



From The Farm

To The Home...

October 2015

*"Peacemakers who sow in peace raise a harvest of righteousness."
James 3:18*

October has long been noted as breast cancer awareness month. Cancer is being looked at in some research as a result of inflammation in the body. In my September Newsletter I addressed the connection of leaky gut to our brain and the strong correlation of what we eat affecting how we feel and chronic diseases including cancer's, heart disease and autoimmune diseases.

Genetically modified organisms (GMO's) are potentially one of the greatest health concerns of our time. It is estimated that 90% of corn and 94% of soy grown in the US are genetically modified. Studies funded by the "The Institute for Responsible Technology" and "The Environmental Working Group" have found a number of connections between GMO's and health problems including inflammation and intestinal damage.

So why avoid these GMO's? First, many GMO crops were engineered to produce their own insecticide called Bt-Toxin which combines plants DNA with the DNA from bacteria. When insects eat these GMO plants it destroys the lining of their digestive tracts. This poison also causes holes in the human gut. These chemicals also contribute to leaky gut, gut dysbiosis and inflammation all of which can lead to inflammatory conditions or autoimmune diseases.

An herbicide used on GM crops called glyphosate is also a potent antibiotic that can attack bacteria in your gut. Now, our gut has beneficial bacteria that keeps the bad bacteria (pathogenic) in check. Glyphosate can destroy beneficial bacteria which contributes to leaky gut and can put individuals at risk for candida overgrowth. This overgrowth of yeast contributes to malabsorption of nutrients which can make us prone to diseases of inflammation.

So how do we avoid GMO's? The Environmental working group (EWG) is a great resource. They have resources such as the dirty dozen and clean fifteen which list fruits and veggies that are best to buy organic. Whenever possible buy organic as these foods by definition are *not* genetically modified. Buy pasture or grass fed meats. Do your research know what our government is supporting as far as food labeling and growth of foods in the country? Review the Dark Act which recently passed the House of Representatives this summer. This Act will affect how foods are labeled as to what is GMO or not. You can see more under the EWG's website. Remember the foods we eat, and how we grow what we eat has an effect on us and also future generations.



*"What we plant in the soil of contemplation we shall reap
in the harvest of action." Meister Eckhardt*

Gelatin

Nutrition and healing the gut is a fundamental part of my practice daily. There is a product called Great Lakes Gelatin. See www.greatlakesgelatin.com. This is a product that comes from either grass fed beef or pork.



Gelatin contains essential amino acids and is a collagen support that helps with joint cartilage and heals leaky gut. Below is a great recipe incorporating gelatin into a warm delicious fall fruit; pumpkin.

Pumpkin porridge

I suggest you use a medium sized flat wire whisk, rather than a wooden spoon. That way you won't end up with any lumps of flour in the mixture.

(Serves 4-6)

1 x 15oz can unsweetened pumpkin purée (or fresh pumpkin)

1/3 cup + 2 tbsp. (60g) coconut flour

1/2 tsp sea salt

3 cups (750ml) coconut milk

2 tbsp. gelatin

2 tbsp. raw honey

2 tsp alcohol free vanilla extract



Pour one cup of coconut milk over the gelatin. Leave sit for 5 minutes. Combine the pumpkin coconut flour remaining coconut milk and stir to blend. Meanwhile heat the coconut milk and gelatin mixture being careful not to boil add honey and heat about 1 minute longer. Take this and pour over gelatin mixture. Let stand 10 minute to thicken. Can add berries, apples or nuts Enjoy!

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Update from the Schleicher Farm

The garden is winding down. This is our first year that we grew 23 pie pumpkins. We still have rutabaga and beets to harvest. The tomatoes continue to ripen along with peppers. We will be planting garlic this fall to harvest in spring again. We have a great crop that should last the winter.

Homeopathic and Health Tip

The cold and flu season is upon us. Eat plenty of *onions and garlic* with your foods as they are great prebiotics for our gut and immune system. Homeopathics to have on hand for fevers include **Ferrum Phosphoricum** for low grade fevers less than 101, **Bellodonna** and **Aconite** for high fevers of greater than 102.

Pumpkin Torte Recipe

Ingredients

- 1-2/3 cups graham cracker crumbs (I use gluten free)
- 1/2 cup butter, melted
- **CREAM CHEESE FILLING:**
- 2 packages (8 ounces *each*) cream cheese, softened
- 1/2 cup raw honey
- 2 large eggs
- **PUMPKIN FILLING:**
- 2 envelopes unflavored gelatin (I use great lakes)
- 1/2 cup cold water
- 1 can (30 ounces) pumpkin pie filling (use fresh pumpkin if you like)
- 1 can (5-1/2 ounces) evaporated milk
- 2 large eggs, lightly beaten



Directions

1. In a small bowl, combine the crumbs and butter. Press onto the bottom of an ungreased 13-in. x 9-in. baking dish; set aside. In a large bowl, beat cream cheese and honey until smooth. Add eggs; beat on low speed just until combined. Pour over crust. Bake at 350° for 25-30 minutes or until center is almost set.
2. Meanwhile, in a small bowl, sprinkle gelatin over cold water; let stand for 1 minute. In a large saucepan, combine pie filling and evaporated milk. Bring to a boil. Add gelatin; stir until dissolved. Whisk a small amount of hot mixture into the eggs. Return all to the pan, whisking constantly.
3. Cook and stir over low heat until mixture is thickened and coats the back of a spoon. Cool for 10 minutes. Spread over cream cheese layer. Spread whipped topping over top. Cover and refrigerate overnight. **Yield:** 15 servings.

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