

# April 2007

A World of Wisdom  
Living in Harmony with the Word of Wisdom

## In This Issue

What's the Deal With Tea?  
Whole Food Spotlight: Barley  
Money Saving Ideas  
Recipe: Barley Broccoli Soup  
Certified...Transitional?  
Inspiration  
Study: How Spicy Foods Kill Cancer  
Update

*Oh, yes, I do feel like a hypocrite writing this newsletter today. Since we've moved away from our hometown a year ago last December, we have been making regular trips back home (1-2 times per month), and as everyone who has traveled with children knows, if you run short on time, money and patience when traveling, good nutrition takes a back seat. And if you are staying with someone else that doesn't eat well, then you are really in a pickle. Well, these past 3 months of traveling I have been not my shining moments in the nutrition department. And then the Easter candy! I was embarrassed at myself when I realized I was rifling through my 1.5 year olds Easter bag for the chocolate candy. So, to all your parents out there - I sympathize. Just keep your eye on the prize and do your best, you will be blessed.*

# What is the Deal With Tea?



There it sits, an innocent cup of tea, steam gently wafting from the contents, the aroma making it's way into my senses, beckoning me, "Come, sit with me. I will calm you, comfort you, maybe even heal you." So tempting, yet doesn't the W.O.W. prohibit the drinking of tea?

What is the deal with tea, anyway? Recently this question was posed to an LDS moms email group that I'm on. Some of the ladies subscribe to this newsletter (Hi ladies!). Anywho, the question was

"I'm pregnant with my second child and have heard so many great things about Red Raspberry Leaf tea. I wanted to try it my last pregnancy, but never knew if it was okay or not. I'm pretty certain I know of other LDS women who have drunk this and other herbal teas. Are these types of teas okay to drink? Are they against the WOW? How would I find that out? Are teas just not supposed to be hot or are there other specific reasons not to drink tea?"

This is really such a common question among members, and a point of a lot of confusion. Why? Well, there isn't a lot of clarification on the subject that stands as church doctrine, and I think, to be on the 'safe' side, most members steer clear of what we refer to as tea all together.

First, let's examine what Church doctrine say.

"D&C 89:9; latter-day prophets have taught that the term "hot drinks," as written in this verse, refers to tea and coffee"

Yep, that's it. Of course when you do a search of the Church magazine, lesson manuals, etc. you will get much more in the form of stories and insights, and even expert's opinions, but as far as defining verse nine and what is meant by tea, and having it as Church doctrine, there's nothing. So what's a Mormon girl to do? Before I knew which end was up on the topic, I knew two things. From the time I was 10 or so, and my Church going, faithful LDS mom drank and herbal tea, so some teas must be alright. Also, I knew about a plant called Brigham tea, and plant tea that Brigham Young used for the healing of the sick.

So, if Brigham Young was not only himself drinking tea, but advocating for other members to drink it, there must be some teas that are okay. Let me clarify that the following is in now way Church doctrine, just my researched opinion. Going back to the original question that was on my mom's loop, another person responded,

"Technically Red Raspberry leaf is a herb and not a member of the tea plant at all. When herbs are stepped into a warm drink usually known as "tea" it is actually an infusion not tea per se. The tea plant is a green plant (hence green tea), that has not been processed or fermented. If picked in it's young stages when the downey white leaves and buds are forming it is called white tea. Black Tea is what it becomes after being fully fermented. Black tea is the tea that is not good for you ( as I am sure you know) because after fermentation the tannic acid is present and it literally eats your stomach lining over time. It is also addictive because of those tannins. That is why black tea is against the WOW. So, red raspberry, peppermint, alfalfa, etc.. those are all herbal infusions and not teas, though they are sometimes called that. Confusing, huh? I believe the green tea and white tea have their medicinal purposes, even for LDS users, but not as an all the time drink. Black tea bags are great for mastitis, but not for ingesting -ever. Red Raspberry leaf strengthens and tones the uterus. It also helps increase good blood flow and volume. It is a tonic for the urinary tract, kidney and liver as well. It also helps neutralize the ph in the body. It is awesome stuff! I noticed a huge difference with my last pregnancy when I drank it all the time. I drank it mostly cold after I had infused it. Teas should be ingested warm as to not shock the body." -Jonelle Hughes

