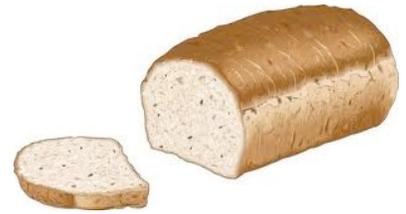


Goo - Be - Gone

And, I don't mean the liquid label remover.

I mean **BREAD**



See the list of the 10 Most Addictive Foods, on page 6 in Volume 4. Keep in mind wheat is not the same wheat our grandfathers grew and our grandmothers cooked with. It has been genetically altered to the extent that we are simply eating dangerous chemicals in the form of pesticides. And, keep in mind we don't walk 20 miles a day and no longer have to wash clothes in a washtub or on the riverbank. We no longer have to slave in the hot sun out in the fields all day long. We sit at our desks all day and strain our brains and our eyes -- so feed those parts of your body with healthy nutrients you'll find in WHOLE (ONE INGREDIENT) foods.

Normally I would pass on a headline that read "Drop your first 10 pounds in just 14 days", but being the holidays I couldn't resist.

"When we asked cardiologist William Davis, MD, what the worst food is for your belly—and your heart—he didn't spend long thinking. His answer: Wheat. In his own practice, his patients who stopped eating wheat lost an average of 26.7 pounds without even trying! And according to a Mayo Clinic and University of Iowa study, test subjects lost an average of 27.5 pounds each."

In my opinion, and that of Dr. Andrew Weil, we should opt out of all flours, wheat or not. Once you remove the shaft of any grain you have removed the fiber and nutrients. That is why they call it fortified

because they must add the nutrients back in **artificially**.

My personal experience, when I learned not to add fats when eating grains and legumes (dried beans), it was really tough. I loved bread and didn't think I could ever learn to eat it without butter, or good olive oil with herbs, meat drippings or fat of any kind. But I learned quickly that VEGGIE are a great substitute for both bread and butter. I learned quickly to prepare veggies without fat by adding wonderful herbs and spices. Tomato juice or homemade veggie broth are e-z and taste sooooooooooooo good!

I learned to use FRESH parsley, the flat leaf Italian kind, in almost everything. It is sooooooooooooo fresh and adds a real note of elegance to any dish. I keep it on my kitchen counter and all fresh herbs (just like fresh flowers) in glasses of varying sizes with a little water to keep them fresh, changing the water and snipping the ends of the stems every couple of days.

About the same time I discovered FRESH lemons and now keep (all) citrus on my kitchen counter to enhance my everyday cooking.

But back to bread be gone -- I just couldn't give up BREAD it was the love of my life. So I decided to make my own to eliminate all the additives and preservatives and to use WHOLE grain FLOUR.

REMEMBER what Maya Angelo says . "*When we know better, we do better.*"

Bread Be Gone (continued)

I purchased a small bread machine, not inexpensive, but what I thought to be a good investment in my health. Within a year I gave it away. I found on the days I ate bread, again NO fat but with lots of veggies, that I was lethargic and just not up to par. Whereas on the days I ate NO bread but rather ate healthy fats, proteins and lots of veggies I had more energy and generally felt much better. So I was able to wean myself off bread and found I felt much better. I have never been tested for sensitivity to wheat or gluten but I know that my body responds much better without grains of any kind.

For a couple of years I would occasionally have Steel Cut Oats cooked in Skim Milk, see my recipe on page **51 Volume 5**. But again found I was hungry as a bear within the hour. Not satiated as most people say they are when eating WHOLE grains. So grains are just not for me. Learn to LISTEN to your own body and LISTEN to your children and watch their behaviors when they eat different foods. Wish I had listened to my son when he was young, it would have saved our family a lot of heartache.

This summer I slipped back into an old habit of LOVING cheese with cubes of fresh cantaloupe and then this fall with fresh California grapes. That is the ONLY time I buy grapes. I know it is true not to eat fats with high sugar fruits. ONLY eat fresh berries with fats and protein, as they are high in fiber and low in sugar. All other fruits should be eaten ALONE after you have digested (3 hours) your last meal and at least 1 hr before your next. This allows the sugars to be burned

immediately as energy and not attach themselves to fat cells and stay stored in the body as extra fat.

Today before taking a bite of something I know not to be good for me, I ask, "Is it worth the price I have to pay"? The answer is always NO.

I decree -- to be more AWARE of my choices and do more PLANNING AHEAD to avoid the pitfalls of not having healthy choices INSTANTLY available.

One example is I ALWAYS carry RAW **organic** nuts in my car, in my workbag, my purse and if you work in an office keep them in your desk. A handful will stave off the urge to snack on unhealthy choices. They keep me out of the drive-thru lane and away from vending machines.

Do the research for yourself and see what works best for you. Start with a food diary (1 \$ note pad) writing down EVERY THING you put in your mouth including water. Add notes later, about how you felt. Were you satisfied for how long? Were you sluggish and tired or were you vibrant, energized and happy?

We don't need to reinvent the wheel, just get the old clunker running smoother and faster.

How people treat you is their karma.
How you react is yours.
~Unknown Source

It takes two people to fight,
but only one to end the fight.
~Alan Cohen