

December 2007

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

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As the holidays are upon us, and I know that temptations and comfort foods are smacking us in the face, may I give you one morsel of comfort. It's alright.

It's alright if your mother is still making confections that would kill a diabetic

It's alright if you over eat for a day

It's alright that everyone rolls their eyes at you for bringing your healthy treat or passing up their overly sugared treats

It alright that your family assigns you to bring paper goods to the get together, because they are afraid you'll bring a grain dish they can't even pronounce

It's alright to eat one serving of your favorite holiday treat that is not good for you...I said ONE serving

It's alright to just start again tomorrow to eat better

It's alright to tell your kids that they have to limit their treat intake

Yes, ladies....it's all alright. Remember, guilt, anger, or judgment over food is NOT the Lord's tool.

Doing the Best We Can



I have a confession to make. I've been prideful. In my past newsletters, I've eluded to my husband's health issues, which gratefully are about 90%+ resolved. I thank the Lord every day for his continued healing. But what I didn't elude to was that as a result of all the time and energy his illness required, he lost all of his clients and from about January to mid June was completely unable to work. The money dwindled, I ebayed as much as I could, we borrowed a lot from generous friends, and we were living off of our food storage (P.S> get your food storage together!). Finally at the end of May, when our food storage wasn't cutting it anymore, and my children were complaining of hunger pains multiple times a day, I gave in.....to the bishop's storehouse. I should have done it sooner. To this day, we are still 98-100% reliant on the bishop's storehouse. In the Lord's infinite wisdom, that I one day hope to understand, my diligent husband who has spent every weekday in Las Vegas since August looking for work, applying, and interviewing, still has not found any work. Hence we are still doing our bi monthly storehouse orders.

Herein sneaks my pride. VERY few people know about this (well, not now I suppose). None of my siblings know (at least I don't think they do), no one in my ward knows except the bishop and Relief Society president. Just a small handful of people who have either 'found me out' by accidentally looking in my pantry, or who have closely walked this journey with us know. Not necessarily that I was embarrassed, but I just didn't want to be pitied, and I didn't want people feel like they couldn't accept food I made them because we were struggling, or honestly, mocked. Not that I know anyone who would be so cruel, but thoughts of someone saying, "Amy has to eat her own words. She tells everyone how to eat, and she's not even eating that way herself", crept into my head in those first few weeks of living on the storehouse. How's that for the adversary for ya? I wanted to maintain "my life before Scott's illness" as best I could, and hiding this aspect of our current life seemed one way I could do so.

Well, I know I'm not the only one that has either been in this situation or one similar to it, where you really didn't have much control over your food choices. Living on The

Bishop's Storehouse has been an incredible eye opener and I have gained understanding and compassion where I might not have otherwise. Before I go on, I have to express the gratitude I have for the Church and this inspired program. Without it, I honestly have no clue what would have happened to us. I am so blessed.

When I finally did give in and ask the RS president if I could do an order, I remember it clearly. I was sitting in the back of the primary room, waiting for Ellie to give her scripture, and the RS president happen to be in there. She sat next to me, and asked how I was. I said okay, and then said quietly, "Do you mind if I take you up on doing a storehouse order today?" Lovingly, she said of course, gave me a squeeze, and she got up and went out. I buried my face in my hands and shed some silent tears. It was so difficult to admit that even though we were doing the best we could, we were at that point. I absolutely hated it.

The first time I went to the storehouse, I cried driving up to the building. I felt like I had to put on this 'hey, this is a one or two time deal – don't expect to see me again' attitude. Sometimes I still shed a tear or two when I drive up, but it has gotten better. I do the best I can, and remind myself what an incredible gift this is, and stop being a cry baby...this isn't forever, after all. I've actually become quite friendly with many of the lovely workers there.

I wasn't exactly ignorant to the entire experience. My grandfather ran the bishop's storehouse since before I was born, and my dad just barely slowed down his work at the bishop's storehouse since the facility moved 40 minutes away from him. I used to help both of them at the storehouse, and to be honest, I loved it. It was fun filling orders and helping people. But to be on the other end of it.....well, it was anything but fun.

