



## Health & Fitness

By: Christine McInnes

*Disclaimer: This newsletter is based on the information I have discovered through my passion of health and fitness. I am not a health professional. Seek the advice of your physician before starting a new diet and/or exercise program.*

### “The Revolution of Farming” Why Organic?

When I think of organic foods, I think of my grandfather, not because he is on an all natural organic diet but I recall a discussion we had pertaining to the importance of organic foods. “You’re wasting your money on that (crap)! Look at me! I’m in my 70’s, healthy and I never had to worry about whether or not my food is organic. I just eat it!” And he is absolutely right. He is 79 years young, in great shape, runs in 5k road races and very active. He also had the opportunity to live in the United States while there was nothing but real food in the market place. Factory and Industrial farming was not a thing of the past. Everything he ate was organic and wholesome without having to be labeled as such. Today, the average food in the market place is saturated with pesticides, antibiotics, hormones artificial colors/flavors and is so processed that companies need to refine them to add nutrients back in that have been stripped.

According to an article written in the New York Times titled “Children’s Life Expectancy Being Cut Short by Obesity”, we have shown a decrease in life expectancy for the first time in United States history. In the article, Dr David S Ludwig predicts that today’s generations of children are going to live up to 5 years less than we are expected to live. He says “We are in the quiet before the storm... you don’t see much public health impact now but years from now it is going to translate into emphysema, heart disease and cancer.” Our children are not the only ones who are in calm before the storm, everyone who participates in an un-healthy diet face life threatening risks.

Our diet is indeed killing us and it’s killing the planet too. Earlier this month, the Center for Disease Control and

#### **Don’t Get Bugged**

##### **By Insecticides**

Source: “Vegan Handbook”

**Wash fruits and vegetables using diluted soap (or water and vinegar) and peel them completely to remove surface residue.** Keep in mind that peeling may remove some of the nutritional value and will not affect the residues that may have been introduced systemically into the produce

**Buy certified organically grown fruits and vegetables.**

If a local market doesn’t carry organic food, see the produce manager about offering organic foods.

**Select baby foods carefully.** Earth’s Best is one company that provides baby food made with organically grown produce.

**Peel waxed produce if possible.** Waxing can trap food pesticides residues, naturally occurring fungi and benomyl: a fungicide that is often added to waxes to prevent spoilage during shipping.

Prevention in Atlanta released a study revealing that nearly 27% of Americans are now considered obese (that is, more than 20% above their ideal weight), and in nine states, the obesity rate tops 30%. We eat too much meat - up to 220 lb. per year for every man, woman and child in the U.S. and only 14% of us consume our recommended five servings of fruit and vegetables per day. Our processed food is dense with salt and high fructose corn syrup, two flavors we can't resist. (Time Magazine, Health Special: The Organic Food Debate, August 30, 2010)

*"If you bought a hamburger in the US 30 years ago, it would most probably have contained meat from one steer or cow, which would have been processed at a local butcher shop or small meat-packing plant.*

*Today, a typical fast-food hamburger patty contains meats from more than 1,000 different cattle, raised in as many as five different countries. It looks like an old-fashioned burger, but is a fundamentally a different thing."*

**Eric Schlosser, author of Fast Food Nation**

The fast food chain McDonalds revolutionized industrial and factory farming in the early 70's at the cost of our health, the planet and small businesses in our communities. The American mentality of **BIGGER, FASTER, MORE**...altered the quality of our foods without the consumers realizing it. A lot of people picture the way farms used to be with large, grassy green fields. Animals grazing on their natural foods and farmer's out in their fields tending their crops and livestock. It's hard for us to picture over-crowded farms where the livestock may not even see the light of day. Instead, they stand in piles of waste and are fed "foods" that are not part of their natural diet such as corn, soy, byproducts, drugs and other chemicals. Fruits and vegetables are being genetically altered, made in a labs and/or being saturated with deadly pesticides. There are dyes and artificial flavors added to these foods as part of the processing procedure to make them look more appetizing and then labels with colorful pictures of farms that do not exist. If they used pictures of the farms where these products (especially meat) actually come from, you would **NOT** buy them.

