

the

Nutritional

T h e r a p i s t



Spring 2009

Nutrient-Packed Wrack

By Richard Hunt

What's inside...

Page 4

The Herbalist: Part 9
by Tracy Bosnian, CH, NTP

Page 5

Oil Pulling, a Detoxification Method
with Ancient Roots
by Yaakov Levine, NTP

Page 6

Fats: Safer Choices for Your Frying Pan
& Your Health-Part 2
by Caroline Barringer, NTP, CHFS, FES

Page 8

Gluten is the Fall Guy: Going Grain-
Free is Better
by Elaine Fawcett, MJ, NTP

Page 9

Nutritionally Speaking: Herbal
Medicine From the Heart of The Earth
by Yaakov Levine, NTP

Page 14

Alumni Corner
Presented by Dawn Hamilton, BS, NTP

Page 15

From the Kitchen of...
Coordinated by: LeiLani Paki, NTP

It can be said that we live, and succeed or fail because of our relationship with everything we come into contact with. Take our food, for example, and its relationship with our gut. How good a food is for us depends not only on the type of food, but also how our body responds to it, our tolerance or intolerance to it, and the body's ability to metabolize it and distribute its nutrients to the right parts of our body. Given the natural loss of nutrients from the soil due to intensive farming and the over-processing and storage of food, it is critical that we add some continuous supply of nutrients, especially micronutrients, to our diets to make up for this loss.

Perhaps, surprisingly, one of the best natural sources of nutrients is found not on land, but in the oceans. As Nature's complete repository of all the world's nutrients, the oceans harbors a consistent nutritional "soup". Unlike soil which has varying quality from location to location, it is seaweeds are the unsung heroes that have the ability to assimilate vast quantities of nutrients in the soup and make them available to us. In fact, our own cellular fluids and lymph are so similar in composition to sea water that one can say that certain seaweeds provide an "inner sea" which is why seaweeds are used in health spa's and thalassotherapy as a way of restoring our delicately balanced nutritional composition.

But which seaweeds are best?

Basically, there are three types of seaweed categorized by their color; green, red and brown. Most of them, just like land vegetables, can be eaten and many have useful nutritional components. Of all the world's seaweeds, brown seaweeds have the most comprehensive balance of nutrients. They are virtually a complete food, capable of sustaining human, animal and plant life.

Of the brown seaweeds, several wild "wrack" species from the cold, clean waters within the Arctic Circle may be said to be the best seaweeds of all as they grow in "the land of the midnight sun". During the Arctic summer months there is 24 hour sunshine, so the seaweeds continuously photosynthesize, and many researchers have remarked how much more "alive" they are compared to other seaweeds and land vegetables. Due to their habitat, they grow slowly and have evolved in a more nutrient-dense way than their cousins in, warmer climes such as Atlantic Bladderwrack and as a result, brown wrack seaweeds have been the subject of more scientific research over the past 50 years than any other seaweed.

These brown seaweeds, with their broad balance of nutrients help provide a "foundation of health", used daily, provide the ability to restore and maintain this balance so the body can fully metabolize the food we eat. Over time, this leads to homeostasis, which

Continued on page... 2

Nutrient-Packed Wrack (Cont)

Continued from page... 1

underpins the essential processes of metabolism, regulation, protection and healing.

However, these wrack seaweeds are not a replacement for food or for specific nutritional supplementation. It may be that an individual requires additional amounts of specific nutrients, such as the B vitamins, or vitamin C, or certain minerals, and so on. A product containing these arctic wrack seaweeds will ensure that there are no gaps in the body's ability to use these supplements as the practitioner intends. Therefore they can underpin and balance supplements, with no known contra-indications or allergic reactions.

It may be helpful in this context to look at the nutritional requirements of those with serious underlying metabolic disturbances and how brown wrack seaweeds may be of benefit:

Autistic Spectrum Disorders

"In order to function well, the body has to have a constant supply of certain nutrients: zinc, magnesium, selenium, molybdenum and other minerals and trace elements, hundreds of enzymes, many amino-acids and essential fats, all the substances which our autistic children are deficient in."¹

Brown wrack seaweed-based products may be able to assist in regulating the metabolism and thyroid by providing a consistent nutritional foundation for restoring homeostasis. While the path of autism can vary widely in different individuals, presenting a disparate range of symptoms, brown wrack seaweed-based products may prove helpful where there is evidence of the following:

- Inability to bind and remove heavy metals
- Deficient amino acids
- Mineral imbalance
- Thyroid disorders
- Dysfunctional digestion
- Compromised immunity
- Disturbed fatty acid metabolism & electrolyte imbalance
- Dry skin, listless hair
- High levels of free radicals

Cancer

"Seaweed has shown consistent anti-tumor activity. In extrapolating these results to the Japanese population, seaweed may be an important factor in explaining the low rates of certain cancers in Japan"²

Brown wrack seaweeds offer a useful nutritional input in cancer prevention, management and recuperation. Several varieties of Kombu are a traditional decoction for cancer in Japan, where scientists have been able to verify its effective treatment of tumors in the laboratory.

The principal cancer-fighting substances of brown seaweeds are the special polysaccharides, typically as much or more than 50% of total carbohydrate (including polysaccharides), which accounts for more than half the composition of nutrients, especially fucose and fucoidan. These have been shown to cause the destruction and inhibition of cancer cells by preventing adhesion to healthy cells and by interruption of DNA within the cancer cells. The polysaccharides are now known to have anticancer, anti-coagulant, anti-thrombotic, anti-inflammatory, and anti-viral properties. A substantial body of literature covers this subject with special reference to brain tumor, breast cancer, intestinal cancer, leukemia, lung cancer and throat cancer.

Certain brown wrack seaweeds are highly alkalizing, some 75 times more so than apples; an alkaline system is believed to provide a greater defence against cancer. A Cancer Therapy by Max Gerson, M.D., is suggested reading in this respect.

Detoxification

Brown wrack seaweeds are an effective detoxification agent through four principal modes of action:

- 1). Cleansing of the digestive tract, blood, lymph and kidneys, and improved metabolism of food by a unique range of polysaccharides and pigments including chlorophyll
- 2). Removal of toxic and heavy metals by special polysaccharides

- 3). Improving the alkaline-acid balance and the full metabolism of carbohydrates, proteins and fats, and helping protect against acidosis
- 4). Providing the richest natural source of stable 'chelated' iodine with micro-nutrients, such as selenium, needed for its metabolism.

Brown seaweeds are an essential food for the thyroid and hormonal system which regulate almost every bodily function. Some brown seaweed-based products contain all of the important detoxification nutrients like zinc, magnesium, selenium, molybdenum and many other minerals and trace elements, enzymes, amino-acids and essential fats.

The Nutritional Therapist

Editor

Marcie Larsen, BA, NTP
Program Administrator

Assistant Editor

Dawn Hamilton, BS, NTP

The Nutritional Therapist is mailed quarterly to all current members of the Nutritional Therapy Association, Inc.
PO Box 354

Olympia, WA 98507

Phone: 800-918-9798

Fax: 360-528-2564

Email: nta@nutritionaltherapy.com

Website: www.nutritionaltherapy.com

Disclaimer

Statements made in this newsletter have not been evaluated by the Food and Drug Administration. These products or protocols are not intended to diagnose, treat, cure or prevent any disease or be used as a substitute for appropriate care of a qualified healthcare professional.

