

Packing a Healthy & Satisfying Lunch

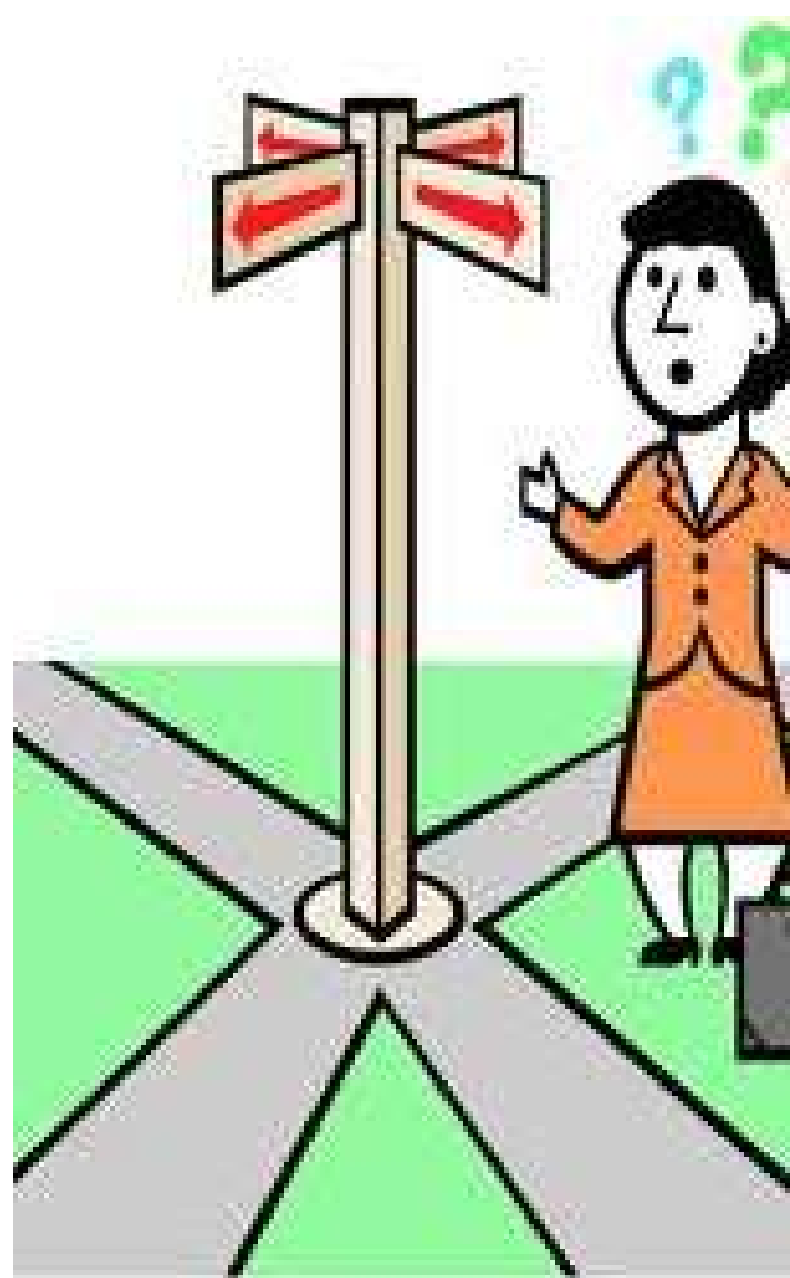
Easily done with just a little
nutritional-savvy “know-
how!”

Rebecca L. Montrone, BS - Wondrous
Roots



“Hmm...What
should I put in that
box, anyway?”

Rebecca L. Montrone, BS - Wondrous Roots



LOW FAT?
LOW CARB?
ORGANIC?
GMO'S?
WEIGHT LOSS?
DIABETES?
ARTIFICIAL SWEETENERS?
HEALTHY FATS?
UNHEALTHY FATS?
CHOLESTEROL?
SODIUM?
WHOLE GRAINS?
ETC., ETC., ETC.!!!!!!!!!!!!!!

“Please tell me!”

Rebecca L. Montrone, BS - Wondrous Roots

Many of these questions can be addressed by laying down some basic food...



Ground
Rules

My Golden Rule of Food: *“If God didn’t make it, don’t eat it!”*

Fruits & Vegetables



Meat, Fish, Poultry, Dairy



Rebecca L. Montrone, BS - Wondrous Roots

This means purchasing foods in their most basic, original, and pure forms...

Healthy Fats



Grains & Legumes



When possible...

YES to Non-GMO



NO to GMO Toxicity



Rebecca L. Montrone, BS - Wondrous Roots



PEACHES – APPLES
BELL PEPPERS – CELERY
NECTARINES
STRAWBERRIES – CHERRIES
PEARS – IMPORTED GRAPES
SPINACH – LETTUCE
POTATOES

Avoid the “Dirty Dozen”

Try to buy organic when shopping for these fruits and vegetables, which tend to retain high levels of pesticides when treated.

Rebecca L. Montrone, BS - Wondrous Roots



ONIONS – AVOCADOS
GRAPEFRUIT – PINEAPPLES
MANGOES – ASPARAGUS
SWEET PEAS (FROZEN)
KIWIFRUIT – BANANAS
CABBAGE – BROCCOLI
PAPAYAS – SWEET POTATOES
CAULIFLOWER

Embrace the “Delightful Dozen” + 2

The grocery items listed above are generally lower in residual pesticides and are usually considered safe in nonorganic iterations.