It is your responsibility to put healthy food in your home, in your children's lunch box and on the dinner table. When you go shopping for food make sure you are educated in what you are buying, read labels, choose wholesome foods and stay away from the processed "foods". Remember just because something says it is organic doesn't mean that it is good for you. For example, a conventional banana is going to be more nutritious than an organic bag of chips or

## **Dirty Dozen**

*Source: Environmental Working Group*

Peaches  
Apples  
Bell Peppers  
Celery  
Cherries  
Nectarines  
Strawberries  
Kale  
Lettuce  
Grapes  
Carrots  
Pears

These fruits and vegetables are part of the Dirty Dozen because they contain up to nine (9) different pesticides per serving after washing, peeling and cooking, unless these items are grown organically.

candy. Buy local and organic whenever possible. You may also enjoy growing some of your own fruits and vegetables as an inexpensive, fun alternative. Supermarkets have the largest mark up on produce; you would be surprised how much more your money will buy at a local farm or farmer's market. This doesn't only help you and your family but it helps our environment and community as well. There is no denying that some organic food choices are priced higher than their conventional counter parts but a few extra dollars spent now for healthier food may save you and your family money in the long run when it comes to medical bills. Not to mention, how much better you will feel. Your body will run much more efficiently when you are consuming all-natural foods to fuel it. To get more detail into what happens in the large meat producing farms, watch "The Meatrix" at [meatrix.com](http://meatrix.com). It is a cartoon that gives you a little more insight without being too graphic.

## “Lifestyles (*changes*) of the Fit and Healthy”

I have had the pleasure of working and getting to know my good friend Rebbeca Miller since April of this year. We both love sharing different recipes, bringing snacks in for each other and talk about health and fitness. The funny thing is... I am a vegetarian and she has a gluten sensitivity. Because we eat foods that are wholesome, natural and unprocessed, we are able to share a lot of great tasting healthy treats. One time when we were having lunch together she had mentioned that she had recently lost at least 50 pounds and didn't always eat the way she does now. I find her to be such a motivation and wanted to be able to share her story. We went to our favorite café and enjoyed our salads as she gave me more insight into her new lifestyle and what her habits used to be.

In February of 2009, Rebbeca went to the doctor who informed her that her cholesterol had reached unhealthy levels. He wanted to put her on medication but knowing some of the side effects, she didn't want to rely on drugs to lower her cholesterol and asked if there was anything else she could do. He simply replied "lose weight." Rebbeca who has tried diets in the past knew that just going on a diet would not work. She may lose weight temporarily but she wanted a fix that would last, she needed a lifestyle change

### General Questions To Ask A Farmer

*Source: [sustainabletable.org](http://sustainabletable.org)*

For more information on why you should be asking questions like the following and what you want to hear visit [sustainabletable.org](http://sustainabletable.org) and download their "Questions to Ask" guides for each type of farm listed on their web-site.

**Are your cows raised on pasture?**

**Are your cows ever given hormones, steroids or other growth promoters?**

**How much time do your chickens/turkeys spend outdoors each day?**

**Are your dairy cows fed anything besides grass and hay?**

**Are you hens ever force molted?**  
*(Force molting is the practice of starving hens for profit.)*

**Do you use chemical pesticides, herbicides or fertilizers on the crop?**

**Are any of the fruits or vegetables genetically engineered varieties?**

*NOTE: Sustainable farmers are very open about how they raise their animals and grow their fruits and vegetables. Consider asking to visit their farms to see exactly how the animals are raised and how their produce is grown. Many farmers welcome visitors....*



*Rebecca, before her lifestyle change with her parents.*

and asked to be referred to a nutritionist. During one of the first meetings the nutritionist could see Rebecca's psoriasis and informed her that she is sensitive to gluten (a protein found in wheat) which irritates psoriasis. The nutritionist educated her on how to read labels and pay attention to what she is eating because gluten is found in things you don't realize like soy sauce. The nutritionist also put together menus for her, pointed out the importance of portion size, and had her eating more frequently.

