



PANTRY Post

CHEAPSIDE, LANGPORT, TA10 9PW
Tel: 01458 252853

SEPTEMBER, 2005

Volume 1, Issue 6

jackie@suespantry.co.uk
www.suespantry.co.uk

OPEN EVENING THURSDAY 22nd SEPTEMBER 6 to 8 p.m.

Well, the Soil Association lady rated us the second best organic retailer in Somerset Life's awards but as the winner was one of our fruit and vegetable suppliers, it was just as rewarding!

That, said it was a real pleasure to hear so many local food producers enthusing about their products. So our theme for this year's open evening is a local one as we will have Brown & Forrest, River Cottage, Longmans Cheese and Perkins Honey all displaying their wares for you to sample. In addition there will be some 100%

all natural, 98% fat-free iced yogurt from Sempre Viva, a family-run company in Hampshire, and that will be available simply because it is delicious! Judith Stewart will be present to enable you to try her phobia treatment.

The benefits of eating and buying local seasonal produce has been raised once more into the broader arena following the publication of the recent report confirming that transportation of food accounts for some 25% of all traffic on our roads as the raw and then processed items are taken from farm to processor and then supermarket. One nameless chain has also come under attack as its stores consume nearly twice as much energy as the national average for the supermarket sector!

More on Junk Food

Following on the success of Jamie Oliver, the media seems to have suddenly begun to appreciate the importance of eating fresh, preferably locally grown, rather than pre-packed processed food. In April, the Daily Mail carried a report on its web site stating that processed and fried foods not only threatened youngster's physical health but were taking a toll on their minds



as well. The thrust being that bad fats such as the man-made transfatty acids, the by-products of the process that allows manufacturers to extend shelf lives by using cheap solidified vegetable oils rather than expensive animal fats, clog up the brain and interfere with the way it sends messages.

Dr. Alex Richards of the University Laboratory of Physiology in Oxford said trans fats displace healthy fats in the brain and "every time children eat crisps, biscuits or cakes they are filling themselves with what are essentially toxic fats... There are no health benefits and many health costs to these hydrogenated fats, yet they are all that some children and adults are eating. They are replacing the essential fats that would make the brain and body work properly with ones that are clogging up the machinery". So do look for spreads or margarines that are non-hydrogenated.

Keeping Alert!

While on the subject of brain health, Patrick Holford recently published "The Alzheimer's Prevention Plan". In it he refers to testing for 'homocysteine', a toxic protein found in the blood. According to Professor of Nutrition Helga Refsum, from the University of Oslo. "Homocysteine is not only an indicator of risk, but is likely to directly cause the brain damage that leads to Alzheimer's."



Her research shows that supplementing B vitamins, especially folic acid, B12 and B6, and eating foods such as beans and greens, can dramatically reduce risk and reclaim a sharp mind and memory.

The Top Tips to keep your memory sharp are:

- **Eat fish, seeds and eggs high in essential omega 3 fats and phospholipids.** The best eggs are 'omega 3 rich' eggs, from chickens fed flax seeds. Snack on pumpkin seeds, also rich in Omega 3 fats. Use Omega 3, 6 or 9 oils.
- **Eat 'slow release' carbohydrates** such as oat-based cereals, oat cakes and wholewheat pasta and brown basmati rice.
- **Eat vitamin, mineral and antioxidant rich foods** such as berries, dark green and leafy and root vegetables such as kale, spinach, watercress, carrots, sweet potatoes, broccoli, brussel sprouts, green beans or peppers.
- **Avoid 'hydrogenated' fats** found in junk food and burnt fats such as fried food, sugar and excess caffeine and alcohol
- **Take a high strength multivitamin**, with vitamin E, C and at least 10mg of vitamin B6, 50mcg of B12 and 400mcg of folic acid.

Whilst on vitamin E, a new study by the Linus Pauling Institute of Oregon State University has shown that vitamin E disappears more quickly in smokers than non-smokers. Researchers believe that vitamin E is depleted from tissue concentrations in order to keep up levels in the blood, leading the tissues, including the lungs, particularly vulnerable to attack by toxins and free radicals. "Some people have an inaccurate notion that moderate supplementation with vitamin E will hurt you, and that simply is not true" said the scientists. You could also look for Co-Q-10, Ginko Biloba, L Carnitine and Alpha Lipoic Acid.

The Eyes Need it!

The importance of vitamins E and B was emphasised again by researchers from Tufts and Harvard Universities in Boston in their recent study of some 400 women. Those with a lower dietary intake of vitamin E were 35% more likely to develop cataracts compared with those who consumed the most. Women who never took vitamin E supplements were 42% more likely to develop cataracts than those who took supplements for at least 10 years. Low intake of vitamin B1 increased cataract risk by 55%, low consumption of vitamin B2 increased the risk by 67% and low intake of vitamin B3 increased the cataract risk by 57%. Foods rich in vitamin B include cod, turkey, bananas, wheatgerm, avocados, green leafy vegetables, wholegrains and mango.

More on Curry - well Turmeric really!

The University of Texas has just published a study on curcumin, the yellow spice found in both turmeric and curry powders. This demonstrates how curcumin stops laboratory strains of melanoma from proliferating and pushes the cancer cells to commit suicide! One of the authors of the study believes that widespread use of the spice may lie behind the fact "the incidence of the top four cancers in the USA - colon, breast, prostate and lung - is ten times lower in India". Surprisingly the study showed that it did not matter if the exposure was short with high concentrations or longer with lower amounts.

Acne, Spots and Blackheads

Vitamin B complex is also important in reducing this scourge of young skin. The usual advice would be to combine with vitamin E and ensure adequate intake of zinc, magnesium, selenium, vitamin A and the essential fatty acids. These all have properties which help in keeping the skin healthy and prevent acne formation by strengthening the immune system

Studies have shown that zinc is as effective as many of the harsh acne products, with none of the side effects. Vitamin A is also important as it aids in hormone production and helps in skin growth. Combinations including vitamin E and selenium have been used to help reduce the severity of persistent acne as well as reduce scarring. It is also important for acne sufferers to commence a de-tox, perhaps by starting on herbal teas, let alone a de-tox programme, also drink plenty of water!

Snippets

Research from Penn State University has reinforced the view that a diet rich in the alpha-linolenic acid found in walnuts, walnut oil and flaxseed oil may lower bad cholesterol.

A study of patients with sudden hearing loss by the Technion-Israel Institute of Technology found that those given 400mg of vitamin E twice a day made the best recovery. They found that the group receiving the vitamin E recovered the best with an average improvement of 75% or more by the time they left hospital.