And as a subtopic to the original question, Rachel posed this question:

" I'm so glad this subject came up because I've been pondering this myself lately. I LOVE Jonelle's explanation of an infusion versus a tea. That makes so much sense. The part about the tannin, however is confusing to me. I've always assumed that the presence of tannin was an indicator that the drink was against the Word of Wisdom, but I've been researching Brigham tea lately since it grows all over our property and it's said to have a high tannin content. Obviously the early Saints didn't do chemical breakdowns of the stuff so they didn't know that, and also I know back in that day the Word of Wisdom was still more of a suggestion- I know up to our grandparents time coffee drinkers were still given temple recommends. I also know that my dad was given an infusion of Brigham tea by his grandmother as a spring tonic, which he said was a common practice, so at least in that area at that time it wasn't something that was drunk habitually, more taken medicinally. So you ladies that are more knowledgable about herbs than I am, what's your two cents? Do you think Brigham tea is appropriate for modern day Mormons or not?"

This response followed:

"Good question! It is not the tannins that are bad-many herbs and plants have them, it is when they are fermented and turn to tannic acid that they are against the WOW. Brigham Tea is an infusion also from the Ephedra plant. As a whole, when infused it is amazing. It is when they started extracting to ephedrine from the plant that ephedra got a bad name. But again, I would not drink Brigham tea every day, as I quantify it as a medicinal infusion, as with other teas. I drink infusions when I am feeling that I need a

boost in my immunity or am already ill." -Jonelle Hughes

Additionally I did some digging on lds.org and found the following info:

"Dr. Clifford J. Stratton, associate professor of anatomy, University of Nevada School of Medical Sciences; high councilor, Reno Nevada North Stake

The effects of tea and coffee come from the caffeine and theophylline they contain—two alkaloids, or natural compounds, that occur in plants throughout the world. Collectively, they are called the “xanthines” because they are so closely related chemically and because they have fairly identical effects on the body. Aspirin (and many other common medicines) also contain xanthine compounds. [1](#) While xanthines do have value when used as medicine, they have harmful effects when used indiscriminately.

The xanthines stimulate the brain and spinal cord, increase heart action, constrict blood vessels feeding the brain (that’s why extra-strength aspirin compounds help a headache so dramatically), relieve respiratory distress by relaxing certain muscles, strengthen the contractions of arm and leg muscles, increase the production of urine, increase the amount of acid secreted into the stomach, and generally increase body metabolism. [2](#) Obviously, their carefully regulated medicinal uses are many and varied; just as obviously, abuse of them can cause serious side effects.

Some people may think that the tannins found in tea and coffee are the reason to avoid them. Again, tannic acid is medically useful for causing tissues to contract and thus controlling bleeding and also for treating diarrhea. But tannins are not xanthines.

A xanthine overdose can cause many harmful symptoms, including diarrhea, dizziness, anxiety, trembling, frequent urination, and insomnia. Xanthine withdrawal can cause painful headaches. What constitutes an overdose differs with different individuals. Some researchers report that between 50 and 200 mg. of caffeine will produce perceptible effects. [1](#) Two major pharmacology texts label doses exceeding 250 mg. as being large. [2](#) One six-ounce cup of coffee contains between 100–150 mg.; a cup of tea the same size contains 65–75 mg. [1](#)"

