

food thought

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Proactive Breast Health

According to the most recent statistics from the Centers for Disease Control and Prevention, 181,646 women and 1,826 men were diagnosed with breast cancer in 2003. Based on research from Harvard Medical School, ocean-farmed salmon may be linked to the prevention of breast cancer due to the fish's high vitamin D content—not to its omega-3 content that is well studied in heart disease and other areas of health research. The reported results show vitamin D-rich foods, such as ocean-farmed salmon, can help reduce breast cancer occurrence by as much as 35 percent.

Lignans have enormous protective proper-

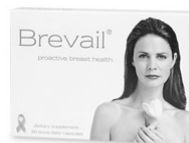
ties. For example, there are over a dozen different ways that they help protect breast health. Lignans lower the overall production of estrogens in our bodies, block environmental estrogens from attaching to breast tissue, create more of a “good” protective type of estrogen and protect our breast tissue from damaging effects of environmental toxins.

Certain foods and supplements act as powerful natural medicines that can protect our health and ward off disease. Plants high in lignans, such as flaxseeds, or the all-natural flax lignan supplement called Brevail, are great examples.

In a 100 women Brevail trial usage program participants reported enhanced sense of well-being, peace-of-mind, improved mood as well as relief from symptoms associated with PMS,

peri, pre, and post menopause. The combined benefits of proactive breast health and hormonal harmony is convincing enough for most women to make a daily commitment to Brevail.

Brevail is the first all-natural product designed to address the *estrogen window* by gently displacing excess or toxic estrogens. Adequate rest, exercise, a plant-based diet, and avoidance of alcohol are also ways in which you can consciously choose to manage your estrogen window toward a healthy future. Brevail by Barleans is available in 30 capsules for a one month supply.



Super Saturday Events!!!

October 3rd
Apple Fest!

Celebrate the best of the season in a variety of ways!

October 10th
Super Fruit Frenzy!
Discover Acai, Mangosteen, Pomegranate and more!

October 17th
Chili Fest
Vegan, Traditional, Cincinnati style...warm up!

October 24th
Gluten Free Saturday!
Sample how great gluten free can be!

October 31st
Spooktacular Fun!
Trick or Treat 80's style!
All Saturday events are 11a.m.-4 p.m.

Supplement Shorts

Honey's Antioxidants

Taking a teaspoon of honey before bed can boost your immune system, calm coughs and help you sleep better, says a Penn State study. Thanks to its rich stores of nutrients—including niacin, calcium, riboflavin, copper, manganese, phosphorus, potassium and zinc. Important: Honey shouldn't be given to children under age 1 because of a rare cause of botulism.

Magic Drops!

A good night's sleep is important for everyone. Melatonin—a hormone and an antioxidant is something that our brains stop producing with age and chronic illness. Just a few drops under the tongue before bedtime each night keeps many people asleep and feeling better than ever. Deeper sleep will do that for you.

For some people the liquid works better than the tablet.

Ease Joint Pain

The red and purple varieties of grapes are packed with quercetin and anthocyanins, two antioxidants that fight inflammation. Plus, the skin of the grape is loaded with resveratrol, a flavonoid that blocks pain in a way similar to OTC drugs. And now a study has found resveratrol may be able to prevent and even reverse cartilage damage! For the benefit, just pop a handful of red grapes daily or have a glass of red wine.

Save 20% off one gluten free product of your choice with this coupon!



Limited to stock on hand; One coupon per customer please.
Expires 10/31/09

Yummmm!