So enough of the emotions behind it, let me tell you how I've been doing the best I can. As wonderful a blessing the bishop's storehouse is, seasonal, low animal product, whole food eating isn't the name of the game. They have the staples and then some, but the then some's are so incredibly bad for you, I just couldn't stomach feeding my family most of them. I knew they would get sick. That being sad, I knew that if we were going to have enough variety to stay sane, I was going to have to relax my standards. My strategy is, get as much honey and fresh produce as possible (this includes apples, oranges, bananas, broccoli, iceberg lettuce, carrots, potatoes, tomatoes and onions). Because most of it is donated to the storehouse, the quality is decent, but spotty, so sometimes the produce starts to go bad before I get to it, or it just isn't that palatable to begin with i.e. sour oranges, mushy apples, under ripe tomatoes. I am incredibly grateful that this produce is available to begin with, I just have had to learn to plan ahead and around these events, and do the best I can.

I try to adjust our diet for seasonal changes with meat and dairy (eggs, butter, 2% milk, sour cream, cottage cheese, cheddar cheese, whole chicken, and ground beef), but I'll admit that I ate much more milk and eggs than I wanted to through the summer, and I just don't think about the conditions under which the animals were raised for their meat. Beyond that, I get the potato flakes that have horrible preservatives, canned peaches and pears that have a sugar syrup, canned corn and canned green beans, canned tomatoes and canned tomato sauce, wheat flour, oatmeal and cracked wheat (thank heaven's for that!), cream of wheat, granola (which is pretty good tasting, and the only thing I really object to is the white sugar in it), generic honey nut cheerios (which it's share of junk in it), white flour pasta and macaroni, jam sweetened with refined sugar, a

white flour pancake mix and pancake syrup – as in not a trace of maple in it, white tortillas, canola oil, canned salsa (which ain't so bad), a cake mix that is as bad as it gets (but it's my kids' fun treat to make and give away), and maybe the occasional canned soup that has a ton of junk in it. I try to limit the processed stuff as best I can, but it isn't always easy or practical.

Now, granted, this is a lot of variety, especially compared to 3rd world countries, etc. But it was quite the adjustment for me, who was used to watermelon, cantaloupe, grapes, orange juices, brie, fresh mozzarella, sesame crackers, nuts and dried fruit, organic meat and dairy, healthy snacks that I could buy instead of make...I mean go look in your pantry and fridge, take out everything but what I have listed and then try to come up with seasonal, whole foods meals that don't repeat themselves over and over and over...and over again. Not to mention, the store house doesn't carry cocoa, so chocolate has also been a luxury for us.

And the extent of convenience foods has been a bowl or granola or cereal. Not that I was big on convenience foods before, but we did have our share of Trader Joe's pizza's, bagged salads, etc that I would use when I was in a pinch. I pretty much have made almost every meal from step one since before last May – more like March when I busted out multiple cans from the food storage. On average I spend 2 ½ -3 hours cooking a day, just about every day, which leaves me little motivation to make snacks, breads, pastries and other “extras” from scratch. When I do, I am basically in the kitchen all day, except the time I take to homeschool and wind down at about 7:30 before I start putting the girls to bed. And also if I don't ration correctly or monitor what the girls are eating, and I run out of food before the 2 weeks is up to order again, then I'm really on my knees asking the Lord to send some food our way.

The other day the bishop brought over a pan of lasagna, bagged salad and bag of grapes that wasn't used for one of his dinner functions, and I thought I was in heaven. That was two nights I didn't have to cook and come up with something, because the lasagna and salad were so abundant. I had no clue how much I enjoyed those little convenience foods. A bagged salad, ah...what a luxury! You know, I am still a believer in the “as a man thinketh” scripture, so there have been times I have sat and really thought about the food I want to eat. I used to fantasize about losing weight or buying an outfit from J Jill, but those are now replaced with visions of my vegan chocolate chip and walnut cookies, and sushi, and going out to eat. Now, when I couple that with prayer, we have actually been blessed with things like, my bishop's lasagna meal, or someone will bring over a meal or something, or my cousin will send home some food from her pantry when Scott drives back from Vegas. Why I am not focusing all my time on food...well, I guess I feel the need to focus on other things that are more important as well.