Rebecca L. Montrone, BS - Wondrous Roots



- Sugar Beets
- Soybeans
- Corn

The Unholy Trio

These three crops are the largest GMO crops. Genetic modification enables them to withstand heavy pesticide treatment with glyphosphate (Roundup).

Rebecca L. Montrone, BS - Wondrous Roots

Say YES to animal foods from animals not given hormones, antibiotics, or kept in unhealthy living conditions.

YES



NO



Rebecca L. Montrone, BS - Wondrous Roots



Rebecca L. Montrone, BS - Wondrous Roots

Stick with the “originals...”

“Yes, please.”



“No, thanks.”



Yes to THIS...



... but not to THIS!



Rebecca L. Montrone, BS - Wondrous Roots

YES!



NO!



Rebecca L. Montrone, BS - Wondrous Roots

“YAY!”



“NAY!”



Rebecca L. Montrone, BS - Wondrous Roots

You get the idea...

Yes to **THIS...**



No to **THAT...**



Rebecca L. Montrone, BS - Wondrous Roots

Here's a good tip...

**IF YOUR FOOD CAN GO
BAD, IT'S GOOD FOR YOU.
IF IT CAN'T GO BAD, IT'S
BAD FOR YOU.**

Rebecca L. Montrone, BS - Wondrous Roots

BTW – Did you know that...?



Rebecca L. Montrone, BS - Wondrous Roots

Who would eat that stuff?



Rebecca L. Montrone, BS - Wondrous Roots

In addition, due to high consumption of processed foods, it is estimated Westerners consume three times the “modern soy” of Asians...

Soy Flour



Soybean Oil



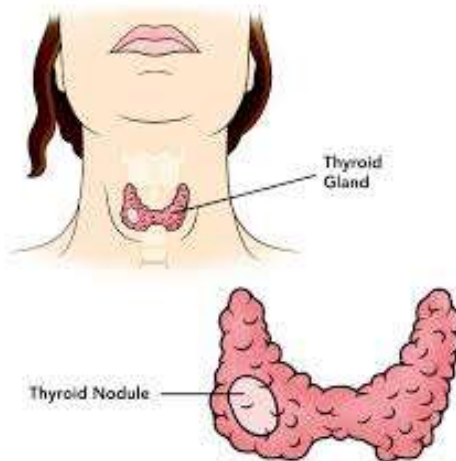
Rebecca L. Montrone, BS - Wondrous Roots

“So what’s the big deal?”



Rebecca L. Montrone, BS - Wondrous Roots

Thyroid health, for one thing...



Rebecca L. Montrone, BS - Wondrous Roots

Soybean is a “goitrogenic” food...

Goitrogens are substances which cause the thyroid gland to be unable to process iodine correctly and affect its ability to create hormones.

Soybeans and soy products such as tofu, soy protein powders, soy milk, and popular soy versions of dairy foods are some of the foods that **can decrease the function of the thyroid gland**. They contain a type of phytonutrient that blocks iodine processing, which in turn decreases thyroid hormone production.

“Safe” soy foods for everyday use are those that are fermented...

MISO



TEMPEH



Rebecca L. Montrone, BS - Wondrous Roots



Fermentation breaks down the goitrogenic phytate in soybeans

Fermented foods are also rich in enzymes and probiotics, provided they haven't been pasteurized or overheated

Rebecca L. Montrone, BS - Wondrous Roots

Another concern is the
widespread genetic
modification of soybean
crops...



Enjoy non-GMO unfermented soy foods in moderation...



Rebecca L. Montrone, BS - Wondrous Roots

Eat foods with the percentage of fat they contain in their natural state...



Rebecca L. Montrone, BS - Wondrous Roots

Surprising Contrast of Two Breakfasts

- **Low-fat yogurt, low-fat granola, apple**

- Non-sugar carbs: 29 gm
- Sugar: 45 gm
- Total carbs: 74 gm
- Protein: 17 gm
- Fat: 7 gm
- Fiber: 7.5 gm

- **Full-fat cottage cheese, raspberries, hemp hearts, walnuts:**

- Non-sugar carbs: 5.8
- Sugar: 5.5
- Total carbs: 11.3
- Protein: > 19 gm
- Fat: 19 gm
- Fiber: 6.6 gm

Display Settings: Abstract

Send to:

Scand J Prim Health Care. 2013 Jun;31(2):89-94. doi: 10.3109/02813432.2012.757070. Epub 2013 Jan 15.

High dairy fat intake related to less central obesity: a male cohort study with 12 years' follow-up.

Holmberg S¹, Thelin A.

Author information

Abstract

OBJECTIVE: To study associations between dairy fat intake and development of central obesity.

DESIGN: A prospective population-based cohort study with two surveys 12 years apart.

SETTING: Nine municipalities selected from different parts of Sweden representing the rural areas in the country.

SUBJECTS: 1782 men (farmers and non-farmers) aged 40-60 years at baseline participated in a baseline survey (participation rate 76%) and 1589 men participated at the follow-up. 116 men with central obesity at baseline were excluded from the analyses.

