



Cooking With Aluminium Pots, Pans, Kettles & Trays

Over the last decade, toxicity of aluminium has been discussed in depth. A recent study has been published that aluminium is indeed harmful. A lot of our aluminium comes from processed junk foods that contain food additives like those within processed cheeses, baking powders, cake mixes, frozen dough and pancake mixes.

But approximately 20 percent of the daily intake of aluminium is believed to come from cooking utensils, such as pots, pans, kettles and trays made from aluminium. To see if this was the case, researchers started taking blood from consumers. It was found people walking around who used aluminum cookware had twice the amount in their blood, plus they had more free radical fat damage and DNA damage.

Aluminium is considered to be a pro-oxidant agent. Those tested were not just casually using aluminium cookware, but using it daily to cook and store acidic food, like yoghurt and tomato sauce, which can leach out more aluminium. But twice as much content is alarming. Even using just a week of continual use, like aluminium camping cookware and incorporating something acidic, like marinating a fresh catch in lemon juice, could greatly exceed the total allowable guidelines - especially for children. The odd time you will get away with it, but will not want to use it day in and day out.

What about aluminium drinking bottles?

They are nice and light, but German Institute for Risk Assessment recommend that consumers avoid the use of aluminium storage facilities - particularly for the use of acidic or salted beverages and foods, such as apple sauce, rhubarb, tomato sauce or anything salted due to the increased solubility of aluminium under the influence of acids and salt. It is necessary to mitigate, or better still, to eliminate the ingestion of aluminium.

"Aluminium reacts with various elements in the food and such a combination can be the root cause of many ailments, especially digestive disturbances."

— Gunther B. Paulien, Ph.D

Divine Prescription and Science of Health and Healing, p.274.

healthbites

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What to take for Menstrual Cramps

nutritionfacts.org, May 14, 2020

This problem plagues up to 90 percent of younger women. Can ginger help? Women took a quarter of a teaspoon of ground ginger three times a day during the first three days of menstruation, and pain dropped from seven on the one to ten scale to five.

A subsequent study found just an eighth of a teaspoon three times a day appeared to work just as well, dropping pain levels from eight to six for the first month and for the second month, down to three.

Mad Cow Disease and Cosmetics

nutritionfacts.org, May 21, 2020

When the first cases of mad cow disease started popping up, the FDA's gut reaction was to ban all guts from food and personal care products.

But the North American Meat Association said 'no', wanting to keep cattle insides inside the food supply. Similarly, the Personal Care Products Council protested the concern, arguing that banning sick and dead cattle, as well as many body parts, could put the nation's supply of cosmetics in jeopardy. After all, the FDA may not realize that cosmetics and personal care products are a quarter-trillion dollar industry world-wide.

Using Green Tea to Help Prevent Cancer and Treat Cancer

nutritionfacts.org, May 7, 2020

Tea consumption is associated with a reduced risk of heart disease, stroke and premature death in general, with each additional cup of green tea a day associated with a 4 percent lower mortality risk. But what about cancer?

There is growing evidence from laboratory, epidemiologic and human intervention studies that tea can exert beneficial disease-preventative effects and further, may actually 'slow cancer progression.'

Green tea may be able to interfere with each stage of cancer formation.

What about aluminium foil?

It is a common culinary practice in households to wrap food in aluminium foil and bake it, but this is a potential hazardous source in the human diet.

When put to the test, yes, there was leakage of aluminium into food which carries a health risk, but in all, the leakage was small.

So what about food wrapped in foil and put into the fridge, without the process of baking and heating. There was found to be only marginal leaching into the food - unless the aluminium wrapped in the foil came in contact with certain other types of metal.

Stainless steel is mainly iron with a small portion of chromium (18%) and an even smaller portion of nickel (10%), and together these can lead to tremendous food/aluminium concentrations. So be very conscious of wrapping, particularly acidic foods into foil and placing them on a stainless steel dish or tray. You are unconsciously increasing your poison risk.

While on the subject of foil, sometimes in cooking aluminium foil, there is a gloss side and a dull side. Is there a difference as to which side contacts the food items? For the sake of research, food was cooked in both the glossy side and in the dull side, with no significant difference between the contamination readings.

Michael Greger MD, FACLM, May 20, 2020



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Tofu Loaf

Ingredients:

2T oil	500g tofu, mashed
2 cloves garlic, crushed	1T soy sauce
1 onion, chopped	½t garlic powder
1 carrot, diced	1c yeast flakes
1 red pepper, (capsicum) chopped	½c tahini or peanut butter
1 large celery stalk, chopped	½t each of basil, oregano, tumeric
2T soy sauce	4 slices wholemeal bread

Method:

Heat 1T of oil in a pan; add garlic, onion, pepper, carrot and celery. Season with 1T soy sauce. When vegetables are tender, remove from heat and put in bowl, add mashed tofu. Cut bread into small cubes; saute in 1T oil, 1T soy sauce, ½t garlic powder and 5T yeast flakes. Add bread to tofu mixture and season with remaining ingredients. Combine well. Place into an oiled casserole, bake at 180°C for 35 minutes. Allow to cool then remove and enjoy. —Tried and True, p.77