

# food thought

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## Preventing Osteoporosis

The latest research shows us that we need more than just calcium. It turns out the way we eat—along with our lifestyle choices and stress levels—can actually contribute to bone depletion, no matter how many calcium supplements we take or glasses of milk we drink. The best solution is eating a low-acid diet, which strengthens bones much more effectively and, as a growing number of bone-health researchers agree, hold the key to preventing osteoporosis.

We have nothing against calcium. It's an essential mineral necessary for good health. Four worldwide epidemiological surveys show that the nations that consume the most calcium have the highest rates of hip fracture.

Think of calcium as the bricks in a brick wall of bones. Bricks are essential,

for sure, but without enough mortar—which comes in the form of about 16 other nutrients—the wall can't hold itself up. In order to get the right balance of bricks and mortar, so to speak, you need a diet that's packed with fruits and vegetables and includes few (if any) high-protein foods such as meat, poultry, milk, and dairy. Why? Strange as it may sound, bone health begins in the bloodstream—and a high-protein diet acidifies the blood. For the body to function properly, the blood must maintain a pH (relative acidity or alkalinity) that's slightly alkaline.

Protein is composed of amino acids. As the body digests high-protein foods, amino acids flood the bloodstream. The body must then neutralize these acids to avoid life-threatening problems, including osteoporosis. To do so, the body draws from its own reservoir of alkaline material, such as the calcium compounds stored in bone. The bones release their calcium, which eventually gets

excreted in urine.

When you eat fruits and vegetables, only a small amount of acid enters the bloodstream, along with a great deal of alkaline material that immediately neutralizes the acid. As a result, the body doesn't need to draw calcium compounds from the bone, resulting in healthier bones. Over 100 studies have explored the effects of fruits and vegetables on BMD (bone-mineral density). Fruits and vegetables contain not only calcium but plenty of other bone-building nutrients as well.

Remember, how you live your life is up to you. If you want to eat the American-standard 220 pounds of meat a year and only two to three vegetables a day, go for it. Low-acid eating is the key to healthier bones and decreasing your risk of osteoporosis. It's a safe, effective, low-cost prescription for health and longevity.

James McGuire, director of the Advanced Wound Healing Center at Temple University in Philadelphia.

Because the honey also contains substances that attract water, it draws excess fluid and debris from the wound without drying it out. You can use manuka honey on wounds, but will need to add layers of gauze as well.

### 4 Things to Help Bones

1) Weight bearing exercise (such as walking) reduces your risk of fracture 2) Get enough Vitamin D from sunlight & food 3) Get enough antioxidants to reduce inflammation. 4) Make sure your body is absorbing nutrients properly.

3) If you eat the recommended five servings of fruits and veggies every day, you can safely eat one serving of meat. It's still wise to plan at least one day a week without animal protein.

### Manuka Honey

Rich in vitamin C and bacteria-fighting power, research shows this dark, Australian honey helps most wounds (from severe burns to deep cuts and minor scrapes) heal faster and better than even some of the leading conventional treatments.

"Manuka destroys the bacteria in the wound and attracts white blood cells to the wound site, expediting healing," states

## Super Saturday Events!!!

**September 5th**  
***Pamper Your Hands!***  
Give your fingers a bit of TLC with our mini-manicure!

**September 12th**  
***Harvest Hoedown!***  
See back page for more info

**September 19th**  
***Get Juiced!***  
Discover the benefits of superfruits and pure juices!

**September 26th**  
***Gluten Free Saturday!***  
Sample how great gluten free can be!

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

**Save 20% off one certified organic product of your choice with this coupon!**



Limited to stock on hand; One coupon per customer please.  
Expires 9/30/09

## Supplement Shorts

### Low Acid Eating

Here are three steps to transition to low-acid eating.

1) Remember that one serving of meat, poultry, or fish is about the size of a deck of playing cards. Reserve the rest for fruits and vegetables.

2) Keep in mind that it takes three servings of fruits and vegetables to neutralize the acid in one serving of meat and two servings of fruits and veggies to neutralize one serving of grain.

