

food thought

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Help Fight Diabetes with Supplements

Roughly 23.6 million Americans suffer from diabetes, making it one of the most common chronic disorders in the country. Some supplements have already made their mark in the effort to manage this disease, such as cinnamon for glucose control and ALA to help ease diabetic side effects. But scientists continue to discover diabetes-fighting benefits in a number of nutrients.

Increased dietary intake of zinc, a key mineral, has been associated with a 10% lower risk of developing diabetes, according to researchers at Harvard University. That was the conclusion they reached after examining the records of more than 82,000 women enrolled in the Nurses's Health Study (Diabetes Care 1/26/09.) Among people

who already have the condition, vitamin B1 may reverse the onset of early diabetic kidney disease. So say scientists at Britain's University of Warwick, who found that high oral doses of the vitamin, also known as thiamine, reduced the rate at which diabetes patients excreted albumin, which indicated kidney disease development (Diabetologia 12/5/08 online.) And the amino acid L-carnitine may reduce oxidation of LDL cholesterol, a key heart disease factor in people with diabetes. Italian scientists gave either carnitine or a placebo to 81 diabetics; after three months the carnitine group showed significantly lower levels of oxidized LDL (American Journal of Clinical Nutrition 2009.

Whether folklore or fact, chamomile is renowned for its calming effects. This tasty tea boasts a myriad of other health benefits, including easing menstrual cramps, improving anxiety and sleep, and treating the common cold. Exciting

new research suggests that chamomile tea may also be a boon for diabetes.

Japanese scientists gave a group of rats with diabetes a chamomile extract with their meals every day for three weeks. Compared to a control group, the animals consuming chamomile had distinctly lower blood glucose levels. Equally important, this herbal extract suppressed enzymes that are linked to increased risk of complications commonly associated with diabetes, such as vision, kidney, and nerve damage.

Granted, animal studies are a far cry from human clinical trials, but adding a cup or two of chamomile tea to your daily routine isn't a bad idea—whether you have diabetes or not. Try drinking it with or right after meals, as chamomile has also been shown to aid in digestion and prevent heartburn and flatulence.

Supplement Shorts

Silica-Retard the aging process.

Maintaining a healthy level of silica may retard the overall aging process. The body's natural level of silica declines with age causing signs of aging such as bone loss, dry and wrinkled skin, weakened teeth and gums and hair loss to occur. Silica is also one of the most important constituents of the body's connective tissue, including cartilage, arteries, tendons, and ligaments and has been used to alleviate eczema and psoriasis. Recently, modern research has

focused on determining the role of silica in rheumatic disorders and arterial disease.

Cherry Juice

Always known to help gout, now drinking cherry juice before and/or after exercise lessens workout-related muscle pain and speeds healing, according to the British Journal of Sports Medicine. Credit goes to the fruit's high concentration of all-natural compounds that reduce muscle tenderness, says study author Declan Connolly, Ph D., of The University of Vermont's Human Performance Laboratory. Drink 12 oz.. Of tart cherry juice before/and or after your workout.

Rhodiola

When study participants took rhodiola every day for 12 weeks, more than 80% reported feeling happier, more alert and better able to concentrate. Just one dose before a stressful event—say, a job interview—can calm jitters by increasing brain chemicals that stimulate the nervous system, says Michael T. Murray, N. D., author of Encyclopedia of Nutritional Supplements. Dose: 200 mg. of rhodiola daily.

You can find all these supplements and more information here at Food for Thought!

Happy Spring!

Vegetarian Day!

Saturday,
May 23rd

11:00 a.m.-4:00 p.m.

Come sample the latest meat-free offerings!

You might be surprised just how good tofu can be!



Look your best!

**20% off
one**

**Makeup
product of
your choice.**

**Limited to stock on hand. Excludes sale items. One coupon per customer please.
Expires 5/30/09**



It's Not Cheesy!

According to the National Institute of Health, as many as 30-50 million Americans are lactose intolerant. Lactose intolerance occurs when the body lacks lactase, an enzyme needed to digest the milk sugar called lactose. A smaller percentage of individuals are actually allergic to all dairy. A milk or dairy allergy is a reaction to the protein in milk. There are two milk proteins, casein and whey. Some people are allergic only to one or the other. Most are allergic to both. The safest course in either case is to avoid all dairy products.

While those that are lactose intolerant or have dairy allergies must modify their diets, plenty of delicious alternatives are available. Here

are two recipes that will have your mouth-watering!

