is often found in patients with osteoporosis. It also has cardiovascular benefits as well. It inhibits platelet aggregation, thins the blood, relaxes blood vessels, and moderately lowers blood pressure. It has been shown to reduce the risk of heart disease and relieve symptoms in 85% of mitral valve prolapse patients. Magnesium is able to relieve muscle cramps, alleviate PMS symptoms, and has been shown to reduce the frequency of migraines.

Chromium is involved in regulation of blood sugar, insulin function and activation of enzymes for energy production. For people with Type II diabetes, chromium picolinate has been shown to reduce insulin resistance and reduce the risk of heart disease. Clinical research has shown Chromium to lower fasting blood glucose levels and lower plasma

total cholesterol. It can also improve symptoms of hypoglycemia. Chromium levels decrease with age so dosages should be increased as an individual grows older.

Selenium is a powerful antioxidant that is linked to lower incidence of cancer (breast, ovary, and prostate to name a few) and a lowered total cancer mortality incidence. Selenium deficiency is a risk factor for heart disease. A deficiency also leads to impaired immunity due to reduced production of antibodies and weakened bactericidal activity, leading to heart disease, diabetes, and liver diseases.

Zinc is another antioxidant that inhibits cellular damage and helps regulate a wide variety of immune system activities. It acts as a regulator of insulin activity and may help reduce inflammation in arthritis patients. It has been linked to prevention and treatment of the common cold and its symptoms. A deficiency impairs overall immune function and resistance to infection.

Come to Food for Thought for more information on these or any other minerals.

Supplement Shorts

Maca: Makes you feel younger!

This ancient root vegetable supercharges energy, vitality, libido and even eases symptoms of menopause. "It's thought to mimic sex and energizing hormones like luteinizing hormone, follicle stimulating hormone, prolactin, testosterone, and estradiol," explains organic chemist Shane Ellison. It's even been shown to boost fertility in both men and women!

Cat's Claw: The plant that fights pain!

Indigenous people of the Andes relied on this flowering vine to fight pain, and research proves its potent power; Scientists at Austria's Innsbruck University Hospital found it eases the joint pain and swelling of arthritis, and other studies show its anti-inflammatory chemicals dilate blood vessels, relax cramped muscles and boost immunity.

D for Defense!

D on the brain: Cells in the brain are studded with vitamin D receptors, particularly in areas linked with higher level processing and memory functions, although scientists aren't

exactly sure how D affects these cells. It is known that people with low levels are more prone to Parkinson's disease; a lack of the sunshine vitamin may also be associated with the dark moods of depression and premenstrual syndrome. **Dampening pain with D:** According to several studies, less vitamin D equals more chronic pain, with D-deficient women being the most susceptible, especially to back pain. In addition, low vitamin D is linked with muscle weakness. In one study, supplemental D and calcium increased muscle strength and decreased risk of falling by nearly 50%.

Super Saturday Events!!!

June 6th

Summer Salads!

See what's out there beyond iceberg lettuce and dressing!

June 13th

BBQ Day!

Join us as we fire up the grill and sample the best grass fed meat and vegan offerings!

June 20th

Father's Day Fun!

Dad's favorite foods will be sampled and great gift ideas will be on display!

June 27th

Gluten Free Saturday!
Sample how great gluten free can be!

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

20% off

one

Sunscreen product of your choice.



**Limited to stock on
hand; One coupon
per customer,
please.**

Expires 6/30/09

Watermelon Treats

Though we think of watermelon as the traditional summer treat that shows up at barbecues and swimming pools, it has a history that dates to at least the ancient Egyptians. Watermelons were sometimes placed in the tombs of kings and are known to have made their way into cultures throughout the world. Today, China is the largest watermelon producer in the world.

Watermelon's official name is *Citrullus Lanatus* of the botanical family *Curcubitaceae*. It is cousins to cucumbers, pumpkins and squash. It is made up of 92% water.

While we think of it as a cooling summer melon, it is also the lycopene leader

among fresh fruits and vegetables. Lycopene is a carotenoid and pigment that gives fruits and vegetables their red color. Several studies have drawn a connection between the consumption of lycopene and the possible prevention of cancer, heart disease and stroke. Tomatoes are usually the first thing that comes to mind when you think of lycopene, but watermelon has been shown to contain higher levels. A 2 cup serving of watermelon contains 18.16 mg. of lycopene, while one medium tomato contains 4 mg. Watermelon consumption also increases free arginine, which can help maintain cardiovascular function. A 2-cup serving of watermelon is an excellent source of Vitamins A, B6 and C.