## Celebrate Harvest!

September is Organic Harvest Month. We celebrate each year at Food for Thought with our Harvest Hoedown (be sure to check out our calendar for more information). Our store embraces organic foods every day, as they truly are worth celebrating. Organic foods do not contain pesticides, hormones or Genetically Modified Organisms. They promote healthier soil, respect ecosystems and help protect our water supplies—plus, many would say that organic foods just taste better. We thought it would be fitting in honor of all things organic to feature yummy organic dishes you can prepare with the bountiful fruits and veggies available this time of

year. Taste how great organic is!

### Harvest Potato Soup

#### Ingredients:

1 stick Organic Valley Salted Butter  
8 tablespoons flour  
7-8 cups Organic Valley Whole Milk, divided  
4 cups diced potatoes (peeled or not)  
1 cup diced carrots  
1 cup corn kernels  
1 cup peas  
salt and pepper to taste

#### Directions:

Make the white sauce base: Melt butter in a heavy soup pot over medium heat. Use a wooden spoon to stir in flour a little at a time, until it is all incorporated and mixture is smooth. Cook, stirring often, 3-4 minutes. Whisk in 4 cups

of the milk. Cook, whisking frequently, until mixture is thick and smooth. Reduce heat and cook, stirring often, 5-10 minutes.



Meanwhile, steam potatoes and carrots until tender over simmering water in a covered pot. Add cooked potatoes and carrots to white sauce. Stir in corn and peas. Add additional milk to create desired soup consistency. Season to taste with salt and pepper. Reduce heat to low and cook soup until corn and peas are tender.

### Maple Apple Pilaf

#### Ingredients:

1 cup apple juice  
1 teaspoon cinnamon  
1 cup bulgur wheat  
1 apple, peeled, cored, and chopped  
1/2 cup raisins  
2-3 Tbl Maple Syrup  
1/4 cup chopped Walnuts

#### Directions:

In a medium saucepan, combine apple juice and cinnamon; bring to a boil over high heat. Stir in bulgur and reduce to low; simmer covered for 10 minutes or until the liquid is absorbed by the bulgur, but the texture is still a little tender and chewy. Remove saucepan from heat and let stand for 5 minutes, covered. Stir in chopped apple, raisins, and maple syrup. You may add chopped walnuts for added flavor and texture.

## Bulk Bins: Orzo

I wouldn't be surprised if orzo suffered from an identity crisis. I can only guess how many people, like myself, first see orzo and assume it belongs to the rice family. Not true! Despite its rice shape, orzo is not made out of rice but of hard wheat semolina. Its name comes from its resemblance to barley ("orzo" means barley in Italian). Once you are able to correctly identify this pasta, you can reap culinary benefits and go beyond traditional spaghetti and penne.

The basic recipe for cooking orzo is simple. Bring orzo to boil, cook for around 10 minutes, or until tender and drain. The basic recipe makes a great side dish for chicken or fish. However, the real beauty of orzo is its versatil-

ity. Here are a few tasty recipes to help you incorporate this pasta into your diet.

### Baked Orzo with Peppers and Cheese

#### Ingredients:

2 tsp salt  
1/2 c Roasted Red Peppers; diced  
1/3 c Green Chili Peppers; diced  
1 c Sour cream  
2 tbsp Butter; cut into sm. bits  
1 c Orzo  
1 c Monterey Jack Cheese; diced  
1/2 c Parmesan Cheese; grated

#### Directions:

Add salt into boiling water, add orzo; boil 10 to 12 minutes until tender; drain. Put orzo into lightly buttered dish with peppers, chilies and Monterey Jack. Spread sour cream evenly over top, sprin-

kle with Parmesan cheese, dot with butter. Bake at 450 degrees for 15 minutes, top shelf of oven until golden puffy. Cool slightly.

### Cabbage Orzo and Sausage Soup

#### Ingredients:

1/2 lb Turkey sausage  
1 tbsp Olive oil  
1 Onion, medium-size, chopped  
1 Carrot, lg, 1/4" thick slices  
1 Garlic clove, finely chopped  
2 c Water  
14 3/4 oz Chicken broth, reduced-sodium  
15 oz Plum tomatoes, in juice  
2 c Shredded cabbage  
2 tsp Dried leaf basil, crumbled  
1 tsp Dried leaf thyme, crumbled  
1/2 c Orzo  
Salt to taste  
Pepper to taste

**Directions:** Brown sausage in oil in large nonstick saucepan over medium-high heat until browned but not cooked through. Remove sausage; cut into 16 pieces.

