

## The goodness of grains

Grains are the most widely consumed food staples in the world. They are the seeds and fruits of cereal grasses and grow in a wide variety of climates. Whole grains are an easy and important way to add good nutrition to any diet, as they provide complex carbohydrates, protein, fiber, vitamins and minerals. Some grains have been shown to help with various health concerns such as heart disease, obesity and chronic disease.

Here is a quick snapshot of some grains and how they are beneficial for most diets:

**Brown rice.** This grain is extremely high in fiber, minerals and has nutrients essential for strong teeth, nails, muscles, bones and hair. It helps strengthen the spleen and nourish the stomach. It also stops diarrhea, relieves thirst and helps reduce irritability.

To help with diarrhea, grind 3 tablespoons of brown rice with 1 teaspoon of charcoal (you can find this at your local health food store). Take 1-2 teaspoons of this mixture, up to 3 times per day. For weak digestion, cook (simmer) 1 cup brown rice with 4 cups water for about 2 hours with 1-2 teaspoons each of cardamom, fennel seeds and orange peel.

**Buckwheat.** Another good source of fiber, buckwheat is gluten-free and has a hearty flavor. You can use this grain to replace white rice in cooking recipes. This grain helps strengthen the stomach, stops dysentery and helps lower blood pressure.

To help alleviate high blood pressure, make a tea from buckwheat and lotus root. Grind up 1 teaspoon each, place inside tea strainer or tea bag and add 1 cup boiling water. Resteep tea up to 3 times.

**Millet.** This is another gluten-free grain and one of the oldest grains consumed by humans. Millet helps stop vomiting, soothes morning sickness and relieves diarrhea. It is also a grain that

supports diabetic health. It is one of the best grains for those who have candida.

Make a porridge out of millet by following package suggestion, add candied ginger chopped up with a dash a cinnamon. To support diabetic health, steam millet with jujube dates and yams, and eat it a few times per week.

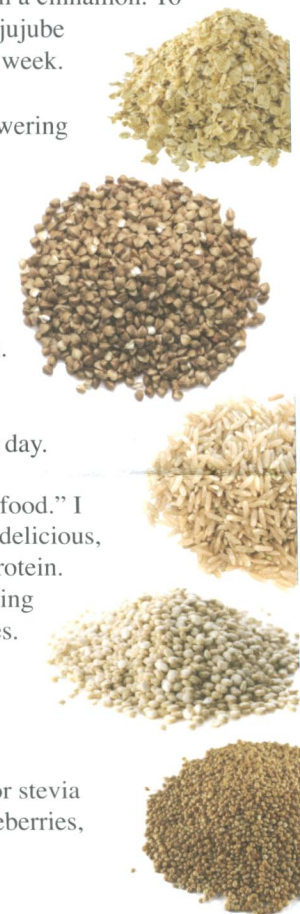
**Oats.** Well-known for their cholesterol-lowering soluble fiber, oats support the spleen and stomach and are used as a calmate. They are high in calcium, potassium and magnesium, with lots of vitamin B complex - all of which are vital to a healthy nervous system. In addition, sprouted oats can be used to stop lactation.

To help stop lactation, boil a handful of sprouted oats and drink 1 cup, 3 times per day.

**Quinoa.** This grain is considered a "superfood." I encourage you to learn more about it. It's delicious, easy to digest and loaded with fiber and protein. It may be effective in preventing and treating arteriosclerosis, breast cancer and diabetes.

Add quinoa to your diet as a breakfast cereal. Rinse quinoa until clean. Simmer 1 cup quinoa with 2 cups water for 15-20 minutes. Add a pinch of licorice powder or stevia sweetener with 2 tablespoons each of blueberries, pear and finely chopped cooked yams.

Sources:  
Body Ecology Diet, Donna Gates, 2006.  
The Tao of Nutrition, Maoshing Ni, 1987.  
Healing with Whole Foods, Paul Pitchford, 1993.



# Releasing Toxic Emotional Baggage

As the equinox approaches, the energy of spring begins to rise up from its winter slumber along with our liver energy. This is a great time of year to purge and release any emotional baggage that may be weighing down you and your liver. Spring cleaning isn't just for your closet anymore - it's also appropriate, if not a necessity, for your mind and body.