Like I said, the storehouse actually has more, but I just couldn't give my kids anything with msg and artificial colors in it if I had the choice. So, I do the best I can, and every time I bless the food, I ask the Lord to make it as healthy as possible. Now there are laws of health, and whether you are rich or poor, if you break those laws you are subject to the consequences. And because I have been breaking myself against those laws, I have to tell you that I have felt a loss of uncovering those hidden treasures of knowledge that once came so easily and quickly to me. I am so excited to regain that blessing, I can't even tell you. But even in breaking the laws, I know the Lord has blessed us with

all he can. Our overall health has been good, and my kids appreciate our old nutritional lifestyle like nobody's business.

I remember last July when our neighbor gave us half of a watermelon. I thought my kids were going to never stop talking about it. We hadn't had watermelon in almost a year. And the time I splurged and bought a package of strawberries, it made me cry at how they devoured them. We also hadn't had them in about 10 months. We've been able to spend a little money since last January at Trader Joe's when we've been in Las Vegas, and it is like Christmas for them to get something they used to get all the time. I bought Brie and the girls and I sat around at lunch for three days straight digging our multi grain crackers my angel of a cousin had given us into it. I get the whole Christmas orange thing now. I used to think, "Why in the world would someone get excited about getting an orange for Christmas?" Well, at this point, if I were to get a Christmas watermelon, albeit terribly out of season, it'd be a great Christmas for me. It's been a little bittersweet, but we are doing the best we can.

So, whatever situation you are in, and especially if you are in one you really can't control your food, just do the best you can and don't feel bad. As I said in my intro...it's alright. Live in gratitude and look forward to the day when the bounties of creation will be found upon your table. And by all means, visualize and pray for what you want and maintain a garden! I really wish I would have this year....it would have made such a difference. Oh, also, accept my food if I offer it, okay?
Love and health,

Amy

Whole Food Spotlight: Quinoa (pronounced Keen-wah)



Quinoa is such a great grain. It's a light, flavorful grain that is the perfect compliment to a variety of items.

Quinoa was once considered the “gold of the Incas”. It’s got such a unique and fluffy look, smooth texture, and subtle taste, that almost anyone can get on board with eating, if they’d just give it a chance. That’s the hard part with this grain. Because it does look so different, so many people won’t even try it, but once they do, they are hooked. Just to give you an idea of size, color, etc., many people replace couscous for quinoa, but it is far different in taste, nutrition, and satisfaction than couscous.

Quinoa is highly nutritious and can supply you with all of the body's requirements: carbohydrates, fats, protein, vitamins, minerals, and fiber.

Quinoa is gluten free and considered an ideal food for those with to food allergies. Common allergens include grains from the grass family such as corn and wheat. Quinoa, a leafy grain, is not in the grass family, making it beneficial for people who cannot tolerate common grains like wheat, corn, rye, barley, and oats.

In fact, the United Nations' Food and Agriculture Organization considers quinoa equal to milk in its quality of protein. Because quinoa has an adequate quantity of lysine, it is considered to contain all the essential amino acids, making it a complete protein.

Quinoa has larger quantities of calcium, fat, iron, phosphorus, and B vitamins than many other grains. One-half cup of dry quinoa contains 51 mg of calcium, compared to 28 mg in the same quantity of whole-wheat grains. The protein content is a whopping 11 g for that one-half cup of quinoa. Potassium is impressively high with 629 mg. as is zinc with 2.8 mg. Other impressive figures include 42 mcg of folic acid, 7.9 mg of iron, and 179 mg. magnesium. In the category of fiber quinoa rates top scores with 5 grams for one-half cup dry grain. One cup of cooked quinoa has a calcium content equal to that of a quart of milk. AS you can see, quinoa has many medicinal benefits, including easing migranes, improving cardiovascular health, increasing milk supply, increasing bone health, among others.

Quinoa is high in minerals and B vitamins, especially vitamin B6. Two ounces of cooked quinoa offers 14% of the RDA for B6. Niacin, one of the B vitamins usually measured in trace quantities, totals 2.49 mg, a figure considered impressive when it comes to the B vitamins.

Some people like to rinse quinoa before cooking, but personally I’ve never noticed a difference. Rinsing is supposed to remove some bitterness, but I think it tastes the same either way.

So, give it a try! I promise you’ll like it.