The ideas and opinions of contributing authors do not necessarily reflect those of the Nutritional Therapy Association, Inc.

Colonoscopist Dr Robert Gray regards wild wrack seaweed as an excellent mucotriptic herb to cleanse the lymphatic system, and to "loosen, soften or dissolve hardened, stagnant or impacted mucoid in the body."³

Detoxification using brown seaweed-based products is best understood as a broad and continuous process where the benefits of a clean system accrue over six months or longer.

Metabolic Disorders

It is well known that in order to metabolize any single nutrient (for example a protein or a carbohydrate), many other nutrients such as enzymes, co-enzymes and trace elements are required. By ensuring the daily presence of nutrients, especially the rarer micronutrients, brown wrack seaweed with its broad nutritional profile provides an ideal foundation for effective metabolism at the gut level. Their synergistic effect has to do with the fact that many food nutrients will only release

their full potency and value to the body in the presence of other specific nutrients, without which, they will pass from the body partially or wholly unused.

Nutritional profile of a Brown Wrack Seaweed product

Brown wrack wild seaweeds such as Ascophyllum, Pelvetia and Fucus, ideally together as a blend, contain a full spectrum of vitamins, minerals, antioxidants, trace elements, amino acids, protein, and the rarer complex micronutrients. These brown wrack wild seaweeds have a more balanced and complete nutritional profile than fresh water algæ (spirulina, chlorella and blue-green algæ) and other seaweeds, while common kelp has too much iodine for long term daily use for the general population. Natural nutrient packed wrack seaweeds can balance the partial nutritional profile of other foods and maintain the body's micronutrient levels upon which digestion and good health depend.

Richard Hunt CEO, Innovations for Health - North American distributor of Seagreens® richard@seagreensUSA.com
www.seagreenonline.com

For a copy of Seagreens® Information for Healthcare Professionals based on more than ten years of research and clinical feedback, interested parties should complete the request form at:
http://www.seagreenonline.com/health_care_pros.asp

1. Dr N. Campbell-McBride, "Detoxification for Children with Autism", The Autism File (UK), pp12-17, Issue 10, July 2002.
2. J. Teas, M. L. Harbison, and R. S. Gelman, "Dietary Seaweed (Laminaria) and Mammary Carcinogenesis", Cancer Research 44:2758-61, 1984.
3. R. Gray, The Colon Health Handbook, 12th Revised Edition, Emerald Publishing, 1991. ISBN 0-9615757-2-7



Watch for our Upcoming

Foundations of Functional Nutrition

'FFN' Seminar Series



Part I - A Wellness Approach

Held in Seattle, Washington October 10th & 11th, 2009 and in Vancouver, Washington November 7th & 8th, 2009

Here's What You Will Learn:

DIGESTION: Special palpation techniques will improve your evaluation and treatment of common digestive disorders.

MINERAL BALANCE: A simple test to answer a complex question.

HYDRATION: Recognize this common hidden deficiency.



Part II - Building on the Foundations

Held in Olympia, Washington January 30th & 31st, 2010

Here's What You Will Learn:

CARDIOVASCULAR/MAINTENANCE CARE NUTRITION: Identify cardiovascular weakness and prevent disease by addressing the underlying cause.

IMMUNE & ALLERGIES: Support immune function and free your patient from allergy and immune problems.

ENDOCRINE & FEMALE HORMONE DYSFUNCTION: Eliminate the need for hormone replacement therapy by restoring organ function and the endocrine system's natural balance.

Fees: 1st time attendee: \$195 Students: \$75 Past attendee: \$125 NTP graduate: \$125

Call Biotics Research NW to register

or for more information at

800.636.6913

www.bioticsnw.com

The Herbalist Part 9

Chickweed, *Stellaria media*

By Tracy Bosnian, CH, NTP



It is a beautiful sunny day and the spring greens are poking their heads up. Which to choose, with so many that are calling to me? A couple of nights ago was a clear with the stars twinkling and dancing above me. The choice was then pretty obvious, the pretty little chickweed, also known as *Stellaria media* (little star).

This past Saturday, I was teaching an herb class to a wonderful group of women. We were in the back yard, cleaning and cutting up a very large root ball of Elecampane. As we sat in the sunshine waiting our turn to work on the Elecampane, I started to look around to see what was coming up. The first green surprise my eyes rested on was a beautiful patch of chickweed. I pulled up a big hand full, put it in my mouth and delighted in the cooling taste. The women watched wait to see if I am going to spit it out or make a face. The vital energy of the plant brought a smile to my face, and they trusted me enough to take a piece. It was so much fun to watch the faces of these beautiful ladies as they experienced their first taste of chickweed!

Botanical Name: *Stellaria media*.
Chickweed is from the Carophyllaceae family.

Common Names: Chickweed, because chickens love to eat it! Starweed, Star Chickweed, Adder's Mouth, Stitchwort, Tongue Grass, Chick Wittles.

Botanical description: Chickweed is an annual or biennial weed, 6 to 15 inches in length, with prostrate, branched, brittle, round, jointed, and leafy stems,

distinguished by the alternate, lateral, hairy lines, extending from joint to joint. The leaves are ovate, ovate-cordate, and glabrous; the lower on hairy petioles. Flowers small, white, in forked cymes; petals 2-parted, shorter than the calyx. Stamens varying, 3, 5, or 10.

Habitat: Chickweed is native to moist, shady spots in yards and the woods (makes it perfect for the Portland, Oregon garden!). Chickweed is widespread in temperate zones and arctic zones. Chickweed has established itself all over the world, probably from being carried on the clothes and shoes of explorers.

Cultivation: Most gardeners will not have to cultivate chickweed; in fact most gardeners will try to get rid of it, but not the herbalist! It is easily cultivated from seed. It prefers partial sun, average to poor soils. It will self-seed once you have it in your yard.

Harvest/Part used: The whole above ground plant is used.

Dosage: To make a tea, use the fresh plant as an infusion, steep one tablespoon in a cup of boiling water. Remove from heat, let sit for 15 minutes, strain and drink one cup 3 times per day. Fresh juice: one teaspoon to one tablespoon, taken up to 3 times per day. As a liquid extract take 1-3 droppers full per day. Topically as needed.

Toxicity: If taken in excess it can cause diarrhea.

Constituents: Triperpenoid saponins, coumarins, flavonoids, Vit. C

Actions and Therapeutic uses:
Alternative: demulcent, emollient, vulnerary, anti-itch, ant rheumatic, mild laxative, expels heat from the body (refrigerant), diuretic. Externally chickweed is used for all kinds of skin issues, boils, varicose ulcers, abscess, itching skin, cuts, wounds & burns.

Chickweed decongests the lymph. Poor lipid metabolism, high cholesterol. Hemorrhoids (internally & as a fomentation). Constipation. Blood poisoning (internally & externally). Itchy skin (as a salve). Mastitis (internally & externally). Hypothyroidism. The fresh juice is so rich in saponins that it is used to dissolve warts and other growths. The liquid extract taken faithfully for extended periods will dissolve ovarian cyst (can take up to one year)

Contra-Indications: Do not use during pregnancy.

