QUICK TIPS for Your BEST Nutrition and Health!

by Angela Poch, N.C.

A booklet compilation with Vegan's and Vegetarians in mind.

Introduction

This 64 page collection of informational sheet is produced by Angela Poch, N.C. They cover various nutrition and health topics. With the solid frame work of important facts and info these short informational sheets are packed with what you need for a quick look at the key components to a healthy lifestyle. With references to medical journals and a glossy finish these sheets make great resources for health seminars and lectures.

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More Info

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B12, D & other Trace Elements

by Angela Poch, NC

STRESS MANAGEMENT
NERVE FUNCTION
IMMUNE SYSTEM

Where do you get B12 and D3 on a vegan diet ???

What about Iodine and other trace elements?

WHY?
SOURCES FOR?
HOW MUCH?

B12, D & other Trace Elements

All vitamins are vital for our health but some are more difficult to come by than others. We are going to look at B12 & D in particular as they are the most talked about in vegan and vegetarian circles.

B12 covers a group of compounds, mostly cyanocobalamin, that convert into coenzyme forms used in the process of DNA synthesis and nervous tissue. Without B12, homocysteine cannot convert to methionine. This is important to understand, because when someone's homocyseine levels are unusually high it can suggest a B12 deficiency.

Vitamin D is not a nutrient it is a hormone. It is vital for calcium absorption and maintenance, needed in bone growth. It is also needed for the immune system and neuromuscular system. Vitamin D also inhibits inappropriate cell division, reduces blood vessel formation around tumors, and regulates proteins that affect tumor growth, thus it is a cancer fighter and much more!

How much do we need?

The RDA & the WHO recommend:
1.3 to 3 mcg per day of B12
200-600 IU of Vitamin D per day.
Variations are for age, different studies, and other health needs.

B12 Sources

Most doctors say the B12 found in plant sources is in analog form and your body can not use it. (This has not been tested in depth, but a few studies have been done.) So we need meat right? Well not exactly. It is bacteria that produce B12. Red Star nutritional yeast is one vegan source of B12, and there is research suggesting beets, red cabbage, and other tuberous vegetables grown organically can also contain B12.

Current recommendations for vegans and vegetarians (eggs have B12, but also have a factor that blocks absorption) from most doctors and dietitians for B12, is to supplement by one of the following methods.

* eat fortified foods two or three times a day to get at least three micrograms (¬µg or mcg) of B12 a day.
* take one B12 supplement daily providing at least 10 micrograms.
* take a weekly B12 supplement providing at least 1000 micrograms.

Do I have to supplement?

In the effort to be unbiased it needs to be pointed out, some doctors and scientists feel we don't need to supplement unless there is an underlying reason. Why? Because first of all there are very few studies of actual deficiencies in other wise normal vegan populations, and secondly many of the B12 deficiencies recorded are from poor digestion or the intrinsic factor. Pernicious anemia, the body's inability to properly make red blood cells, can be found in individuals who take enough B12 (such as meat eaters or supplements) because their bodies are not converting it properly. This is most often found in adults over 65, vegan or not.

While the intestine's production of B12 is too late, the mouth, tonsils, and nasal passages do produce B12 before digestion. Thus we can make our own B12, BUT if you brush it away with toothpaste it won't do you any good. In addition the body can store B12 for up to 3 years, the jury is still out on if and why we need to supplement. (People keep arguing the same points but very little scientific research is being done. Many of the same studies are being reported over and over, and most of them are quite small. It comes down to two groups. Those who say you need to supplement and those who don't. Both have valid intellectual, logical, and philosophical arguments. Both have done "research" on the subject. Both are sure the other has problems with their theory. Frankly there are not a whole lot of actual science doing objective studies.)

Mineral	RDA	Body Needs	Sources for	Insufficiency	Excess
Chloride	2300 mg	aids production of hydrochloric acid and cellular function.	Salt	hypochloremia	hyperchloremia
Copper	900 µg	component of many redox enzymes	Nuts, grains legumes,	copper deficiency	copper toxicity
Chromium	25-40 µg	works with insulin to maintain normal blood sugar levels. Acidic food in stainless steal cookware is a source.	peas, whole grains	may affect glucose uptake into cells	asthma, kidney damage, sinusitis, deficiency, iron
Iodine	150 µg	Aids function of thyroid glands.	Idodized salt, kelp	iodine deficiency	hypothyriodism
Magnesium	420 mg	is required for processing ATP and for bones. Needed by cells for genetic material and bone growth.	Nuts, legumes, green vegetables	muscle weakness; twitching; cramps, cardiac arrhythmias	Nausea, low blood pressure, nervous system disorders.
Manganese	2.3 mg	is a cofactor in enzyme functions, important in metabolism.	Whole grains, nuts	manganese deficiency	Generally from inhalation not diet
Phosphorus	700 mg	a component of bones and energy processing, needed for metabolism, nerve and muscle function.	Whole wheat bread, oats, beans	Weakness; bone pain; Anorexia.	Hinders body's absorption of calcium.
Selenium	55 µg	a cofactor essential to activity of antioxidant enzymes. Protects all membranes, reduces risk of cancer, enhances immune system, antioxidant.	Whole grains, soy beans	deficiency can cause heart attach, muscular dystrophy, and cystic fibrosis.	Finger nail changes, hair loss.
Sodium	1500 mg	a systemic electrolyte and essential in coregulating ATP with potassium.	Salt	hyponatremia	hypernatremia
Zinc	11 mg	required for over 100 enzymes. enhances immune system, protects against birth defects.	Legumes, whole grains	causes birth defects, infertility, chronic infections.	Nausea, diarrhea; abdominal pain; gastric bleeding.

Vitamin D Sources:

Like B12 vitamin D is not found in abundance in vegetarian foods, or any foods for that matter. But unlike B12 most doctors and scientists agree we can get it from the sun. You need 20 min per day in the summer and at least 30 to 90 minutes per day in the winter with your arms and face exposed. The best times are from 11am to 4pm, avoiding scorching times for those in hotter climates. Stay out longer if you have dark skin, wearing too many cloths, or if you live further north, over 30° latitude. UVB is the best rays to produce D, which is reduced in the winter and at higher latitudes. An easy test - if you can't get a tan, there is not enough sun (yes, you can tan in the winter, just not as quickly or as dark).

You'll get the added benefits of fresh air, so why not combine it with some exercise! What about when it's really cold outside? Doctors recommend supplementing and some even recommend tanning booths in short amounts (be sure it is emitting UVB).

Iodine

Iodine is essential for proper thyroid function as well as general growth in the body.

The World Health Organization recommends 150mcg per day, but too much can be toxic. Consumption of raw brassicas, such as cabbage, broccoli and cauliflower, may increase the requirements for iodine. Seaweeds like nori and kelp are some of the best sources. Regular iodized salt or some mineral rich salt (not just plain sea salt) are other good sources of iodine.

Vegetables and grains contain trace amounts of iodine if grown in healthy rich soil.

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DISCLAIMER

This handout is intended to offer general information which is subject to change. It is not intended to diagnose, treat, or cure any disease. We urge you to make informed decisions and work with your health professionals.

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Basic Nutrition

ARE CARBOHYDRATES GOOD?
HOW ABOUT PROTEINS?
AND FATS?

Our choices affect our health. Learn how to make great choices every day!

WHAT SOURCES?
HOW MUCH?

BASIC NUTRITION

The basic nutrients are carbohydrates, proteins, fats, and micro-nutrients. Each of these groups have subcategories, i.e. carbohydrates which include starch, sugar, and fiber.

The foods we eat have some or all of the different groups, i.e. pinto beans have some carbohydrates, lots of protein, and some fat.

CARBOHYDRATES

Carbohydrates are the main source of energy for our bodies. Yes, contrary to all the fad diets, we need to eat foods high in carbohydrates. There are refined carbs, such as white sugar and white flour, simple carbohydrates such as apples, and complex carbohydrates such as brown rice. We need both simple and complex carbohydrates, but we do not need refined. Refined carbs usually have the fiber removed, which is hard on blood sugar levels.

We need energy and we need calories, but you know what happens if we eat too many calories? The body stores it as fat, and when too much fat is stored we get overweight. Thus, carbs turn to fat if we eat too much for our activity level.

There are three forms of carbohydrates: sugar, starch, and fiber. We should get about 55 to 70% of our calories from carbohydrates.

Sugar comes in many types. There are natural sugars God put in the fruit and vegetables. And there are other sugars that are added to food, mostly refined, and lacking micro-nutritents. Without fiber, sugar is very hard on our system, causing the blood sugar levels to raise sharply and interferes with our immune system.

Starch is where we get most of our energy from. Our body turns starch into sugar. Starch provides long lasting energy because of the longer digestive period. It is also important to note, starches start being digested in our mouth. Saliva is vital for proper digestion of starches. Potatoes, pasta, and rice have lots of starch.

There are two kinds of fiber - insoluble and soluble. We need both. Insoluble fiber is what makes us feel full. When we eat foods without much fiber we can eat a lot more calories and thus gain weight quickly. Both insoluble and soluble fiber helps to slow down the digestion of sugar; but speeds up digestion of other nutrients thus preventing decay; and helps get rid of the waste. Soluble fiber is particularly good at lowering cholesterol out of the blood stream.

PROTEIN

The building blocks for the body. Our body is made mostly of protein, in the form of amino acids. Our body makes protein so we don't need to eat lots of it, but we do need a moderate amount, about 2 to 3 servings, or about 10% of our calories from protein. Beans, nuts, seeds, tofu, veggie meats, soy cheese, and so on all have lots of protein.

Often we get too much protein if we eat the "all America diet." Animal protein has some big draw backs on our health. Too much saturated fat, too much cholesterol, hard to digest causing acidity problems and much more. Not to mention all the disease and hormones now prevalent in animals raised for food. Many doctors now recommend a diet free from animal products.

FAT

Fat, good or bad which is it? The fat in plant foods is good, just like God designed them. We need Omega-3, found in flax seeds and walnuts, for good brain health and Omega-6 found in olives and avocados for other benefits. But saturated fat, such as in chicken or beef, is not helpful to our bodies. It adds calories without adding benefits. Trans fat is another bad fat that is especially harmful, they are NOT found in foods naturally. They are created by high temperature and chemical processes, such as in hydrogenated foods. Excess fat is a major factor in heart disease. Without limiting animal products it is very difficult to avoid too much fat. We should aim for 15 to 25% of our calories in fat.

ESSENTIALS

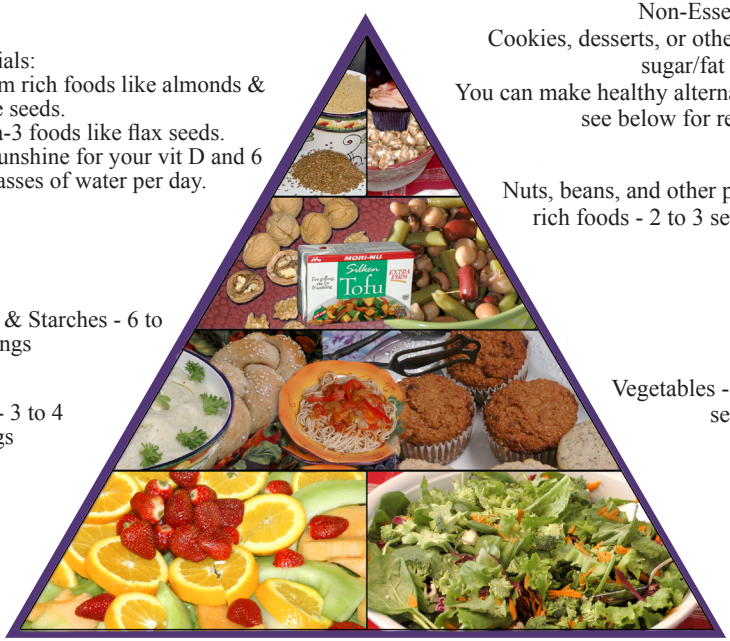
If we eat a variety fruits and vegetables we will get most of the vitamins and minerals we need. But there are some we should be extra careful about such as vitamin D which doesn't come from plant foods. (And is VERY limited in animal products.) The best way to get Vitamin D is to get sunshine. Calcium is also a very important mineral we should be sure to get enough of. Calcium is found in tofu, almonds, sesame seeds, and green leafy vegetables. (*We talk more about Calcium and Vit D in our Calcium Info Sheet.)*

Daily Nutritional Needs

Essentials:
Calcium rich foods like almonds & sesame seeds.
Omega-3 foods like flax seeds.
Plus, sunshine for your vit D and 6 to 8 glasses of water per day.

Non-Essentials:
Cookies, desserts, or other high sugar/fat foods.
You can make healthy alternatives, see below for recipes.