MAIN OUTCOME MEASURES: Central obesity at follow-up defined as waist hip ratio ≥ 1 .

RESULTS: 197 men (15%) developed central obesity during follow-up. A low intake of dairy fat at baseline (no butter and low fat milk and seldom/never whipping cream) was associated with a higher risk of developing central obesity (OR 1.53, 95% CI 1.05-2.24) and a high intake of dairy fat (butter as spread and high fat milk and whipping cream) was associated with a lower risk of central obesity (OR 0.52, 95% CI 0.33-0.83) as compared with medium intake (all other combinations of spread, milk, and cream) after adjustment for intake of fruit and vegetables, smoking, alcohol consumption, physical activity, age, education, and profession. The associations between dairy fat intake and central obesity were consistent across body mass index categories at baseline.

CONCLUSION: A high intake of dairy fat was associated with a lower risk of central obesity and a low dairy fat intake was associated with a higher risk of central obesity.

PMID: 23320900 [PubMed - indexed for MEDLINE] PMID: PMC3656401 [Free PMC Article](#)

Publication Types, MeSH Terms, Substances

LinkOut - more resources

Full text links





US National Library of Medicine
National Institutes of Health

PubMed

Advanced

Search

Help

Display Settings: Abstract

Send to:

Eur J Nutr. 2013 Feb;52(1):1-24. doi: 10.1007/s00394-012-0418-1. Epub 2012 Jul 19.

The relationship between high-fat dairy consumption and obesity, cardiovascular, and metabolic disease.

Kratz M¹, Baars T, Guvenet S.

Author information

Abstract

PURPOSE: To comprehensively review the data on the relationship between the consumption of dairy fat and high-fat dairy foods, obesity, and cardiometabolic disease.

METHODS: We have conducted a systematic literature review of observational studies on the relationship between dairy fat and high-fat dairy foods, obesity, and cardiometabolic disease. We have integrated these findings with data from controlled studies showing effects of several minor dairy fatty acids on adiposity and cardiometabolic risk factors, and data on how bovine feeding practices influence the composition of dairy fat.

RESULTS: In 11 of 16 studies, high-fat dairy intake was inversely associated with measures of adiposity. Studies examining the relationship between high-fat dairy consumption and metabolic health reported either an inverse or no association. Studies investigating the connection between high-fat dairy intake and diabetes or cardiovascular disease incidence were inconsistent. We discuss factors that may have contributed to the variability between studies, including differences in (1) the potential for residual confounding; (2) the types of high-fat dairy foods consumed; and (3) bovine feeding practices (pasture- vs. grain-based) known to influence the composition of dairy fat.

CONCLUSIONS: The observational evidence does not support the hypothesis that dairy fat or high-fat dairy foods contribute to obesity or cardiometabolic risk, and suggests that high-fat dairy consumption within typical dietary patterns is inversely associated with obesity risk. Although not conclusive, these findings may provide a rationale for future research into the bioactive properties of dairy fat and the impact of bovine feeding practices on the health effects of dairy fat.

PMID: 22810464 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms, Substances, Grant Support

LinkOut - more resources

Full text links



Save items

Add to Favorites

Related citations in PubMed

Review Review of the effect of dairy products on non-lipid risk factors for ca [J Am Coll Nutr. 2008]

Higher regular fat dairy consumption is associated wit [Nutr Metab Cardiovasc Dis. 2013]

Review Dairy consumption and metabolic syndrome: a systematic review [Obes Rev. 2011]

Review Influence of dairy product and milk fat consumption on cardiovascular d [Adv Nutr. 2012]

Review A reappraisal of the impact of dairy foods and milk fat on cardiovas [Eur J Nutr. 2009]

See reviews...

See all...

Cited by 5 PubMed Central articles

Dietary dairy product intake and incident type 2 diabetes: a prospective study [Diabetologia. 2014]

Shocking!

- “A high intake of dairy fat was associated with a lower risk of central obesity and a low dairy fat intake was associated with a higher risk of central obesity.”
- “The observational evidence does not support the hypothesis that dairy fat or high-fat dairy foods contribute to obesity or cardiometabolic risk and suggests that high-fat dairy consumption within typical dietary patterns is inversely associated with obesity risk.”

“But what about the sugar?”



Rebecca L. Montrone, BS - Wondrous Roots



April 2014 >



< Previous Article

 Full content is available to subscribers
[Subscribe/Learn More](#)

Next Article >

Original Investigation | April 2014

Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults

 Quanhe Yang, PhD¹; Zefeng Zhang, MD, PhD¹; Edward W. Gregg, PhD²; W. Dana Flanders, MD, ScD³; Robert Merritt, MA¹; Frank B. Hu, MD, PhD^{4,5}

[+] Author Affiliations

JAMA Intern Med. 2014;174(4):516-524. doi:10.1001/jamainternmed.2013.13563.

Text Size: A A A

[Article](#) [Figures](#) [Tables](#) [References](#) [Comments](#)

ABSTRACT

[ABSTRACT](#) | [METHODS](#) | [RESULTS](#) | [DISCUSSION](#) | [CONCLUSIONS](#) | [ARTICLE INFORMATION](#) | [REFERENCES](#)

Importance Epidemiologic studies have suggested that higher intake of added sugar is associated with cardiovascular disease (CVD) risk factors. Few prospective studies have examined the association of added sugar intake with CVD mortality.