Sources of information:
Sharol Tilgner, N.D: *Herbal Medicine* 1999
Susun Weed: *Healing Wise* 1989
Matthew Wood: *The Earthwise Herbal* 2008
Andrew Chevallier: *The Encyclopedia of Medicinal Plants*
Thomas Bartram: *Encyclopedia of Herbal Medicine*

Recipes:

Add Chickweed to a salad. Cut it into small pieces. No one will know that you have added something special to your salad. They will just ask for more.

Chickweed Tabouli

½ cup cooked quinoa
1 cup chopped raw chickweed
1 cup chopped raw flat leaf parsley
1 finely chopped small Persian cucumber
½ cup chopped fresh mint
2 small tomatoes chopped (seeds removed)
6 green onions sliced (all of the white & part of the green)

Mix all ingredients into a pretty bowl; add dressing (see below). Chill.

Dressing for the Tabouli
¼ cup fresh lemon juice
½ cup olive oil
salt & pepper to taste

Oil Pulling, a Detoxification Method with Ancient Roots

By Yaakov Levine, NTP

Our bodies are constantly cleansing, a process integral to our health. Getting rid of waste products is a normal operation for each one of our cells, organs, and organ systems. If we lived in a perfect world, ate perfect food, that would be enough. Since most of us live busy lives in a toxic world and sometimes eat less-than-healthy foods, we walk around with a toxic load that manifests as fatigue, insomnia, and illness.

I have written about cleansing in past columns, and I want to introduce you to an updated version of an ancient Ayurvedic method of cleansing called Oil Pulling. This practice is comprised of holding a tablespoon of vegetable oil in your mouth for a few minutes, swishing it around as you sit quietly. Oil pulling has its roots in the Ayurvedic practice of oil gargling.

First I would like to offer a brief description of the healing modality called Ayurveda. Ayurveda, which translates from the Sanskrit as science of life, is a healing practice and philosophy originating in India. While originating in India, Ayurvedic medicine is practiced all over the world as a complementary and alternative medicine. As it has evolved over the years Ayurvedic medicine remains an influential type of medical care around the world. Ayurvedic medicine is all about balance, and emphasizes prevention of disease and rejuvenation of all of our bodies' systems. This results in a longer and healthier life. Ayurvedic practices are believed to prevent diseases such as heart disease and cancer, and include yoga and meditation.

Ayurvedic principles suggest the mind-body connection, that there cannot be mental health without physical health. They employ a body type principle to determine what may be needed to bring a person into balance. In Ayurvedic medicine the body types are known as Doshas, and the three types are called Vata, Pitta, and Kapha. In his book Perfect Health, Dr. Deepak Chopra has a great description of the doshas, and he

includes a questionnaire you can use to determine your body type.

In Perfect Health, Chopra suggests that this healing modality is not one size-fits all, and that people of each body type have a specific way to balance their systems for optimum health. This healing science is well organized and offers methods we can use in a proactive way to prevent illness and disease. One method of detoxification that we all can benefit from regardless of our body type is oil pulling. Dr. Chopra writes that oil (gargling) pulling is an important way to start your day, by cleansing your mouth and your taste buds. I have seen this connection, and have been enjoying my breakfast more in the few months since I started this daily practice. I have improved gum health, whiter teeth, and reduced joint pain since I started oil pulling on a daily basis.

Traditional ayurvedic practitioners suggest we use only sesame or sunflower oils, as these produced the best results. Make sure you use good quality organic cold pressed oil. It does not make sense to use chemically extracted oil or poor quality oil for detoxification. Author and physician Bruce Fife, ND suggests that coconut oil works well as an alternative. As I've written in past columns the lauric acid in the coconut oil is anti-microbial and anti-bacterial. Killing harmful bacteria in your mouth will sweeten your breath and improve your health. In his book about oil pulling, Dr. Fife explains that our mouths are teeming with microorganisms and toxins and act as their gateways into the bloodstream. The more toxic we are the more we will be plagued with health issues. In an interview he said, "Some people think I'm crazy when I tell them that oil pulling can help those with asthma, allergies, chronic fatigue, diabetes, migraine headaches, PMS, and chronic skin problems."

Oil pulling works by detoxifying or cleansing the body through the mouth. In this way, disease-promoting toxins are removed, allowing the body to heal itself. As a consequence, health problems of all

types improve. Dr. Fife compares oil pulling to the oil in your car's engine. The motor oil absorbs debris in the engine and is expelled when you drain the oil. The method he describes was reintroduced in the west by an eastern European doctor named F. Karach, and most of my searches for information referenced his research.

So how do we do this? First thing after you awaken, perform your morning eliminations, then put a tablespoon of unrefined coconut oil in your mouth and swish it around, breathing through your nose and working or "pulling" it around your teeth. Do this as you sit quietly for at least 20 minutes. This can cause a release of mucous from you sinuses, and if you need to, spit out the oil and then take another spoonful. Spit the oil in the trash (or compost) instead of your sink to avoid clogging your drains. Many people with sinusitis will feel immediate relief from sinus pain and headaches.

After you spit out the oil, which will be thin and white colored, you should rinse your mouth thoroughly with warm salt water. *Never* swallow the oil as it is loaded with toxins. After you rinse with salt-water, brush your teeth. You will notice your tongue is a healthy pink color, and your teeth and gums will sparkle. Some practitioners suggest brushing with toothpaste without glycerin as glycerin seals off your teeth and prevents remineralization. I use glycerin-free toothpaste made by Vicco and Uncle Harry's tooth powders.

I invite you to try this simple method of detoxification. It has been a long winter of heavier (and sometimes less healthy) foods, and as we work on cleaning up our gardens, or spring-cleaning our homes, let's give some needed attention to our bodies. As the Ayurvedic doctors suggest, let's bring our bodies back into balance. I encourage you to try oil pulling. Let me know what results you achieve. I have been doing this practice for three months, and will continue this daily. For additional information regarding Ayurvedic medicine and oil pulling please contact me at (541) 895-2427 or nutritionallyspeaking@gmail.com.

Part 2 Fats: Safer Choices for Your Frying Pan and Your Health

By Caroline Barringer, NTP, CHFS, FES

So, which fats and oils should you choose for cooking? Below is a color-coded guide to help you determine which fats and oils are safest to include in your favorites recipes.

(Green = Safest for cooking;
Yellow = Safer for Cooking;
Red = UNSAFE for Cooking)

SAFEST FOR COOKING

(frying, baking, broiling, grilling and roasting)

- Lard
- Ghee
- Beef and Lamb Tallow
- Chicken, Duck, and Goose Fat
- Coconut Oil – organic and virgin
- Red Palm Oil – organic and virgin
(*Palm kernel oil is also acceptable*)

Tropical vegetable fats in this category should be organic and unrefined in nature. The animal fats should be from organically raised, grass-fed pastured animals.

Lard: Lard is the fat from pigs (pork fat). It is safe for cooking and frying due to its nearly equal fatty acid profile of 40% saturated and 48% monounsaturated fats. Lard has only 12% PUFA's (polyunsaturated fatty acid) and will vary depending on the animal's diet. Lard is a healthful source of vitamin D.