Reduce heat to medium. Add onion, carrot and garlic to saucepan; saute 3 minutes to soften. Gradually add water, broth, tomatoes, cabbage, basil and thyme, breaking up tomatoes. Simmer, covered, 15 minutes. Add orzo and sausage; simmer, covered, 10 minutes until sausage is cooked and orzo is tender. Season with salt and pepper.



## Back to Basics

We have a great magnet down here stating, "I only have a kitchen because it comes with the house...." My husband might agree, but he has no idea that the kitchen is actually an important part of my beauty routine. My pantries are stocked with a lot of great ingredients that can cleanse, exfoliate and moisturize my skin. To help you expand your kitchen's potential, here is a list of a few of my favorites and some recipes to utilize them with.

1. Plain Yogurt. It is a mild exfoliant, containing lactic acid, which helps dissolve dead skin cells. It is great mixed with essential oils as a mask.
2. Sugar. It can also be used as an exfoliant, like sea salt, but it is less irritating. It contains natural glycolic acids, which means it also exfoliates on a chemical level, rather than by abrasion alone.
3. Apple Cider Vinegar. More acidic than other types of vinegar, apple cider vinegar strips hair of buildup and balances alkalines that

make hair appear dull. It also contains alpha hydroxy acids, which help remove dead skin cells.

4. Lemon. This fruit has such a wide range of benefits. Its scent is uplifting and brain clearing. The diluted juice is an astringent and acts as a mild bleach. It also helps return skin to its natural skin pH. It can be used on the skin, but be careful of going in the sun. It works great to clear up nails.
5. Coconut Oil. This highly emollient base oil is the ultimate skin softener and after-sun treatment. Use it anywhere you want your skin to be softer!
6. Cucumber. While commonly used to help with puffy eyes, it also can be used anywhere else a mild astringent is desired. It also has a slight bleaching action that can help even out skin tone.
7. Banana. You'll go ape (sorry...) over this fruit's gentle exfoliation and skin-tightening action. It's great for dry skin.

The list could go on and on, but here are a couple of recipes to start you out!

### **Chilled Cucumber Tonic**

lieving of pain, especially toothache, arthritis and rheumatism. It is also great for the digestive system. Ginger oil can vary in color from pale yellow to a darker amber color. It is a strong smelling oil - spicy, sharp, warm and with a hint of lemon and pepper, which smells of actual ginger. It is often used for digestive problems, nausea, muscle aches and pains, poor circulation and its energizing properties.

Get ready for the cool fall! The following recipes offer up a variety of ways to add "warmth" to your days!

### **Warm and Spicy Bath Oil**

11 drops sweet orange essential oil  
6 drops ginger essential oil  
8 drops cinnamon essential oil  
1 drop nutmeg essential oil  
4 drops frankincense essential oil  
Mix the essential oils in a 4-ounce bottle and fill with any carrier oil of your choice (e.g. almond or apricot oil). Fill bathtub with warm to hot water. Add desired amount of bath oil after water has been drawn.

1 med. Cucumber, peeled, seeded  
2 Tbl distilled water  
Place cucumber and water in blender or food processor until a thick, juicy pulp forms. Transfer the pulp into a strainer and catch the juice into a bowl. Place juice in storage container. It is great to use for parched skin, such as on airline flights. Use cotton balls to apply to face, etc.

### **Coconut & Vanilla Sugar Scrub**

1 1/4 c. brown sugar  
6-8 Tbl. Coconut oil  
15-20 drops Vanilla Essential Oil  
Warm coconut oil over very low heat until melted and combine with sugar. Use whisk to break up any lumps. Add essential oil and blend well. Massage scrub onto premoistened skin. Rinse.

### **Vinegar Hair Rinse**

Use around 2 Tbsp and apply to hair after washing. Rinse with warm water. The vinegar is cold, so I sometimes warm it up before using (I just put it in a bottle and let it sit under the warm water as I wash my hair). Add a few drops of essential oil (I like Rosemary or Lavender) to improve scent.