Objective To examine time trends of added sugar consumption as percentage of daily calories in



Read the current issue for FREE

The JAMA Network Reader

Some tools below are only available to our subscribers or users with an online account.



Print



PDF



Email



Get Citation



Get Permissions



Get Alerts



Submit a Letter



Submit a Comment



Supplemental Content



782

Sign in

- [Sign in](#) to your personal account
- Institutional sign in: [Athens](#) | [Shibboleth](#)

Create a free personal account to sign up for alerts, share articles, and more.

Purchase Options

“Sugar blues...”

- **“Conclusions and Relevance** Most US adults consume more added sugar than is recommended for a healthy diet. We observed a significant relationship between added sugar consumption and increased risk for cardiovascular disease mortality.”

April 2014 >

< Previous Article

 Full content is available to subscribers
[Subscribe/Learn More](#)

Next Article >

Invited Commentary | April 2014

New Unsweetened Truths About Sugar

Laura A. Schmidt, PhD, MSW, MPH¹[\[+\] Author Affiliations](#)
JAMA Intern Med. 2014;174(4):525-526. doi:10.1001/jamainternmed.2013.12991.
Text Size: [A](#) [A](#) [A](#)
[Article](#) [References](#) [Comments](#)

We are in the midst of a paradigm shift in research on the health effects of sugar, one fueled by extremely high rates of added sugar overconsumption in the American public. By “added sugar overconsumption,” we refer to a total daily consumption of sugars added to products during manufacturing (ie, not naturally occurring sugars, as in fresh fruit) in excess of dietary limits recommended by expert panels. Past concerns revolved around obesity and dental caries as the main health hazards. Overconsumption of added sugars has long been associated with an increased risk of cardiovascular disease (CVD).¹ However, under the old paradigm, it was assumed to be a marker for unhealthy diet or obesity.² The new paradigm views sugar overconsumption as an independent risk factor in CVD as well as many other chronic diseases, including diabetes mellitus, liver cirrhosis, and dementia—all linked to metabolic perturbations involving dyslipidemia, hypertension, and insulin resistance.³ The new paradigm hypothesizes that sugar has adverse health effects above any purported role as “empty calories” promoting obesity. Too much sugar does not just make us fat; it can also make us sick.

First Page Preview

[View Large](#)

Read the current issue for FREE

The JAMA Network Reader

Some tools below are only available to our subscribers or users with an online account.



Print



PDF



Email



Get Citation



Get Permissions



Get Alerts



Submit a Letter



Submit a Comment

 Altmetric 173

Sign in

- [Sign in](#) to your personal account
- Institutional sign in: [Athens](#) | [Shibboleth](#)

[Create a free personal account](#) to sign up for alerts, share articles, and more.

Purchase Options

- [Buy](#) this article
- [Subscribe](#) to the journal

Related Content

Customize your page view by dragging &

“New Unsweetened Truths About Sugar...”

“**Overconsumption of added sugars** has long been associated with an increased risk of cardiovascular disease (CVD). However, **under the old paradigm, it was assumed to be a marker for unhealthy diet or obesity.** The new paradigm views sugar overconsumption as an **independent risk factor in CVD as well as many other chronic diseases, including diabetes mellitus, liver cirrhosis, and dementia**—all linked to metabolic perturbations involving dyslipidemia, hypertension, and insulin resistance. The new paradigm hypothesizes that sugar has adverse health effects above any purported role as “empty calories” promoting obesity. **Too much sugar does not just make us fat; it can also make us sick.**”

Rebecca L. Montrone, BS - Wondrous Roots

Sugar and the Immune System

- Eating or drinking 100 grams (8 tbsp.) of sugar, the equivalent of two- and-a-half 12-ounce cans of soda, can reduce the ability of white blood cells to kill germs by 40 percent. The immune-suppressing effect of sugar starts less than thirty minutes after ingestion and may last for five hours. In contrast, the ingestion of complex carbohydrates, or starches, has no effect on the immune system.

Fats – *The Real Skinny*

Rebecca L. Montrone, BS - Wondrous Roots

Short, Medium, & Long Chain Fatty Acids

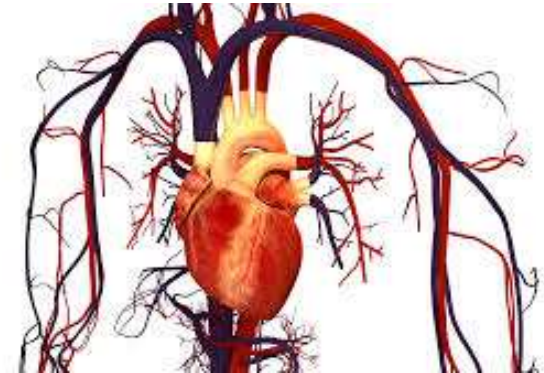
- **Short** and **Medium** chain fatty acids are absorbed into the blood stream from the gut and are transported directly to the liver. **They provide a quick energy source.**
- **Long chain fatty acids** must be emulsified in the gut by bile salts and are absorbed into the lymphatic system for delivery to the blood supply returning to the heart, and only reach the liver as part of the normal blood circulation. **They tend to be used as storage fats.**