Recipe: Quinoa Black Bean Salad

CDKitchen <http://www.cdKitchen.com>

Serves/Makes: 4

1/3 cup Quinoa
1 cup Water
1 tablespoon Olive oil
4 teaspoons Lime juice
1/4 teaspoon Cumin
1/4 teaspoon Ground coriander
1 tablespoon Fresh cilantro; finely chopped
2 tablespoons Scallions; minced
1 can (15 oz size) Black beans; drained
2 cups Tomatoes; diced
1 cup Bell peppers; diced
2 teaspoons Fresh green chiles; minced
1 dash each salt and pepper; to taste

Directions:

Rinse the quinoa well in a sieve under cool running water. In a saucepan, bring water to boil, add quinoa, cover, and simmer on low heat until all of the water is absorbed and quinoa is tender, about 10-15 mins. Allow to cool for 15 mins.

In small bowl, combine oil, lime juice, cumin, coriander, cilantro and scallions. Stir in beans, tomatoes, peppers and chiles. Add cooled quinoa, and salt and pepper and combine thoroughly. Refrigerate until ready to serve. Garnish with lemon or lime wedges.

Recipe Location: <http://www.cdKitchen.com/recipes/recs/1545/Quinoa-Black-Bean-Salad74744.shtml>

Study: Honey Soothes the Coughing Child

<http://www.medpagetoday.com/PrimaryCare/PreventiveCare/tb/7560>

HERSHEY, Pa., Dec. 3 -- A bit of buckwheat honey before bedtime may be the treatment of choice for a young child with a cough, suggested a randomized trial here.

In a three-way comparison, honey was significantly more effective than no treatment ($P<0.001$) for relief of symptoms, and dextromethorphan was not, Ian M. Paul, M.D., of Penn State, and colleagues, reported in the December issue of *Archives of Pediatrics and Adolescent Medicine*.



"Honey may be a preferable treatment for the cough and sleep difficulty associated with childhood upper respiratory tract infection," they concluded. In the study of 105 children, a half teaspoon to two teaspoons of buckwheat honey led to overall symptom severity scores of about nine on the second night, compared with 11 for honey-flavored dextromethorphan and 13 for no treatment at all, the investigators said.

"All of the outcomes found honey to yield the greatest improvement, followed by dextromethorphan, while no treatment consistently showed the least amount of improvement," the authors wrote. "For cough frequency, those who received honey had a mean 1.89-point improvement as rated by their parents compared with a 1.39-point change for those receiving dextromethorphan and a 0.92-point change for those who had no treatment on the second night ($P<0.001$).

In the randomized trial, the difference between honey and no treatment was significant ($P<0.001$). Significant differences between honey and no treatment were also found for every individual symptom: cough frequency, cough severity, annoyance to child, child's sleep, and parents' sleep ($P<0.001$ for all).

"Dextromethorphan continues to be used very frequently in the United States despite numerous studies, evidence-based reviews, and policy statements describing its lack of efficacy," the group wrote.

Active-treatment doses were scaled according to age. Those ages two to five received half a teaspoon, ages six to 11 received one teaspoon and ages 12 to 18 received two teaspoons. Dextromethorphan was prepared at 17 mg/5 ml. Children and their parents did not know whether they were receiving honey or dextromethorphan, but those assigned to no treatment were aware of it.

The study could not determine why honey would be effective, but the authors cited other research finding that honey contains antioxidant and antimicrobial compounds that conceivably could have an effect on cough symptoms. Dark honeys, including the buckwheat honey used in this study, appear to be relatively rich in these compounds.

Primary source: Archives of Pediatrics and Adolescent Medicine

Source reference:

Paul I, et al "[Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents](#)" *Arch Pediatr Adolesc Med* 2007; 161: 1140-46.

Additional source: Archives of Pediatrics and Adolescent Medicine

Source reference:

Warren D., et al "[The effect of honey on nocturnal cough and sleep quality for children and their parents](#)" *Arch Pediatr Adolesc Med* 2007; 161: 1149-51.

Inspiration

"Progress is impossible without change, and those who cannot change their minds cannot change anything."

George Bernard Shaw

As a man thinketh.....

Amy

Good News: Popcorn supplier to drop toxic chemical

http://seattlepi.nwsourc.com/food/330230_popcorn05.html

The world's largest supplier of microwave popcorn will eliminate the use of a controversial chemical butter flavoring linked to severe lung disease in workers from its Act II and Orville Redenbacher products.

What the World Eats: A Photo Essay

<http://www.time.com/time/photogallery/0,29307,1626519,00.html>

Thanks to Jonelle Hughes for this interesting link!



In Love and Health,

Amy