## Aromatherapy Corner: Warming Oils

This time of year makes me hungry! As the cool, crisp air makes its way here, it leads me to seek out warm, cozy flavors. Thankfully, aromatherapy offers a low-calorie alternative. There is an entire family of essential oils that are considered "warming." These oils invoke soothing responses and help increase circulation.

My favorite "warm" oils are from the sesquiterpenes family. These oils are mostly derived from roots and woods and are considered slightly antiseptic, bactericidal, slightly hypotensive, calming and anti-inflammatory. They are slower to evaporate. Examples of such oils include clove, ginger, chamomile and rose.

Clove essential oil has a warm, strong, spicy smell and the oil is colorless to pale yellow. Clove oil is useful for its disinfecting properties, re-

### **Stress Less Mist**

25 drops of Ylang-Ylang essential oil  
10 drops of Orange essential oil  
5 drops of Clove essential oil  
Mix with 4 ounces of pure water in mister. Shake and enjoy.

### **Romantic Diffuser Blend**

1 drop pure Rose oil  
1 drop Sandalwood  
in a Rosewater base

### **Miracle Worker**

When you need to create miracles tomorrow, but can't quite face up to them today, try this blend. Mix with carrier oil and add to warm bath or use as a perfume.

Frankincense 4 drops  
Ginger 2 drops  
Neroli 2 drops

### **Poor Circulation**

If you have poor circulation, this blend will warm your hands and feet - whatever the weather.

Vetiver 2 drops  
Ginger 3 drops  
Grapefruit 3 drops  
20ml (0.6fl oz) Grapeseed oil

# Melinda's Musings

I'm normally not one for making lots of regulations, but I have an idea I would like to see every American have to follow. My new regulation would not require any "bail out" or subsidy. It would simply require that during each American's lifetime they be required to hold a retail job-even if just for a short period of time.

You're wondering why I think it should be a mandatory requirement? After spending over 30 years in the retail sector, I have noticed a rising lack of respect by the public directed at those of us who choose to work in a retail setting and serve their needs.

Fortunately in our store, we seem to attract a better clientele than that of most retail establishments, but for the life of me I fail to understand why some customers feel they are entitled to mistreat some of our staff (who by the way are trained in providing excellent customer service).

We recently had a gentleman come into the store and complain that he had to come up to the counter to obtain the key to our lovely, clean restrooms. He announced that he would no longer

shop with us because he was inconvenienced by this policy. The clerk tried to explain to him that we've had to resort to locking our restrooms because of the conditions they were often left in when unattended. Unfortunately he left the store before I was able to visit with him and let him know that we provide these clean restroom facilities as a service to our customers (even though we are not required to do so).

We have had parents become upset with us when we politely ask them to watch their children who are running through the store screaming at the tops of their lungs, disrupting other customers in the store, or making a mess of the products on the shelves. Whatever happened to taking the offending child outside and giving them a stern lecture on proper behavior-or worse, dare I say spank the child, instead of taking it out on the poor salesclerk. By not scolding the child, it sends them the message that their behavior is okay, thus condoning their actions.

We had a woman in our store one day that we bent over backwards try-

ing to help and nothing would please her. She ended up leaving the store, screaming out that we were all "idiots" and nearly broke the glass door as she stormed out. I try not to take some of those types of outbursts personally, but that one really stung!

Of course, I have seen the other side when a retail or service provider simply makes no effort to assist you as a customer or a diner. I myself have been angered at sales clerks standing around talking with each other or on the telephone, ignoring their patrons. I believe in speaking up when those situations exist. However, when a clerk is honestly trying to help a customer and the customer responds in a rude or outlandish manner, that is unacceptable.

My proposal for strongly suggesting that each American work retail some time during their life might instill a better sense of compassion for those of us who willingly serve the public each day. We would like to be treated with the respect we feel we deserve as fellow human beings.

What would the world do without us?

## Join us for our Harvest Hoedown!

Saturday, September 12, 2009

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

Celebrate the harvest and  
enjoy the best in organics.

Samples & fun await!

Y'all come now!



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