Saturated Fats – animal and tropical fats

- Such as butter, fatty meats, animal lard, coconut and palm oils
- Saturated fats are those that remain solid at room temperature
- They are stable and resist rancidity
- The human brain boasts a saturated fat content of 66%

Some Health “Bennies” of Saturated Fats

- **Improved cardiovascular risk factors**
 - Enlarges LDL cholesterol, while it is the small particle LDL - Lp(a) - that is implicated in CVD. The only known way to lower Lp(a) is eating saturated fat
 - These fats are stable and therefore do not oxidize leading to the production of free radicals that damage the arterial epithelium



This section thanks to: TIM FERRIS:

<http://fourhourworkweek.com/2009/06/06/saturated-fat/>

Rebecca L. Montrone, BS - Wondrous Roots

○ Stronger Bones

- Calcium cannot be properly assimilated into bone without the help of saturated fat

○ Improved Liver Health

- Encourages the liver to clear its fat, which is the first step in clearing middle-area fat/increasing metabolism
- Provides protection from alcohol and drug toxicity

○ Lung Health

- For proper function, the airspaces of the lungs have to be coated with a thin layer of what is called lung surfactant. The fat content of lung surfactant is 100% saturated fatty acids. Replacement of these critical fats by other types of fat makes faulty surfactant and potentially causes breathing difficulties.

This section thanks to: *The Skinny on Fats* – Mary Enig, PhD and Sally Fallon and TIM FERRIS:
<http://fourhourworkweek.com/2009/06/06/saturated-fat>

○ Healthy Brain

- Your brain is mainly made of **fat and cholesterol**. Though many people are now familiar with the importance of the highly unsaturated essential fatty acids found in cold-water fish (EPA and DHA) for normal brain and nerve function, **the lion's share of the fatty acids in the brain are actually saturated. A diet that skimps on healthy saturated fats robs your brain of the raw materials it needs to function optimally.**



This section thanks to: *The Skinny on Fats* – Mary Enig, PhD and Sally Fallon and TIM FERRIS: <http://fourhourworkweek.com/2009/06/06/saturated-fat>

○ Proper Nerve Signaling



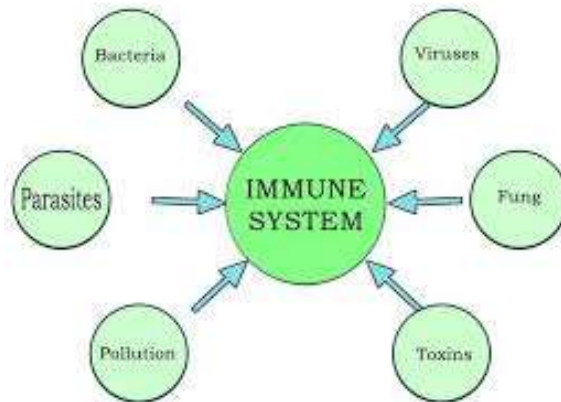
- Certain saturated fats, particularly those found in **butter**, **lard**, **coconut oil**, and **palm oil**, function directly as signaling messengers that influence **the metabolism**, including such critical jobs as the appropriate release of insulin. And just any old fat won't do. Without the correct signals to tell the organs and glands what to do, the job doesn't get done or gets done improperly.

This section thanks to: *The Skinny on Fats* – Mary Enig, PhD and Sally Fallon and TIM FERRIS:
<http://fourhourworkweek.com/2009/06/06/saturated-fat>

Rebecca L. Montrone, BS - Wondrous Roots

○ Strong Immune System

- Saturated fats found in butter and coconut oil (myristic acid and lauric acid) play key roles in immune health. **Loss of sufficient saturated fatty acids in the white blood cells hampers their ability to recognize and destroy foreign invaders, such as viruses, bacteria, and fungi.**



Human breast milk is quite rich in myristic and lauric acid, which have potent germ-killing ability. But the importance of the fats lives on beyond infancy; we need dietary replenishment of them throughout adulthood, middle age, and into seniority **to keep the immune system vigilant against the development of cancerous cells as well as infectious invaders.**

This section thanks to: *The Skinny on Fats* – Mary Enig, PhD and Sally Fallon and TIM FERRIS: <http://fourhourworkweek.com/2009/06/06/saturated-fat>

Rebecca L. Montrone, BS - Wondrous Roots

Short- and medium chain triglyceride (MCT) sources

- Coconut Oil
 - MCT
 - Thyroid support
 - Weight management
 - Immune system support
 - Prevent and even reverse degenerative brain diseases such as Alzheimer's disease
 - Instant energy that the cells can readily use

The Healthiest Fats

- **Extra-Virgin, Organic Coconut Oil**
 - Medium-chain fatty acids (triglycerides)
- **Butter**
 - Short – and medium-chain fatty acids
- **Animal Lard**
 - Short - and medium-chain fatty acids
- **Olive Oil**
 - Monounsaturated – stable at high temps
- **Avocado Oil** – for dressing & cooking
- **Walnut Oil** – for dressing, not cooking



Rebecca L. Montrone, BS - Wondrous Roots

“PUFA Problems”