Alfredo Sauce

1 pkg Mori-Nu firm silken tofu or extra-firm silken tofu
2 cups soy milk
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 pinch cayenne pepper
1 pinch ground nutmeg
1 c. vegan parmesan cheese
Directions:

1. In a food processor or blender, place all of the ingredients, except the soy parmesan cheese, and blend for 2 minutes to form a smooth puree.

2. Transfer the mixture to a small saucepan and cook over low heat while stirring constantly until warmed through

3. Remove the saucepan from the heat and stir in the soy parmesan cheese.

4. Taste and adjust the seasonings, as needed.

Egg-less Cheesecake

1 c. crushed Pamela's Ginger Mini-Snapz
2 Tbsp. Earth's Balance Buttery Sticks
1 Tbsp Honey
2 Tbsp. Cherry Natural Desserts Jel Dessert
1 c. Westsoy Original Organic Soymilk
3/4 c. Wholesome Organic Sugar
1 Tbsp. Vanilla Extract
1 container Tofutti Sour Supreme
1 pkg. Mori-Nu Silken Firm Tofu

Directions:

1. Preheat oven to 350. Grease 8 inch spring-form pan.
2. In food processor, process Ginger Snapz until fine crumbs form. Add butter and honey and process again until well

mixed. Remove crumbs and press onto bottom and up sides of prepared pan. Bake for 10-15 minutes. Set aside.

3. Stir gelatin into soy milk in small saucepan. Wait 1 minute, then heat gently on low heat about 3 minutes, until gelatin is dissolved.
4. In food processor, process sugar, vanilla, sour cream and tofu until very smooth. Add gelatin mixture and pulse until well mixed. Pour into prepared crust and chill in refrigerator for 3 hours. Garnish with fruit if desired.



Bulk Bins: Millet

Millet is not just for the birds. This little grain is a powerhouse of nutrition that can be used in a wide variety of ways.

Millet is one of the oldest foods known to humans. It is mentioned in the Bible, and was used during those times to make bread. Millet has been used in Africa and India as a staple food for thousands of years and it was grown as early as 2700 BC in China where it was the prevalent grain before rice became the dominant staple.

Today, millet is considered to be one of the least allergenic and most digestible grains available. It is gluten free. Millet is tasty, with a mildly sweet, nut-like flavor and contains a myriad of

beneficial nutrients. It is nearly 15% protein, contains high amounts of fiber, B-complex vitamins, the essential amino acid methionine, lecithin, and some vitamin E. It is particularly high in the minerals iron, magnesium, phosphorous, and potassium.

A good general guideline for cooking millet is to use 3 parts water to 1 part grain. Add grain to boiling water, and simmer covered for approximately 30 minutes or until water is completely absorbed. Remove from heat and leave covered to steam for ten minutes more. Millet is delicious as a cooked cereal and in casseroles, breads, soups, stews, soufflés, pilaf, and stuffing. It can be used as a side dish or served under sautéed vegetables or with beans and can be popped like corn for use as a snack or breakfast cereal. Here are a few recipes to get you

started!

Gluten Free Orange Muffins

1 1/2 cup millet
1/2 cup soy flour
1 tablespoon baking powder
1/2 teaspoon sea salt
1/4 teaspoon orange flavor
1 cup water or orange juice
1/4 cup vegetable oil
1/4 cup rice syrup
Directions

Combine all dry ingredients. Mix all liquids; add to dry ingredients. Pour into well-oiled pan. For muffins, fill cups full, bake at 375 degrees 15-20 minutes. For bread, bake 35-40 minutes or until done.

Black Bean and Millet Salad

1 cup millet uncooked
3 cups water
1 1/2 cup black beans cooked
2 large tomatoes chopped
1 medium onion chopped
1 medium cucumber
1/3 cup water
3 tablespoons lemon juice
2 teaspoons balsamic vinegar

1 teaspoon garlic minced
1 teaspoon salt
1/4 teaspoon allspice
1/4 teaspoon black pepper
1/2 teaspoon cumin
Directions:

Cook the millet in 3 cups of water until all water is absorbed, 30-45 minutes. Fluff with a fork and allow to cool slightly. In a very large bowl, combine millet, black beans, tomatoes, and onion. Peel several strips from the cucumber (it should look striped) and cut it lengthwise into four pieces. Remove the seedy part from the pieces and cut them into 1/2 inch slices. Add the cucumber to the salad. Mix all dressing ingredients until well-blended. Pour over the salad and toss to blend. Cover and refrigerate until the salad is very well chilled. Serve on lettuce leaves or stuff into pita breads.

What Not to Wear!