Nuts, beans, and other protein rich foods - 2 to 3 servings



Grains & Starches - 6 to 8 servings

Fruits - 3 to 4 servings

Vegetables - 3 to 5 servings

FREE RECIPES AT: www.TheVegetarianCookingShow.com

PRACTICAL APPLICATION

Serving sizes: Each diet, program, and government has their own definition of a serving size. A good rule of thumb to follow is: The size of your closed fist equals one to two servings. If it is a light food - like salad your fist is one serving. If it is dense or rich, like nuts, it is two servings. And if prepackaged, consult the label. Thus one small apple for a petite lady is one serving, while a large apple for that Air Force buddy is more appropriate.

Ok, so now you have the basics of nutrition and how food affects your body. So let's boil it down to its simplest form.

BASIC MEAL:

1. Eat plenty of fresh fruits and vegetables, 3 to 5 servings each, pick one kind per meal. I.e. 2 apples and 1 banana for breakfast, and a large salad with carrot sticks for lunch. The body digests food much better if you keep fruit and veggies in separate meals. Change the variety each day to incorporate all the nutrients you need.
2. Add your 2 to 3 servings of grains and starches, again don't live on wheat and potatoes. Try quinoa, rice, millet, rye, buckwheat, kamut, tapioca, etc.
3. Plus your protein rich food such as a handful of nuts, topped off with ground flax on your salad to get those omega 3's.

Pick lots of colorful foods for a variety of nutrients!

100% Natural!
100% Good!

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Calcium

by Angela Poch, NC

MUSCLE CONTRACTION

NERVE FUNCTION

BONE FORMATION

One of the most important minerals for good health...

You'll want to learn how it affects your health and happiness.

WHY?

SOURCES FOR?

HOW MUCH?

Calcium

Calcium is a mineral we need for various body functions such as: bone formation, blood clotting, nerve function, and muscle contraction. We often hear all about the need for calcium to prevent bone deformation and disease, but often overlooked is the need of calcium for nerve and muscle function. Lack of calcium can cause muscle cramps, and other dysfunctions. For example, it may help to prevent high blood pressure.[2] It also appears to assist the heart in beating with greater vitality (due to its effect on muscle contraction).

How much do we need?

The RDA in the USA is 1000mg of calcium per day for 2000 calorie diet (or ave. adult male). Estimates from over six different studies in 3 countries place the need for calcium from 400 to 800mg per day[3] which is 3 to 6 servings in the chart on the right. If you have any extra needs such as: pregnancy, osteoporosis risk, etc, stay closer to the higher numbers or supplement as your doctor directs.

Information on Sources

Some foods are high in calcium, but also contain oxalates that bind to the mineral and do not allow for easy absorption such as spinach and swiss chard. Also some supplements are better than others. Generally liquid forms of calcium supplements are better absorbed. Calcium carbonate for example, is not as available as calcium citrate. Minerals have a compound nature. In other words, if you eat 400 mg one day and 1200 mg the next, it will even out. But don't stock up too much, it could cause other problems, such as kidney stones.

Calcium from Plant Foods

One of the safest forms of calcium is plant foods. Here the Creator packaged it up right and prevented overdosing. We now realize calcium can be assimilated as well or better from vegetarian sources than from animal products such as milk.[6] One reason is lactose intolerance. Approx 75% of people world wide are lactose intolerant.[7] The low phosphorus to calcium ration is another reason for good absorption of calcium from plant foods like green leafy vegetables. Dark green leafy vegetables can have three to five times as much calcium as phosphorus. But it is not just the ratio of phosphorus to calcium, but the total phosphorus found in the food. Guess what food is high in phosphorus? You got it, animal protein.

Exercise, Calcium, and Bone Strength

Exercise is now being shown to have one of the greatest impacts on bone strength. The demand on the skeletal system creates a need for calcium to go into the bones thus strengthening them.[11] So it is not just your intake of calcium that gives you bone strength, it is how much your body is utilizing.

Calcium Source Chart[15]

Almonds - raw	1/2 cup	120mg
Almonds - dry roasted	1/3 cup	121mg
Almonds - oil roasted	1/4 cup	114mg
Amaranth grain (dry)	1/2 cup	149mg
Artichoke hearts	1 1/2 cups	114mg
Broccoli with stalk	1 large	120mg
Butternut Squash (baked)	1 1/2 cups	126mg
Carob powder	1/3 cup	118mg
Dandelion greens (raw)	1 1/4 cups	128mg
Ener-G Baking Powder	1/8 tsp	125mg
Figs (~5 figs)	1/2 cup	143mg
Flax seeds	1/3 cup	100mg
Garbanzo's (chickpeas)	1 1/2 cups	115mg
Green soy beans	1/2 cup	130mg
Hazelnuts	1/2 cup	127mg
Kale (raw)	1 1/2 cups	135mg
Kale (cooked)	3/4 cup	134mg
Lambsquarters	1/4 cup	115mg
Mustard greens - cooked	1 1/4 cups	128mg
Molasses - blackstrap	2 tsp	118mg
Oats, instant, no sugar	1 pouch	165mg
Okra (cooked)	1 1/4 cups	125mg
Orange juice - fortified	1/2 cup	150mg
Orange segments (2 med)	~1 cup	110mg
Parsnips (cooked)	2 cups	116mg
Pinto beans (cooked)	1 1/2 cups	120mg
Quinoa (cooked)	2 1/2 cups	128mg
Rutabagas	1 cup	115mg
Sesame seeds	1 1/2 Tbsp	131mg
Soy flour - low fat	3/4 cup	124mg
Soymilk (fortified)	1/2 cup	150mg
Sunflower seeds	3/4 cup	125mg
Tofu - water pack	1/4 cup	120mg
Walnuts - English	1 cup	124mg

Calcium and Vitamin D

Vitamin D helps your body absorb calcium along with MANY other health benefits. Food sources of D are very limited. So where do you get vitamin D? The sun of course! Studies show calcium absorption was improved with full spectrum (sunshine) lighting. [12] Don't get burnt, that can increase the risk of skin cancer. (Also a high fat diet is under suspect for greater risk.)

To get your Vitamin D quota, you need 15 to 30 min per day, three times per week,[13] in the summer. (You need more in the Northern latitudes and in the winter. Extreme latitudes may need supplementation. The current recommendation is 800$_{IU}$ or more depending on age and other needs (IE: depression, fibromylgia, etc).[14]

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Animal protein and Calcium

Milk not only contains calcium, but a host of critters can be hiding in your cup, like Campylobacter and Listeria.[8] From antibiotics to mad cow disease, cows are not as healthy as they were in Grandma's day. Add to that, as a nation we are consuming way too much animal protein. What has animal protein got to do with calcium? Animal protein, specifically casien, causes calcium loss due to the digestive process, and if the blood calcium levels drop too low, the body will pull calcium from the bones! [9] But a higher consumption of vegetable protein does not appear to be related to osteoporosis or bone fractures.[10] Thus a diet plentiful in calcium contained in plant foods is recommended above animal sources of calcium.

Natural sources of calcium abound in the careful vegetarian's diet, including water packed tofu and leafy greens.

For FREE recipes
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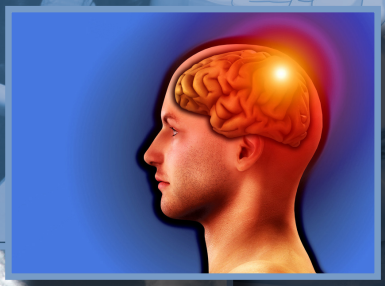
Your Thoughts

by Angela Poch, NC

CHOICES
CIRCUMSTANCES
CHANGE



Keeping the mind under your control and improving brain function...

You'll want to learn how you can choose your state of mind.

CAN YOU CHANGE YOUR THINKING?

HOW DO YOU AVOID WRONG THOUGHTS?

Your Thoughts

The Bible says: "For as he thinketh in his heart, so is he." Pr 23:7 "A Merry Heart doeth good like a medicine." Pr 14:22 An active relationship with God is the most important thing we can do to have good mental health. There is a loving Creator who wants a relationship with everyone, but he will not force. Each person must ask for strength to fight temptations and guidance to the right path.

Prayer time and personal devotion are the keys to unlock the great treasures of life. A meaningful prayer life is important to good spiritual health.

P - Praise God for blessings
R - Repent of wrong doing
A - Ask for your needs
Y - Yield to God's will
E - Entreat the Holy Spirit
R - Repeat through the day

The first step in a good prayer life is to praise God for all the things you are thankful for. This gets you in the right frame of mind and gets rid of many wrong thoughts.

Repenting of wrongs you've done and forgiving others. That's right, even if they don't deserve it, you need to forgive them. And I do mean NEED! Our bodies use chemical and electronic messengers in our brain, and thinking bad thoughts (harboring unforgiveness) is harmful to our brains.

Ask for your needs. God knows every need, want, and desire. He doesn't need someone to tell Him because He doesn't know, He wants people to communicate.

Surrender to God's will for your life. When God's will is not what we want, we need to rely on the Holy Spirit for strength to see us through and we need to choose to say no. "I can do all things through Christ which strengthens me." Phil 4:13.

Entreat means to diligently ask for. The Holy Spirit has the power to help us overcome and deal with anything that can possibly arise on this earth.

Repeat often. Turn your heart to the Lord throughout the day. Sometimes we get so busy we forget God is there to help us. Talk to Him throughout the day.

Devotions and study time are also important in building a relationship with God. Do you have personal worship each morning?

ABC's of thinking:

NOW, let's get a little bit into how your mind works in regard to thoughts. Thoughts come in many ways: You can make up your own thoughts, you can get temptations from Satan, and of course God sends you suggestions too. As your walk with God gets closer, you will learn how to tell the difference between those different thoughts.

When negative thoughts come to us we don't have to keep thinking them. We can choose what to think about. We can't choose what happens to us, but we can choose how we react to it. Here are some ABC's to thinking.

A - Action and Activity - something happens or a thought comes to mind.

B - Belief and Basics - what you believe forms the basis for your feelings.

C - Consequences and Conscience - there are consequences, good or bad, to your belief and you need to listen to your conscience about your thoughts.

D - Decide and Disagree or Determine - decide if you find what you believed was right or wrong, and disagree with that thought if it is wrong.

What does that all mean? Let's use a dog story as an example.

A - Action and Activity - something happens or a thought takes action in your mind. You are riding your bike and a dog runs out from a neighbors driveway, you begin to make thoughts about what is going to happen. This is the 'action'.

B - Belief and Basis - what you believe forms the basis for your feelings. Your beliefs are made up of the things you choose to believe combined with how you remember things that have happened to you in the past. So the dog comes toward you and you remember the last experience with a dog, or stories (real or imagined) about other people's experiences with dogs, or you make up a 'what if' , and you form a belief for what will happen in this situation. Perhaps you believe the dog will or might bite you. The basis (or reason) for that belief is the thoughts (memories or imaginations) about dogs and bikes.

C - Consequences and Conscience - there are consequences, good or bad, to your beliefs and you need to listen to your conscience. The consequences can be physical, mental, spiritual, or a combination of all three. Let's continue with our dog and bike story. Now because you believe the dog might bite you, you become afraid. You see the dog did not make you afraid, it was your belief he might bite you that made you afraid. So the consequence of your own thought is fear.

D - Decide and Disagree or Determine - if you find what you believed was wrong, you need to disagree with that thought. If the thought was correct, then determine to what to do in that situation. Is the dog really going to hurt you? Here is where you take control of your thoughts. You start really thinking about the situation. The dog is friendly and waging his tail. You've met him before when you visited the neighbor so you don't need to be afraid. Now you need to disagree with your first thought about the dog. Determine to do what is right and pray for strength. You might say "Hi, Rover, I'm just riding to the park today. You better stay home." Can you think of other ways to deal with this problem?

But what if the dog looks angry and your thoughts maybe right, there is something to fear? What then? Determine to give it all to God. Ask Him for protection, get out of the situation, and talk to someone. Don't let the fear sit inside you! You are still in control of how you think even if you can't control the circumstances. You may not be able to prevent the dog from coming out, but you can control how you treat your neighbor after or if you will be afraid of all dogs after this.

You see you can make your thoughts take a U-turn, you start out happy in Jesus, temptation or problems or trials come and you can turn your thoughts back to Jesus. Turn your thoughts right around into positive, right thoughts.

The ten pit falls of thought:

How do you know if what your thinking is right or wrong? Here are ten cognitive distortions to watch out for:

1. All or Nothing thinking (All or nothing, not looking at the whole situation. You notice the dog running out toward you but you don't see the neighbor on the porch. Or ALL dogs have the ability to bite so they most likely will.)

2. Overgeneralization - Take one event or story and use it to analyze all other events. ie: Using one bad dog story/event as the basis for what all dogs will do.

3. Negative Mental Filter - Only remembering negative examples/stories. Ie: I know LOTS of bad dog stories, can't think of one time a dog liked me.

4. Disqualifying the Positive - Not thinking about the positive. Ie: The only time a dog was nice to me, my mom was there, so he had to be nice.