Polyunsaturated Fats

- Polyunsaturated Fatty Acids as found in vegetable oils are:
 - Unstable and generate free radicals that damage our skin, arteries, organs, and that are linked to the development of cancers
 - Produce an unhealthy ratio between omega-6 and omega-3 fatty acids leading to:



Rebecca L. Montrone, BS - Wondrous Roots

- Blood clots
- Inflammation
- High blood pressure
- Irritation of the digestive tract
- Depressed immune function
- Sterility
- Cell proliferation and cancer
- Weight gain
- Thyroid dysfunction



MCTs vs. PUFAs - Weight

“Substituting coconut oil for vegetable oils in your diet will **help promote weight loss**. The use of refined vegetable oil actually promotes weight gain, not just from its caloric content but from its effect on the **thyroid and metabolism**. Polyunsaturated fats depress thyroid activity, thus lowering metabolic rate – just the opposite of coconut oil. Eating polyunsaturated fats will contribute to weight gain more than any other known fat...” “...According to researcher Ray Peat, Ph.D., unsaturated oils block thyroid hormone secretion, its movement in circulation, and the response of tissues to the hormone. When thyroid hormones are deficient, metabolism becomes depressed. Polyunsaturated oils are, in essence, high-calorie fats and encourage weight gain more than any other type of fat. **If you want to lose weight you would be better off eating lard, because lard does not depress thyroid function.**”

Eat Fat, Look Thin – Bruce Fife

Rebecca L. Montrone, BS - Wondrous Roots

What about Canola Oil?

- Canola oil is extracted from rapeseeds that have been bred to contain less of some unfavorable substances. Most of the world's canola crop is genetically modified.
- Canola oil is made with a highly unnatural processing method that involves high heat, deodorization and the toxic solvent hexane. Significant amounts of trans fats are formed during this process.



Lean towards:

- saturated fats – such as coconut oil, butter, lard, meat
- monounsaturated fats as found in olive oil and avocado oil

Healthy Fats in Summary

Rebecca L. Montrone, BS - Wondrous Roots



Try to avoid:

- Polyunsaturated fats as found in vegetable oils
- Canola oil
- Peanut oil

Unhealthy Fats in Summary

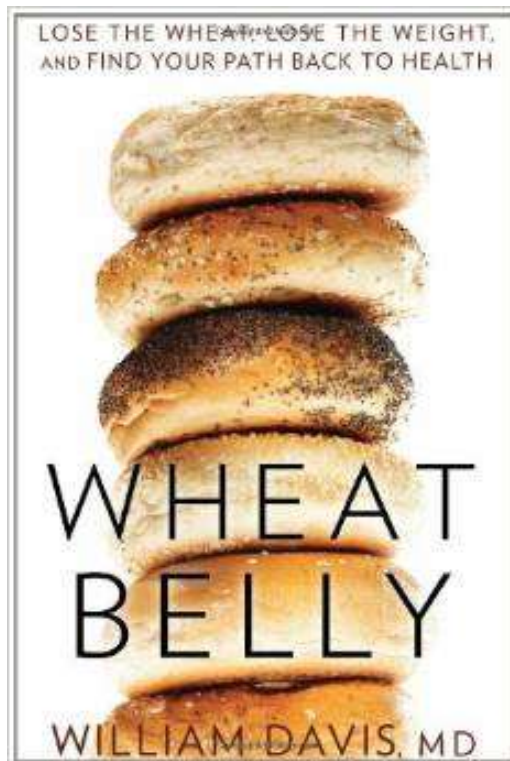
Rebecca L. Montrone, BS - Wondrous Roots



What About Bread & Grains?

Don't tell me there's more bad news!

Rebecca L. Montrone, BS - Wondrous Roots



- Modern wheat contains seven times the gluten of the ancient Einkorn wheat
- Modern wheat contains a constituent that raises blood sugar higher and faster than table sugar or even a Snicker's Bar

The problems of “modern” wheat

Rebecca L. Montrone, BS - Wondrous Roots

Then the simple issue of dietary goals...

Beyond any issues with gluten:

- Breads and grains provide plenty of carbohydrates. If you want to lose fat, then eliminating or at least significantly reducing is best.

Avoid Microwave Use!

- Microwave technology was developed to destroy the integrity of substances so they could be manipulated
- Heating and cooking with microwave technology creates cancer-causing compounds and provokes a stress response in the person consuming them
- Heating with plastic causes the synthetic estrogen content to skyrocket

WRoots Microwave [Compatibility Mode] - Microsoft Word

File Home Insert Page Layout References Mailings Review View Add-Ins Acrobat

Cut Copy Paste Format Painter Clipboard

Times New Rom 12 A A Aa

B I U abc x₂ x² ab A

Font Paragraph

AaBbCcI AaBbC AaBbCcI AaBbCcI AaBbCcI AaBbC AaBbCcI

Emphasis Heading 1 Normal Strong Subtitle Title No Spaci...