Ghee (Indian Clarified Butter): Ghee is a stable, saturated butterfat with the milk solids (casein proteins) removed. It is safe for cooking and light frying. If you are intolerant to butter, try ghee. Ghee is prepared by melting and simmering unsalted butter at a medium temperature until the water content of the butter has evaporated off. This allows the casein to separate and sink away from the butter fat. Next, the butter fat is carefully removed leaving the milk proteins behind. The butter fat is then allowed to cool and solidify to be packaged as ghee. Be sure the ghee you purchase is made from organic, grass-fed butter. There are several brands of ghee available at health

markets, but if you wish to prepare your own homemade ghee, please view this helpful instructional video:
<http://video.about.com/indianfood/How-to-Make-Ghee.htm>.

Beef and Lamb Tallow: Very safe for cooking and frying. Tallow fats are 50-55% saturated, 40% monounsaturated and only 3% or less polyunsaturated. Purchase from <http://www.grasslandbeef.com> (US Wellness Meats). McDonald's first fried their French fries in 93% beef tallow (along with 7% cottonseed oil) before changing over to vegetable oils with added chemical flavor enhancers in 1990.

Chicken, Duck and Goose Fat: These bird fats are quite stable. They are highly regarded as healthful fats in Europe and beyond. Duck and goose fats are somewhat superior to chicken fat due to their higher saturated fatty acid content and are safer for sautéing and frying at higher temperatures. Chicken fat has a higher MUFA (mono-unsaturated fatty acid) profile and a lower saturated fatty acid profile, so chicken fat is best used for low to medium heat cooking (quick stir-frying, light sautéing, and slow, low simmering).

Coconut Oil: This healthful tropical oil is almost fully saturated (92%). It has powerful antimicrobial and antifungal properties and contains a medium-chain fatty acid called lauric acid, which is found in abundant quantities in breast milk. I like to combine coconut oil with ghee or lard when I don't want to taste coconut in my recipes. Coconut oil is safe for cooking and frying at higher temperatures. My favorite brand of coconut oil is Nutiva. I often use it in place of butter on toast and toasted mochi.

Red Palm Oil: This deep orange-red tropical oil has a pungent, paprika-like flavor that is, in my opinion, best suited for roasting root vegetables. Try roasting red and white potatoes, red, yellow, and

orange bell peppers, fresh garlic and herbs in red palm oil. Butternut squash and parsnips are also delicious when roasted in red palm oil. It is a nice change from the usual oils used for cooking and brings color to your plate.

SAFER FOR COOKING

(quick stir-frying, light sautéing, and slow/low simmering)

- Olive Oil
(*Unfiltered is best; should be golden yellow/green in color and cloudy.*)
- Peanut Oil
- Avocado Oil
- Macadamia Nut Oil
- Sesame Oil

These oils should ALWAYS be extracted via expeller-pressing! Read the label first!

The Olive Oil (oleic acid) Myth: Olive oil contains 75% MUFA's. It is relatively stable for cooking. There has been a rumor moving its way through the holistic community for the past several years stating that trans fats are formed when olive oil is exposed to higher temperatures. Fat expert Mary Enig does a beautiful job of explaining that this rumor is not only *untrue*, but completely lacking in supportive scientific evidence. Lightly cooking with olive oil over a medium heat (less than 400 degrees) is considered safe.

Can olive oil and its MUFA molecules be damaged at high heats resulting in free radical production? Yes, but these unstable molecules are different from trans fats, so please do not confuse the two. Again, to form a true trans fat, the fat must be exposed to *extreme* pressure and temperatures, metal catalysts, chemical solvents, etc, in a closed container to actually alter the chemical structure of a fatty acid molecule from its natural "cis" formation to a "trans" formation.

Peanut Oil: Peanut oil is relatively stable due to its MUFA content. Use it occasionally for a quick stir-fry, but the

key word here is "occasional". Peanut oil also has a significant PUFA content, so limited use is recommended.

Avocado Oil: A relatively new *edible* oil to the market since 1999, avocado oil has been previously used for many years as a moisturizing agent in cosmetic and hygiene products. Avocado oil is **not** extracted from the pit, rather it is extracted from the fatty pulp, which is high in MUFA's. It is similar to olive oil, so the same cooking rules apply.

Macadamia Nut Oil: Macadamia nut oil contains nearly 80% MUFA's. It is very close to the fatty acid profile of olive oil, so the same cooking rules apply. Mac oil has a distinctive, nutty flavor and is delicious in salad dressings. Look for expeller-pressed, organic UNBLENDED versions of this oil. Stores in the refrigerator for up to one year.

Sesame Oil: Like peanut oil, sesame oil is relatively stable. Sesame oil falls right between a MUFA and a PUFA (42% MUFA, 43% PUFA), but it has high levels of antioxidants for protection against oxidation, so sesame oil may be used for low-heat stir-frying or a quick sauté on a very limited basis. Combining sesame oil

with olive oil and/or other stable saturated animal fats will help protect sesame oil when cooking.

UNSAFE FOR ANY KIND OF HEAT EXPOSURE! DO NOT USE FOR COOKING!

- Vegetable/Soybean Oil
- Corn Oil
- Flax Oil
- Hemp Oil
- Pine nut Oil
- Pumpkin Oil
(safely roasted or raw versions)
- Safflower Oil (80% omega-6!)
- Sunflower Oil
- Grapeseed Oil

These PUFA oils are comprised of nearly half omega-6 fatty acids and should NEVER be used for cooking! If you do wish to consume these oils, do so in moderation, buy them from healthy sources and be sure that they are never refined or processed; although finding truly unprocessed versions of these oils is a difficult task! Corn and soybean oils are best avoided due to their genetically modified status and heavy pesticide levels.

Use omega-3 rich oils, like flax (and even smaller amounts of omega-6 oils)

sparingly in salad dressings (add flax in small amounts to a base of olive oil); in small servings in a condiment such as homemade mayonnaise; stir them in small amounts into freshly prepared smoothies, lightly drizzle them over cold soups, dips, and hors d'oeuvres, or consume them right off the spoon in very limited quantities as a dietary supplement.

Grapeseed oil: There are many conflicting opinions about the safety of cooking with grapeseed oil. Like sesame oil, it has a higher smoke point due to its antioxidant content. Regardless, grapeseed oil is very high in PUFA's and **should not** be used for cooking.

A note about liquid Evening Primrose, Borage, and Black Currant Oils: These omega-6 fatty acids, whether liquid or contained in a soft-gel supplement, are widely available in health markets. They are nutritionally supportive to the endocrine system and are mass marketed to women especially to help balance hormones. PLEASE DO NOT COOK WITH LIQUID BORAGE, EVENING PRIMROSE, OR BLACK CURRANT SEED OILS! They are highly reactive and

Continued on page... 11

Certified Healing Foods Specialist™ (CHFS)

2009 Training Program-New York, Oregon, Chicago, California

- Become an expert at preparing Cultured Cuisine with hands-on training.
- Launch a local Healing Foods Cottage Industry - support local farms and *create jobs!*
- Begin a new career in the Healing Arts as a CHFS, Master CHFS and future CHFS Instructor.
- Educate and train others through demos, lectures, tastings and workshops.
- Discover better health for you, your family and your clients through a nutrient-rich diet.



Based on teachings of Weston A. Price, DDS, Dr. Elson Haas, MD,
Dr. Ann Wigmore and Dr. Francis Pottenger, Jr.

www.immunitrition.com

Sign up today!