Gluten Free Walnut Rosemary Bread

1 1/4 cups Bob's Red Mill
All Purpose Gluten Free
Flour Mix
1 cup arrowroot starch
1 cup tapioca starch
1 cup white rice flour
1/4 cup buttermilk powder
2 teaspoons guar gum
1 teaspoon xanthan gum
1 teaspoon sea salt
5 tsp. instant yeast granules
3 room temperature eggs
1 tsp apple cider vinegar
1/2 cup extra virgin olive oil
1 tablespoon honey
1 cup lukewarm water
4 tbsp. chopped rosemary
1/2 cup chopped walnuts

Place dry ingredients in a large mixing bowl and whisk until well blended. In a separate bowl, lightly beat eggs

with a fork. Add vinegar, olive oil, honey and 1 cup water and stir to blend. Mix at low speed, slowly adding liquid to dry ingredients. Beat on medium speed for 2 minutes. If the dough is too stiff add water, a little at a time, until a thick, shaggy dough forms. Add walnuts and rosemary and mix just until evenly distributed. Scrape down sides of bowl with spatula and cover bowl with a tea towel. Allow to rest for 30 minutes. Preheat oven to 400 degrees. Pour 3 tablespoons of olive oil in a 2-quart enameled Dutch oven or ceramic oven proof casserole dish with a lid. Place the pan or bowl, without the lid on, in the oven and allow to preheat while the bread dough is resting. Carefully scrape the bread dough in the hot pan. Dip a spatula in water and use to smooth the top of the dough. Brush 2 tablespoons of olive

oil evenly over the top. Cover with lid and bake for 35 to 45 minutes, or until an instant thermometer, inserted into the middle of the bread reads 205 degrees. Remove bread from pan and let cool before cutting.

This bread is perfect for dipping! Try this oil!

Dipping Oil

2 cups extra virgin olive oil
2 sprigs fresh rosemary,
3 cloves fresh garlic,
trimmed
1/2 tsp coarse cracked
peppercorns
1/2 teaspoon coarse sea salt
1/4 tsp crushed red pepper
flakes

Directions: Using a funnel, pour olive oil into sterilized bottle. Add rosemary sprigs, garlic and seasonings. Seal with cork. Refrigerate

Cherry Tomatoes & Mozzarella Salad

4 cups cherry tomatoes
8 ounces small balls of mozzarella cheese (Bocconcini) drained
1/2 cup fresh basil leaves packed
2 tbsp extra virgin olive oil
1/2 cup Kalamata olives
1 tsp coarse Celtic Sea Salt

Cut cherry tomatoes and mozzarella balls in halves and set aside. Pluck basil into small pieces. Mix tomatoes, mozzarella, basil and olives. Drizzle olive oil and finish by adding Celtic Salt over the top. Add more oil and Celtic sea salt if needed.



Bulk Bins: Sea Salt

Salt's ability to preserve food was important to the development of civilization. It eliminated the dependence on the seasonal availability of food and it allowed travel over long distances. History recognizes its role and value. Wars have been fought over this simple seasoning. Today, salt's reputation has been sullied as over-consumption of this mineral has been linked to various ailments, most notably, high blood pressure. Some researchers suggest the type of salt we use may play a role in its impact on our health. Today's table salt is quite different from the salt of the past.

Our bodies need some sodium to function properly. Sodium helps maintain the

right balance of fluids in your body, transmit nerve impulses and influences the contraction and relaxation of muscles. However, commercial table salt does not provide the necessary benefits because it is refined and incomplete. Commercial salt is refined by drying at a heat in excess of 1,000 degrees which destroys beneficial substances in salt. This heat also causes chemical distortions that turn salt into sodium chloride. Table salt is full of additives, fluoride, anti-caking agents and excessive amounts of potassium iodide.

Sea salt is derived directly from a living ocean or sea. It is harvested through channeling ocean water into large clay trays and allowing the sun and wind to evaporate it naturally. Unrefined sea salt contains nearly sixty

trace minerals and electrolytes. Our bodies only need small amounts of these nutrients, but they are absolutely vital for a variety of functions in the body. They are key players in enzyme production as well as immune system, adrenal and thyroid function. Salt aids in general detoxification, and its alkaline quality helps balance the overly acidic pH environments. Sea salt is prized by chefs for its flavor and used by aromatherapists for its detoxifying effects.