Styles

Find Replace Select Change Styles Editing

"In 1989, Swiss biologist and food scientist Dr. Hans Hertel studied the effects of microwaved food. Eight people participated in the study. For eight weeks, they lived in a controlled environment and intermittently ate raw foods, conventionally cooked foods and microwaved foods. Blood samples were tested after each meal. They discovered that eating microwaved food, over time, causes significant changes in blood chemistry: a decrease in hemoglobin and cholesterol values; in the HDL (good cholesterol) versus LDL (bad cholesterol) ratio; and in white blood cells, weakening the immune system; and an increase in leukocyte levels, which tends to indicate poisoning and cell damage.

Hertel stated, "...blood cholesterol levels are less influenced by cholesterol content of food than by stress factors. Such stress-causing factors can apparently consist of foods which contain virtually no cholesterol - the microwaved vegetables."

Russia actually banned the use of microwave ovens when their research revealed, among other disturbing findings, that heating prepared meats in a microwave sufficiently for human consumption created:

- D – nitrosodiethanolamine, a well-known cancer-causing agent
- Destabilization of active protein biomolecular compounds
- Creation of a binding effect to radioactivity in the atmosphere

Page: 1 of 3 Words: 1,031 108%

7th Grade Student Claire Nelson Discovered...

“Claire tested four different plastic wraps and “found not just the carcinogens but also xenoestrogen was migrating [into the oil]....” Xenoestrogens are linked to **low sperm counts in men and to breast cancer in women**. Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in *Options* reported “her analysis found that **DEHA (a known carcinogen) was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion.**”

Microwave Cooking is Killing You! Stephanie Relfe, B. Sc. (Sydney)

Rebecca L. Montrone, BS - Wondrous Roots



- Hemp Hearts
- Yogurt
- Berries
- Macadamia Nuts

Some SUPERFOODS

There are many, these are just
a few....

Rebecca L. Montrone, BS - Wondrous Roots

Macadamia Nuts – 5/day

- A rich source of omega-7
 - contains palmitoleic acid, a fatty acid that **quells inflammation**. Preliminary studies indicate that it also **cuts your risk of type 2 diabetes by decreasing insulin resistance**; helps **prevent or reverse fatty liver**; and lowers your levels of an inflammation marker called hs-CRP (highly specific C-reactive protein), which is associated with an **increased risk for heart attack and stroke**.

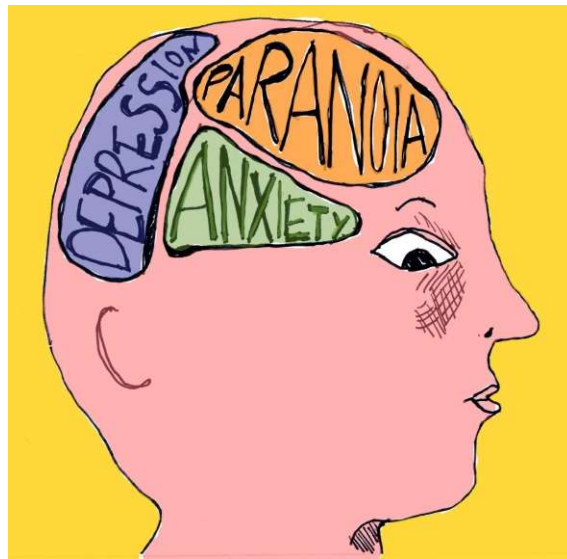
Go Yo!

Fat loss bennies of yogurt:

- Eat 18 ounces a day and you can drop a jeans size. People who ate that much -- in conjunction with cutting their total calories -- **lost 22 percent more weight and 81 percent more belly fat** than dieters who skipped the snack, according to research from the University of Tennessee, Knoxville. They also **retained one-third more calorie-torching lean muscle mass**, which can help you maintain weight loss. "Fat around your waist produces the hormone cortisol, which tells your body to accumulate even more belly flab," says nutrition professor and lead study author Michael Zemel, PhD. When you eat yogurt, the calcium signals your fat cells to pump out less cortisol, making it easier for you to drop pounds, while the amino acids help burn fat.

You Go Yo!

Mental health benefits of probiotic-rich foods...



Rebecca L. Montrone, BS - Wondrous Roots

Thanks for the feedback! [Back](#)

We'll do our best to keep ads like this out of your way in the future.

Help us show you better ads by updating your [ads settings](#).



Mobile: iPhone Android Web

Follow: Facebook Twitter Google+

Subscribe: RSS Feeds Email Newsletters

[Home](#) [HEALTH](#) [PHYSICAL/TECH](#) [ENVIRONMENT](#)

[SOCIETY/EDUCATION](#) [QUIRKY](#)

Enter keyword or phrase ...

Search

[Latest Headlines](#) [Health & Medicine](#) [Mind & Brain](#) [Space & Time](#) [Matter & Energy](#) [Computers & Math](#) [Plants & Animals](#) [Earth & Climate](#) [Fossils & Ruins](#)

Featured Research

from universities, journals, and other organizations

Save/Print:

Share:

Are probiotics a promising treatment strategy for depression?

Date: November 14, 2013

Source: Elsevier

Summary: Probiotics are not new, but their status as a nutritional buzzword is. Most folks have now heard and seen the term countless times in commercials and advertisements, as yogurt, dietary supplement, natural food product, and even cosmetic companies promote their probiotic-containing products. But what are they, and why are they important?