5. Mind Reading/Fortune Teller Error - We think we know what someone else is thinking and we predict the outcome. ie: That dog is looking at me with fire in his eyes, he WANTS to bite me. If I ride down that street that dog will come out because he is out to get me.

6. Magnifying the Negative (or dwelling on). Ie: I know LOTS of bad dog stories. OR The dog barked and if he bites me and I might die!)

7. Emotional Reasoning - Emotions override logic and faith. Watch for feel, etc. Ie: I am scared so the dog must be bad or I wouldn't be scared. I know God can help me, but I don't think he will because I don't feel worth it.

8. "Shoulds and musts" - Demanding others/world give you your way. Ie: Dogs SHOULD not run out of the driveway. Dog MUST always be quiet and friendly.

10. Blaming of others or self. Ie: If the neighbors would tie up the dog, I wouldn't be scared of riding my bike. If dad would have bought me a faster bike, I would just fly past that dog, and he couldn't hurt me.) If I could just ride faster...
(adapted from 10 distortions by Aaron Beck - see wikipedia).

Other issues:

Over-burdened (Surrender your will to God's will, self is a major burden.)

Under-fed (Not studying your Bible will leave you underfed. You need to know God's principles and the strength found in God's word. There are many promises in the Bible. Start memorizing one today!

Under-estimating Value (The value of oneself or others - "I can't". I can't ride past, I'm too scared. I'm not worth protecting or saving (nobody cares if I get hurt). That dog is not worth anything, they should get ride of him.)

Under-tolerating (Low tolerance to anything you don't like. I don't like being bothered, even if he is no threat. I don't like being even a little scared, EVER!)

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Nutrition for Children

WHAT ARE CARBOHYDRATES?
HOW ABOUT PROTEINS?
AND FATS?

Food is a part of our every day life. Learn how to make great daily choices!

WHERE DO WE GET THEM FROM?
HOW MUCH SHOULD WE EAT?

INTRODUCTION

We all want to feel healthy and happy. We don't want to feel sick and sad. Did you know that the choices you make can affect how you feel? They sure do. Let's look at some of the choices we can make to help us to stay healthy and strong.

Should we eat only certain things or can we eat anything? The Bible says we should not eat everything. Guess what! Scientists are finding out that the Bible was right. Many of the foods the Bible says not to eat, like pigs, shell fish, etc. are not good for us.

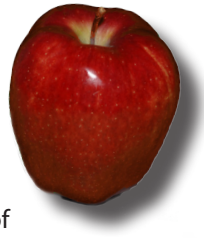
Let's look at some of the needs of your body to keep working well. And then we will look at the foods you can choose to be strong.

UNDERSTANDING FOOD

The food we eat is made up of many parts. Nutrients (nū'-trī-ants) are the things we need to stay healthy and strong.

The basic nutrients are carbohydrates (car-bō-hī-drātes), protein, and fat. The foods we eat have some or all of the different groups. For example: a kidney bean has some carbohydrates, lots of protein, and some fat.

CARBOHYDRATES



Carbohydrates are the main source of energy for our bodies. We need to eat foods high in carbohydrates at every meal. Fruits, grains, and vegetables all have lots of carbohydrates.

Your body needs energy. Have you seen the word calories on food packages? The word calorie (kal-a-re) is the measurement of energy in the food. The energy comes from the sugar, starch, fat, and protein in that food.

Do you know what happens if we eat too many calories? We can not use all the energy at once so the body stores it. It stores it as fat and when too much fat is stored we get overweight. And when we get overweight, we get sick easier.

Sugar comes in many types. There are natural sugars God put in the fruit and vegetables. There are other sugars that are added to food. God made natural sugar just right for our bodies and He packed them together with fiber and other nutrients. The white sugar we see in the store does not have any fiber or vitamins. It can make our bodies weak so we get sick easier. It affects our immune system. Our immune system is what fights germs and other things that cause disease and sickness. Fruit has God's good sugar in it.

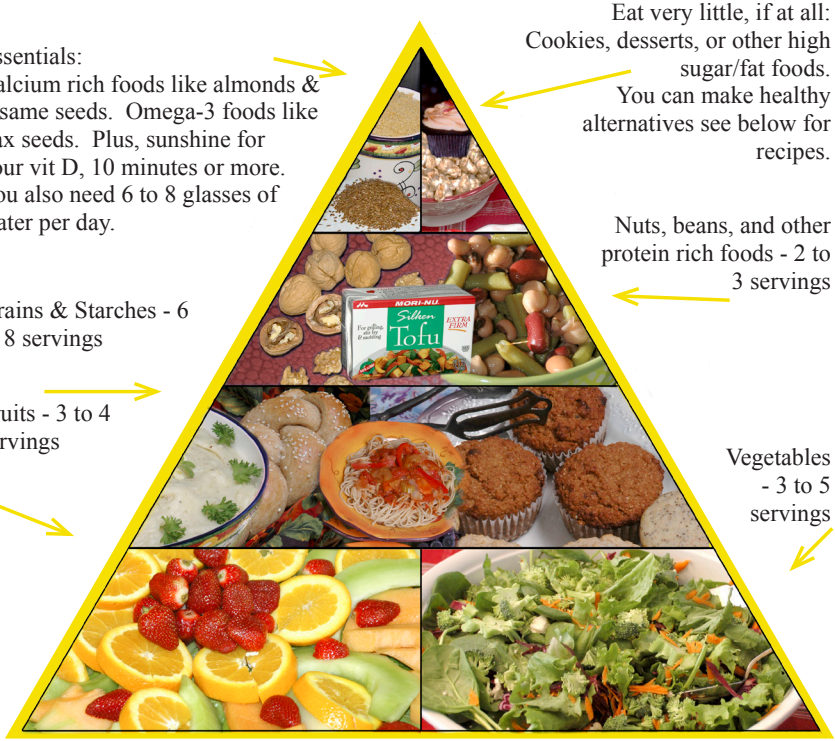
Starch is where we get most of our energy from. Our body turns starch into sugar. You might think sugar might be better than starch because it is ready for our body to use. But really it is better for our body to take time to change the starch into sugar so our energy lasts longer. Potatoes, pasta, and rice have lots of starch.

Fiber is the filler upper. It is what makes us feel full. When we eat foods without much fiber we can eat a lot. Then we end up eating too much. But when we eat foods with lots of fiber, like whole wheat bread, we feel full before we overeat. Fiber does other things, too. Fiber helps to slow down how fast the food goes through our body. And it helps us to get rid of the waste (stuff we don't need).

PROTEIN

This is the building blocks for your body. Your body is made mostly of protein. Our body makes protein so we don't need to eat lots of it. We need a moderate amount of protein, about 2 to 3 servings a day. Beans, nuts, seeds, tofu, veggie meats, soy cheese, and so on, all have lots of protein.

Daily Nutritional Needs



ADDING IT ALL UP

WOW! How do we keep all that straight? I mean it looks like you need a dictionary to figure out what to eat to stay healthy. Don't worry, God made it pretty easy.

Have a look at the food pyramid again. What do you see the most of? That's right fruit and vegetables. We need 3 to 5 servings of each one per day. It is best not to have them at the same meal.

What is next? Yes, bread, potatoes, pasta, rice, and other grains. Here we need about 6 to 9 large servings per day.

And then? Beans, nuts, seeds, and other protein rich foods we should have 2 or 3 servings per day. When we eat these foods we also get the good or healthy fats.

And last, what is at the top. Well, we have two sections. The first one is for essential, or very important, thing we need like calcium and omega-3. It is a reminder to include foods high in those nutrients you may need extra of.

The other side on the top of the pyramid is for foods we don't need like sugary doughnuts, super sweet desserts, and fatty potatoes chips. We want to keep these foods down to 1 or 2 servings a week or less.

What is a serving? That depends on your age and size. You can use the size of your fist, give or take a little, as a serving size.

SOURCES

Dr. Nedley, "Depression the Way Out".

Barbara J. Cohen & Dena L. Wood, "Memmler's The Human Body in Health and Disease", 9th edition.

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Brenda Davis, RD & Tom Barnard, MD, "Defeating Diabetes".

Dr. Nedley, "Proof Positive".

And other materials from the "Total Health School of Nutrition," Diploma program.

FAT

Do you think we need fat? The answer is yes we do. God included good fats in many foods like olives, avocado, nuts, beans, and seeds. There are good fats and not so good fats. The fat in plant foods are good, just like God designed. Omega-3 is a very good fat found in flax seeds and walnuts.

OTHER ESSENTIAL FOODS

We need many different vitamins for our bodies to work well. Vitamin C helps our immune system. Do you remember what our immune system does? That's right, it helps our bodies fight off sickness. If we eat lots of different fruits and vegetables we will get most of the vitamins and minerals we need. But there are some we should be extra careful about. Vitamin D doesn't come from plant foods. The best way to get Vitamin D is to get sunshine. Wow, isn't that neat! Sunshine helps us get our vitamins. A mineral to be sure we get enough of is Calcium because it is important for bones and much more. Calcium is found in tofu, almonds, sesame seeds, and green leafy vegetables.

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MADE IN CANADA

Nutrition for Children Question Sheet

1. Do the choices you make affect your health? Yes/No

2. What does the Bible says not to eat? (Look up Leviticus 11:13-47 and Deut 14:6-9)

_____ _____

3. What is protein? (Circle one)

a. nutrient **b. waste** **c. micro-nutrient**

4. Which of the following are carbohydrates? (Circle any that apply)

a. starch **b. protein** **c. fat** **d. sugar**

5. List 3 fruits

_____

_____

_____

List 3 vegetables:

_____

_____

_____

6. List 3 grains/starches

_____

_____

_____

List 3 protein rich foods:

_____

_____

_____

7. What is your serving size? Draw your fist here.

8. What vitamin does not come directly from plants? _____

9. Where does it come from? _____

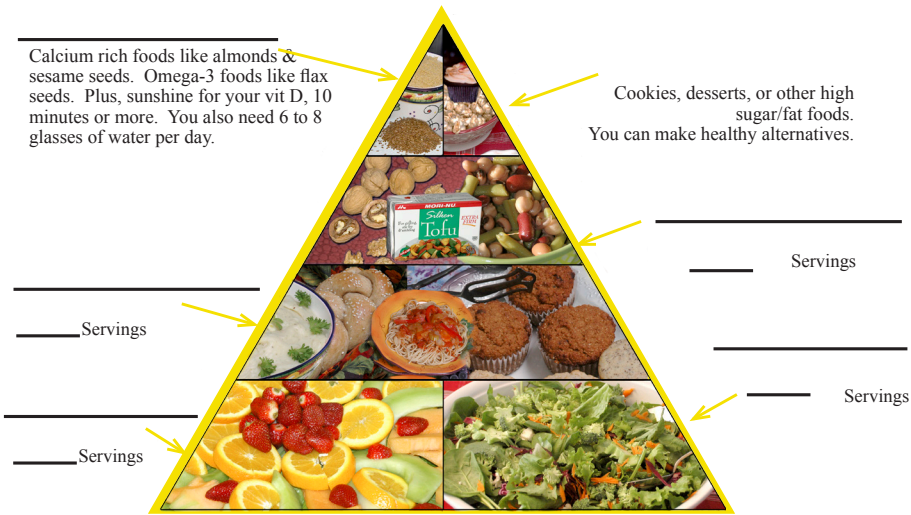
10. Name one of the micro-nutrients _____

11. What is our body made mostly of? (Circle one)
a. carbohydrates **b. proteins** **c. fats**

12. What helps to fill us up? (Circle one)
a. fiber **b. starch** **c. sugar**

13. Is there good sugar that does not hurt our immune system? Yes/No

14. Fill in the missing elements in the pyramid.



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Exercise

by Angela Poch, NC

ENERGIZING
EASY TO DO
EXHILARATING

The body machine needs to move and work to stay in good repair. Turn the page to learn just how vital exercise is to your health and tips to make it practical…

WHY?
WHAT KIND?
HOW OFTEN?

Exercise

HOW OFTEN, HOW LONG, & HOW HARD?

The recommendation by health professionals is 30 min per day 3 X a week. While there are benefits from as little as 15 min per day, 3 x week, for maximum health and the Depression Recovery Program[1], you will need 30 to 60 min, 5 to 6 days per week. Remember gardening, wood chopping, raking leaves, brisk walking to the mail, all count as exercise.

Intensity (how hard) is also important. If you dawdle along on your walk you will need to go a lot farther to receive benefit than if you went faster and got your heart rate up quicker, within moderation of course. Do not run as fast as you can until exhausted, just so you can speed things up. In fact, any activity that causes panting or heavy breathing can adversely affect your digestive system, kidneys, liver, and circulatory system, even causing heart attacks[2]. Never exercise past their target heart rate for an extended period of time.