Sea salt has a taste determined by the area where it was harvested. One of the most popular sea salts is celtic sea salt. Celtic sea salt is harvested off the coast of France using methods originating with the Celts many centuries ago, leaving it in its natural crystal form. The natural methods used to har-

vest this particular brand of sea salt enable the crystals to maintain not only a clean flavor, but a large amount of healthy minerals craved by the human body remain within the salt as well. The natural antihistamines in Celtic sea salt are believed to support immunity and increase the body's resistance to infection. Generally, you can reduce the amount of salt in recipes by about a third when using Celtic sea salt.

While sea salt is quite different from typical table salt, it still contains sodium. People on a salt-restricted diet should know that there is sodium in sea salt, but slightly less than an equal portion of table salt. Many people find that they use less sea salt as compared to table salt, because it is more flavorful. Check out the above recipes that utilize sea salt.

Mineral Makeup

Women have been wearing cosmetics for centuries, although the formulas have certainly undergone some dramatic changes over time. During the Italian Renaissance, lead paint was used to lighten the face, which was very damaging to the wearer. During the 1800's, women would use belladonna to make their eyes appear more luminous, even though they were aware it was poisonous.

While we might think such measures ridiculous today, many of the cosmetics available today may not be so healthful for you either. Did you know: the government cannot mandate safety studies of cosmetics, and only 11% of the 10,500 ingredients FDA has documented in products have been assessed for safety by the cosmetic industry's review panel? One of every 120 products on the market contains ingredients certified by government authorities as known or probable human carcinogens. The makeup you may be using may be harming your health!

While this news is scary, it is

made worse by the fact that many of us simply don't feel as if our makeup looks good. Many women struggle to find a foundation that makes their skin appear healthy and natural. Many traditional foundations seep into the pores and result in a mask-like appearance. Those with sensitive skin, acne or rosacea find that traditional makeup may irritate their skin.

We searched for makeup that would enhance our appearance, without harming our health. When we discovered Larenim, our wish list was fulfilled. Kirsten Corcoran, the founder of Larenim knows the struggle many women face. After personal struggles and much research, she found that traditional makeup only increased her problems. The alternative she found was mineral makeup.

Mineral makeup is gaining in popularity, in part because they are touted as "natural." Many people believe that all mineral makeup is the same, but this couldn't be further from the truth. It's all about the formulation, and the quality of ingredients.

Larenim makeup contains NO bismuth oxychloride which is responsible

for the greasy, big pored look and the rashes that dissuade many people from continuing using other mineral makeup. It contains 100% micronized minerals instead of minerals with other substances thrown in. The only other ingredient is the microscopic coating of dimethicone on the zinc and titanium dioxide. This gives Larenim better slip and stability. It contains NO oils, fillers, parabens, phthalates and no FD&C dyes. They also contain no nanoparticles.

The minerals used by Larenim help to seal moisture in the skin while diffusing oil, and are naturally soothing and can be healing for inflamed skin. These minerals will not harbor bacteria, so they do not proliferate in the container or on your skin. It does not spoil. It is easy to apply and appropriate for all skin types.

Come by and check out this fantastic line! We have testers of all the products and staff on hand to answer your questions. We also do complimentary makeup application by appointment.

Aromatherapy Corner: Patchouli

It is a bit of love/hate relationship with patchouli. I don't think there is an essential oil that has stronger emotions associated with it by our customers. To be honest, I usually fall on the dislike end of the spectrum, but recently have come to respect this potent oil.

Everyone tends to associate patchouli with the hippie culture of the 60s and 70s. However, this oil has a much longer history. Perhaps first due to its power as a moth repellent, the aroma of Patchouli was pervasive in cloth and clothing exported from India in the 19th centuries in traditional medicine in Malaysia, China and Japan.

Patchouli (*Pogostemon cablin*) is a member of the mint family. It grows in tropical climates.

Patchouli essential oil is used as a topical remedy for skin problems such as acne, eczema, inflamed, cracked,

chapped and irritated skin. It is known as a cell rejuvenator and helpful in healing wounds and scars. As an antifungal, patchouli oil has been used to treat athlete's foot. For the hair, patchouli oil has been used for dandruff and to aid oily hair.