[http://lds.org/portal/site/LDSOrg/menuitem.b12f9d18fae655bb69095bd3e44916a0/?vgnxtoid=2354fcf2b7db010VgnVCM1000004d82620aRCRD&locale=0&sourceId=ba81615b01a6b010VgnVCM1000004d82620a\\_&hideNav=1](http://lds.org/portal/site/LDSOrg/menuitem.b12f9d18fae655bb69095bd3e44916a0/?vgnxtoid=2354fcf2b7db010VgnVCM1000004d82620aRCRD&locale=0&sourceId=ba81615b01a6b010VgnVCM1000004d82620a_&hideNav=1)

So, what's the last word on teas? Clearly the admonition is to abstain from drinks from the actual tea plant (black teas, iced teas, oolong teas). And as far as hot drinks mentioned in D&C 89:9, the Brethren have only defined that as tea or coffee, not necessarily hot as in temperature, although if you want to cool your hot drinks there is plenty of scientific evidence suggesting that would be wise. And really, the ball is in your court on this issue and is between you and the Lord. But as for myself, I will toast my warm cup of peppermint tea to this article!

Love and health,

*Amy*

## Whole Food Spotlight: Barley



I LOVE LOVE LOVE barley. It's a hearty, flavorful grain that easily replaced rice in any meal. Hopefully you'll enjoy it, too!

Much like rye, barley can grow in harsh conditions and poor soils where other grains wouldn't produce well. Being an ancient grain, barley was one of the first grains domesticated, even before wheat was cultivated.

Barley's nutrition is much like wheat's. There are a few minor differences, however. Barley contains twice as many fatty acids as wheat which accounts for its 10% higher calorie count. And as great as wheat's fiber content is, barley contains about 40% more, or over 17%. Barley contains vitamin E; wheat contains none. And barley contains 68% more thiamin, 250% more riboflavin and 38% more lysine than wheat, giving barley a more balanced protein.

Whole barley must be prepared for human consumption because of its hard, fibrous hull that is not easily removed. Only buy barley in its whole form if you want to sprout it and eat it as barley grass. Processors use an abrasive machine to remove the hull making it safe to eat. At this stage it's called hulled or pot barley. In this processed form, the germ has been damaged to the point that it will no longer sprout. Pearled barley, which is hulled barley with the ends of the kernel removed so it's round in shape is another popular way you can get barley. Pearled barley has its germ and much of the bran around the endosperm removed. This is where many of the vitamins and minerals are found and because of this, its nutritional qualities are down about 25%-33% from what you generally find in hulled barley. But pearled barley cooks up much quicker which is its big advantage. Both pearled barley and hulled barley are primarily used in soups and stews where they fluff up to almost the size of a pea. It's also sometimes an ingredient in vegetable stuffing or used in pilafs.

Barley 'flakes' are made by rolling hulled barley. It looks almost identical to rolled oats and can be used like rolled oats in making cooked breakfast cereal. Barley flakes are also a perfect ingredient for granola. A few barley flakes mixed with bread dough gives your breads a unique texture and makes them even more healthy with a robust appearance and an enhanced flavor.

*[From http://www.aaoobfoods.com/graininfo.htm](http://www.aaoobfoods.com/graininfo.htm)*

## Money Saving Ideas

### *Buying in Bulk/Using Food Storage*

Duh, Amy...of course bulk buying saves you money, tell me something I don't know. Well, read on and I just might, smarty pants. Honestly, though, bulk buying and using food storage (one in the same in my book) is really something that is overlooked among most granola types. I mean, where are you going to put a 50 lb bag of beans anyway? What prompted this recent tip was two things. I just used up the last of the rice in my 5 gallon bucket and am now faced with refilling it and my husband and I are on the cusp of starting our food storage business again.

Most people don't think of looking beyond their local grocery store for the food needs, which can be good if you find a great deal on certain items.