Cardiac reserve, the measurement of the heart to work between the resting heart rate up to maximum output, varies in different individuals. The average is 4x, while an athlete can be up to 7x, and a person with a heart condition can have little or no reserve.[3] This is why it is especially important to check with your doctor on what you MHR and THR is if you have any medical condition.

FIND YOUR PULSE

The basic pulse can be found on your wrist at the base of your thumb, it can be felt by using the pads of two fingers. Light, but firm, pressure should allow you to feel it well. Çount your pulse for 10 seconds and times by 6. This will give you your HR. To find your resting heart rate, sit down and relax for 15 to 30 minutes before taking your pulse. Caution... medications, especially beta blockers, can effect the heart rate giving you unreliable results. Talk to your doctor if you are on ANY medication.

RHR = Resting Heart Rate
MHR = Maximum Heart Rate
THR = Target Heart Rate
HR = Heart Rate

BENEFITS OF EXERCISE

Exercise has so many benefits, here is just a sample of what it can do:

Improves circulation [5]
Strengthens the bones [6]
Improves HDL (good cholesterol) and strengthens the heart[7]
Boosts energy levels [8]
Stimulates the immune system [9]
Reduces stress & tension [10]
Improves concentration [11]
Helps relieve depression [12]
Improves overall health [13]

WHAT KIND?

There are many forms of exercise that benefit your health. Walking is one of the best forms of exercise because it is easy to do, can be done any where, can be done outside in the fresh air and sunshine, and it is adjustable to meet different fitness levels. Hills, flats, quicker, carry weight, all can be used to adapt to your needs.

Gardening is another great way to get all the benefits of exercise and is great for character building as well. Shoveling snow, cross-country skiing, throwing hay bales, and so on are all good exercise. In fact, studies in Sweden have shown exercise combined with sunshine double the mitochondria, your cellular power plants, in about 28 weeks,[14] while studies in Germany show a double in the rate of increasing strength.[16]

Swimming is good exercise

for those who have joint pain.

A well balanced exercise plan includes: moderate aerobics, strength training, and stretching.[11] A basic outline is:

- 5 minutes stretching,
- 5-10 minutes of warm up, you should be able to sing.
- 20-30 minutes of aerobic workout, preferably Intermittent Training (see below). You should be able to talk, but not sing.[12] If you are panting, then you are working too hard which is no longer healthy. [13]
- 10-15 minutes of cool down. Don't stop abruptly as this is hard on the heart.
- Lastly 5 minutes of stretching.
- Do strength training 1-3 times per week in between IT or aerobic exercise. Advice varies from trainer to trainer on how much strength training. And don't forget if shoveling snow, pitching hay, or gardening is part of your routine you are combining your strength and aerobic workout..

One training plan, developed by Harold C. Mayer, MPH, called PULSE I.T.© uses discontinuous aerobic exercise. It is also called Intermittent Training or I.T. Intermittent Training has been found to help improve thyroid function[14] in addition to all the other health benefits of exercise. It is part of the Depression Recovery Program, by Dr. Nedley (see www.drnedley.com), as well as STEPFAST, a health education program (see www.stepfast.com).

I.T. OVERVIEW

First read the box "Find Your Pulse". This explains how to find your pulse and the key to the abbreviations found in the following information. Basically, I.T. is taking some rest for every minute of exercise. Dr. Nedley explains Intermittent Training in relation to your target heart rate.[15] You will need your resting pulse and age to do the following formula.

Your target heart rate is found by: (220 - age - RHR) X 0.4 + RHR = THR Example: 35 year old, with a resting heart rate of 70: (220 - 35 - 70) x 0.4 + 70 = 116 THR.

Now, add 5 to your THR and exercise until you reach this heart rate. Once you have achieved this rate you "rest" (slow down) until your pulse is THR - 5. So in our previous example, the person will exercise until HR is 121, then 'rest' until the HR is 111. There are machines that let you know when to change the pace.

There are other ways to do I.T. exercise, such as 30 seconds of exercise, 30 seconds of rest. Progressing to 50 seconds of exercise and 10 second of rest.[16] Other methods do 20 seconds of exercise, 10 second of rest, and repeat for 30 to 45 minutes. Still others do several minutes of exercise with several minutes of rest.[17]

Simply stated - work, rest, work, rest, etc. Sounds like farming, walking on uneven terrain & gardening. In fact these activities are health benefit producing because in addition to being a form of I.T. exercise they are also outside in the fresh country air.

PRECAUTIONS

General Pain and Fatigue: While exercise takes effort, it should not be painful. Sore muscles should not continue over 3 days.

Chest pain & Shortness of breath: If chest pain or shortness of breath occurs during exercise, stop, and see your doctor.

Water, Water, Water: The very best fluid is water. Sweating happens imperceptibly, so don't wait until you're thirsty.

Medical Conditions: There are some conditions which limit exercise. Consult your doctor.

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10 Reader's Digest, "The Complete Manual of Fitness and Well-Being".
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12 IBID & Dr. Nedley, "Depression the Way Out".
13 Reader's Digest, "The Complete Manual of Fitness and Well-Being".
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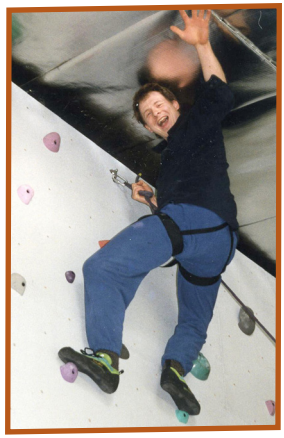
14 Dr. Nedley, MD, "Depression Recovery Program".
15 Dr. Nedley, MD, at the Portland Health Summit, Oct 2006.
16 Stepfast Fitness Manual by the Lifestyle Center of America.
17 Christian Finn, "Sport Science", www.sportsci.org.

Disclaimer: This handout is intended to offer general information. Some material may not be suited for every reader. Readers are strongly encouraged to consult with a medical doctor before starting any exercise program.



WHAT'S YOUR EXCUSE?

Too tired? Exercise is energizing. When you exercise in the morning, you can think clearer and often will have energy well into the evening.

No money? Many exercises are free, and the costs of the others far out weigh the health loss if you don't get out and go.

Not motivated? Look into all the benefits of exercise that you are missing. Get a partner to help keep you motivated.

Bad weather? There is no bad weather, only bad clothing. Dress up, warm up, or workout inside.

No Time? Just a few minutes a day sprinkled in will help your health. There will be plenty of time in a nursing home or the extended care unit, if exercise is not a priority in your life.

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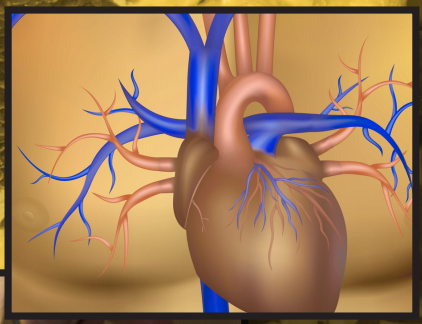
Fats - Good & Bad

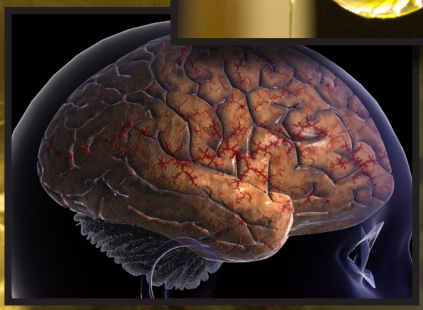
by Angela Poch, NC

WHICH ONES DO I NEED?

HOW MUCH IS TOO MUCH?

WHERE DO I GET OMEGA 3?





Fats are a necessary element in our diet, especially for the brain, but too much or the wrong types are not good for us. Find out more …

Fats - Good & Bad

Although the words "oils", "fats", and "lipids" are all used to refer to fats, "oils" is usually used to refer to fats that are liquid at normal room temperature. "Lipids" refers to both liquid and solid fats, along with other related substances. "Grease" generally refers to an animal fat, especially before 1920's.

Fat is an essential part of our diet. We need various fats for many body functions such as:

- Maintaining healthy skin and hair
- Insulating organs against shock
- Maintaining body temperature
- Promoting healthy cell function
- Energy store for the body
- Serving as a buffer against disease
- Improving blood sugar control in diabetics
- Increases attention span and much, much more!

Different fats are good for you, but eating fast food and potato chips will not give you the health benefits stated above. For the sake of simplicity the fats below are labeled as friend or foe, but keep in mind that too much fat of any kind is not good for you.

Saturated - Mostly Foe

These fats are saturated with hydrogen, and they are generally hard at room temperature. They are linked to an increased risk of heart disease, insulin issues, brain dysfunction, and some cancers. The recommendation is keep these fats under 10% of your total calories or less than 20grams for an average 2000 cal. diet. They are mostly found in animal products and tropical oils. There is some evidence that saturated fat in plant foods is less harmful that found in animal products.

Cholesterol - Friend & Foe

There are two types of cholesterol, LDL and HDL and you need both for every cell in your body. HDL is considered good as it helps remove total cholesterol from the arteries. Ideally the ratio of HDL to LDL in your body should be 3.5:1 or less. Because your body makes its own, about 800mg per day, you don't need to eat any cholesterol! In fact eating foods with cholesterol can increase your LDL, or "bad" cholesterol. Good news, it's only found in animal products.

Monounsaturated - Mostly friend

These fats are generally liquid at room temp and semi-solid when refrigerated. They have some health benefits such as improving the blood sugar levels in diabetics, lowering heart disease risk and the risk of some cancers. There is no particular RDA for monounsaturated fats, but you are unlikely to be deficient when eating a balanced diet. Found in olives, most nuts, and avocados to name just a few sources.

Polyunsaturated - Mostly friend

Here are the real good guys. These fats are liquid at room temperature and when cold. There are two essential fatty acids in this category that are particularly important, omega 3 and omega 6. (Essential means your body does not make them so you must consume them in your diet.)

Omega 3 - Friend

This is the fat with the most commendations. It is also the one fat most likely to be deficient in the average diet. Omega 3, or n-3, fatty acids include a-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), all of which are polyunsaturated. Some of the conditions that can be benefited by getting adequate n-3 are: rheumatoid arthritis, cardiac arrhythmias, depression, anxiety, helps general brain health, helps with immune function, many cancers, and may reduce the risk of ischemic and thrombotic stroke. Up to and including 3 grams of total EPA/DHA daily are considered very safe with no increased risk of hemorrhagic stroke.

There is no official RDA for n-3 so health professionals recommend different amounts based on the individual needs of the person.

Omega 6 - Mostly friend

These fats are shown to help with Diabetic neuropathy, allergies, ADHD, Eczema, breast cancer, and possibly rheumatoid arthritis. However they should be in the right proportion with omega 3's to ensure a balance. Some recent findings are suggesting if omega 3 is deficient, the risk of certain diseases related to inflammation goes up. The accepted ratio of omega 6 to 3 varies from 2:1 to 10:1. Omega 6 is found abundantly in nuts, olive oil, and avocados. See reverse page for more on nuts.

Free fats, Storage & Total Fat

Free fats are fats that have been separated from the food source they came packaged in, olive oil as opposed to eating olives. We should, as a rule, limit free fat consumption. The use of oils to get omega 3 is an exception, as this is the equivalent of supplementing to avoid disease.

Oils need to be stored differently depending on type, so follow the directions on the label. Oils, even cooking oils, do go rancid forming free radicals that can cause cancer. Even nuts are prone to going rancid. Be sure you are eating fresh nuts and buying good oils. NEVER let an oil smoke, this causes carcinogens to form. Research confirms cooking at moderate temperatures does not completely destroy omega 3 as some claim, ie: canned wild salmon is high in n-3. Cooking does reduce the total amount of omega 3 in some nuts and seeds like flax.

For the average healthy person, total fat intake should be below 30 percent of total calories. I.e. in a 2,000-calorie diet, there should be 60grams or less of fat in the food. For those who struggle with weight gain or have health issues, fat intake should be kept at 15 to 20% of total calories, getting omega 3's first.

Omega-3

Generally speaking you need about 1.1 to 3 grams of omega 3 per day depending on your individual needs. Sources include:

- flaxseed (flax oil - do not cook with)
- hemp seeds Or chia seeds
- canola oil
- walnuts
- free range eggs

Two tablespoons of flaxseed, chia seed, hemp seed, or canola oil, has the needed 1.5 to 3g of n-3. (or 1/2 Tbsp flax oil).

Hemp seeds. What about THC's?

Research suggests there is no THC within the hemp seed itself, but trace amounts of THC may be found when plant matter adheres to the seed surface during manufacturing. You'd need to eat half a pound of hemp seed at once for any amount of THC to show up in your blood stream.

Canola oil. Isn't it toxic?

It is recognized by many health professional organizations including the American Dietetic Association, and American Heart Association, among others. It has been extensively researched and no scientific study has proven a connection to any risk. Early studies seemed to suggest a possible link between canola oil and toxicity in rats. But further research confirmed that rats, do not metabolize any oil well, and therefore do not make good lipid research subjects. Unfortunately the flawed studies continue to be cited in error.