Share This

- > Email to a friend
- > Facebook
- > Twitter
- > Google+
- > Print this page
- > More options

Related Topics

Health & Medicine

- > [Mental Health Research](#)
- > [Chronic Illness](#)

Mind & Brain

- > [Depression](#)
- > [Mental Health](#)

Plants & Animals

- > [Bacteria](#)

Probiotics are not new, but their status as a nutritional buzzword is. Most folks have now heard and seen the term countless times in commercials and advertisements, as yogurt, dietary supplement, natural food product, and even cosmetic companies promote their probiotic-containing products.

But what are they, and why are they important? Probiotics are live bacteria that help maintain a healthy digestive system. The development and marketing of products that contain live bacteria has flourished as there is a growing perceived interest in the ingestion of 'natural foods' that might promote health.

NHV Natural Pet Products

nhvnaturalpetproduc...
Herbal Dietary

Breaking News:

Primates and Patience: Roots of Self Control

Bulk APOTHECARY

Industry Leading Prices On:

- Essential Oils
- Waxes & Butters
- Carrier Oils
- Plus Much More!

Related Stories

FDA Must Find Regulatory Balance for Probiotics

Oct. 17, 2013 — The US Food and Drug Administration should consider the unique features of probiotics, bacteria that help maintain the

But what are “HEMP HEARTS??””””



Rebecca L. Montrone, BS - Wondrous Roots

Health bennies of Hemp Hearts

- 1. **Plant Based Protein:** 30 grams (3 tbsp) of hulled hemp seeds will give you 10 grams of plant based protein. Hemp seeds provide 10 essential amino acids.
- 2. **Omega-3 Fatty Acids:** Most people aren't getting enough of those awesome natural anti-inflammatory omega-3 fatty acids. Hemp seeds are a great source of those essential omega-3s.
- 3. **Fiber:** You get 1 gram of fiber for each tablespoon of hemp seeds you eat.
- 4. **It's Hypoallergenic:** If you're gluten, soy, nut or dairy sensitive, hemp makes for a good allergy-free alternative.
- 5. **It's Full of Fabulous Nutrients:** Looking for more magnesium, manganese, zinc, calcium, iron and B vitamins? It's time to sprinkle on that hemp.

- The antioxidants in berries can help your body fight oxidative stress caused by free radicals that can lead to illness. Eating a diet rich in antioxidants can help improve your health, protect your skin and hair, and prevent certain diseases. All fruits and vegetables contain antioxidants, but nutrient-rich berries are some of the absolute best sources.



Berries are berry healthy food!

Rebecca L. Montrone, BS - Wondrous Roots



Just a Word about
Sweeteners –
“BEWARE!”

Rebecca L. Montrone, BS - Wondrous Roots



Aspartame

Aspartame is an excitotoxin...

Rebecca L. Montrone, BS - Wondrous Roots



- Gastrointestinal problems
- Seizures, dizziness, and migraines
- Blurred vision
- Allergic reactions
- Blood sugar increases and weight gain
- Recently associated with leukemia in rat studies

Splenda

Rebecca L. Montrone, BS - Wondrous Roots



Most agave syrup has higher fructose content than any commercial sweetener -- ranging from 70 to 97 percent, depending on the brand, which is FAR HIGHER than high fructose corn syrup (HFCS), which averages 55 percent.

This makes agave actually WORSE than HFCS.

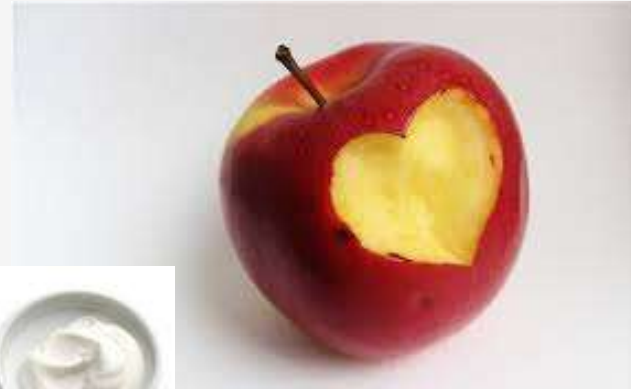
Agave Syrup or "Nectar"

Rebecca L. Montrone, BS - Wondrous Roots



Four “Healthy Lunch” Ideas

Rebecca L. Montrone, BS - Wondrous Roots



Green salad with protein of your choice

Season with olive oil, sea salt, pepper, and herbs or homemade dressing of your choice. For dessert, an apple, orange or pear. Add Greek yogurt for probiotic bennies.

Rebecca L. Montrone, BS - Wondrous Roots

5 SUMMER Quinoa Salads



Quinoa Salad

Use fresh ingredients of your choice. Quinoa is not a grain but a seed and is high in protein content. Fresh berries and a square of very dark chocolate for dessert!

Rebecca L. Montrone, BS - Wondrous Roots



Gazpacho with Side of Egg Salad

With Kiwi & Banana for dessert

Rebecca L. Montrone, BS - Wondrous Roots



Chicken Salad with Side of Beets

Homemade Fruit "Jell-O" for
dessert

Rebecca L. Montrone, BS - Wondrous Roots



- Water
- Sparkling Water with or without a splash of fruit juice
- Iced Tea & Herbal Teas

Beverage Ideas

Rebecca L. Montrone, BS - Wondrous Roots