I am a reformed beauty junkie. I used to love going to the cosmetic counters and drugstores searching for the latest and greatest makeup and skincare. Many years ago, I realized that despite great claims and gorgeous packaging, much of what I was putting on my skin was likely doing more harm than good. As I dug deeper, I realized that many ingredients in these so called "beauty" treatments are not even regulated.

According to the Environmental Working Group, "due to gaping loopholes in federal law, companies can put virtually any ingredient into personal care products. Even worse, the government does not require pre-market safety tests for any of them." Nearly 90 percent of the 10,500 ingredients FDA has determined are used in personal care products have not been evaluated for safety by the CIR, the FDA, or any other publicly accountable institution.

While many companies contend the amounts used in their personal care products are small, imagine how many times over the course of a day, year and your lifetime that you apply a product with unregulated ingredients? Cosmetic ingredients do not sit tight on the surface of the skin — they are designed to penetrate, and they do. Sci-

entists have found many common cosmetic ingredients in human tissues. A recent study showing feminization of human male babies in the U.S. linked to a common fragrance component (diethyl phthalate) joins a small but growing number of studies that serve as scientific red flags when it comes to the safety of ingredients in personal care products. Since many natural, safe alternatives are available, I believe I'd rather be safe than sorry. Here is a list of the top ones I avoid.

- 1) **Parabens:** This chemical preservative has been identified as estrogenic, found in breast cancer tumors and may actually cause skin to age more quickly.
- 2) **Phthalates:** Pronounced tha-lates, these little plasticizer chemicals have been found to be toxic to the reproductive system according to the European Union and are noted as a suspected endocrine disruptor by our EPA.
- 3) **Mineral Oil/Petrolatum**
Meet the workhorse chemicals of the cosmetics industry — petroleum byproducts, and the cancer-causing impurities that often contaminate them. These ingredients include carcinogens such as 1,4-dioxane and petrochemical waste called coal tar .
- 4) **Urea:** Another common preservative and established as the primary cause of contact dermatitis.
- 5) **Synthetic Fragrances:** Can have as many as 200 ingredients including, phthalates. Many are known irritants and allergens.

6) **Sodium Lauryl Sulfate:** This inexpensive detergent is also used as industrial detergent. Strips hair color, drying to the skin and can form nitrosamines, which are carcinogenic, when mixed with the following:

7) **DEA, MEA & TEA:** Used in cosmetics to adjust pH; They are hormone-disrupting chemicals. They are already restricted in Europe due to known carcinogenic effects.

8) **Synthetic Colors:** FD&C colors that are mostly derived from coal tar; Banned from food by the FDA. They have been shown to have carcinogenic impacts.

9) **Propylene Glycol, Polyethylene Glycol & Butylene Glycol:** Act as surfactants; They easily penetrate the skin and can weaken protein and cellular structure.

10) **Paba (Para-Aminobenzoic Acid) or Oxybenzone:** Paba, a once common sunscreen, now avoided due to allergic dermatitis and photosensitivity. Research indicates PABA has carcinogenic potential. Oxybenzone has been associated with photoallergic reactions and research indicates it can cause cellular mutations.

There are many more to avoid, but this list should help you become more savvy as you shop. After all, you want your skin, the largest organ, to look better & be healthier.

Aromatherapy Corner It all Rosey!

Shakespeare was right, "A rose by any other name would smell as sweet." How can you mistake the amazing aroma of this flower?

Rose essential oil is one of the most valuable oils in aromatherapy. It takes around 150 pounds of rose petals to make 1 oz. of rose essential oil.

Rose otto oil is one of the oldest and best known of all the essential oils. It is extracted by distillation and has an intense, floral, honey-like scent. It is a middle note.

Rose essential oil is used for nausea, headaches, balancing and rejuvenating the skin, hormone balancing,

eczema, insomnia, grief, stress, aphrodisiac and poor memory. It truly is a workhorse!

Another common oil found is Rose Absolute - This is an economical, high-quality alternative to distilled rose essential oils. Rose absolute works well for scenting purposes, but to experience full aromatherapy benefits using rose otto should be used. Rose absolute has a sweet, deep-rosy, long-lasting aroma.

The fragrance of rose is associated with love. In honor of the month that we celebrate mothers, we are including a couple of recipes to utilize this amazing essential oil. Stop by our custom aromatherapy blending bar for more information!



Sweet & Spicy Blend

10 drops Frankincense essential oil
5 drops Black Pepper essential oil
4 drops Rose essential oil
1 drop Jasmine Absolute
5 drops Myrrh essential oil
10 drops Cedar essential oil
3 drops Rosewood essential oil
Add the following essential oils to one oz. of unscented lotion or massage oil for a pleasant, sweet and spicy blend!

