



Healthy4life.ca Newsletter - April 2019

Holistic nutrition includes body, mind and spirit. Articles will address each area.



Greening Up

Has your compost pile or container thawed? Now is the time to remove the finished compost and turn the rest.

You may need to add both carbon and nitrogen materials and/or worms to really get your compost going again. If you are using red wigglers, don't add them until it is warm enough for them to survive. If you are using dew worms, add them any time after the compost is thawed. In my plastic trash can compost in Zone 4 I add new earthworms the end of May. Due to the sandy soil and tall cliff, I sometimes have to get a paper cup of fishing worms from the camp office. If your compost is dry, you may need to water it. Instead of composting egg shells, I often put them in a blender with water and then pour them on the ground around my hostas and other plants that are troubled by snails and slugs.

Now is the time to plant the next succession planting rows of peas, lettuce and kale to keep the staggered harvest going. I plant a few more every 2 weeks until mid June for the cold weather veggies in Zone 6b and sow seeds in pots indoors for the May Zone 4 planting in late May. This winter I was fortunate to have many asparagus seeds overwinter on my asparagus that lives permanently in 20 inch pots on my deck. I will try germinating them in various places.



Vitamin B6 #5 in a series on B vitamins.

Water soluble vitamin B6 is a generic name for 6 compounds known as vitamers. These include pyridoxine, pyridoxal, and pyridoxamin. B6 in coenzyme form is involved in over 100 enzyme reactions in the body.

The richest sources of B6 from highest to lowest include chickpeas, fish, beef liver and other organ meats, potatoes and other starchy vegetables, non-citrus fruits like banana, cottage cheese and winter squash.

No, sitting is not the new smoking, despite what countless newspaper articles have peddled in recent years.

That's the consensus from an international team of researchers who have laid to rest misleading claims comparing the health dangers of sitting for long periods with smoking cigarettes. [Click to read full article.](#)



Raw Nut Milks

Yield: approximately 4 cups

1 cup raw, unsalted nuts (almonds, cashews, Brazil nuts, hazelnuts, pecans, macadamia nuts, or walnuts)

2 to 3 cups water for soaking nuts

4 cups water for blending

Soak nuts in 2 to 3 cups of water for 3 hours. Drain and discard the water.

Blend the soaked nuts with 4 cups water until the mixture is almost smooth.

Strain the blended nut mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk. Use right away or refrigerate for up to 3 or 4 days.

Nut pulp can be used in muffins, cookies or quick breads.

Nut milk stats:

Mushrooms and Cancer

Different kinds of mushrooms have many positive effects on the body including, (7) (8) 1 that they are probiotic helping the body increase resistance to disease and increase immunity, 2 they help counteract the toxic effects of radiation and chemotherapy, 3 they aid in hormonal balance, 4 they are vital in transport of oxygen and nutrients, and 5 through the T-cell or host-mediated immune mechanism, they help regulate lymphoid stem cell development.

Shiitake - The Forest Mushroom #1 in a Series on Mushrooms

For a long time, shiitake mushrooms have been known to have antiviral, antibacterial(1) and antifungal properties. They can also lower body inflammation. Inflammation is a key component of many chronic illnesses. Two main benefits of shiitakes are: the ability to protect DNA from oxidative damage and to destroy cancer cells through apoptosis.(2) They contain Lentinan, an active chemical compound that has immune regulating and liver protecting effects. Shiitake has a unique protein nutritional value. It contains all 8 essential amino acids and in better proportions than other foods. They have the ability to boost the immune system, a critical aspect of cancer prevention.(3) Shiitake also contain Vitamins B1, B2, B12, niacin, pantothenic acid, Vitamin D and calcium. The Vitamin D is important in reducing the risk of breast cancer(4) and in supporting and regulating the immune system.(5)(6)



References

- 1 Kaur, S.D,: The Complete Natural Medicine Guide to Breast Cancer. Robert Rose Publishing, Toronto, 2003, p.197-198
- 2 Fang, N., et al.: Inhibition of growth and induction of apoptosis in human cancer cell lines by an ethyl acetate fraction from shiitake mushrooms. J Altern Complement Med. 2006 Mar;12(2):125-32
- 3 Dai X., et al.: Consuming Lentinula edodes (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults. J Am Coll Nutr. 2015;34(6):478-87
- 4 Kaur, S.D,: The Complete Natural Medicine Guide to Breast Cancer. Robert Rose Publishing, Toronto, 2003, p.229

5 <https://draxe.com/shiitake-mushrooms/>

6 Kaur, S.D,: The Complete Natural Medicine Guide to Breast Cancer. Robert Rose Publishing, Toronto, 2003, p.197

7 Kaur, S.D,: The Complete Natural Medicine Guide to Breast Cancer. Robert Rose Publishing, Toronto, 2003, p.197-198

8 <https://thetruthaboutcancer.com/medicinal-mushrooms-cancer/>

Webinar Lupus and Co-existing Fibromyalgia

Tuesday April 16, 2019 from 7 to 8 pm EST

What's lupus and what's fibromyalgia? Symptom overlap and strategies to ease symptoms.

You must register in advance for this workshop:

<https://zoom.us/meeting/register/407ad9c39655d91ad746f627e8486654>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Be healthy 4 llfe,
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