

## Healthy4life.ca Newsletter - November 2018

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

### Lupus Education Day London Ontario

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Friday November 23, 2018 9:30 am to 3:30 pm  
Contact Lupus Ontario 1-877-240-1099



### Vitamin B1 Thiamin #1 in a series on B vitamins.

Discovered in 1930, water soluble thiamin's odour and flavour are similar to yeast. Vitamin B1 has several active forms including thiamin monophosphate and thiamin pyrophosphate. It can be destroyed by cooking.

Thiamin helps many body functions. It has a metabolic role, helps in fatty acid and sterol production, is important in the health of nerves and the nervous system including the myelin sheath. B1 is also used to treat beriberi, fatigue, irritability, depression and numerous mental illness affecting nerves.

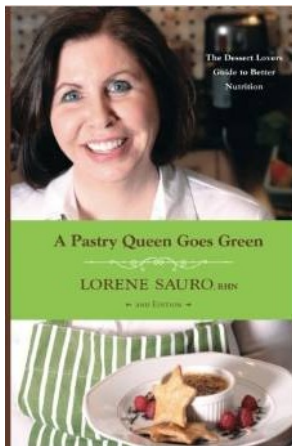
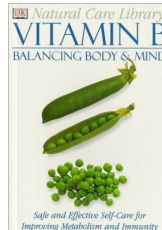
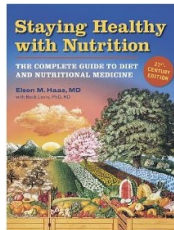
Foods containing vitamin B1 include brewer's yeast also know as nutritional yeast, brown rice, rice husks, wheat germ, blackstrap molasses, egg yolks, fish, legumes, peanuts, peas, pork, oats, millet, spinach, cauliflower, Brazil nuts, pecans and pine nuts.

B1 is absorbed the best when it is taken or eaten with the other B vitamins.

Recommended reading:

Staying Healthy With Nutrition by Elson M. Haas MD and Buck Levin, Chapter 5 or Kindle location 3706.

Vitamin B by DK Publishing, pages 6 & 7.



## Nutrition Book Club

The current book we are studying is A Pastry Queen Goes Green: The Dessert Lovers Guide to Better Nutrition by Lorene Sauro RHN, ISBN 978-1490967646 also available as a Kindle ebook. Dates: week 1 was October 29 and weeks 2 and 3 are November 5 and 12. See the October Nutrition Book Club email for details.

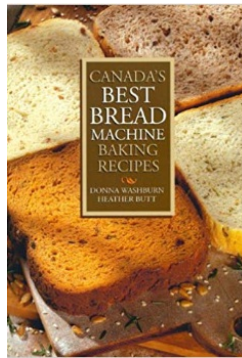
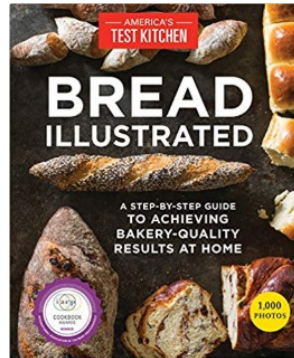
## In Praise of Bread Machines

I have always enjoyed the end products that come out of my bread machine. I have a 20+ year old machine that does 1-1/2 pound loaves. It will do smaller 1 pound loaves but I have to cut down the baking time. Some of my favourite bread books are:

- Bread Illustrated by America's Test Kitchen ISBN 978-1-940352-60-2;
- Canada's Best Bread Machine Baking Recipes by Donna Washburn ISBN 978-07788-0003-3;
- More of Canada's Best Bread Machine Baking Recipes by Donna Washburn & Heather Butt ISBN 978-0-7788-0025-5;
- Great Gluten-Free Whole-Grain Bread Machine Recipes by Donna Washburn & Heather Butt ISBN 978-0-7788-0463-5;
- 125 Best Gluten-Free Bread Machine Recipes by Donna Washburn & Heather Butt ISBN 978-0-7788-0238-9;

I have many others but the list would be too long. There are even artisan, vegan, keto and paleo bread machine books as well. If you have a bread machine, take it

out and give it new life. If you are a household of 1 or 2 people, freeze half the loaf or freeze it in thirds. I prefer to slice it first before freezing so I can take out the number I slices I need. Organic, whole grain, all natural, yum!



**Be healthy 4 life,  
Cathy Ferren RHN**

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