Any oil can be made into poison. For example, flax oil, can be made into linseed oil, used in paint products.

Just because a plant, like canola or hemp, is related to another does not make it toxic by its relation.

Nutritious Nuts and Seeds

While nuts are relatively high in fat, the fat in nuts is mostly monounsaturated, which when used in place of saturated fat, can help reduce total and LDL cholesterol levels.

Other benefits of nuts:

- they are naturally cholesterol free
- good source of dietary fiber
- good source of protein
- contain vitamin E (a potent anti-oxidant)
- folic acid, niacin, magnesium, vitamin B 6, zinc, copper and potassium.
- amino acid arginine, good for protecting the inner lining of the arterial walls,
- a good source of phytochemicals
- walnuts contain polyunsaturated fat and is an excellent source of omega-3, plus tryptophan an essential amino acid
- almonds contain calcium, around 80 mg in one ounce
- pine nuts are a good source of iron, with almost 6 mg in 2 ounces

Remember too much is not a good thing. Use a small handful of nuts to replace the harmful fats like potato chips, bacon, greasy burgers, fried chicken, in your diet.

REFERENCES

In order to give you as much info as possible, I omitted the references for the information I found. All info is as up-to-date and supported as possible. In fact it would take an additional 3 or 4 pages just to add the references. Books I recommend are: "Becoming Vegan" by Brenda Davis, RD, and Vesanto Melinda, MS, RD. "Proof Positive" by Neil Nedley, MD.

DISCLAIMER

Trans fats - Always Foe

Hydrogenation adds hydrogen atoms to unsaturated fats, making them more like a saturated fat, such as solid at room temperature. This also helps with longer shelf life. The process frequently (but not always) turns some cis-isomers into trans fats. This creates trans fat, an artificial fat. (Vaccenic acid is another class of trans fats, found in trace amounts in some animal products.)

Eating foods with trans fats increases the risk of coronary heart disease by raising levels of "bad" LDL cholesterol and lowering levels of "good" HDL cholesterol. The NAS, National Academy of Sciences, is concerned "that dietary trans fatty acids are more deleterious with respect to coronary heart disease than saturated fatty acids".

Health authorities worldwide recommend consumption of trans fat be reduced to trace amounts. Some other risked being studied are:

* Alzheimer's Disease: A study published in Archives of Neurology in Feb 2003 suggested that the intake of both trans fats and saturated fats promote the development of Alzheimers.

* Cancer: One study has found connections between trans fat and prostate cancer as well as breast cancer.

* Diabetes: There is a growing concern that the risk of type 2 diabetes increases with trans fat consumption.

* Obesity: Research indicates that trans fat may increase weight gain and abdominal fat, despite a similar caloric intake.

* Liver Dysfunction: Trans fats are metabolized differently by the liver than other fats and interfere with delta 6 desaturase, needed for normal function.

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Iron

by Angela Poch, NC

STRESS MANAGEMENT
NERVE FUNCTION
IMMUNE SYSTEM

Can you get enough on a vegan diet ???

You'll want to learn how it affects your health and happiness.

WHY?
SOURCES FOR?
HOW MUCH?

IRON

Iron is the blood builder. It is vital in creating hemoglobin, which keeps your blood full of oxygen. This in turn gives you energy and a healthy skin color. When iron levels get low, you start to feel tired because of the lack of oxygen delivered to organs and tissues. See "What About Anemia" for more info.

How much do we need?

Sixty to seventy percent of the iron in our body is found in the blood hemoglobin. Your body's total iron is about 3 to 4 grams, not much more than a small nail. Also, the body recycles much of the iron from cells when they are broken down. So how much do we need?

The RDA & RNI recommends:

14-25mg for women; 9-14mg for men, 11 to 15mg for teenagers, and 6 to 9mg for children.

Iron Absorption Issues

Some foods are reported to block the absorption of iron. These include coffee, tea, egg yolks, and milk. Some vegetables, like spinach, that are high in oxalates have been reported to be iron absorption inhibitors, however other research suggest this is so limited it is of little concern. See ** under sources.

Likewise some foods help aid the absorption of iron. Eating foods high in vitamin C, such as citrus fruits or bell peppers, at the same time you eat iron-rich foods can help your body absorb the iron better. Most vegetarians eat plenty of fruits and vegetables and on average get more vitamin C, thus are able to absorb more iron from plant foods. This explains why vegetarians do not get iron deficiency any more than the general population, as found in numerous studies across the globe, such as:

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Dairy & Iron

The erroneous message of drinking milk to increase your iron is not only a myth, less than 0.08mg of iron per serving, but is injurious especially to infants (not breast milk). A significant number of babies have blood in their stool if fed milk before 4 1/2 months old and toddlers with high milk intake are at risk for iron deficiency and excessive caloric intake. Milk, or rather casein (found in cheese too), inhibits iron absorption from good iron sources.

Sources - Isn't meat the best source?

There are two forms of iron. Heme iron, found in animal tissue, and non-heme iron found in plants. Your body can use both!

Meat is one of the most available sources of iron, when it is cooked lightly and fresh, but there are health implications with improperly cooked meat. Meat with heme iron has a 10 to 35% absorption rate, while plant foods with non-heme iron range from 2 to 20%. That dramatic range comes from the phytates, which reduce absorption, and Vit C, which increases absorption, as mentioned before.

Vegetarians who omit beans from their diet should keep an eye on their iron levels and sources.

Sources for Iron

*Applesauce (cooked in cast iron)	100g	7.4 mg
Lentils, cooked	1 cup	6.6 mg
Spinach, cooked	1 cup	6.4 mg
Quinoa, cooked	1 cup	6.3 mg
Tofu (about 1/3 cup)	4 ounces	6.0 mg
Great Northern beans	1 cup	5.0 mg
Lima beans, cooked	1 cup	4.4 mg
Swiss chard, cooked	1 cup	4.0 mg
Prune juice	6 ounces	4.0 mg
Black beans, cooked	1 cup	3.6 mg
Blackstrap molasses	1 Tbsp	3.6 mg
Pinto beans, cooked	1 cup	3.5 mg
Chickpeas, cooked	1 cup	3.2 mg
Potato	1 large	3.2 mg
Kidney beans, cooked	1 cup	3.0 mg
Beet greens, cooked	1 cup	2.7 mg
Tahini	2 Tbsp	2.7 mg
Peas, cooked	1 cup	2.5 mg
Cashews	1/4 cup	2.1 mg
Bulgur, cooked	1 cup	1.7 mg
Raisins	1/2 cup	1.6 mg
Soy Milk	1 cup	1.6 mg
Almonds	1/4 cup	1.5 mg
Most raw berries	1 cup	1.3 mg
Green beans, cooked	1 cup	1.2 mg
Sunflower seeds	1/4 cup	1.2 mg
Soy yogurt	6 ounces	1.1 mg
Tomato juice	8 ounces	1.0 mg
Sesame seeds	2 Tbsp	1.0 mg
Banana	large	1.0 mg
Brown rice	1 cup	1.0 mg
Whole wheat bread	1 slice	0.8 mg
Enriched Pasta	varies see package	

**Cooked in Cast Iron see over*

What about anemia?

Fatigue, looking pale, weakness, shortness of breath, headaches, light headedness, cold hands and feet, brittle nails, unusual cravings for ice or dirt, poor appetite are all symptoms associated with iron deficiency and anemia.

The Mayo Clinic states 1 in 5 women are iron deficient, and of course most of them are omnivores not vegetarians. Lack of iron in the diet is the most common cause of iron deficiency, but there are a few others as well. Excessive menstrual periods, ulcers, tumors, colon polyps, or other internal bleeding can also cause anemia.

The clinic also states: "You can be mildly deficient in iron and not develop anemia. Iron deficiency leads to anemia when the body lacks sufficient iron to make adequate hemoglobin. Without enough hemoglobin, your red blood cells are smaller and paler than normal, and they can't carry adequate oxygen to your tissues." Without oxygen you feel tired and can have many of the above symptoms.

The body stores iron in the liver, spleen, bone marrow, and muscles. You can get low iron stores and not necessarily have anemia, but you need those stores. (Especially pre-menopausal women.) Some of the tests your doctor can do: hemoglobin, hematocrit, iron, red blood cells (RBC), ferritin, transferrin, total iron binding capacity (TIBC) and mean corpuscular hemoglobin (MHC).

What about Cast Iron Pans?

Yes, you do get iron from using cast iron pans. Just a few comparisons:

	Amount in 100g Raw	After Cooked in Cast iron
applesauce	.35mg	7.38mg
spaghetti sauce	.61mg	5.77mg
spanish rice	.87mg	2.25mg
pancakes	.63mg	1.31mg

Basically foods high in acid pull the iron out of the cast iron skillet or dutch oven. This is ONLY for cast iron, and the effect can be lessened over time with very old cookware. It is safe and usable iron, a lot better for you than cast aluminium which is harmful to ingest.

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DISCLAIMER

Natural sources of iron are available in the careful vegan's diet.

100% Natural!
100% Good!

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Music & the Mind

by Angela Poch, NC

MEMORY

BRAIN FUNCTION

MOTIVATION

Keeping the mind under your control and improving brain function...

You'll want to learn how music affects your mind.

WHY IS IT GOOD?

WHAT KINDS?

WHEN?

Music for the Mind

Introduction

Music. The wonder of sound - melody, harmony, and rhythm. It brings rest to the weary, energy to the tired, and enjoyment to all.

Some benefits of music (mostly classical studied):

- Increased milk production in humans and cows
- Increased plant growth
- Pain reduction
- Improved brain function (in several capacities such as: memory, cognitive function, literacy, verbal memory, general memory*, visiospatial processing*, mathematics, IQ*, and more.)
- Evoked various emotions (pathos)
- Reduced stress, anxiety, etc.
- Improved melatonin levels* (helping with sleep and depression)
- Combined with exercise it improved verbal fluency

Some of these benefits* come only with playing and singing music, others can be achieved just by listening. A combination of both listening and playing is the best approach to optimal brain health.

What is Music?

Music is a complex system of molecules in the form of waves connecting with your ear and your brain's interpretation of those forces. Sound, unlike light, is a physical reaction from the source affecting the destination (the cochlea).

Music has several basic parts: pitch, key, contour, rhythm, tempo, meter, and intervals. Each of these affect similar or different parts of the brain. Key and contour affect the temporal lobe. The Basal ganglia is involved in rhythm, tempo and meter and so on.

Good, well written music combines each of these parts into a whole in harmony with each other. How would it sound to sing "Marching to Zion" in 3/4 time (as a waltz) or in a minor key or slow as a funeral procession? In music, dynamics (how we accent a phrase) are also important.

How it affects the mind

The mind interprets and is affected by music based on several different factors such as: what music you have been exposed to and how much you've been exposed to it. The advanced musician actually 'hears' more harmony than the unlearned ear. Different styles of music affect individuals differently, but there are some commonalities that remain for us all.

Fast tempo's (for the sake of simplicity I am using this term loosely) can raise the heart rate, raise blood pressure, and impart energy (by how the mind reacts to the music being played or sung). Even cognitive function is increased with some of the more energetic forms of music. Slow songs lower the heart rate and blood pressure, while relaxing us. But it is not tempo alone that affects us.

Harmonies and melodies activate the temporal lobes and can help brain damaged persons perform tasks which they could not perform without music. Music can also increase endorphin levels, those happy hormones, decreasing the need for pain medication. It can regulate many different stress hormones and it can boost the immune system. Bass notes carry a lot of energy, and the brain uses them as the framework for the piece of music, with the melody in the fore front.

Major and minor scales. Major keys are generally perceived as happy, while minor keys as sad. Even small children recognize sounds as sad or happy, something quite intuitive. But is a minor, or sad sound bad? No, a minor key adds a sober touch, and when used appropriately it can give reverence to a song like "O Come, O Come Immanuel." There are many soft, slow tempo songs that are not in a minor key that also produce a sombre, relaxing effect. "I Come to the Garden Alone" or "I Must Tell Jesus."

Timbre is the sound that distinguishes one instrument from another. Timbre helps give an overall "feel" to a piece, thus it is the most imortant part of determining a "style" of music. A Rock song wouldn't be "rock n roll" with a string quartet playing. Yes, you would recognize the melody, but the timbre would be completely different.

Emotions change from day to day. Some days we are under more stress, some days we are tired, some days we are rushed. Music needs to be appropriate to the situation, much like calorie intake. This doesn't mean we let our emotions choose music for us. Principle should dictate the best course. When we are down cast or tired, we need stimulating music, perhaps "Marches in C Major" by Mozart. And conversely when we are running in all directions, something more soothing is required. Thus we can use music consciously to control our own emotional state. Good music should produce emotions, or pathos. But we should determine what emotion it stimulates.