For instance, in the small town I live in, the 'organic health food' demographic isn't exactly the majority, so there's a lot of 'healthy' packaged food and organic produce that end up in the bargain bin. If the produce is near it's expiration date, I freeze it or change my dinner plans for that night. Also, when I lived in (and now frequently visit) my hometown (a large city), a good day was had at Big Lots (Formally McFrugals and Pic-n-Save) and the Grocery Outlet, both discount chains the carry overstocks. Most people turn their noses up at these stores, to my benefit. There is often some fantastic organic and healthy products there! I still remember my best buy at the Grocery Outlet back in 2001. The phone call went like this:

"Jonelle, you are not going to believe this. Organic Essentials tampons one dollar a box. How many do you want?"

Yes, a phone call I'm sure would have made my mother proud. Now, at the time I was paying \$5 per box for the same thing at Trader Joes, and that was the good price. So you know I bought all those up. After all, such things are necessities to be in your food storage anyway, right? I am still reaping the benefits of that buy. Ah, the things that make my day!

Another great buy I had years ago that I'm still using today is my flour. I used to be a member of a food co-op and I got a smokin deal on 50 lb bags of organic flour. Now how am I going to store that? Luckily I have a father that worked down at the Church cannery and could ask him directly about using it. Sure enough, it was an option to bring a limited list of items in to can yourself. Now

this might take some coordination and discussion down at the cannery, but nonetheless I'm putting it out there as a possible option.

So, on your journey to live in more accordance with the W.O.W. and also stay financially sane, let me tell you both can be done. In fact, a while ago I participated in an informal survey of my friends of our grocery bills, and I won - that is I spent the least amount of money per person on food. I don't share this to boast, but to give you encouragement and motivation. If you begin to obey the Word of Wisdom the Lord will reveal those hidden treasures of knowledge that you desire to assist you in finding great food at great prices.

## Recipe: Broccoli Barley Soup

*WOW Recipes for Everyday Living*

- \* 2 medium onions, chopped
- \* 2 garlic cloves, minced
- \* 4 ounces sliced fresh mushrooms
- \* 3 tablespoons butter
- \* 3 cups chicken broth
- \* 3 cups vegetable broth
- \* 3/4 cup uncooked pearl barley
- \* 1/4 teaspoon dried rosemary, crushed
- \* 1 pound fresh broccoli, cut into florets
- \* 2 tablespoons wheat flour
- \* 1/4 cup cold water
- \* 2 cups half-and-half cream
- \* Salt and pepper
- \* grated Parmesan cheese



1. In a large saucepan or Dutch oven, saute the first three ingredients in butter until tender. Add the chicken and vegetable broths, barley and rosemary. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is tender. Add broccoli; cover and cook for 10 minutes or until broccoli is tender.

2. In a small bowl, combine cornstarch and cold water until smooth; stir into the soup. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in the cream, salt and pepper (do not boil). Sprinkle with Parmesan cheese. .

recipe courtesy of allrecipes.com

<http://allrecipes.com/recipe/broccoli-barley-soup/Detail.aspx>

## Certified...Transitional?

*Huh???*

At a recent Costco trip, I did a triple take at the produce section. There were at least three items that were being marketed as certified transitional. Something I had NEVER heard of. I was naturally skeptical and investigated further. So here's the scoop on this new term, in case you ever come across it.

From [http://www.ccof.org/faq\\_detail.php?id=62](http://www.ccof.org/faq_detail.php?id=62)

Transitional "Certified Transitional" is a status granted to growers who wish to transition their crops from conventional to organic. To qualify as Certified Transitional, the operations must be inspected and demonstrate compliance with all requirements for certified organic production except the three year transition time from conventional to organic. To sell a crop as Certified Transitional, the grower must wait until one year after the last application of a prohibited material.

Um, okay. Yeah, I can get on board with that!

## Inspiration

A man observed a woman in a supermarket with a little girl seated in her shopping cart. As they passed the bakery section, the little girl asked for a cookie and her mother told her, "No!"

The little girl immediately began to whine and fuss, and the mother said calmly,

"Now, Connie, we just have half of the aisles left to go through, so don't be upset. It won't be long now."

