



# From The Farm

# To The Home...

August 2015

“But eagerly desire the greater gifts.” 1 Corinthians 12:31

When I think of August I think of the warmest month of summer. The goodness of the yellow foods and many of which are in season including corn, yellow squash and yellow peppers. These foods are anti-inflammatory, anti-cancer and protect the heart brain and eyes.

## The Food List: Yellow Foods

Like the other categories, it is recommended that you get a variety of yellow foods. Note that some of the yellow foods like banana, corn, and Yukon potatoes are starchy and should be eaten in a mixed meal to blunt any blood sugar responses. There are yellow fruits to choose from such as Golden Delicious apples, Asian pears, lemons, pineapple, and starfruit. Pineapple is particularly high in the enzyme, bromelain, which can be helpful in breaking down foods, (also helps with chronic cough). Lemons are wonderful as an addition to water to give you more bioflavonoids. Ginger is included in this list as it contains many anti-inflammatory compounds. You can grate fresh ginger into tea or into a stir fry. You can also use the powdered ginger spice in baked products like a gluten-free spice bread.

The phytonutrients in the “yellow foods” include Zeaxanthin, Rutin, and Lutein. Corn contains a high amount of Lutein. Unfortunately corn tends to be an ingredient in many processed foods, so the better way to consume it is corn on the cob and especially the organic form. Corn is a starchy food and can raise blood sugar when eaten alone. So combining it with organic butter or a protein source such as grilled chicken or salmon is a healthier option.

## Ways to get more yellow foods:

- Slice a banana into your granola in the morning.
- Have slices of a Golden Delicious apple or an Asian pear as a mid-morning or afternoon snack together with a thin layer of nut butter, such as almond or cashew.
- Have Yukon Gold potatoes rather than a starchy, white Russet potato.
- Grate ginger into a stir fry of Asian vegetables like snap peas, cabbage, and carrots.
- Make a ginger tea into which you squeeze fresh lemon. Ginger is also a great addition to smoothies.
- Have pineapple slices as a dessert.



“What good is the warmth of summer without the cold of winter to give it sweetness” John Steinbeck

## **Environment Nutrients and our Brain**

There was a recent article in the Integrative Medicine Clinical Journal May/June issue that focused on autistic children and similarities they found with certain nutrients and environmental exposures. In summary they found copper/zinc ratio was elevated, Vitamin D was low, red blood cell Manganese was either low or high. The most interesting factor I found in this article was the elevated omega 6 polyunsaturated fatty acid levels in comparison to Omega 3. The brain and nervous tissue specifically rely on Omega 3 for structural and cell signaling. During pregnancy we tell women to avoid certain fish because of the environmental exposure to mercury. These fatty fish are also the good sources of Omega 3 fatty acids. According to the food and drug administration about 75% of women do not receive the required amount of these fatty acids. The balance of Omega 3 to Omega 6 fatty acids is important in the neuro development throughout life. So good fats are needed in the diet for proper brain function. Glutathione was also deficient and the role of glutathione is the prevention of oxidative stress and supports our detoxification pathways. If our body does not detoxify correctly the accumulation of toxins can reach a level where these toxins can have neurological effects.

Environmental toxins are a factor in almost any chronic condition but research in this article found that children particularly exposed to the herbicide glyphosphate, aluminum and polybrominated diphenol ethers are at higher risk for the development of ASD.

Although this article researched a small number of participants, it brings an awareness as to the importance of what we eat, how we utilize what we eat and our environment which are crucial in our health and wellness. Genetics was not looked at in this article but other factors such as a methylation pathways (MTHFR) are just as important to include in the evaluation of the health and wellness of an individual.



## Garlicky Summer Squash with Fresh Corn

2 T olive oil  
4 gloves garlic  
1 ear of corn on the cob (kernels removed)  
2 cups sliced yellow squash  
1 T fresh parsley  
Salt and pepper to taste

½ cup chopped yellow onion  
½ cup vegetable broth  
2 cups zucchini  
2 T butter



Mix olive oil in a skillet with onion and garlic and sauté for 5 minutes. Add vegetable broth along with corn yellow squash and zucchini and cook for 5-10 minutes. Mix butter with salt and pepper and parsley and sprinkle on top. Cook 2-3 minutes longer and serve.

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## Update from the Schleicher Farm

*It has been an enjoyable summer so far. Gary's parents celebrated their 60<sup>th</sup> wedding anniversary and our nephew was married July 18<sup>th</sup>.*

*Gary and I will be married 25 years this month.*

*The garden is doing well with the warm days and cool nights. We are blessed to have much produce.*

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## Functional Medicine thought:

Starting with color is the first basic step to make when eating healthy for everyone. Our food choices can lead to the cause of disease or the prevention of disease. What food choices will you make?

## Homeopathic tip of the Month

### **Cocculus Indicius**

Cocculus is a homeopathic that has antispasmodic qualities and paretic qualities. It helps in individuals who are prone to travel sickness or when riding on amusement park rides.

## Upcoming Class

Tuesday, August 25<sup>th</sup> at 6:30 there will be a class on Homeopathy and Essential oils to help with the immune system for the upcoming cold and flu season. Located 19395 W. Capitol Drive Suite L05. Please call 414-640-6287 to register as space is limited.

If you have any questions regarding this newsletter please contact Cheri Schleicher FNPc APNP [cholistcfam@wi.rr.com](mailto:cholistcfam@wi.rr.com) or 414-640-6287. Visit [www.csholisticfamily.com](http://www.csholisticfamily.com)