When I asked Rebecca what her diet looked like before her lifestyle change she replied, "Tons of sandwiches with lots of mayo. Many trips to fast food restaurants... I would often get a Double Stack Cheeseburgers from Wendy's. I had lots of candy, sweets, pies and brownies. I ate at bad times. Breakfast was not important to me but I never skipped my 11 pm snack. It was nothing for me to eat enormous bowls of ice cream right before bed."

Since the change in her diet was so huge, I wondered how she was able to stay satisfied, keep her portion sizes down and stick to her new diet. She said that she was so motivated in the beginning that she didn't really think about it. The nutritionist recommended eating every 2-3 hours, so when she gets hungry, it was time to eat. The fact that the weight seemed to melt off in the beginning helped too. She commented that she needs to work at it a little more now but knowing how far she has come and seeing how she feels and looks, keeps her motivated.

The word she used to describe how she feels now is "Amazing!!" She had a huge smile on her face as she said it and continued to say "I have so much more energy! My



*Rebecca Before*



*Rebecca on 8/25/10  
(Day of Interview)*

psoriasis went from thick ugly patches to barely being there. It feels so good to lose 50 plus pounds! I have a lot more self-confidence. Not to mention my cholesterol went down without medication.”

For more information or to share your thoughts, please contact me via e-mail. I would love to hear from you!!!

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To stay active she walks a 4 mile route, 3 times a week and sometimes takes her bike along that route as well. She also rides her bike to the grocery store and to do errands here and there. When it comes to goals and areas of improvement, Rebecca wants to add strength training to her exercise routine to help get rid of 10 pounds, tone up her body, increase muscle mass and protect her bones.

Her advice to you is “Know in your heart what it is that you’re capable of. Don’t go on the Hard Boiled Egg Diet because it is the latest trend. Do what you are able to do and maintain for the long run. Make it a lifestyle change... Food is something you make a decision about 3 to 6 times a day. Sometimes it is a conscious decision other times you just don’t care but ultimately you are the one who is in control.” She also stressed the importance of having a coach/support group in any form and don’t be afraid to ask for it This can be someone Online, face to face, a friend, a co-worker, your partner or a professional.

Her favorite quote is “Keep swimming!” from Nemo when he gets trapped in the net. One fish keeps yelling to all the other fish “Keep Swimming!” so that they are able to break through the net and free Nemo. It translates to: **never give up.**

### **\*\*Recipe of the Month\*\***

#### **Quinoa with Corn, Peppers, and Cilantro**

“The Best Life Diet” by Bob Greene

Quinoa has double the protein of rice and has a pleasant bit of crunch.

**Serves 4**

**½ cup uncooked quinoa**

**1 cup water**

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**1cup frozen corn kernels, such as Cascadian**

**Farm organic Super Sweet, cooked**

**½ cup chopped red onion**

**½ cup chopped cilantro**

**Juice and zest of 1 lime**

**¼ teaspoon ground cumin**

**3 tablespoons extra extra-virgin olive oil**

**Salt and freshly ground pepper**

Place the quinoa in a fine strainer and rinse thoroughly with cold water. In a small saucepan, bring 1 cup of water and the quinoa to a boil. Reduce the flame to low, cover and cook for 15 minutes, or until the grains are translucent and the germ has spiraled out from each grain. Transfer to a large bowl and chill. Add the bell pepper, corn, onion and cilantro to the chilled quinoa. Toss to combine.

In a small bowl, whisk together the lime zest, juice, cumin and olive oil. Pour over the quinoa mixture and toss well. Season with salt and pepper.

**Per serving, about:** Calories: 228, Protein: 5 g, Carbohydrates: 29 g, Dietary Fiber: 4 g, Total Fat: 12 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Calcium: 30 mg, Sodium: 11 mg.