Watermelon is versatile.

Besides chilling it in the refrigerator and chopping it into chunks, try blending into salads or serving it as the key ingredient in a low-fat dessert. Here's a few recipes to get you started:

Watermelon Kebabs

3 c. seedless watermelon cut into 1 inch cubes
2 cups smoked turkey breast cut into 1 inch cubes
2 cups cheddar cheese cut into 1 inch cubes
Small Beverage Straws
Alternate skewing watermelon, turkey and cheese onto the straws (or you could use skewers) and serve.

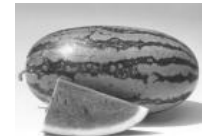
Fresh Watermelon Salsa

2 c Seeded & coarsely chopped watermelon
2 tbsp Chopped onion
2 tbsp Chopped water chestnuts
2 To 4 tablespoons chopped

anaheim chillies
2 tbsp Balsamic vinegar
1/4 tsp Garlic salt
Combine all ingredients; mix well. Refrigerate 1 or more hours. Makes 2 cups.

Watermelon Lemonade

1 1/2 lb Seedless watermelon chunks
2 c cold water or ice cubes
3/4 c Sugar or to taste
2 Limes, juiced
2 Lemons, juiced
Combine half of all the ingredients together in blender container. Blend on low until smooth; strain through fine mesh strainer. Repeat with remaining ingredients. Stir two batches together in pitcher. Serve over ice if cold water was used.



Bulk Bins: Almonds

We have been looking at the various grains and legumes in our bulk bins, but this month we are getting a bit nutty-as in almonds.

The almond that we think of as a nut is technically the seed of the fruit of the almond tree, a medium-size tree that bears fragrant pink and white flowers. Almonds are an ancient food that have been written about in historical texts, including the Bible. Almonds were thought to have originated in regions in western Asia and North Africa. Almonds are now grown in many of the countries that border the Mediterranean Sea. Almond trees were originally brought to California centuries ago when missions were created by the Spanish, but cultivation of the trees was abandoned when the missions

were closed. Almond trees found their way back to California in the 19th century via the eastern United States.

Almonds are nutritionally dense. A one-ounce (about a handful) serving of almonds is an excellent source of vitamin E and magnesium, and a good source of fiber and phosphorus. Almonds also have potassium, calcium and iron.

Almonds are a great snack on their own, but they are also great in a variety of recipes. Here are just a few!

Almond Tabbouleh

2/3 cup chopped almonds
1 cup bulgur (cracked wheat)
2/3 cup sliced green onions
1/2 cup chopped parsley
2 Tbsp. chopped mint
1 cup quartered cherry tomatoes or 1/2 cup raisins
1/3 cup lime or lemon juice
1/4 cup almond oil
1/4 tsp. pepper
Romaine leaves
Spread almonds in a shallow pan. Toast at 350 degrees, 10

minutes, or until lightly browned; stir once or twice; cool. Measure bulgur into large bowl. Pour boiling water over bulgur to just cover. Set aside about 30 minutes until water is completely absorbed. Add remaining ingredients except Romaine. Toss thoroughly. Cover and chill at least 2 hours. To serve, spoon wheat mixture into serving dish; accompany with Romaine leaves to be used as scoops.

Flaky Almond Biscuits

3 1/2 cups flour
5 tsp. baking powder
1 tsp. salt
1 cup milk
2/3 cup almond oil
1 tsp. almond extract
1/4 cup butter, softened
1/2 cup sifted powdered sugar
1/2 tsp. vanilla
Combine flour, baking powder and salt. Stir in milk, almond oil and 1/2 teaspoon almond extract; mix well.

Roll or pat out on lightly-floured board to 1/2-inch thickness. Cut into 2 3/4-inch rounds. Place on ungreased baking sheet. Bake at 425 degrees, 10 minutes. Blend butter with powdered sugar, remaining 1/2 teaspoon almond extract and vanilla. Serve as spread with hot biscuits.