Calming Inhaler Blend

Roman Chamomile - 3 drops
Ylang Ylang - 3 drops
Jasmine - 1 drop
Rose - 1 drops
Add the above drops to your inhaler or diffuser and relax!

Melinda's Musings (borrowed from a friend) **Happy Mother's Day!!!**

It all began to make sense, the blank stares, the lack of response, the way one of the kids will walk into the room while I'm on the phone and ask to be taken to somewhere. Inside I'm thinking, 'Can't you see I'm on the phone?' Obviously not; no one can see if I'm on the phone, or cooking, or sweeping the floor, or even standing on my head in the corner, because no one can see me at all. I'm invisible. The invisible Mom. Some days I am only a pair of hands, nothing more: Can you fix this? Can you tie this? Can you open this? Can I have some money?

Some days I'm not a pair of hands; I'm not even a human being. I'm a clock to ask, 'What time is it?' or I'm a car to order, 'Right around 8:30, please.' I was certain that these were the hands that once held books and the eyes that studied history and the mind that graduated college- but now they had disappeared into the peanut butter, never to be seen again. She's going, she's going, she's gone!

One night, a group of us were having dinner, celebrating the return of a friend from England. She had just gotten back from a fabulous trip, and she was going on and on about the hotel she stayed in. I was sitting there, looking around at the others all put together so well. It was hard not to compare and feel sorry for myself. I was feeling pretty pathetic, when she turned to me with a beautifully wrapped package, and said, 'I brought you this.' It was a

book on the great cathedrals of Europe. Initially I had thought, oh she remembered I wanted to travel this year. Until I read her inscription: "With admiration for the greatness of what you are building when no one sees."

In the days ahead I would read - no, devour - the book. And I would discover what would become for me, four life-changing truths, after which I could pattern my work: No one can say who built the great cathedrals - we have no record of their names. These builders gave their whole lives for a work they would never see finished. They made great sacrifices and expected no credit. The passion of their building was fueled by their faith that the eyes of God saw everything.

A legendary story in the book told of a rich man who came to visit the cathedral while it was being built, and he saw a workman carving a tiny bird on the inside of a beam. He was puzzled and asked the man, 'Why are you spending so much time carving that bird into a beam that will be covered by the roof? No one will ever see it.' And the workman replied, 'Because God sees.'

I closed the book, feeling the missing piece fall into place. It was almost as if I heard God whispering to me, 'I see you, I see the sacrifices you make every day, even when no one around you does. No act of kindness you've done, no button you've sewn on, no

cupcake you've baked, is too small for me to notice and smile over. You are building a great cathedral, but you can't see right now what it will become.'

At times, my invisibility feels like an affliction. But it is not a disease that is erasing my life. It is the cure for the disease of my own self-centeredness. It is the antidote to my strong, stubborn pride.

I keep the right perspective when I see myself as a great builder. As one of the people who show up at a job that they will never see finished, to work on something that their name will never be on. The writer of the book went so far as to say that no cathedrals could ever be built in our lifetime because there are so few people willing to sacrifice to that degree.

When I really think about it, I don't want my son to tell the girlfriend he's bringing home for Thanksgiving, 'My Mom gets up at 4 in the morning and bakes homemade pies', that would mean I'd built a shrine or a monument to myself. I just want him to want to bring his friends home. And then, if there is anything more to say to his friend, to add, 'You're gonna love it there.'

As mothers, we are building great cathedrals. We cannot be seen if we're doing it right. And one day, it is very possible that the world will marvel, not only at what we have built, but at the beauty that has been added to the world by the sacrifices of invisible women.

Super Saturday Events!!!

May 2nd

Cinco de Mayo

Start the celebration early! One taste and you will say 'ole!'

May 9th

We love our moms!

Join us for a tea party & celebrate our love for our moms!

May 16th

Pack a Picnic

Think outside with healthy ideas for the perfect picnic!

May 23rd

Vegetarian Day!

Come see our new offerings and find out all the amazing things that can be done with tofu and beyond!

May 30th

Gluten-Free Day!

Join us for our monthly gluten free tasting and see just how good gluten free can be!

All Events are from 11 a.m.-4 p.m. unless otherwise specified!

Food For Thought, Inc. 2929 East Central Wichita, KS 67214

316-683-6078 Check us out on facebook! Find out about unpublished sales & events!

Hours: Mon-Fri 9:00 a.m.-6:30 p.m. Sat 9:00 a.m.-6:00 p.m.

Closed on Sundays to be with our families!