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A World of Wisdom

Living in Harmony with the Word of Wisdom

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What an exciting opportunity we have to be healthy! This month's newsletter focus's on the one thing that is one everyone's mind...sugar. Also, check out all the tips and recipe! Take 5 minutes, read on, and improve your life.

Come Here, Honey, and Gimme Some Sugar

Ah, sugar.....One of the topics most brought up with me when talking with someone who wants to make a healthier switch. And, rightly so. We Americans have become addicted to sugar, and the thought of living without it can send people into a panic. With the holidays fast approaching, and sugar ready to flood our parties, stores, and mindsets, it leaves many wondering 'What am I to do?' 'How can I fend off my kid's (and sometimes, spouses) whining and begging when they will soon be practically swimming in opportunity to eat sugar right and left?'

Back in 2000 I made the commitment to live the WOW, but it wasn't until 2001 that I really put a lot of commitment into the sugar aspect of my diet. I was then pregnant with Sage and at the prompting of my good friend Jonelle, I decided to make a commitment to the Lord. We both decided that for one year, we would eat no refined, white sugar. Natural sugars were fine, but none of the white stuff. Keep in mind I was pregnant and the holidays were coming up...A double whammy. How could I pass up my ultimate comfort food at Christmas...my mom's cinnamon rolls? Real convenient timing, eh? What if I had some pregnancy craving I just couldn't resist? But making sacrifices isn't about convenience, so I sucked it up and prayed for help.

Needless to say, I fell off the wagon about 3 times, and each time, because I had made a spiritual contract to avoid sugar, I paid the price with illness. After that year, though, I had a peek into what addicts go through, and never again will I cold heartedly pass judgment on them. The first 3 days were horrible. I went through the cupboards and refrigerator looking for sugar I knew wasn't there, because I didn't buy anything with the white stuff. I felt like a crazy person...like a crack addict looking for a hit. Maybe somehow I'd find a stray chocolate chip. Maybe, just maybe, Scott had hidden a candy bar somewhere in the house. Could the girls have dropped an M & M between the couch cushions? I'm glad there were no hidden cameras in my house, I was embarrassed for myself! The first 3 weeks I thought about sugar all the time. The first 3 months was a lesson in self control and avoiding discussions about sweets. But after the first 3 months, and

the holidays, it actually became second nature, although a point of confusion for most people that asked about by commitment. So, anyone who thinks they are not addicted to white sugar, think again. I won't go into the chemical structure of white sugar, but when all is said and done, after looking at the science, it is clear that white sugar is an addictive substance.

One of the excuses I get as to why people can't stop using white sugar is the cost of alternative and natural sugars. I address this issue in two ways. First off, once you start eating healthier, you crave sugar less, therefore your 'demand' for sweeteners diminishes greatly, and you are not buying sweeteners at the rate you once were anyway. For instance, I find when I have an all fruit smoothie in the morning, not only do I not crave a sweet for the majority of the day, but in fact I often turn them down. Secondly, if you really wanted to make the switch, you would make it work financially. You know, meat costs a pretty penny, yet I never hear anyone complaining how they can't afford to buy meat. They just make it work, right? And in that vain, per the WOW's instruction, we are to restrict our meat intake as it is, so just take the money set aside for meat and put it towards natural sweeteners. Also, if you pray to find cheap sources of natural sweeteners, believe me you will find them. If you are living the WOW, it's that whole "hidden treasures of knowledge" thing that the Lord promises in D&C 89.

Natural sweeteners not only can act and taste just like refined sugar, but some, if not most, have a definite medicinal benefit, stevia and xylitol to name a few. If you have subscribed to this newsletter, I assume you are motivated enough about health to know at least a handful of harmful things white sugar does, so I'll spare you the preaching. Instead, let me point you to the alternatives to white sugar, as well as my feedback on a few of them. These are just what I would use in baking and I will list these in order of my favorites:

1. Honey: I love honey. Sage's middle name is Honey (after my Grandma, who's birthday she was born on, but it's a nice coincidence that I love honey. Plus it's fun to say, "Come here, Sage Honey") It comes in tons of varieties and also has many medicinal properties. I prefer raw honey, because the heating/pasteurization kills many of the nutrients and enzymes. I also like raw honey because it's sure to be organic. Conventional honey is gathered by bees from plants sprayed with pesticides and chemicals and those chemicals end up in the honey we eat. Further, conventional bee keepers use sulfa compounds and antibiotics on the bees regularly. At the end of the season when they are ready to extract the honey, conventional bee keepers will kill the bees with calcium cyanide and carbolic acid. Organic bee keepers don't do that; they work with nature. The bees gather nectar from organic plants. Since bees can fly around a certain area, the entire radius must be free of pesticides. The plants depend upon the bees for pollination. This furthers the entire organic process! Supporting organic honey supports our earth.
2. Sucanat: This word comes from the term Sugar Cane Natural. I first found out about this in 1999 from a random little healthy living newsletter. When I brought it home, I had Scott taste it and he went a little nuts. "Where did you get this?! This is the stuff we used to eat in Brazil. It was the only sugar they really had." Also, I couldn't keep the girls away from it – they loved it! I knew I had a winner. It was also relatively affordable compared to other natural sweeteners. How it's made: After sugar cane is harvested, it is pressed to squeeze out the juice. The juice is then filtered and evaporated to remove excess water. The resulting syrup is then crystallized, and it is rich in molasses flavor plus the vitamins, minerals, and trace elements found in the sugar cane plant remain as a source of nutrition. Sucanat is rich in minerals (calcium, iron, magnesium, phosphorus, and potassium) trace elements (chromium, copper, zinc, and other) and vitamins. Like other whole foods such as brown rice and whole wheat, Sucanat contains up to 3% mineral salts. Sucanat can be used as a one for one replacement for white and brown sugar. The only down side is that it turns everything brown. It also has a more subtle sweetness than refined sugars, which I personally like, but others don't. Some also refer to this as evaporated cane juice, but you will see that these are two different things. Rapadura is another name for this product. I usually

wait for a sale on the bulk sucanat at Wild Oats and then stock up. Below is a photo of sucanat so you can easily identify it.



Honey and Sucanat are pretty much the only sweeteners I use, but in a pinch, or if I'm feeling like I want something different; the following is what I reach for next:

1. Agave: LLLLOOVVEEEE Agave. I first tried this about a year and half ago at Young Living Farms in Mona, UT. It is naturally "tapped" like maple syrup. It comes from the Agave cactus, native to Mexico, and best known for its use in making tequila. It is similar in consistency to honey but pours more easily. It dissolves nicely in liquid. It is 10% glucose and 90% fructose, but this is fructose in its natural form (unlike high fructose corn syrup). It is absorbed more slowly by the body since it is lower on the glycemic index, and therefore eliminates highs and lows of regular sugar. It does have a slight flavor to it but the lighter varieties have less than the darker varieties. It contains minerals like Iron, Calcium, Potassium and Magnesium. You can find it at health food stores, but it is a pricier item.



2. Date sugar: I started using this in 2002, when I would get it from a date farmer at the farmer's market. It is intensely sweet and very granulated, similar in texture to refined sugar, but darker like sucanat. It is created from grinding dried dates. It is sweet with a wonderful flavor and can substitute regular sugar in recipes 1:1 while imparting more flavor, fiber, and nutrients. In fact it contains all the vitamins, minerals and fiber found in the fruit. However, it does not dissolve in liquid like sugar so it cannot be used in drinks. I bought a lot of this at the farmer's market, so I am unclear where else it is carried.
3. Xylitol (pronounced Zylitol): I just found out about this one this year as a result in my quest to find ways to remineralize my girls' teeth. Found naturally in fruits like strawberries, raspberries and plums, and trees such as birch, xylitol is also produced in our own bodies. Xylitol is from a group of sweeteners that are often used in food called sugar alcohols or polyols. These in fact are not either sugar or alcohols, but natural compounds formed from sugars. Not only does this look exactly like white sugar, it tastes very much like it, too. Also, many studies have found xylitol to be great for teeth and preventing cavities, but also good for diabetics. Recent studies show that

Xylitol destroys bacteria that may cause ear infections and ulcers and may even help strengthen bones. My only gripe, besides the price, is that it left somewhat of a funky after taste when I made cookies with it, but that may have been a fluke, so I will keep on experimenting with this. But my girls LOVE the gum and tooth gel made from it, under the brand name Spry. You can also get this in syrup form. Available at the health food store.

So if none of these float your boat, below I have listed other natural sweeteners. Personally, I have no desire to use any other baking sweeteners, but please let me know your experience with any others!

