

Fall '04

Recipe

Roasted Cauliflower Salad

8 servings, 85 calories per serving

Ingredients

- 1 Head Cauliflower
- fi Red Bell Pepper
- fi Yellow Bell Pepper
- 1 TSP Sea Salt
- 2 TBSPS Chopped Garlic
- 4 TBSPS Olive Oil

Instructions

- 1 Preheat oven to 425 degrees
- 2 Cut cauliflower into small florets and slice peppers into thin strips, lengthwise.
- 3 Combine salt, garlic, and olive oil in a large bowl. Add cauliflower and peppers; toss until well coated.
- 4 Place on a baking sheet lined with parchment or waxed paper. Roast until cauliflower is tender and begins to brown, about 10-15 minutes. Serve hot or cold.

Order your Seasonal Cookbook(s) today for \$20.00 each, or 60.00 for the complete set of four. Call 800-682-4348



Patricia Fabie

NUTRITION NOTES

The Buzz on Caffeine

By Brenda Jaeck, Certified Holistic Health and Nutritional Counselor.

Many people find it difficult to function without that cup of coffee (or tea) in the morning. What, besides waking us up, does caffeine really do?

Caffeine has many ill effects. Just of few of them include:

- ▶ **Emotional Disturbances:** Anxiety and irritability are common known effects of caffeine consumption; it can also cause depression and attention disorders.
- ▶ **Gastrointestinal Problems:** Coffee (including decaf) is very acidic - this can be troubling to the entire digestive system, especially the stomach.
- ▶ **Nutritional Deficiencies:** Caffeine inhibits the absorption of some nutrients and leeches other nutrients from the system.
- ▶ **Stress:** We live in a world with a lot of stress. Caffeine exacerbates this by causing the body to excrete stress hormones; sometimes creating increased anxiety, irritability, muscular tension and pain, indigestion and insomnia. In addition continued consumption can lead to adrenal exhaustion leaving you vulnerable to other health related disorders such as inflammation, autoimmunity and fatigue.
- ▶ **Cardiovascular Problems:** Caffeine increases heart rates and elevates your blood pressure; as a result it can contribute to heart disease.
- ▶ **Blood Sugar Swings:** Diabetics and hypoglycemics should avoid caffeine because it stimulates insulin production.

▶ Male/Female Related Problems:

Studies have shown that men significantly increase their risk of developing urinary or prostate problems. Several problems have been linked to women's caffeine use; these include fibrocystic breast disease, PMS, osteoporosis, infertility problems, miscarriages, low birth weight infants, and it can exacerbate menopausal symptoms.

▶ **Aging:** Caffeine dehydrates the body and contributes to the aging of the skin and kidneys. It also slows the detoxification process of the liver.

Remember, caffeine is a foreign substance - something your body does not easily know how to assimilate. As such, imagine how much energy is used to process it internally - perhaps if energy was not used in this way - caffeine would not be needed in the first place!

So what should we drink? Herbal tea is a nice alternative for a hot beverage - there are many invigorating choices - peppermint, for example, is a great pick-me-up. Or, try our Ananda, Jiva and Moda New Age Health Spa signature teas. These exotic and delightful blends contain fruit, herbs, nuts and sometimes a hint of chocolate or mint. They are a healthy and delicious alternative to caffeinated beverages.

For further information see Stephen Cerise's book entitled Caffeine Blues, Wake up to the Hidden Dangers of America's # 1 Drug. ■

FALL CLEANSE

Cleanse your body, de-stress and get on track with your dietary goals before the holiday season begins! Fasting with a diet of fresh fruit and vegetable juices, potassium broth, wheatgrass juice and our special fasters soup can strengthen your willpower, help with portion control and assist you in making healthier choices when you return to eating. Our Mini Week format allows you to fast for several days, and to break the fast gradually with guidance. The program includes a fasters' orientation, daily group activities and two free spa treatments valued at \$150. ■

Fall Juice Fast Mini Week

October 24th-29th, 2004