

## Healthy4life.ca Newsletter - May 2017

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

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**Hello, Friends!**

**Bothwell Walk 4 Lupus Sat. May 13**



### **Asparagus Time**

This easy to grow perennial vegetable produces year after year no matter where I plant it or how much it gets neglected. As long as I keep it picked it produces from spring to August in my garden. The only care it gets is an occasional drink of compost tea.

Cooked asparagus contains vitamin B6, calcium, magnesium, zinc, fiber, protein, vitamin A, vitamin C, vitamin E, vitamin K, thiamine, riboflavin, niacin, folate, iron, phosphorus, potassium, copper, manganese and selenium.

I admit I never buy asparagus at the grocery store. I only use it direct from my yard including pots, from a ditch bank or from an organic farmers market. The asparagus I know is always fresh and tender. Some of it gets eaten raw while I walk around the property. Those spears never make it to the kitchen.

I steam, bake, broil, BBQ or stir fry it and also add it to soups and stocks. I do not do the cheese sauce treatment frequently talked about in the 1960s.

## Strawberry Smoothie

1 cup or 250 ml each of almond milk  
1/2 cup or 125 ml strawberries  
pinch cinnamon  
1 serving.



The strawberries contain folate, potassium, fiber, vitamin C and manganese. Almond milk contains calcium, magnesium, manganese and vitamin E.



## Lacto-Fermented Asparagus

1 bunch organic asparagus, enough to fill a 1 litre or 1 quart glass jar  
1 litre or 1 quart spring water (non chlorinated)  
45 ml or 3 tbsp pure sea salt (no anti-caking agents)

Dissolve sea salt in warm water to make brine. Let water cool.

Wash asparagus and cut to fit upright in the glass jar allowing 38 mm or 1-1/2 inches of head space. Fill jar half full with brine. Add asparagus pushing spears down to the bottom of the jar. Cover with more brine and weight the asparagus down so it is under the brine so that no air touches the spears.

Cover jar and culture at room temperature (15-21 degrees C or 60-70 degrees F) until the desired flavour is reached. Burp lid daily to release pressure. When degree of sourness is to your taste, put on a tight lid and refrigerate.

Fermented asparagus is a source of probiotics or beneficial bacteria.

## BBQ Asparagus

[Recipe from Canadian Living magazine.](#)

# Vitamin C

## What it Does and What it Works With

Water soluble Vitamin C is used in the formation and maintenance of collagen so it's needed to give support and shape to

the body, help wounds heal and to maintain healthy blood vessels. Collagen is found in our connective tissue such as tendons, ligaments and skin, cornea, cartilage, bone, blood vessels, the gut and inter-vertebral disc.



Vitamin C is not stored in large amounts in the body. It aids the metabolism of tyrosine, folic acid and tryptophan. It stimulates adrenal function and the release of norepinephrine and epinephrine (adrenaline), the stress hormones. Vitamin C helps thyroid hormone production and aids in cholesterol metabolism increasing its elimination and lowering blood cholesterol.

Vitamin C is an antioxidant and detoxifier. In vitamin C research, it stimulates the immune system and it's antioxidant function may help in prevention and treatment of infection and other diseases. If vitamin C is taken with iron, it helps iron and other minerals such as calcium to be better absorbed into the body. Excess vitamin C is excreted in urine. Smokers with poor diets and people with inflammatory bowel disease have lower vitamin C levels in their blood. Vitamin C is found with vitamin P.

## Food Sources of Vitamin C

Fruits – the highest vitamin C levels are in guava, papaya, kiwi, citrus fruits, rose hips and acerola cherries.

Vegetables - highest in green peppers, broccoli, brussel sprouts, kohlrabi, snow peas, cauliflower, kale, rapini, tomatoes, asparagus, parsley, dark leafy greens and cabbage.

Vitamin C is also found in sprouted grains and raw fish.

Plan your meals and snacks to include vitamin C throughout the day.

# The Lupus Self-Management Program

11 Week webinar series + Q&A Session

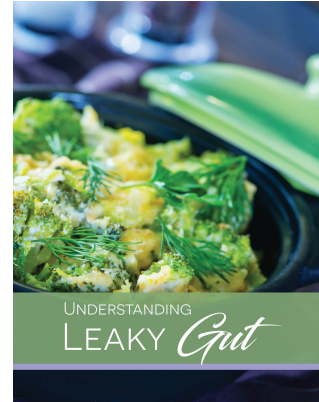
Click on the button on the top right hand corner of the home page to view the detailed course outline.

Next course September 2017 with registration open August 2017.

## Understanding Leaky Gut

eBook available on my website

Click, then scroll down and click on the title to see a preview.



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

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