Almond Trailblazer Mix

2 c. whole roasted almonds
1 c. shelled sunflower seeds
1/2 cup roasted soybeans
2 tablespoons soy sauce
1/4 teaspoon ground ginger
1 cup raisins
1/2 cup golden raisins
1/2 cup dried cherries
Preheat oven to 300°F. In a large bowl, combine almonds, sunflower seeds and soybeans. Sprinkle with soy sauce and ginger. Toss to coat evenly; spread on baking sheet. Bake 15 minutes, stirring once or twice. Cool completely. Add raisins and dried cherries; toss.

Sunscreen

A couple of weeks ago, I was afraid I had been transplanted to Seattle. When the sun finally peaked out behind those clouds, I did a little happy dance. Of course, the sun and I have a "love/hate" relationship. I'm sure everyone is aware of the need for sunscreen. More than 90% of all skin cancers are caused by sun exposure and sunscreens are a key weapon in the arsenal against the disease. However, there is a huge debate as to which type is the best.

There are two major "rays" we need to avoid. UVA rays constitute 90-95% of the ultraviolet light reaching the earth. UVA light penetrates the furthest into the skin and is involved in the initial stages of suntanning. UVA tends to suppress the immune function and is implicated in premature aging of the skin. Studies over the past two decades show that UVA damages skin cells called keratinocytes in the basal layer of the epidermis, where most skin cancers occur. UVB rays do not penetrate the skin as far as the UVA rays do and are the primary cause of sunburn. They are also responsible for most of the tissue damage which results in wrinkles and aging of the skin and are implicated in cataract formation. They play a key role in the development of skin cancer.

Besides staying in a cave, there are two major types of sunscreen: chemical and physical. Chemical sunscreens

work by absorbing the UV rays that hit them and therefore absorbing the radiation. Examples of this type include: Avobenzone, Oxybenzone, & PABA. **None of these block both UVA and UVB rays.**

Physical sunscreens, on the other hand, work by reflecting and/or scattering UV rays and radiation, these include Zinc oxide and titanium dioxide. Both of these block both UVA and UVB rays.

There is frightening evidence that the chemical sunscreens, as well as being less effective than their physical counterparts, are in fact somewhat harmful to us, and have even been argued to be the cause of interference with normal sexual development as well as other potential health problems. Researchers from the Institute of Pharmacology and Toxicology at the University of Zurich, Switzerland have found that five out of six commonly used chemical sunscreens dose the body with synthetic estrogens. The 5 chemicals, benzophenone-3 homosalate, 4-MBC, octyl-methoxycinnamate and octyl-dimethyl PABA, were found to increase cancer cell division. Other harmful chemical sunscreens include cinnamates, silicylates (ethylhexyl salicylate, homoslate, octyl salicylate), digalloyl trioleate, and menthyl anthranilate. **All of these chemicals are banned in Europe.** While these sunscreens protect against sunburn, there is no scientific research that sunscreen protects the individual against melanoma or basal cell carcinoma. In a 2006 research study at the University of California-Riverside, researchers report that under certain conditions, sunscreens with oxy-

benzone and other ultraviolet filters could lead to free-radical damage to the skin, a process that in theory could lead to skin cancer. But the authors noted that the damage occurred only when ultraviolet light reached sunscreen that had penetrated the skin. The solution, they say, is to keep applying sunscreen to block out the UV rays. This doesn't make a lot of sense to me....Keep applying sunscreen that may be harming my health?

What about SPF? It is a measure of a sunscreen's ability to prevent UVB from damaging the skin. SPF is not an *amount* of protection per se. Rather, it indicates how long it will take for UVB rays to redden skin when using a sunscreen, compared to how long skin would take to redden without the product. Using 100 instead of 50 mean doesn't mean you're getting double the protection. According to Stanley B Levy, MD, Clinical Professor, Department of Dermatology, University of North Carolina, a SPF 15 product filters out more than 93% of UV-B radiation, and a SPF 30 product filters out less than 97%. The most important factor is applying enough and frequently. Most sunscreens lose their effectiveness after two hours.

I've been using physical blockers over the past few years. My favorite is Badger's and I have been using it faithfully this year. So, join me in enjoying the sun; just do it naturally!

Aromatherapy Corner: Grapefruit

Ready to look your best this summer? You may want to check out the latest research that indicates one scent may help you lose weight and make you appear to look younger!

Japanese researchers at Osaka University's Institute for Protein Research say the scent of grapefruit has weight loss effects. The research showed the scent of grapefruit activates animals' sympathetic nerves, which break down fat while restraining the activities of the digestive systems. A 2007 Korean study found that massaging with grapefruit essential oil resulted in decreased abdominal fat.