1. Molasses (I do use this when called for in recipes). There is blackstrap molasses, which is ridiculously high in magnesium and copper, but the molasses that most people bake with is not blackstrap molasses, and while although still nutritious, should not be confused with blackstrap. Check the label, though, as you can get nutritious baking molasses
2. Maple Syrup and/or sugar (evaporated syrup crystals...like the ones left at the mouth of the maple syrup jar). Maple is incredibly high in potassium and calcium (better than milk!).
3. Sorghum (extracted from the sorghum cane (related to millet) and is similar to molasses in consistency, though the color and flavor is lighter.) High in niacin and iron.
4. Amasake (made by fermenting sweet brown rice.)
5. Stevia (not my favorite, but some people loves this plant leaf as it has a great nutritional and medicinal benefit)

Now, as far as store bought sweets, you can actually eat quite well buying baked goods, cookies and what not made from natural sweeteners from the grocery store. Typically evaporated cane juice and fruit juice sweeteners are used.

I want to give you a head's up about evaporated cane juice, though. While although better and less refined than white sugar, this can also be really refined, and therefore not the first choice, in my opinion. Sometimes Sucanat is also called evaporated cane juice, so you need to be savvy in that regard, they are not the same thing. This processed cane juice is also known as Turbinado sugar and Demera sugar, Florida Crystals and Raw Sugar (these are steam-cleaned rather than bleached like white sugar).

Additionally, when it comes to fruit juice sweetened items, again, while although better than white sugar, when juice is concentrated, it is cooked down and therefore not only are the beneficial nutrients destroyed in cooking, but it turns from a complex sugar to a simple sugar. This is also the case with Brown rice syrup (made from fermented brown rice and sprouted whole barley) and barley malt syrup (made from whole barley which is sprouted to break down some of the carbohydrate into the simple sugar maltose.) Still, I'd eat these any day over white sugar.

Just as a side note, the term refined, as used in our food chain, has an interesting history. Several centuries ago, refined sugars were expensive to produce, and were also taxed at a higher rate. Therefore, only the affluent could afford them. Refined goods became a symbol of status. People who had access to these foods were called "refined" people. Interestingly, this affluent sector of the population also had a disproportionate rate of disease and illness as compared to the lower classes that only had access to unrefined, natural foods. There appear to be references to the evils of sugar as early as the 1800s when rations in the military were compared to standard civilian meals and it was determined that refined foods had a potentially negative impact on health.

I'm not even going to give the topic of artificial sweeteners any time. I hope everyone knows to stay away from these poisons at all cost. Yes, that includes Splenda.

So, eat well my fellow WOW junkies! You can have your cake and eat it, too. Please be sure to check out the web links in my sources as well.

Amy

Sources:

<http://www.naturesflavors.com/default.php?cPath=164>

<http://www.deliciousorganics.com/Controversies/sweet.htm>

<http://www.janethull.com/newsletter/0705/organic-sucanat-natural-sweetener.php>

http://www.everydiet.org/articles/sugar_and_alternatives.htm

<http://www.wholesomesweeteners.com/>

<http://www.xylitol.com.au/>

Flavor Grenade Pluot Whole Food Spotlight



Where has this fruit been all my life? A while ago a friend of mine brought these by after she'd been picking fruit in Payson, UT. Needless to say, I couldn't get enough. By far, the sweetest fruit I've had, and the texture is divine. Somewhat of a cross between a plum and a peach. I talked about this for days to anyone who would listen. I realize this may be hard to find, but they are in season right now and if you can, buy them by the bushel. They are worth it!

Milking It Money Saving Ideas



This money saving tip I've been doing for years, and my family was none the wiser until they caught me one day doing it. Getting my animals products from free range, grain or grass fed, organic, and when available - raw sources isn't as cheap as their conventional counterparts. The more I thought about nonfat, 1%, and 2% milk, I wondered, how did they become that way? Was the manufacturer really taking fat out? Nope. They dilute it out. So that's what I've been doing. I buy my milk whole and then divide it in half and fill the other half with drinking water, and it tastes just like 2%.

Recipe: Dutch Apple Pancakes

WOW Recipes for Everyday Living



Dutch Apple Pancakes

(Suitable anytime of day, and you don't even need to go the Original Pancake House for it!)

5 tbsp butter
2 chopped apples
1 tbsp cinnamon
1 c whole wheat flour
1 c milk
1/4 tsp vanilla
4 eggs
1 c sucanat

Combine flour, milk, vanilla and eggs. Separately combine sucanat and cinnamon. Melt butter in a 10 inch depp dish pie plate in an oven that is preheating to 400 degrees.