877-773-9229

Gluten is the Fall Guy: Going Grain-Free is Better

A look inside the new book *Primal Body – Primal Mind*
by Nora Gedgaudas, NTP

By Elaine Fawcett, MJ, NTP

Despite being the “staff of life,” gluten’s list of transgressions against good health is enough to fill several books, not to mention countless exam tables and hospital beds. As many now know, a gluten-free (and often dairy-free) diet is a good place to start when struggling with a health affliction.

However gluten, in all its nefariousness, is a bit of a fall guy. Although a gluten-free diet can go a long way toward resolving health issues, it might not score the touchdown. In fact, a gluten-free diet is to eating what marijuana is to drug abuse – the gateway to something more powerful.

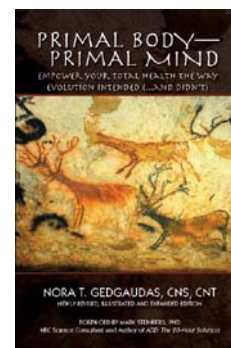
To achieve true health, according to the book *Primal Body – Primal Mind: Empower your total health the way evolution intended (...and didn't)* by Nora Gedgaudas, CNS, CNT, we must give up not just gluten but all grains entirely. This may have your friends and relatives rolling their eyes at the dinner table, but, as the book explains, we’re simply not physiologically equipped to handle grain. Archeology and anthropology show that once hunter-gatherer humans (to whom we are 99.99% genetically identical) widely implemented agriculture, they experienced a decline in human stature, bone density, dental development and health, and an increase in birth defects, malnutrition and degenerative diseases. Although our farming ancestors rendered grains more digestible through sprouting, fermenting, proper storage and not tinkering with it genetically, *Primal Body – Primal Mind* explains that health is declining at an alarming rate in this country. Diseases that once belonged to the old now afflict the young, and our genetic resilience has waned considerably. We are Pottenger’s cats in action, and while grains have always been a hardship on the human body, they are now one we can no longer weather.

Although it may shock your clients, the idea of a grain-free diet is nothing new to

the nutritionally savvy. Grains contain anti-nutrients, are low in tryptophan these days, and high in omega 6 (“There is no human dietary grain requirement,” writes Gedgaudas), but their real downfall is the sheer number of carbohydrates they pass along. As can be expected, the author provides ample evidence to warn readers away from not only grains, but high-carbohydrate foods in general, including sweeteners, potatoes, starchy vegetables, legumes, and most fruits.

While the book details the myriad ways carbohydrates rob you of good health (in which NTPs are well grounded), *Primal Body – Primal Mind* uses cutting-edge research to depart from low-carb and Paleo diets in some fundamental ways. Most interesting are the nods to the influence of insulin in longevity. Gedgaudas’ review of the scientific literature shows that how much insulin we produce throughout our lives determines how long we live. Why? Because insulin’s primary role is *not* to lower blood sugar, but rather to coordinate the body’s energy stores with lifespan and reproduction. In other words, insulin, an ancient molecule found in most all life forms, regulates whether we are in the mode to store fat and reproduce, or to focus attention on cellular repair and regeneration. A high-carb diet requires constant surges of insulin, putting your body into fat-storing and baby-making mode. When you cut out the carbs and hence the insulin surges, your body assumes “the hunting is good” and there’s no need to shore up for hard times ahead. Instead it can direct energy toward bodily repair, regeneration and maintenance – otherwise known as staying young.

Even more fascinating is the role protein plays in lifespan and reproduction. Anyone with a history of low-carb dieting remembers those diets that promote liberal amounts of protein. According to



Primal Body – Primal Mind, this sabotages your low-carb efforts; any protein not required by the body is converted to glucose and then ultimately to fat for storage: “We want just enough protein to meet the demands of our own repair, regeneration and basic maintenance needs that can extend our own longevity, enhance our own health and possibly even reverse signs of aging.”

Any more protein than this, and it’s surprisingly little, kick starts a pathway that leads to cell proliferation, such as in fat storage, reproduction and growth, but also, unfortunately, cancer. Down regulating both this protein pathway and insulin in turn triggers the *up-regulation* of cellular repair, regeneration and maintenance... the essence of longevity. Furthermore, a high-protein diet, even in the absence of carbs, not only promotes fat storage, but worse, promotes a “sugar-burning” metabolism that relies on glucose for energy. Better, according to *Primal Body – Primal Mind*, is a metabolism that runs on ketones, the energy derived from fat.

When it comes to fat, the *Primal Body – Primal Mind* diet gets fun, and doable. If you’ve read the research on a calorie-restricted diet, you know it’s the key to enjoying optimal health into a ripe old age. But the thought of a calorie-restricted diet also sounds agonizing (at least to me!).

That’s where *Primal Body – Primal Mind* breaks the mold. Gedgaudas’ review of

the scientific literature shows that calorie-restricted diets work because they are restricting the insulin surges and cell proliferation that go along with high-carb, high-protein diets. What falls outside these rules is an abundance (but not excess) of healthy, natural fats – the sort our hunter-gatherer ancestors prized. According to *Primal Body – Primal Mind*, humans and hominids have been using ketones, the energy created from burning fat, for fuel instead of glucose for close to three million years. Ketosis (not to be confused with ketoacidosis, a serious condition affecting primarily those with Type I diabetes) provides the body with a steady, long-burning source of energy and isn't destructive in the way excess insulin and glucose are when the body is in sugar-burning mode. Glucose, Gedgaudas reminds us, was designed for an energy source only in states of emergency, not for daily life. No wonder we're all so stressed out.

Switching your body from a sugar-burner

to a fat-burner doesn't happen overnight. In fact, it usually takes four to six weeks. However, *Primal Body – Primal Mind* helps you ease the transition with recommendations for nutritional supplements, and then further recommendations that keep you sailing smoothly once you've settled into fat-burning mode.

Although a *Primal Body – Primal Mind* diet can make you feel like you're from another planet in social situations, it rewards you with increased energy, better brain health (Gedgaudas' day job is, after all, working with peoples' brains as a neurofeedback practitioner), balanced hormones and, if necessary, weight loss. And – the icing on the cake you'll no longer be eating – it also rewards you with a smaller grocery bill. By eliminating starchy carbs and avoiding excess protein, meals shrink considerably in size..and cost. Thanks to all the fat, however, they're still satisfying. "You'll be shocked by how much money you save and how

satisfying this little protein can be," the author writes. "Trust me. I was."

Primal Body – Primal Mind goes into much more detail on how to properly adapt this way of eating than this article presents. It also includes surprising information on exercise (which you will find a relief), menu plans and nutritional supplements.

Gedgaudas will teach about topics covered in her book in a one-day seminar, "Primal Mind: Nutrition and Health in the Modern World," scheduled for Saturday, June 6. Sponsored by Seven Waves Alliance for Functional Wellness, the cost of the seminar is \$89 for registration prior to May 15, \$99 thereafter, and \$49 for students and 2009 NTP graduates. To register, please visit www.sevenwaveswellness or call 503-278-7505.

To order the book and read Gedgaudas' blog, please visit www.primalbody-primalmind.com.

Nutritionally Speaking:

Herbal Medicine From the Heart of the Earth by Dr. Sharol Marie Tilgner

By Yaakov Levine, NTP



My favorite herbal medicine text is now available to a wider audience. After being available to health care practitioners for the last ten years Dr. Sharol Tilgner has produced an expanded 2nd Edition that is now available in book stores, health food stores, and on amazon.com. The writer is a physician, herbalist of 25 years, founder

and past owner of Wise Woman Herbs, in Creswell OR, has owned and operated herb farms, and organized national herbal events. This author knows every aspect of herbal medicine.