Another new study reveals that the

fruit's scent may also make you appear younger. After looking at pictures of women and guessing their ages in an odorless room test subjects then inhaled the scent of grapefruit and pegged those same women as approximately five to six years younger. "It's the olfactory equivalent of Botox," says study leader Alan R. Hirsch, director of the Smell & Taste Treatment and Research Foundation.

Grapefruit essential oil is derived by cold pressing the grapefruit skin. The fragrance is considered light, fruity and fresh. The essential oil stimulates neurotransmitters that give a slight euphoria. Its diuretic properties help with water retention and cellulite. Grapefruit oil is used in cases of muscle fatigue and stiffness. It has a helpful effect on congested oily skin and acne; it tones the skin and

tissues, and promotes hair growth. It is valuable in cases of stress, depression and nervous exhaustion, as well as headaches.

Grapefruit oil is non-toxic, non-irritant, non-sensitizing and although listed as non-phototoxic it can irritate the skin if exposed to strong sunlight after treatment. If you are ready to experience the benefits of grapefruit oil, stop by our blending bar.

Fat Attack Bath Gel

1 oz. Unscented bath gel
5 drops Grapefruit essential oil
3 drops Basil essential oil

Anti-Cellulite Massage Oil

2 Tbl. Almond oil
5 drops jojoba oil
8 drops Fennel essential oil
10 drops lemon essential oil
12 drops grapefruit essential oil

Melinda's Musings

I think Kermit was wrong! I think **it is easy being green!** When we started our Food For Thought recycling program in the spring of 2008, I have been astounded at the amount of recycling material we haul off to ProKs Miller Recycling each month. When you leave their facility, the sign reads "It feels good to recycle" and I know that it's true when a smile forms on my face as I pull away with an empty car.

In one of our rooms in the back of the store stand miscellaneous bins where we sort several kinds of plastic, paperboard, glass, and both steel and tin cans. Each bin is labeled with the type of material to be recycled. At first, we just dumped everything into one bin and then had to sort before we could take it away. Now, in a much more organized fashion, we sort as we go.

My daughter and I have a similar recycling program set up at home. We use a recycle bucket just off the kitchen where we toss everything. When it is full, or usually in our case, overflowing, we head out to the garage to sort into separate bins we have set

up. My daughter is the plastic sorting guru-I still can't remember which plastics are which, and she can come along and zip right through the task. I'm pretty good at the glass, as it requires no sorting!

It's no wonder I felt the need to get on the green bandwagon. My parents were visionary in their eco-minded practices. From a very early age, I can recall taking things out to our compost pit behind the garage that Dad fashioned out of old cinderblocks and attached a gate to the front. I can remember how much fun my sisters and I had getting to throw eggshells, bananas and such into the pit-stir it with a pitchfork and watch it turn to "black gold" after a period of time. The old oak tree next to the pile that was about to die, suddenly came back to life as it absorbed the wonderful nutrients fed to it from our compost pit. My dad also knew the value of adding worms to the compost area to provide worm castings for their added benefit of breaking down the compost matter. We used to love to see those big wrigglers as we turned the compost mate-

rial. I suppose with my dad's background in geology-he had extensive knowledge about the creation of our earth and showed a great deal of respect in the treatment of our amazing planet.

Long before it was popular and years before they opened this business, my parents used organically grown methods. They used insects, such as ladybugs and praying mantis, for the predators that were munching on the plants. I can still remember the smell of Dr. Bronner's Peppermint Castile soap mixed with cayenne powder that was sprayed on the plants to discourage bugs from eating our precious crops.

I still have a ways to go to become as green as I would like to be, but I'm making strides and have just recently (last week) started my own compost system with a unit called the Compost-Tumbler that Dad ordered several years ago-I know he's looking down with a smile knowing that I'll be enjoying that familiar odor of composted material soon.

P.S. Dad, I'll make sure I get some worms to add to the mix!

Ladies Night Out!

Thursday, June 25th 7p.m.-9p.m.

Oh, yes... it's ladies' night and we'll have you feelin' right!



You're invited to a **fun** & informative evening with cocktails & appetizers, hand massages, makeovers, shopping and **special one night only savings!**

Uncover the hidden dangers in your cosmetics and **discover the best** in natural beauty and makeup.

Sign up today! Space is limited!!! Must be at least 21 to attend.

Join us, because girls just want to have fun!

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