Pour batter into pie dish and bake at 400 for 20 minutes. The edges will begin to puff. Warm the apples, some cinnamon and more butter on the stove for 15 minutes.

Remove halfway cooked batter from oven and add apples on top, then cover it with the sucanat blend and put back into the oven until the pancake puffs in the center and edges brown, about 10 minutes. The 2 step process makes all the difference. Slice and enjoy!

E. Coli

Schmee Coli

Not that I want to downplay the seriousness of this illness, but a few years ago I bought, cut up and ate a cantaloupe as I normally do, and that night my whole family played musical bowls as we all were throwing up, sometimes in unison! Yes, It's a lovely memory. The following day I saw an alert on the news telling us to be sure to thoroughly wash our cantaloupes because an E.coli strain has been found on the rind of many shipments. There was no national recall, no yanking of cantaloupe's from store shelves, no media outcry. So when all this spinach was being pulled from shelves last month, I was very perplexed. Well, if you are following the story (and the money) on mercola.com over this issue, you will see that this was a very politicized move (can we all say 'evils and designs of conspiring men in the last days'?), but I digress, that's not the point of this article. Needless to say, I wash all fruit now, whether I'm eating the rind or not. The point of this article is to make you aware of a study about using natural and effective means to treat it BETTER than antibiotics....Thank you for the head's up Lorelee!

E.Coli and Essential Oils

The U.S. lags behind other countries in essential oil research are well known. Any information coming out of research within the U.S. is welcomed indeed.

Weber State University, sponsored by [Young Living Essential Oils, Inc.](#) , to research Essential Oils, has recently published it's Annual Research Report. The mission of the work is to identify which oils, and/or combination of oils are effective against disease-causing microorganisms.

The study also compared the effectiveness of two often used antibiotics, Penicillin and Ampicillin, with 4 essential oils (two single oils and two blends) against 2 bacteria with known high morbidity rates, Escherichia coli (E-Coli) and Staphylococcus aureus. The four essential oils are [Cinnamon](#), [Oregano](#), [Immupower](#) and [Purification](#).

The results clearly show all 4 oils superior to both Penicillin and Ampicillin in their ability to kill the microorganisms. In the case of Penicillin, lysis (disintegration) of E-Coli did not occur. Apparently this generation of bacteria strain is totally resistant to Penicillin. Interestingly, the kill rate with essential oils went up dramatically as more of the oil was added. This same effect, however, did not occur when more of the antibiotics were added.

With National attention focused on E-Coli bacteria outbreaks, we want to share a portion of another Weber State Study with you that deal with this killer. To understand the numbers next to each oil below, it is necessary to know something of how the study was conducted.

A small piece of paper infiltrated with essential oil was placed in a petri dish infected with Escherichia coli. After a period of incubation, examination revealed a dark shadow around the paper indicating Lysis (disintegration) of the E-Coli. The diameter or size of the dark circle is

demonstrative of the kill ratio and referred to as the "Zone of Inhibition" (Through replication, researchers know that E-Coli cannot grow in this zone).

Measured in millimeters (mm), the Zone of Inhibition was noted for each of 67 different oils tested. There were nine oils that's Zone of Inhibition measured 25 mm or larger, meaning these oils are most effective against E-Coli.

They are:

Rosewood 40 mm

Cinnamon Bark 32 mm

Peppermint 30 mm

Thyme 30 mm

Ravensara 30 mm

Oregano 30 mm

Mtn. Savory 30 mm

Lavender 25 mm

By mixing Peppermint and Rosewood with a ratio of 1 part Peppermint to 8 parts Rosewood, researchers discovered the Zone of Inhibition for E-Coli increased to 50 mm.

This is wonderful news as one begins to speculate how commerce might employ these oils to insure the safety of our food supply. One in particular, Peppermint oil, caught our attention. Already in use as a food additive, health conscious consumers may consider spraying countertops, sinks, fruits and vegetables with Peppermint oil diluted in water, as a safeguard against the possibility of E-Coli infected food.

The Weber State study is important because it confirms that essential oils play a vital role in the health and well-being of mankind.

Essential Oils - Sept. 1997

Inspiration

D&C 6:36

Look unto me in every thought; doubt not, fear not.

As we come to the close of this first ever edition of "A World of Wisdom" newsletter, I hope you gleaned something helpful to inspire you to improve you life and live in harmony with The Word of Wisdom! Stay strong and healthy during the holidays and see you in January!

Sincerely,

Amy