But music should not be allowed to run our emotions out of our own control. Hypnotic states, aggressive emotions, and other negative effects are used by the music master Satan to increase violence, make wrong seem funny or right and reduce inhibition to sin.

And it is not always 'bad' music that is the trouble, sometimes it is good music at the wrong time that can produce the undesirable effect. Many documentaries use classical and other music to sway the viewer to accept an error (by the weight of importance) or to laugh (which is a form of acceptance) at poor principles.

Is there 'bad' music?

It is clear music has a direct physiological and psychological effect on our minds. So, what is the best music for the mind? It depends. What kind of answer is that? The best one. Let me explain.

First you should know the music that has been studied the most in relation to the brain is primarily western music. (Classical, most of Europe, all North American (non-native) are all considered western music.)

Volume alone can make a difference. Loud music is not only linked to hearing loss, but actually has an impact on the brain chemistry. The neurons fire at their maximum rate. In fact, one study showed that low doses of MDMA (or a drug called ecstasy) did not modify brain function until loud music was played. The effect lasted up to five days after the initial experiment (more than even a high dose of the drug which lasts only one day). How loud did they experiment with? 95dB, the volume of big truck, by the way a typical rock concert is 120dB. Even some fortissimo's (extra loud, usually short

in duration) in a classical music hall, depending on the proximity of the musicians can get up to 100dB. (Just for reference, a quiet room is about 35dB, and a normal conversation is 50dB.)

The second danger in music is improper rhythm and timbre. So, what is improper rhythm? An excessive &/or repetitive rhythm that fights the melody or overpowers it is the simplest explanation. Or a lack of rhythm, such as New Age music. Lack of a noticeable rhythm, like found in New Age music, reduces the frontal lobe function and can lead to trance-like states. On the other hand, heavy dominate rhythms, like in most heavy/hard rock and rap music can also cause reduced function. Just some of the studies on hard rock/rap/acid music found:

- Reduced breast milk production up to 50% less
- Nausea, stomach cramps, panic attacks.
- Enhances suicidal tendencies (especially heavy metal)
- Ultra & infra sounds (inaudible) can destroy brain cells
- Fainting, hallucinogenic reactions
- Leads to reduced frontal lobe function
- Disrupts RNA (a chemical messenger vital for memory)

So while there are some benefit to ALL music if the listener enjoys the music, including new age, rock, rap, and jazz, we need to be aware of the problems and dangers of music. And we need to realize how and when we listen to it also is important.

The Mozart Effect

Music is not a cure all as suggested by some. Some are professing great cures, while others fail to get the same results in later experiments. Music does have a place in regulating brain activity which helps in many diseases and painful conditions. Our bodies are multifaceted and we often need more than one "cure" so to speak. Diet, exercise, prayer, and yes, even music can all work together to improve our health.

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DISCLAIMER

This handout is intended to offer general information which is subject to change. This information is not intended to diagnose, treat, or cure any disease.

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Nutrition for the Mind

by Angela Poch, NC

OMEGA 3
FOLATE
TRYPTOPHAN
AND MORE...

Food is a delightful part of life that gives strength to the body. But it can also be a vital link to mood, depression, and other areas of the mind...

WHY?
WHAT SOURCE?
HOW MUCH?

The body needs many nutrients, but we are going to isolate a few important ones for brain and mind health, such as:

- Omega 3
- Tryptophan
- Folate
- B vitamins
- Antioxidants like Vit A, C & E

Information in your brain is in the form of nerve impulses that go through various cell walls or membranes.[2] Membranes are almost entirely made up of fat, and about 20% of that fat is essential fatty acids such as Omega 3.[3] Folate helps in the production of new cells and the maintenance of them. [4] It is also needed to make DNA and RNA, the foundation of the cells,[5] along with other cells and functions. This water-soluble B vitamin is especially important in brain health. [6] What about folic acid? That is a synthetic form of folate found in supplements and used in the fortification of foods. [6]

The brain also needs neurotransmitters such as serotonin to make the connections between nerve endings. Serotonin is produced from tryptophan. [7]

Nutrition and the Mind

Those with low dietary folic acid[8] and/or B_{12} have increased amounts of homocysteine. Research has found elevated levels of homocysteine, an amino acid, causes cell damage in various parts of the body, including the hippocampus (where memory is located). Folate works together with B_{12} in DNA synthesis and red blood cell production.[9] In addition, low folate levels put you at risk for heart disease and decreased cognitive function.[10]

The B vitamins are often called the *STRESS* vitamins. Each one has its function in the health of the body and specifically on the cells in processing amino acids. The B Vitamins control the neurochemicals through enzymes.[11] The various B vitamins are also important for memory and cognitive function[12], better known as learning and thinking.

As for antioxidants, they are involved in protecting the cells as well as many other functions and have been found to decrease the risk of heart disease and stroke. [13] One potato has 45% of your required vitamin C, red bell peppers are very high in vitamin A, and sunflower seeds have vitamin E, just to name a few sources of antioxidants.

The fuel for the brain is glucose. Now, contrary to what you may think, sugar is not the best form of glucose. It is too concentrated, too refined, and causes a surge in the body, leaving the brain with less energy than when it started.[14] The best source of glucose is carbohydrates. Good old fruits, vegetables, and whole grains. Makes you wonder about those low-carb diets. Not only do fruits, vegetables, and whole grains provide the carbohydrates needed for all body functions, they also provide the needed vitamins and minerals too. Sugar can't do that.

Oxygen is critical for cell life, and within five minutes of oxygen deprivation cells in the brain start to die.[15] What has that to do with nutrition? Plenty. Oxygen is carried to the brain via blood vessels. If those vessels are restricted, the blood is restricted, and of course then less oxygen is getting to the brain. What causes such a restriction? Cholesterol. (There are other conditions and problems as well, but this is the most common.) Cholesterol is linked to atherosclerosis (narrowing of arteries) and what you eat affects your cholesterol levels. Eating food with cholesterol or saturated fat in them are the worse offenders.[16]

The good news -- NO plant based food has ANY cholesterol in them and most are low in saturated fat. So eat your veggies!

OMEGA 3 SOURCES**

- Flaxseed
- English walnuts
- Canola oil
- Walnuts
- Soybean oil
- Green soybeans
- and in some amounts in other foods such as Tofu, Red Peppers & Onions.

The top three sources are flaxseed, walnuts, and canola oil. Of course whole foods are best for optimal health, but you can use oil in moderation, and canola is very high in omega 3. It is also resistant to high temperature making it a safe oil to cook with. NEVER let any oil smoke! As for fish, where is that on the list? First of all only some fish are high in omega 3 and many or even most of those fish are also high in mercury according to the US government, as well as other toxins.[17]

TRYPTOPHAN SOURCES**

- Tofu
- Roasted Pumpkin Seeds
- Gluten Flour
- Sesame Seeds
- Almonds
- Black Walnuts
- Black-eyed Cowpeas
- Bananas

Tofu is one of the highest sources at 747mg per 100 grams of Tofu. Pumpkin seeds and gluten flour are over 500mg per 100g.

MELATONIN SOURCES **

- Tart cherries
- Oats & Barley
- Corn & Rice
- Tomatoes
- Bananas
- Sunflower seeds & Almonds

Melatonin is need to make serotonin. This list is not exhaustive, and the body makes its own melatonin as well as getting some from food.

FOLATE SOURCES**

- Black-eyed cow peas
- Lentils
- Navy Beans
- Green leafy vegetables
- Legumes (beans)
- Oranges
- Avocados
- Broccoli
- Beets
- Sunflower seeds
- Sesame seeds
- Whole grains
- Bananas
- Potatoes and many more

Get lots of veggies and you'll be fine for folate. Often it is non-vegetarians that lack this nutrient.

*The "numbers" of how much per serving are left off. For more details go to www.nal.usda.com , see also the references**.*

For FREE recipes:
www.TheVegetarianCookingSchool.com

B6 VITAMIN SOURCES**

- bananas
- chickpeas
- potatoes (cooked)
- avocados
- figs
- orange juice
- brown rice
- sunflower seeds
- watermelon
- raisins
- navy beans (cooked)
- lentils (cooked)
- and many more

As you can see the vitamins and minerals you need are in abundance in plant foods. Notice the banana keeps showing up. Maybe we should say "A banana a day keeps the Doctor away."

OTHER VITAMIN SOURCES**

As long as you are eating several servings of whole grains and vegetables daily you will get enough Thiamine, Niacin, Pantothenic Acid as wells as most other vitamins and minerals.

Avoid refined pasta and flours and other processed foods and you will be on your way to ensuring an ample supply of vitamins. Refined and processed foods are high in calories, often high in fat, and low in vital nutrients for the body. It is possible to overeat, be overweight, and be under nourished.

B12 is still a bit of a mystery. At this time it is best to supplement until further research is done.

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This handout is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about nutrition and health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

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Protein

by Angela Poch, NC

BODY BUILDING
GROWTH & REPAIR
ENERGY & ENZYMES

Can you get enough on a vegan diet ???

You'll want to learn how it affects your health and happiness.

VEGANS?
SOURCES FOR?
HOW MUCH?

Protein

Protein, amino acids, the building blocks for the entire body. It is one of the 3 macronutritents (along with carbohydrates and fat) needed for life. About 65% of the protein found in the human body is in the muscles, thus protein is associated with strength. Interestingly the body makes it's own protein, over 50,000 different ones, using the amino acids found in the foods we eat.

Muscles in the body do not happen just from eating muscles (meat). Abundant weight bearing exercise combined with a balanced diet is needed to make muscle tissue and to enhance it's strength. Proteins are used in the growth and repair of tissue in the body. Just about every cell needs protein in one way or another, and many of the hormones in our bodies are proteins, such as insulin.

How much?

The RDA established by the National Research Council recommends 0.8 grams of protein for every kilogram (.36 gram per pound) of body weight or 50 to 65 grams per day for an average adult. If recovering from an injury or muscle loss the body may require more. Another measurement for appropriate protein amounts in the body is percent of calories, 8 to 10% of daily calories should be protein, the remaining 90% should be carbohydrates and fat.

Where does a vegan get their protein?

From grains, nuts, seeds, and legumes. Most plant foods have some protein in them. See the SOURCE CHART on the next page for a list of foods and their protein amounts. Want a quick menu? Half of a cantaloupe, a bowl of oatmeal, about 1.5 cups, with 4 Tbsp of chopped walnuts, 1 cup of soy milk, and you have over 30 grams just in breakfast. Eat a big bowl of chili (1.5 cups) and a thick slice of bread for lunch and you add 23 more grams. There you've covered it in just two meals!

Isn't Animal Protein better?

While there is some truth to the fact animal protein is more easily absorbed (90 to 100%), that can actually be more of a problem than a benefit.

Most people in industrialized countries suffer from excess protein, animal protein in particular. In fact, most Americans consume 105 to 120 grams of protein per day, remember we only need 50 to 65 grams, that is twice the recommended amount.

All of the unneeded protein is stored as fat, which has implications of its own like heart disease, obesity, and so on. Obesity is fast becoming a major epidemic. But excess protein has direct implications as well. It causes stress on the kidneys, produces ammonia (toxic to the system and linked to colon cancer), increased calcium loss, increased phenol levels (implicated in bowel cancer), linked to kidney stones, increased blood cholesterol levels, and B6 deprivation.

Complete Protein Facts & Myths!

A complete protein is one that contains all 9 (some say 8) of the essential amino acids, called essential because we must ingest these

amino acids. There are another 13 (this number keeps increasing as scientists learn more) amino acids needed to build proteins, but your body can manufacture them itself.

Most animal products, but NOT all (ie. beef is low in tryptophan), contain most these amino acids and are considered complete proteins, while plant foods miss one or more. Grains are low in lysine, but legumes are not. Legumes are low in methionine, but grains are not.

Back in the 70's a lady named Frances Moore Lappe published a book "Diet for a Small Planet". She said vegetarians should combine foods to create a complete protein at each meal. Charts were developed and devotes made. But, in 1988 the American Dietetic Association said as long as all 9 of the amino acids are eaten in any given day (not meal) then the body is smart enough to combine them itself. And in the 10th Edition of "Diet for a Small Planet" Frances renounced the theory.

Unfortunately, the myth continues. (Much like Darwin.) Doctors, dieticians, nutritional websites by the droves confirm as long as you get all the amino acids in one day you're just fine. And unless your a fruitatarian, raw-foodist, or never eat grains, you don't even have to worry about it. You are naturally going to get a mix if you eat a variety of foods as has been stated again and again by vegan nutrition experts. But if you are still worried about it, just make sure you eat beans and rice in the same day OR bread and nuts in the same day. Grains + Nuts or Grains + Legumes. That's all there is to it!

Peanut butter sandwich anyone?