Emotions are mental stimuli that play a major role in our lives and are necessary for human interaction and connection. But when they are negative or long lasting, or when we express specific emotions for extended periods of time, they can cause disease and illness. Unresolved emotions can affect various organ systems in the body, leading to imbalance.

When the liver is affected and out of balance, it can lead to irritability, a negative outlook and physical symptoms such as blurred vision, nausea, headaches, indigestion and muscle stiffness. Being mindful of our emotions and how they affect us physically is a great start to leading a balanced life.

If we have emotions that have lingered for months or years, they may have become toxic and may need to be purged. Releasing toxic emotional baggage is a great way to boost your health and free your mind for more positive experiences that may be waiting for you. When you release pent-up anger, frustration, jealousy, fear or any other negative emotion, you will feel as though a weight has been lifted. You also may feel less stressed, tired and anxious in your own life.

Here are a few tips to release toxic emotional baggage:

- **Notice your breath.** Taking a few moments, two to three times per day, to notice your breath and repeating "Inhale the belly rises, exhale the belly falls" will release tension and feelings of frustration or anger. It will also help quiet your mind and relieve anxiety.
- **Integrate a yoga practice.** The stress and strain of holding on to old emotions can make you rigid and inflexible not only in mind, but in body. Yoga practice will help your body become more flexible, and your mind will follow.
- **Perform a shouting ritual.** In her book *Four Seasons of Inner and Outer Beauty*, Peggy Wynne Borgman describes a ritual that helps make room for more positive information. Begin by taking a few minutes of relaxed breathing. Notice any areas where you have tension, acknowledge these areas, take a deep breath and yell - loudly - with intensity from your gut. Repeat a few times and come back to your breath, relaxed and calm.



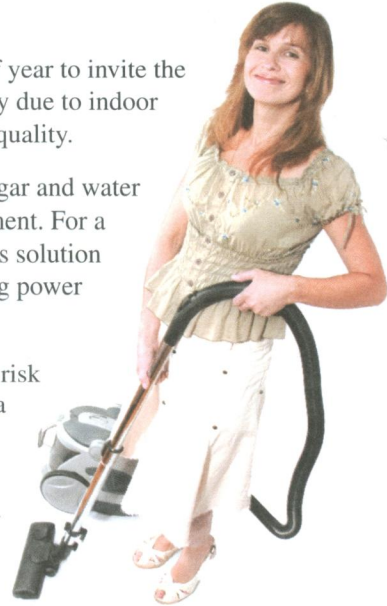


# Four Easy Tips to Detox Your Home

After a long winter of drawn shades and tightly secured windows, it's time to take a weekend or two to ready your home for spring. Here are four easy tips to help detoxify your home and bring it back to that clean, bright sanctuary you know it can be:

1. Open those windows. With temperatures warming and the days getting longer, it is the perfect time of year to invite the fresh air in and push the stale, dirty air out. Indoor air pollution can be double what it is outdoors, mostly due to indoor cleaning products and air fresheners. Opening your windows will dramatically improve your indoor air quality.
2. Get rid of harsh, toxic cleaning products. Using vegetable-based cleaning products and good old vinegar and water to clean your house will have a big effect on indoor air quality as well as a kinder effect on the environment. For a good cleaning mixture, use one half-cup of vinegar for every half-gallon of warm water. You can use this solution for wood floors, appliances, mirrors, windows, you name it. Need something with a little more scrubbing power for your tubs, sinks and toilets? Use baking soda to help with the scrubbing instead of Comet.
3. Make the change to natural fibers. Switching to organic cotton for towels and sheets will reduce your risk of pesticide exposure. Also, switching out your vinyl shower curtain for one made of cotton will create a healthier environment while you relax in the shower, and it will last longer because you can wash it.
4. Purify your water. Using a filtration system will reduce the amount of chemicals in your water and give you peace of mind about the water you are putting into your body. You can also get a filter for your shower to remove harsh chemicals used to treat our water supply. Leaving your skin feeling healthier.

Changing your cleaning rituals may seem like a daunting task, but starting out with these few easy steps will help create a healthier environment for you and your family. You'll be glad you made the change.



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