For the nervous system, patchouli essential oil helps to reduce tension, insomnia and anxiety. It is also known as uplifting fragrance that helps to soothe away everyday cares, and to bring about a sense of nourishment. In this way, and due to its wine-like intoxicating aroma, patchouli oil is also known as an aphrodisiac.

A little patchouli oil, used as a fixative can be used in many natural perfume formulations. Patchouli oil mixes well with many essential oils including vetiver, sandalwood, frankincense, bergamot, cedarwood, myrrh, jasmine, rose and citrus oils.

Don't avoid patchouli, because you dislike the scent by itself. Mixing it with other oils can result in a wonderful smelling blend that has the benefits of this unique oil.

Here are a couple of blends to help you ease into using Patchouli. Remember, we do sell essential oils by the drop at our blending bar!

Blend the following with 1 oz. carrier oil for a massage or bath oil; Use straight essential oils in a diffuser.

Mood Uplifting Blend

15 drops Coriander
10 drops Patchouli
5 drops Bergamot

Energize Me Blend

8 drops Bergamot
6 drops Rosemary
3 drops Patchouli
3 drops Peppermint

Romance Blend

7 drops Patchouli
5 drops Ylang Ylang
8 drops Rose in Jojoba

Melinda's Musings

I was going to "muse" about how much I love the autumn season and all of its glorious jewel toned colors, but decided instead to pay tribute to our "jewels"-the incredible men and women who provide safety and protection for us in this crazy city & world we live in.

My heart goes out to the family and friends of the sheriff's deputy who gave his life this past month while responding to an emergency call. I can't imagine what they must be going through and what his fellow comrades in uniform are experiencing. I'm sure it makes it all too real that it could happen to any one of them -on what seemed to be a minor routine call.

Most of us never have to imagine what it is like to go to work everyday knowing that we are putting our lives on the line for others. We take it for granted that we will be provided a safe and secure place to go about our daily routine of drinking coffee, running errands, going to and from work, and living a normal life.

It never fails to upset me when I hear someone griping about a law enforce-

ment officer, or rant about someone in the military. I was raised to give proper respect to those who protect. Certainly there are always going to be a few officers that give the whole group a bad rap, but that's true in any profession-whether it is a teacher, doctor, lawyer or some other professional. Most often, when I hear someone put down a law enforcement officer, it's because they've been given a speeding ticket or were found guilty of breaking the law in some fashion. Once again, I must suggest that perhaps shouldering the responsibility of our actions, instead of blaming another would put an end to some of those needless accusations.

When I think of what our military has done for the past few centuries and what they are currently doing to keep us safe, I marvel at the intestinal fortitude it must take to decide on such a career. These people who are protecting us are not making multi-million dollar salaries as are the movie stars we fawn over, or the athletes that throw their temper tantrums on the playing field. Why do we have show

so much admiration for these individuals? Why are we not hero worshipping our brave men and women who devote their lives to providing us safety?

My soul weeps for this family who just recently suffered this unnecessary loss. The young deputy was responding to a call for help and was ambushed-leaving behind a grieving widow to raise her young child. The anguish and pain she will experience is beyond my wildest comprehension. The sadness of a little child who has lost her father is unfathomable.

I feel such a sense of pride, gratitude, and security when I see a person in a uniform whether it be someone in law enforcement garb, a firefighter or a military officer. I have taught my daughter to have great respect for the profession they have chosen. I cry with joy when I watch television and see our returning servicemen reunite with their families-who are heroes in their own ways.

Next time you have the opportunity-please thank a soldier, firefighter, or law enforcement officer for keeping us safe!



Chili Fest!

Saturday, October 17, 2009

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

Sample a wide variety of chili and vote for your favorite! Vegan, Traditional, Cincinnati Style & more!
Join us for this yummy event!



Food For Thought, Inc. 2929 East Central Avenue Wichita, KS 67214
316-683-6078 ~Visit our website: www.foodforthoughtwichita.com

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

Closed Sundays to be with our families!!!