PROTEIN SOURCES

Food Item	Serv.	Pro-tein
Almond butter	2 Tbsp	5
Almonds	1/4 cup	8
Bagel	1 med.	9
Black beans, cooked	1 cup	15
Black-eyed peas, cooked	1 cup	11
Broccoli, cooked	1 cup	4
Brown rice, cooked	1 cup	5
Buckwheat flour	1 cup	15.14
Bulgur, cooked	1 cup	6
Bulgur, cooked	1 cup	5.61
Bulgur, dry	1 cup	11.7
Cashews	1/4 cup	5
Chickpeas, cooked	1 cup	12
Cornmeal, regular	1 cup	17.21
Cornmeal, whole-grain	1 cup	9.91
Gluten or Seitan	3 oz	31
Kidney beans, cooked	1 cup	13
Lentils, cooked	1 cup	18
Lima beans, cooked	1 cup	10
Mushrooms, canned	1 cup	2.92
Mushrooms, cooked	1 cup	3.39
Peanut butter	2 Tbsp	8
Peas, cooked	1 cup	9
Pinto beans, cooked	1 cup	12
Potato	1 med.	4
Quinoa, cooked	1 cup	10
Soy milk, commercial	1 cup	7
Soy yogurt, plain	6 oz	6
Soybeans, cooked	1 cup	29
Spaghetti, cooked	1 cup	8
Spinach, cooked	1 cup	5
Sunflower seeds	1/4 cup	6
Tofu, firm	4 oz	11
Tofu, regular	4 oz	9
TVP, cooked	1/2 cup	8
Veggie baked beans	1 cup	12
Wheat flour, whole-grain	1 cup	16.44
Whole wheat bread	2 slices	5

Protein amount is listed in grams.

DNA & Protein

DNA is the code which enables our bodies to build protein molecules from the amino acids. It is so complex that some scientists have become creationists after studying the DNA process.

For more information on the complexity of the human body's mechanisms that produce protein check out a couple resources:

www.leestrobel.com

www.AnswersinGenesis.org

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DISCLAIMER

This handout is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about nutrition and health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Natural sources of protein abound in the vegan's diet.

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Rest

by Angela Poch, NC

REBUILD
REJUVENATE
RESTORE

SLEEP
RELAX
RECREATE

We've all heard it, "get to bed early."

But what if you can't fall asleep or you wake up several times each night?

Help is just inside...

REST

Yearly - Recreate Yearly or monthly we need some recreation time to completely rid ourselves of the daily grind, the bills, the hassles. This rest is a time to debrief your mind.

Weekly - Revive The weekly cycle is a quandary to evolutionists. It has no bearing on astronomy and yet for centuries societies have followed it. In fact, when France tried a 10 day work week, it cause all kinds of problems. We need a break from our jobs, school, chores, and other daily grinds that go on and on. One journalist from the National Geographic study on longevity said they felt the Sabbath the way the Seventh-Day Adventist keep it, is one of the keys to a long healthy life.

Daily - Relax & Rejuvenate We need a few moments each day to meditate and just slow down. This is more for the mind than for the body's health, but even still it is important. Prayer time is an essential part of this process. And of course we need sleep every night to let the body rebuild and restore.

The importance of sleep Rest during sleep enables your body to repair cells, process information from the day, and improve the immune system. Our cognitive function is significantly reduced well we do not get enough sleep. In fact, the body will manually start to shut down if you try to not sleep in as little as 17 hours. This "shut down" is similar to drinking alcohol. Seventeen hours is the equivalent to 2 glasses of wine. How many of us health minded Christian would not get drunk, and yet we will rob our bodies of sleep and create the same effect.

The American Cancer Society found that there is a higher chance of death in individuals who sleep less than 7 hours per night (studies vary from 10% to 30%). There is even a reduced longevity for those who sleep over 9 hours per night. (There is still discussion on whether there is an underlying issue that causes more sleep or whether the act of sleeping is a factor in and of itself.)

Getting Enough We all know how important sleep is so we are sure to get enough right? Well, first of all what is enough? The National Sleep Institute says too much can be just a bad (or a sign something is wrong, as mentioned before) as too little. The recommend amount is 7 to 8 hours for adults, 9 for teenagers, 10 to 11 hours for 6 to 12 year-olds, and more for younger children. And believe it or not the hours before midnight are worth twice as much to your body.

Five steps for a good night's sleep:

1. Good preparations: Avoid eating at least 2 to 3 hours before bed, avoid caffeine entirely, and have a little quiet time before going to the bedroom to unwind before you even lie down. Don't use the bed for reading, watching TV, etc. Watch out for stimulating foods at lunch, chocolate, coffee, etc.

2. Go to bed at a regular time each night, preferably before 9pm.

3. Sleep in a dark, quiet room (especially important for shift workers), on a comfortable bed.

4. If you wake in the middle of the night, lie as still as possible in one spot and count your blessings or deep breathe. Tossing and turning will only make things worse. If you wake within 1 hour of your normal rising time, it is usually better to just get up. Don't try to get in that last hour.

5. Get up at the same time each morning, even if you went to bed late!

What about age old tips for getting sleep? Didn't grandma say have a glass of milk before bed? Some people may find the milk relaxing, but the body has to digest the food thus not getting proper rest. Not to mention more bathroom trips.

It has also been found that going to bed at the same time each night is VERY important, not only for your circadian rhythm, but to help you sleep well. But just as important as going to bed on time, is waking up at a regular time. In fact studies show it is vital for you to get up at the same time every day, including weekends, even if you go to bed late. You can't just make up lost sleep by sleeping in. Many people have trouble falling a sleep or staying asleep because of this alone.

Breaking the Bad Patterns

Need help to break bad bedtime habits like not falling asleep until midnight or waking several times during the night? Try this effective program.

1. First night, go to bed when you are tired.

2. Get up as soon as you wake, or at your alarm time (5 to 7am is best), even if you only got 2 hours sleep!

3. Next night try to go to bed by your bedtime and get up as soon as you wake or your alarm time. You may have to repeat until you sleep through the night.

National Sleep Foundation offers help & tips (202) 347-3471
www.sleepfoundation.org

Getting Sleep - Quick Tips

MUSIC: Music helps increase melatonin, which is directly linked to having a good nights rest. So sing during the day and sleep sweet at night. You need to participate in the music, sing or play with it.

MODERATE EXERCISE: Strenuous exercise will stimulate the body and keep it active, however a light walk can reduce stress and help aid sleep.

MOTIONLESS: Sleep experts recommend you lying a still as possible while trying to fall asleep.

MAKE UP: Don't go to bed angry. Make amends with those who you've had conflicts with, and when you can't, give it to God.

MAKE-OVER: An orderly room can have a calming effect and make it more pleasant to be in the room even with your eyes closed.

MEDITATION: Relax, de-stress, with Christian Meditation - prayer. Prayer has been shown to lower blood pressure and decrease stress.

MINIMIZE FOOD: Don't eat a heavy meal a few hours before bed. It disrupts sleep to have your digestive tract working at night.

MARGINAL LIGHT: Keep your room as dark as possible. Not only does it help keep your eyes closed and give your body the sense of "time to go to bed," but it helps with melatonin production - good for tomorrows sleep.

MATTRESS: You may need a new one. If it is too soggy or too hard your body roams around trying to get comfortable.

MANAGEMENT: Stay on schedule. Re-program your circadian rhythm by staying on schedule and getting bright sunlight or use a light box.

MONOTONOUS: Don't read, watch TV, or talk in bed. This is not the time for stimulating the mind. Sleep experts suggest only sleep in your bed to train your brain this is what you are here to do.

Melatonin & Sleep

Melatonin is a hormone that rises in the evening usually around 9pm (now you know why 9pm is so important) and aids you with sleep. It is the rest and relax hormone so to speak.

So, why not take it via a pill to help you sleep each night? Here are some reasons to be cautious when supplementing: Your body may significantly slow down its own production of melatonin; many manufacturers use synthetics; too much of it can cause depression; and since melatonin not well regulated the dose listed may not be accurate.

The GOOD NEWS is your body makes melatonin from serotonin (which comes from tryptophan) in the pineal gland. Tryptophan is found in various foods such as almonds, tofu, and gluten. You can also get melatonin directly from food, like bananas. Your body also makes melatonin directly in the eye as long as there is darkness, hence, when we sleep at night. (If you work shifts, it is very important to darken your room as best as you can.)

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So you can sleep like a baby.

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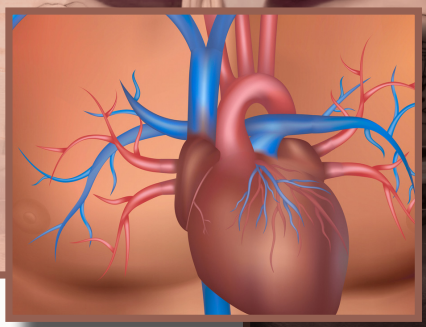
Sodium & Hypertension

by Angela Poch, NC

HOW DO I AVOID IT?

HOW MUCH IS TOO MUCH?

WHAT CAN I DO?



Sodium is a necessary element in our diet, but too much of a good thing is no longer a good thing. Find out just how much is too much and more …

Hypertension & Sodium

In layman's terms Hypertension is a chronic problem with elevated blood pressure. Hypertension is classified as either essential (primary) or secondary. Essential or primary hypertension means that no medical cause can be found to explain the raised blood pressure. Secondary hypertension indicates that the high blood pressure is a result of (i.e., secondary to) another condition, such as kidney disease or tumours (adrenal adenoma or pheochromocytoma).

About 90-95% of hypertension is essential hypertension[1,2], meaning it is not related to a particular medical condition. So, what is causing most hypertension?

There are no direct causes identified in the medical community, but there are many risk factors such as sedentary lifestyle,[3] overweight[4] (more than 85% of cases occur in those with a body mass index greater than 25 see side chart),[5] salt (sodium) sensitivity,[6] alcohol intake,[7] and vitamin D deficiency.[8]

So, getting enough sunlight or Vitamin D supplements, and avoiding alcohol take care of 2 factors. What about the other three?

Lets start with sedentary lifestyle and obesity because these two are very often connected. Exercise will help both of these. An active lifestyle not only helps you lose weight but it help with stress, circulation, and much more.

Obesity will also need diet control such as limiting fat, especially saturated fats, eliminating dietary cholesterol (animal products), and eating more whole foods. This help tremendously with weight loss and control.

So what about salt?

Sodium, the chemical name for salt (OK table salt is actually sodium chloride), is abundant in animal foods, but it is also used as a seasoning. Process foods are the greatest culprits. And while we MUST have sodium, along with potassium, for nervous system function, we can get too much.

Evidence from a variety of sources shows that too much sodium can contribute to increased blood pressure.[9]

But not everyone is affected by salt in the same manner. Studies suggest that about 50% of hypertensives in the United States are sensitive to sodium.[10] But whether you are directly affected or not, too much is not good for you, and if you are sensitive, you may need even less than the RDA.

How much salt is too much? The RDA recommends up to 2,300mg per day. (Unless your doctor is recommends less!!!)

So, how do you reduce the salt in your diet?

Read the labels.
Measure the salt you use.
Use other seasonings.

Read the labels. You may be surprised just how much sodium is in the foods you eat. An apple

only has 5mg, but apple pie can have up to 800mg!! That is more than one third of your target amount for the entire day.

Measure the salt you use. Instead of using the salt shaker freely, add a measured amount to your food, make sure the total sodium between the food you eat and the salt you add are under your target amount. This is easier if you are on two meals per day, you know it needs to be under 1150mg per meal. For those eating three meals keep it under 767mg per meal.

Use other seasonings that are lower in sodium. I don't mean chemical salt substitutes. Use herbs and other seasonings. We have several recipes online: www.TheVegetarianCookingSchool.com, but here is one for you to try.

Seasoning Salt

1 1/2 cups sea salt

1/2 cup onion powder
1/4 cup garlic powder

1/4 cup paprika
1/4 cup raw sugar, optional
1/2 tsp cayenne pepper
1/4 cup basil

Process briefly in food processor and store in airtight container in cupboard. Serving size 1/2 tsp. (You can reduce the sodium even more by reducing the salt to 1 cup.)

564.3mg sodium per serving
(Half that of salt alone!)

BODY MASS INDEX

So what exactly is BMI? It is a number calculated from a person's weight and height. This helps determine an idea of how much you should weigh, but keep in mind, it is just a base figure to help give you an idea. Don't fret over exact numbers!

Formula - USA
Weight in lb x 703/ Height in inches^2 (^{2} or squared is number times itself)
Example: A person weighing 150 lbs and is 5' 5" (or 65").
150 x 703 / (65 x 65) = 24.95

Formula - Canada
Weight in Kg/Height in M^2
Example: A person weighing 68kg and is 165cm (1.65m).
68 / (1.65 x 1.65) = 24.98

There are FREE online calculators.
Here is one: http://www.nhlbisupport.com/bmi

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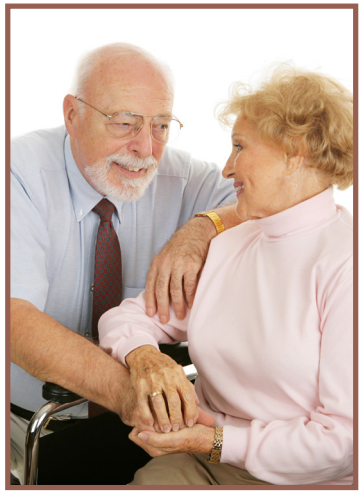
Get started now on the road to a healthy lifestyle!



