

Here we are in June already and I wouldn't be the only one who is wondering where the first half of the year has gone. While June supposedly starts the official winter months off, we can't really say we are in the midst of the cold of winter as yet. So far it has been mild, but often our real winter cold comes after the shortest day.

Winter is a great time to enjoy the warmth of your home and sit down to a hot meal and feel the comforts of warmth on the inside as well as the out. With that hot meal, it needs to be nutritious and beneficial. The recipe includes the brain nut, walnuts and the valuable herb sage. Enjoy the two articles and make sure you nibble on the *littlebites* as well.

Walnuts Rank As Top Nut

The result of a new study presented to the National Meeting & Exposition of the American Chemical Society found that the noble walnut packed the highest level of quality antioxidants of any nut species. Not only do walnuts provide plenty of high-quality protein that delivers a perfectly balanced assortment of vitamins, minerals and fiber, but they also contain healthful polyunsaturated and monounsaturated fats that lower deadly artery-clogging small dense oxidized LDL cholesterol. Adding a handful of walnuts to your daily diet can provide many of the essential antioxidants necessary to ward off cardiovascular disease and cancer.

Dr. Joseph Vinson performed the analysis that showed walnuts provide more antioxidants to the body than other nuts including peanuts, almonds, pecans and pistachios. He noted "A handful of walnuts contains almost twice as much antioxidants as an equivalent amount of any other commonly consumed nut. But unfortunately, people don't eat a lot of them. This study suggests that consumers should eat more walnuts as part of a healthy diet." Tree and ground nuts have long been known to be among Mother Nature's most perfectly packaged foods, providing a complex of natural enzymes and nutrients that promote human health.

This research analysis compared walnuts to nine other nut species that are ranked among the highest in antioxidant capacity. Walnuts were found to be 2 to 15 times more potent than vitamin E in terms of their antioxidant capacity. Vitamin E is well known for its ability to promote cardiovascular health by lowering dangerous levels of small dense LDL cholesterol particles. The analysis also found that it is important to eat walnuts in their raw and natural form, as heating or roasting degrades the antioxidant properties of the nut.

Dr. Vinson found that despite the powerful antioxidant and nutrient punch provided by walnuts and other tree nuts in general, they account for less than 8% of the daily antioxidant allowance for most people. This is likely due to misinformation regarding calories and excess fat content that has circulated about nuts over the past 50 years. Research has demonstrated that regular nut consumption does not lead to excess weight and provides a feeling of satiety. The polyunsaturated and monounsaturated fats provided by nuts promote cardiovascular health and have been shown to dramatically lower the risk of a heart attack.

The analysis found that just 7 walnuts each day are sufficient to boost human health. Always eat walnuts in their natural unprocessed and unroasted form to preserve the bounty of enzymes, nutrients and antioxidants that have been shown to help prevent heart disease and cancer.

— NaturalNews.com by John Phillip, April 20, 2011.



Quote of the Month

When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing.

—Counsels on Diet & Foods
pg 315

healthbites

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little bites

Peppermint Helps to Relieve Irritable Bowel Syndrome

ScienceDaily, 20 April 2011

University of Adelaide researchers have shown for the first time how peppermint helps to relieve Irritable Bowel Syndrome, which affects up to 20% of the population.

Music Changes Perception

ScienceDaily, 27 April 2011

Music is not only able to affect your mood -- listening to particularly happy or sad music can even change the way we perceive the world, according to researchers from the University of Groningen. Music and mood are closely interrelated -- listening to a sad or happy song on the radio can make you feel more sad or happy. However, such mood changes not only affect how you feel, they also change your perception.

Repeated Stress in Pregnancy Linked to Children's Behavior

ScienceDaily, 20 April 2011

Research from Perth's Telethon Institute for Child Health Research has found a link between the number of stressful events experienced during pregnancy and increased risk of behavioural problems in children.

Diet and Lifestyle Cut Colon Cancer Risk

NaturalNews, 16 April 2011

A study published in the British Medical Journal found that five diet and lifestyle modifications could lower the risk of developing the third most prevalent form of cancer. Colon cancer incidence continues to rise among western populations as refined junk food consumption skyrockets. The study followed more than 55,000 men and women for more than 10 years and monitored a variety of diet and lifestyle habits. The authors conclude that adherence to these controllable lifestyle patterns can reduce risk of this deadly disease by 23%.

Sage Improves Oral & Mental Health

Sage (also known as garden meadow or *Salvia officinalis* in Latin) has been used for culinary and medicinal purposes for many years. It was even used as a meat preservative in ancient times. In medieval times, it was often referred to as *toute bonne*, which means 'all is well.' It has many benefits, ranging from being an excellent memory enhancer to being a natural breath freshener. It is even found in commercial mouthwash products.

Sage is an excellent antioxidant, which helps our bodies in the fight against free radicals. Its leaves can be chewed to clean one's mouth and freshen the breath. It also has the ability to help relieve tension headaches and calm the nerves. Herbalists have recommended sage as a treatment for fever, as it has the ability to reduce perspiration in the body. Many natural deodorant products contain sage extracts as one of the active ingredients.

A German study revealed that diabetics, who drank a sage infusion on an empty stomach, were able to reduce their blood sugar levels. It is used to treat gastrointestinal disorders, ranging from muscle spasms to indigestion. Gargling with hot sage has been known to soothe tonsillitis and sore throats. It is also effective in the treatment of gingivitis and mouth sores. Those suffering from menstrual cramps can benefit from using this herb as well.

Sage also helps guard against the depletion of a neurotransmitter called acetylcholine. By combining ginkgo biloba with sage and rosemary, it is possible to reduce the risk of developing Alzheimer's. It is also highly recommended for those who suffer from inflammatory conditions, atherosclerosis and bronchial asthma. It has been used in the healing process of sores and wounds.

Sage is also known for its flavourful contribution in many food dishes because of its ability to be used with virtually any food. It is most commonly used in meat dishes, soups and teas. It is rich in iron, potassium, calcium and Vitamin A. It can be combined with onion to make a meat stuffing. By boiling the leaves, sage tea can be made. Add it to salads with cucumber, tomato, bell peppers and onions. It can also be cut and sprinkled over virtually any food. —NaturalNews.com by Shona Botes, March 31, 2011.



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Recipe of the Month

Savoury Walnut Balls

1 c finely chopped walnuts	2 t soya flour or gluten flour
1 c chopped onions	1 c dry bread crumbs (2 c fresh)
1 c grated raw potato	1 t sage
2 T Bragg's Liquid Aminos	½ t salt

Mix together and form into balls. Place into baking dish, cover with gravy or tomato relish. Bake for 20-30 mins at 180 degrees C, or bake balls on an oven tray without gravy or relish, then add gravy when serving. Yields 12 balls.

—What's Cooking p21