Included in this book is the most up-to-date detailed information on 190 valuable herbs including dosage, specific indications, general uses, active constituents, and contraindications. As noted herbalist Paul Bergner states in the forward, "Herbal Medicine From the Heart of the Earth is broad enough in scope that it contains within it material enough for three books."

There is an introduction to the actions and uses of medicinal herbs, a concise

materia medica containing monographs of each herb. Next we find a complete section of herbal formulas organized by body systems. There is also a step-by-step guide to making your own herbal preparations. This book also includes an appendix, which includes useful harvesting and preparation charts. Ending with twenty pages of reference notes, we can be assured that all of the information in this book has been painstakingly researched.

For the beginner student this text starts off with a description of the properties and actions in our bodies of the individual herbs. For example, along with

Continued on page... 10

Nutritionally Speaking: Herbal Medicine From the Earth (Cont)

Continued from page... 9

a list of Anti-inflammatory herbs is a description of the various ways these herbs can help reduce inflammation. In the Dictionary of Herbal Preparations Dr. Tilgner describes various types of preparations including information that will help the reader determine which preparation is best for a particular situation.

The Materia Medica is a detailed description of each herb, including the parts used, taste/smell, whether it is cooling or warming, and a description of the herbs' constituents. Also a farmer, the author includes information for those interested in growing these herbs. She includes the various uses of the herbs and ends the section for each herb with contraindication and any applicable herb/drug interaction data.

There truly is enough information for at least three books, and the section about herbal formulas could certainly stand alone as a useful guide for practitioners and lay people alike. As a nutritionist I appreciate that Dr. Tilgner has started this section with formulas that support the digestive system. As nutritional therapists we know to look at our digestion first as we strive to be our healthiest and support our clients' health.

Rarely will you find a text on herbal formulas that includes suggested percentages of each component. This section also includes the rationale for each herb's inclusion in the formula that is not commonly found in most herbal texts. Each formula includes a dosage chart for the various ways to prepare it as liquid extracts, teas, or elixirs.

In her illustrated section on making herbal preparations you will find detailed instructions for making any of the formulas found on the preceding pages. As an herbalist and former employee at Wise Woman Herbals I have followed these clear instructions and produced excellent herbal products. The easy-to-follow instructions will assist the experienced herbal practitioner and beginners alike. The useful herb chart for harvesting and preparation of liquid

extracts tells us when to harvest, which part of the plant to use, and whether to use fresh or dried herbs.

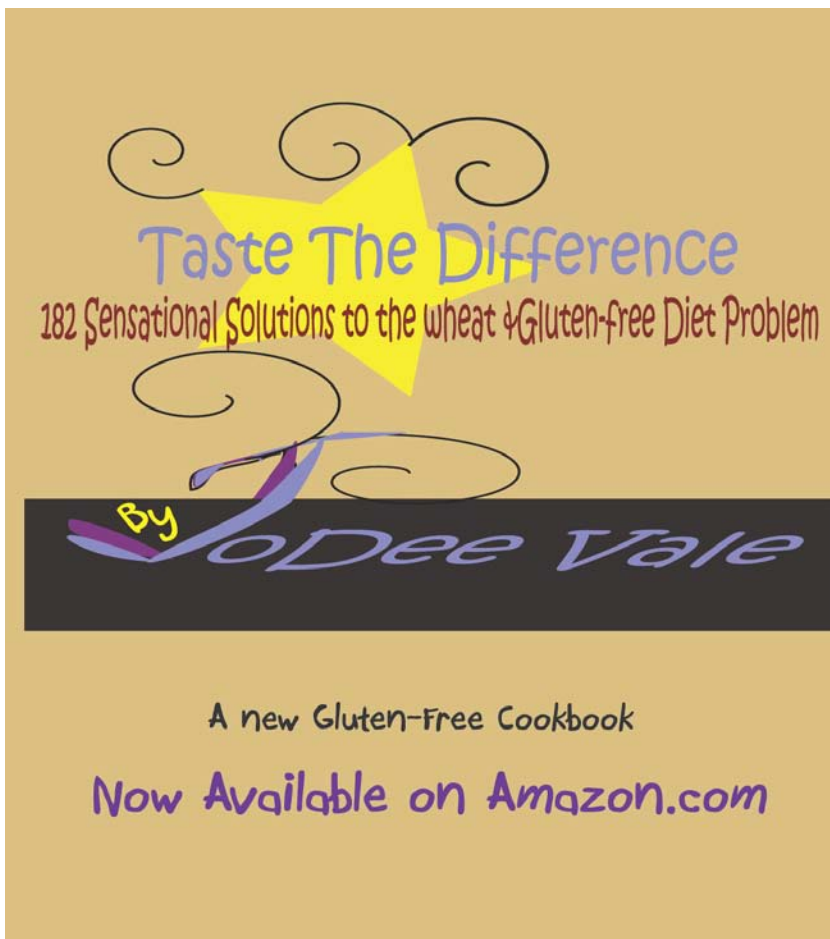
As a physician, herbalist, and farmer Dr. Tilgner has presented us with a comprehensive, easy to use guide to herbal medicine that you will find an important addition to your library. With the financial challenges our society is experiencing, Herbal Medicine From the Heart of the Earth will be an important guide as you learn how to take care of yourselves and your families.

We are fortunate to have Dr. Tilgner's farm, Wise Acres in Pleasant Hill, OR. She offers classes, internships, and gatherings. Her Sustainability Life-Styles Festival will take place this year on June 27-28 where you will enjoy lectures & take advantage of in-depth workshops ranging from building solar hot water systems to

raising chickens. Learn how to be more self-sufficient in a network of independent, like-minded people. Participants will return home with enhanced skills that will aid them and their communities in times to come. The 5th Annual NW Herb Fest on July 25-26 is an event you do not want to miss this year. Come for a life enriching transformation. Your life and your friends' lives will be enhanced by your newly gained wisdom & skills gleaned from twelve renowned herbalists & physicians. Beginning & advanced classes will take place simultaneously.

For additional information about this text, and these events contact me at (541) 895-2427, nutritionallyspeaking@gmail.com.

Dr. Tilgner can be contacted at class@herbaltransitions.com



Fats: Safer Choices for Your Frying Pan & Your Health (Cont)

Continued from page... 7

should never be heated. If you do wish to supplement with these oils, consume them in very small amounts as you would any other omega-6 PUFA.

The following oils are UNSAFE to consume under any circumstances!

CON-ola (Canola Oil): Even though Canola is classified as a monounsaturated fat, it is also naturally high in omega-3 fatty acids. Extracted from the hybridized rapeseed, which is a genetically modified crop, canola is a HIGHLY PROCESSED oil! The omega-3 fatty acids in canola are delicate and turn rancid quickly during processing. Therefore, given the fact that canola oil must move through damaging extraction processes to be harvested and deodorized, it is safe to say that canola oil is **unfit for consuming**, much less cooking! It is an oil of industry and DOES NOT belong in the human

digestive tract! Canola is the current oil of choice for prepared foods at Whole Foods Markets across the country.