It's not too late!

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STRESS Management

by Angela Poch, NC

PEACE

LONGEVITY

ENERGY

Life is full of surprises but that doesn't mean it has to be full of stress. At least not negative stress. Flip the page to learn more…

WHY?

WHAT IS IT?

HOW TO CONTROL IT?

SWEET SOOTHING SOLUTIONS

Stand up: And get some exercise. This will pump up the endorphins and reduce the built up stress hormones coursing through your veins.

Simplify: Clutter takes up space and time. Excess stuff can be physical, too many clothes, or mental, baggage from years gone by. Unload every unnecessary thing. Do a little each day, start in your fav room.

Schedule: Prioritize the important things and put those into the schedule first. Then add the necessities - food, sleep, exercise, and work. Notice work is last. If you have a heart attack or never see your children, what good is work?

Sea Breeze: Fresh air and deep breathing are great tools to reduce blood pressure and other effects of stress. Air blowing over moving water is rich in negative ions which are helpful too.

Solar Power: Like exercise, the sun has many benefits for mental health.[1] It will also add a little serotonin (the happy hormone) to your day!

Sound sleep: Sleep is needed in the production of melatonin, which is vital in the body's arsenal of stress coping mechanisms.

Song: Singing helps re-direct thoughts. Making music can improve mood, and can even reverse stress genes[2].

Service: Doing something for someone else.

Self-examination: Are you causing your own stress? Expectations, Erroneous thoughts, and Ego can all play a part in stress.

Spiritual: When POW's are asked what is the most important thing, "faith in God" is the answer. [4]

Sabbatical: Take a trip, a few days or a few hours, in nature. Nature has healing properties.[5]

Sabbath: A day of rest from the cares of the world is one of the factors in longevity and health according to National Geographic.[6]

Sacrifice: Remember what God has done for you. An Attitude of Gratitude can go a long way.

STRESS

Good or bad stress is here to stay. Good? Yes, stress can be good for you. But when is it not good for you? When it is continual, chronic, and/or negative.

So what is stress? Your car breaks down on the freeway? Your doctor says, you have cancer? Believe it or not, these are not stress, these are stressors. Stressors are things that produce a reaction in your mind and body. This reaction is stress. The first phase of stress is the alarm reaction with an increase in blood pressure, heart rate, and blood flow to active muscles, but with a decrease in blood flow to other areas like the kidneys. This is the flight or fight response, and when it is short term, it is not harmful.

It is when stress is prolonged that it creates problems such as fatigue, poor concentration, depression, anxiety, tension, irritability, anger, muscle pain, and even lowers the function of the brain.[7]

A stressor can be in any form. Physical - a dog bite,

mental - death of a friend, chemical - caffeine, poor diet, and so on.[8]

The first thing you can do is write out your most common stressors. Be specific. What is causing you the most distress? Are there any you can eliminate? Reduce? Change?

But what about the stressors that may be buried beneath our coping mechanisms. Interestingly enough we can help ourselves even if we can't identify all the stressors in our lives. Gillian Bethel, Ph.D. discovered clients at a lifestyle center were often relived of their stress with exercise, rest, and a good diet before they even got to her for stress counselling.[9]

So the second step is a healthful diet and active lifestyle. Low fat, high fiber, lots of fruits, grains, legumes, and vegetables. For more information on a healthy lifestyle go to www.VeganNutrition4U.com (You don't have to be vegan, to use the information on this site).

The third step is to tune your thoughts. (See the box below.) What we think, is what we are. Our thoughts about events are more important than the events themselves. That is why two children can grow up under the same terrible circumstances and one is grossly affected while the other goes on fine with life.

The final step is to find your Sweet Soothing Solutions. You may need 1, 5, or 10 of the ideas listed in the box on the left. Each one is a study in itself. Try them all!

TUNE YOUR THOUGHTS WITH TRUTH

As you identify your stressors you need to learn how to live with the ones that you cannot change. This is not ignoring or avoiding, which can make the situation worse, but adapting. First of all, you need to analyze and control your own thoughts.

ABC thinking as psychologists put it. A- Activating Event (stressor) --- B- Beliefs and Self-talk (about that event) --- C- Consequences (the emotions and behaviors that arise from the belief and self-talk about the event). Example: A-Activating Event = You are in a car accident. B-Beliefs = You believe that it will cost $1000's of dollars to fix, you'll miss work, perhaps get fired and lose your job. C-Consequence = You become worried, distressed, and angry. Ok so now you know what goes on in your brain, how do you do something about it? D-Dispute the belief. Will the car accident really cause you to lose your job? Is losing your job the end of the world? Can you find a cheaper way to fix the car, or perhaps purchase another used one? The questions and answers will be different for you, but the process is the same.

We tend to let our thoughts run a muck with distortions and exaggerations which create our beliefs. (Beliefs do NOT refer to your religious persuasion, although they can affect it.)

...continued on reverse page.

There are 10 major cognitive distortions[10] (some are interrelated):

- All-or-nothing thinking - everything is black or white (i.e. Either I get straight A's or I'm failing.)
- Overgeneralization - once a failure, always a failure (i.e. Since I failed algebra in Grade 10, I will fail in 11 too.)
- Negative mental filter - remember only the bad experiences (i.e. On our vacation we got a flat tire, junior spilled his juice, we ran out of money, it was just awful.)
- Disqualifying the positive - discredit the good (i.e. I didn't do that much. Anybody can get B's in school.)
- Mind reading - predicting bad events (i.e. Dad's going to give it to me when I get home. She hates me.)
- Magnifying the negative - put too much importance on a bad event (Example of the car accident above.)
- Emotional reasoning - using feelings without logic (i.e. I feel depressed, therefore I am miserable.)
- Should and must - making demands (i.e. He must buy me flowers if he loves me.)
- Negative labeling - name calling (i.e. I'm stupid. What a screw-ball.)
- Blaming - total blame on yourself or someone else for an event. (i.e. If he wouldn't throw his socks on the floor, I wouldn't get angry.)

This just scratches the surface of CBT - Cognitive Behavior Therapy, which is a proven therapy to help stress, anxiety, and depression. It is consistent with the Bible and can be done by yourself.

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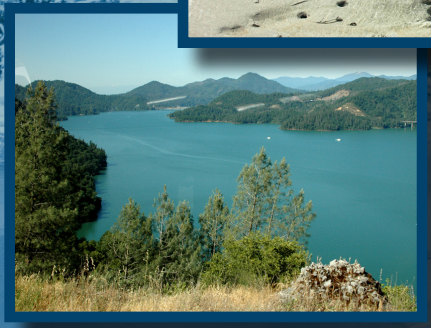
Water

by Angela Poch, NC

REFRESHING
RESTORING
READILY AVAILABLE



Full of life giving properties, water is an essential part of life. Turn the page to learn just how vital water is to your health and tips to make it all practical…

WHY?
WHAT FOR?
HOW MUCH?

Water

Truly the most amazing molecule of life is water. Two hydrogen atoms and one oxygen bound by polar covalent bond. With a pH of 7, it is neither acidic or alkaline, but neutral. [1] Water freezes at 0°C, boils at 100°C, and weighs 1 kg for every liter. While we can go weeks without food, months without love, years without doctors, we can only go days without water. It is second only to the air we breathe. We are about 60 to 80% water, the brain is about 85% water. A few things water does (not a complete list):

- Aids red blood cells in collecting O_2. [2]
- It is used in every cell, every body function, every muscle, and every joint. [3]
- Needed to make neurotransmitters - like serotonin. [4]
- Needed to make hormones - like melatonin. [5]
- Water helps with sleep. [6]
- Prevents toxin & waste build up. [7]
- Aids in weight loss - helps with appetite control, prevents water retention, and decreases fat deposits. [8]
- Increases the ability of the immune system - even helping reduce some cancers. [9]
- Memory & brain function.[10]
- Helps keep blood at proper viscosity which can help reduce risk of: stroke, heart disease, hypertension, and diabetes.[11] (Women who drink 5+ glasses of water/day are 41% less likely to die from a heart attack. [12])
- Helps to dilute the bile in the gall bladder, thus reducing the risk of gall bladder diseases. [13]
- Helps to reduce risk of kidney stones. [14]
- Aids in the elimination system. [15]
- Aids in lubricating the body. Dehydration causes fatigue, headaches [16] (the body robs the brain to eliminate toxins), dry skin, mental dullness, and much more.
- It helps keep the body fluids at homeostasis. When the composition or volume of these fluids change, even by a little, disease sets in. [17]

Pop, coffee, tea, wine, or beer cannot do these functions. But they are mostly water aren't they? While that may seem logical, it is not necessarily right. In fact these substances which contain caffeine or alcohol are diuretics. [18]

In other words they deplete water from the body. In addition they are loaded with calories, chemicals, and sugar which leads to weight gain and blood sugar upsets. [19]

For every cup of soda, beer, or coffee you need an additional cup of water. [20] Because they contain chemicals, good and bad, the body must filter them out before using the water, putting more work on the digestive system including the liver.

HOW MUCH?

Just a small 2% loss of body weight in fluid will cause difficulty breathing and muscle fatigue. With a 4% loss, there is extreme fatigue and light-headedness. Over 6-8% loss can result in death. [21] So, how much do you need? Well a good rule of thumb is about half your body weight in ounces. [22] For example: If you are 120lbs that is 60oz or just under 8 cups. If you are 200lbs that is 100oz or just over 12 cups, check with your doctor as needed. For those using metric - The formula is your weight in Kg x 34 = ml needed per day.

Remember, you will need more if you're nursing a baby, running a marathon, or sunbathing on the beach. When drinking copious amounts of water be sure you do not deplete your electrolytes. More common with athletes or in the summer, but can happen to anyone.

KIND OF WATER?

What about what kind of water. First of all, any water is better than none. There is bottled, spring, distilled, well, reverse osmosis, chlorinated, and so on. The best water is the one that is as natural as you can get, filtered (charcoal or ceramic) for bacteria and other critters. Chlorinated water is linked to cancer in the bladder, breast, colon, and rectum.[23] Chlorine can be removed with a charcoal filter or left overnight in an open jug.[24] Fluoride also has its problems, so reverse osmosis in this case is a good choice. [25]

Temperature of water is important too. Cool or warm water doesn't shock the system like ice cold water. Very warm water first thing in the morning helps the circulation, as well as the elimination, to get going.

GETTING ENOUGH?

Many of us know we need water. Many of us know how much water we need. And yet many people simply don't get enough. So, here are a few tips. When you first wake up in the morning, drink 2 cups of warm water. You can add a little lemon juice to the water, my husband enjoys this. Then fill a water bottle with the amount of water you need for the day. KEEP it by your side. You may even need to write reminders out - Drink at 9:00am, 11:00am, 3:00pm, etc.

Quit drinking water 30 minutes before eating and wait at least 1 hour after. You may need even longer if you have any problems with digestion. [26] When you're hungry between meals, drink water; when you have a head ache, drink water; when you are tired, drink water; when you are feeling depressed, drink water. As you hydrate you will find your body will thank you with energy, vitality, and life.

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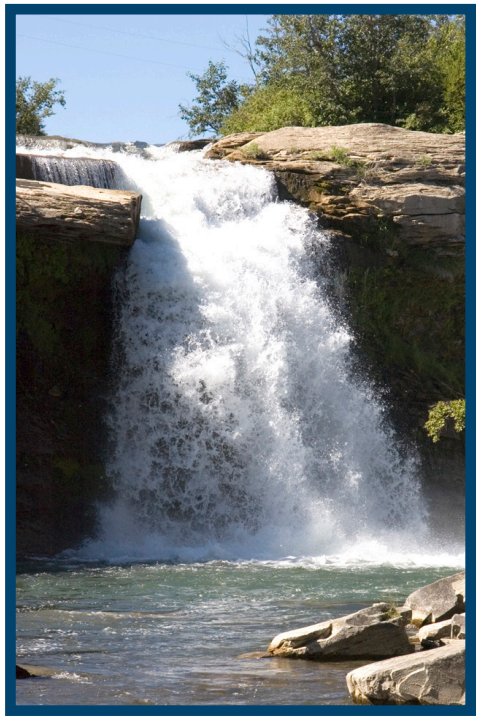
DISCLAIMER

This handout is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about nutrition and health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Carry your bottle, drink your water, revive your body!



PS: Give thought to the promise in John 4:14

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