They soon came to the candy aisle and the little girl began to yell for candy. When she was told she couldn't have any, she began to cry.

The mother said, "Now, now, Connie, don't cry... only two more aisles to go and then we'll be checking out."

When they finally got to the checkout, the little girl immediately began to reach for the gum.

When she was told there wouldn't be any gum purchased, she burst into a terrible tantrum.

The mother said serenely, "Connie, we'll be through the checkout in a few minutes and then you can go home and have a nice nap."

The man followed them out to the parking lot and stopped the woman to compliment her.

"I couldn't help but notice how patient you were with your little Connie," he began.

"I'm Connie...my little girl's name is Diana!" the woman replied.

# Study: How spicy foods can kill cancers

Scientists have discovered the key to the ability of spicy foods to kill cancer cells.

[www.news.bbc.co.uk/1/hi/health/6244715.stm](http://www.news.bbc.co.uk/1/hi/health/6244715.stm)

They found capsaicin, an ingredient of jalapeno peppers, triggers cancer cell death by attacking mitochondria - the cells' energy-generating boiler rooms.

The research raises the possibility that other cancer drugs could be developed to target mitochondria.

The Nottingham University study features in Biochemical and Biophysical Research Communications.

The study showed that the family of molecules to which capsaicin belongs, the vanilloids, bind to proteins in the cancer cell mitochondria to trigger apoptosis, or cell death, without harming surrounding healthy cells.

Capsaicin was tested on cultures of human lung cancer cells and on pancreatic cancers.

Lead researcher Dr Timothy Bates said: "As these compounds attack the very heart of the tumour cells, we believe that we have in effect discovered a fundamental 'Achilles heel' for all cancers.

"The biochemistry of the mitochondria in cancer cells is very different from that in normal cells.

"This is an innate selective vulnerability of cancer cells."

He said a dose of capsaicin that could cause a cancer cell to enter apoptosis, would not have the same effect on a normal cell.

## Potential Drugs

The fact that capsaicin and other vanilloids are already commonly found in the diet proves they are safe to eat.

This could make development of a drug containing them a much quicker and cheaper process.

Dr Bates said: "Capsaicin, for example, is already found in treatments for muscle strain and psoriasis - which raises the question of whether an adapted topical treatment could be used to treat certain types of skin cancer.

"It's also possible that cancer patients or those at risk of developing cancer could be advised to eat a diet which is richer in spicy foods to help treat or prevent the disease."



Capsaicin in some peppers, attacks cancer cells' mitochondria

“ We believe that we have in effect discovered a fundamental 'Achilles heel' for all cancers ”

Dr Timothy Bates

“ Cancer Research UK recommends reducing your risk of cancer by eating a healthy, balanced diet, with plenty of vegetables and fruit ”

Josephine Querido

However, Josephine Querido, cancer information officer at Cancer Research UK, said: "This research does not suggest that eating vast quantities of chilli pepper will help prevent or treat cancer.

"The experiments showed that pepper extracts killed cancer cells grown in the laboratory, but these have not yet been tested to see if they are safe and effective in humans."

Cancer Research UK recommends reducing the risk of cancer by eating a healthy, balanced diet, with plenty of vegetables and fruit.

Dr Bates added that the mitochondria in cancer cells could also be targeted by other compounds.

He said the investigation and development of anti-mitochondrial drugs for cancer chemotherapy was likely to be "extremely significant" in the fight against cancer.

## Update:

Two things delayed the sending of this newsletter this month. First of I wanted to have the ebook reading for selling when I sent this out, but alas I am having a hard time figuring it out. So if anyone has experience in doing ebooks and wants to lend me a hand in getting my cookbook available online, please email me!

Also, I've been swimming in numbers and graphics doing our food storage businesses catalog and website, but it's finally (almost) done. Check it out at [www.incaseof.org](http://www.incaseof.org)

In Love and Health,

*Amy*