Cottonseed Oil: Cotton is one of the most genetically modified, pesticide-laden crops in America. Besides the danger of ingesting these pesticides, when did cotton and its seed become a food? Is there anyone out there eating cotton for breakfast? I certainly hope not! Mentioned earlier in this article, the extraction and hydrogenation processes quarantine pesticides in the oil, therefore the high pesticide levels found in cotton are reason enough to recommend it as inedible! Cottonseed oil is hydrogenated most of the time and is one of the main ingredients in Crisco shortening along with hydrogenated soybean oil. Avoid cottonseed oil at all costs!

Don't forget about the health benefits of good, old-fashioned REAL BUTTER!

Butter is a dirty word among today's general population, but the TRUTH is our ancestors prized butter for its life-giving nutrients! Raw, unprocessed butter fat from grass-fed cows has a comprehensive fatty acid profile that protects it consumer from developing *imbalances such as hardening of the arteries, calcification of organs, glands and joints (arthritis), and cataracts. Most of us receive enough calcium from our regular diets, yet our bodies lose the ability to properly utilize this calcium intake. As a result, we appear to have a calcium *deficiency* in an actual state of calcium *excess* due to a lack of the necessary cofactors (healthy fats and fat soluble vitamins) found in foods like raw butter, to aid our bodies in using calcium and other minerals in an effective manner. The excess calcium must be stored **somewhere**, so the innate intelligence of the body begins to store it in unusual places (arteries, kidneys,

Continued on page... 12

ESSENTIAL INFORMATION

For patients and health care practitioners.

The perfect gift for family or friends!

PRICE-POTTENGER NUTRITION FOUNDATION™

Preserving the work of Weston A. Price DDS and other health pioneers. Providing access to accurate information on nutrition. Founded in 1952.

A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

PUBLISHED BY PRICE-POTTENGER NUTRITION FOUNDATION™

Nutrition and Physical Degeneration



Dr. Weston Price is one of the most prominent health researchers of the 20th century. This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health.
- Dr. Joseph Mercola

DR. WESTON PRICE is one of the most prominent health researchers of the 20th century. This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health.
- Dr. Joseph Mercola

EXPANDED EDITION WITH NEW PHOTOS AND TEXT

PUBLISHED BY THE PRICE-POTTENGER NUTRITION FOUNDATION™

NEW EXPANDED EDITION

- ★ FIFTY-SIX NEW PHOTOS
- ★ ENHANCED PHOTO QUALITY
- ★ EXPANDED TEXT

ORDER TODAY **1-800-366-3748** (in US)
619-462-7600 QUANTITY PRICING AVAILABLE

PPNF™ - YOUR SOURCE FOR BOOKS, AUDIO & VISUAL
CALL FOR RESOURCE CATALOG OR VISIT

www.ppnf.org

Fats: Safer Choices for Your Frying Pan & Your Health (Cont)

Continued from page... 11

gallbladder, eyes, joints, etc.), resulting in the aforementioned imbalances*.

Quality raw butter contains: **Omega-3 and omega-6** fatty acids in small amounts in a healthful ratio; **CLA or Conjugated Linoleic** fatty acids for better weight management, muscle growth, and protection from cancer; **Fat soluble vitamins A, D, E, and K** to help us absorb and properly assimilate naturally occurring trace minerals (zinc, selenium, iodine, chromium, manganese, etc.) found in raw butter; **Butyric** fatty acids for protection against fungal infections and tumor growth; and **Arachidonic** fatty acids for proper inflammatory and anti-inflammatory responses to heal effectively. Butterfat enhances brain function and increases cell membrane integrity. With all these health benefits, raw organic butter should be a central dietary fat consumed each and every day.

A word to the wise about fats!

Choose your fats wisely and with GREAT CARE to ensure they have been minimally and safely processed, or better yet, not processed at all; and remember... healthy fats are *not* the enemy and healthy fats *do not* make you fat! Consume a wide variety of fats from whole oils to whole foods containing healthy fats and carefully monitor and limit your consumption of PUFA's. If you want to learn more about fats and the important role they play in balanced health, visit www.westonaprice.org and navigate to the "Know Your Fats" link in the menu on the left and read two eye-opening articles titled, "The Skinny on Fat" and "The Oiling of America". These articles are a must-read for anyone wishing to regain their health and vitality. Much of the information stated in this article is from the brave and wonderful work of Dr. Mary Enig, PhD and Sally Fallon, coauthors of the aforementioned articles.

Sources:

Nourishing Traditions, by Sally Fallon
Know Your Fats, by Mary G. Enig, PhD
www.westonaprice.org - Articles: "The Skinny on Fat" and "Fats and Oils FAQ's", "The Great Con-ola", by Mary G. Enig, PhD and Sally Fallon
Nutritional Therapy Association, Inc., "Fatty Acids Module - NTT Curriculum"
"The Big Fat Lie", by Colleen Dunseth, NTP, NTA Instructor
Safety Data for Hexane:
[www.http://msds.chem.ox.ac.uk/HE/hexane.html](http://msds.chem.ox.ac.uk/HE/hexane.html)
National Academy of Sciences - Article: "Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids" *Fast Food Nation*, by Eric Schlosser

Caroline is the Lead Instructor for the 2008-09 NY Distance Learning class and conducts Certified Healing Food Specialist workshops nationwide. She can be contacted at 877-773-9229 or at info@immunitrition.com.

- THE MOST COMPREHENSIVE NUTRITIONAL ANALYSIS SOFTWARE AVAILABLE
- ENHANCE PREVENTATIVE INTERVENTION • PRIORITIZE PATIENTS HEALTH CONCERNS
- TREATMENT PROTOCOLS • PRODUCT RECOMMENDATIONS

Nutritional Assessment Questionnaire Grow your practice

The latest version of the NAQ software is now available. Nutri-Q is a web-based application with the full functionality of the previous NAQ software plus many enhanced features. With Nutri-Q you can save client information and questionnaire history, have access to professionally formatted reports and educational materials and invite your clients to complete the questionnaire electronically via the web before they ever set foot in your office. Application will be available to all subscribers who have access to the Internet including those who use Macintosh computers and Windows Vista operating system.

• Annual subscription rate of \$60 for NTP's.

Call or email to set up your 7-day free trial



Nutritional Therapy Association, Inc.
(800) 918-9798 • (360) 493-0900

www.nutritionaltherapy.com • nta@nutritionaltherapy.com

Hate Bookkeeping?

We handle the business so you can handle your clients.



We Focus on the Business Facets of
Your Nutritional Practice

The Gem Clinic is proud to offer a revolutionary approach to running your nutritional practice that will save you time and boost your income.

Office Support

Receptionist, Scheduling, Book Keeping & More

Furnished Space

Marketing & Networking
to Grow Your Practice

Use of Nutritional Assessment
Equipment & Supplies

Product Dispensary & E-commerce

Patient Seminars and Workshops



Call today for details! 360.456.3036 • info@gemclinic.com

The ideal setting for your practice! • 3435 Martin Way E. Suite A • Olympia, WA 98506

Alumni Corner

Presented by: Dawn Hamilton, BS, NTP

Michele Clark-Mason (Seattle, 2006) is a professional chef who deepened her knowledge about food and its effects on the body through the NTP Program. She found that by furthering her education in this area new opportunities emerged.

After bringing some properly prepared bone broth to class, John Tjenos (NTP instructor) encouraged her to share her cooking knowledge with the class in five minute spots. As Michele began seeing clients, doors opened for her to serve as a nutritional consultant for several of the Seahawks players. Initially she cooked in the players' homes but soon moved to a commercial kitchen where she now prepares bone broths, soaked nuts, fermented vegetables, nut milks, healthy energy bars, energy drinks and other foods using methods to retain maximum nutritional density.

Michele has many projects she is currently working on. She is producing foods appropriate to the GAPS diet, formulating therapeutic recipes to support specific client concerns, and co-creating a presentation for young athletes to support their athletic performance. It was through the NTP Program that Michele was introduced to the Weston A. Price Foundation. Several of her foods are listed in the Shopping Guide that WAPF publishes. She has enjoyed being a part of a healing community where there is reliable support and inspiration.

Michele can be contacted at michele@meanttobefoods.com
Her website is www.meanttobefoods.com

Bev Hartsfield, NTP (Portland, 2007) was working as an account executive in an advertising agency when her health finally crashed after many years of a slow decline. Prior to the NTP program, her nutrition education was basically an intense self-study and experimentation involving food, supplements and herbs that spanned a 14 year period during which she healed herself from mercury poisoning, chemical sensitivities, allergies, chronic fatigue, fibromyalgia,

systemic Candida and more—in her words she says, "I was a mess!". Today, she is feeling healthier than she did in her 20's.

Her NTP training explained more thoroughly the reasons behind her health issues, validated her discoveries and gave her more tools that have taken her "from well to WOW!", as she likes to say. Her recovery story, along with the resources and products she used, is on her website where she does nutritional consulting.

Bev still has an undying passion for nutrition. Using her NTP training, she has been able to help family and friends improve their health and enhance her online nutrition business. She is also in the process of growing and evolving the the NTPtalk discussion board, runs the local Portland NTP Alumni Association and serves on the marketing committee for NTA. Bev is dedicated to using her skills and energy to promote the NTP community where she has made wonderful friends who inspire and motivate her. She feels that together,

NTPs are a powerful force for sharing knowledge and spreading the word about the whole food movement. She explains, "We need to combine our skills and design a plan because the world is asking, 'What is Good Nutrition?'".

You can contact Bev at ideas@earthincommon.com or ntptalk@gmail.com
Her site is www.earthincommon.com
Please join the NTPtalk nationwide community and get in on the discussion!
Go to www.ntptalk.com

Bijal Shah (Olympia , 2007) holds a degree in food and nutrition from her native country, India, and has worked as a graphic designer. The NTP training gave Bijal a greater depth of understanding as to how nutrition affects our body on a functional level. After completing the program, it was a natural step to share her nutritional knowledge at her daughter's elementary school and the YMCA. She also does private nutritional consulting and has seen how diet and lifestyle changes have resulted in

Learn how to thrive the way nature intended (...and didn't!)

PRIMAL BODY – PRIMAL MIND

A ONE-DAY SEMINAR, (6 CEUs)

Featuring Author Nora Gedgaudas, CNS, CNT

- Go beyond the low-carb and Paleo diets
- Never go hungry and still lose unwanted weight
- The surprising solution to blood sugar issues
- Nutritional therapy for brain health
- Optimizing protein intake for a longer life

Saturday, June 6, 8:30 a.m. – 5:30 p.m., 6 CEUs

\$99 (\$89 by May 15), \$49 for students • Lake Oswego
www.sevenwaveswellness.com • 503-278-7505

improved health for herself and her family.

Using her nutritional knowledge and experience as a graphic designer, Bijal is creating a cookbook featuring traditional recipes from India. The cookbook contains extensive information on purchasing and using Indian spices as well as many photographs taken by Bijal. By simplifying some of the recipes, while still capturing the flavor of the original dishes, Bijal has ensured her cookbook will have wide appeal.

Bijal can be contacted at anutreat@gmail.com

How are you using your NTP training?
The NTA would like to hear from you.
Please email
dawn@nutritionalthrapy.com.

Have You Heard? There's an NTP Community Online!

NTPtalk.com is an online, virtual community for Nutritional Therapy Practitioners. You can ask clinical nutrition questions, share information, thoughts, ideas & resources. It's fun to be connected and now, you're just one click away.

Come join us and get in on the discussion. Go to <http://www.ntptalk.com> and sign up today!



From the Kitchen of.....

Rachael Jean Harper, CH, NTP

Coordinated by: LeiLani Paki, NTP

My son-in-law was having trouble with his gallbladder, feeling nauseated in the mornings and having problems digesting fats. His thymus point was also extremely hot, so I made bone broth soup and the next morning he felt relief which continues to today. He no longer has gallbladder issues and feels great. All of that good fat in the broth must have helped the biliary stasis and toxins must have just slid out of the body, I am assuming. This might not work for all gallbladder issues, but it is yummy and healthful anyway. Enjoy!!

Creamy Shiitake and Tomato Bone Broth Soup

- 2 or 3 large grass fed beef bones
- Water to cover plus 6 inches over bones
- 1/4 cup of apple cider vinegar
- Celery, onions, garlic and carrots
- Shiitake mushrooms, 1 quart
- Organic cream (can be sour cream)
- Carton of organic creamy tomato soup, or homemade

Cook bones and vinegar on low heat for 3 days adding water as needed, as is suggested by Sally Fallon in *Nourishing Traditions*.

On the third day add 4-5 whole pieces of celery, onion cut in half, whole garlic bulb, and a couple of whole carrots.

When they are cooked to mush, remove and blend in a blender and then pour this slurry back into the broth. It helps give the soup a tasty body.

Strain out bones and give to your dog. They crumble like a cookie when chewed, and dogs make short work of devouring them.

Chop and then sauté the mushrooms in butter for a few minutes until tender. Add to the broth. Add cream to the color of your liking. Add the creamy tomato soup, and enjoy.

This is a basic outline....you can also make a roux if desired and/or add other vegetables, diced tomatoes, seasonings, or even immune boosting herbs such as Astragalus, Burdock root, Ginseng, Echinacea, etc. to the broth for a couple of hours before you strain it. Turn it into your own health filled creation! Bon Appetite!

To learn more about Rachael Jean, please check out her website: <http://www.empoweredherbals.com>

Remember: If you're interested in submitting your recipe request or would like to request a recipe submission form (which includes a copyright release) please email l.paki@comcast.net.

Conference Announcements

DVDs Available

DVDs from our recent conference **Thinking About Food: Nutrition and Mental Health** in Vancouver, Washington are now available.

The conference DVD set contains 16 hours of presentations by:

- Sally Fallon Morell
- Natasha Campbell-McBride, MD
- Nora Gedgaudas, CNS, NTP
- Pam Drake, NTP
- Mark Silver
- Ann Louise Gittleman, PhD, CNS

Own the whole set for only \$99.00 (with member discount \$89.00)

Individual presentation DVDs are available for \$12.00 each.

You can download the DVD order form online at

www.nutritionaltherapy.com/NTPConference2009.htm or call 800-918-9798 to place an order.

For those NTPs who could not attend the conference NTA will grant CEUs for reviewing the DVDs. Please submit a 500 word summary for each presentation to NTA to obtain your CEUs.

PO Box 354
Olympia, WA 98507
(800) 918-9798
www.nutritionaltherapy.com

