



A Grain of Salt

Innovative News About Good Salt, Natural Food and Other Health Related Issues

WINTER 1998-99

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The Journey TO ORGANIC CERTIFICATION

Searching for the highest quality and the best-tasting foods, Americans are visiting markets across the States requesting "organic." What does organic mean and why are so many people willing to spend extra money for organic foods?

According to the National Organics Standards Board, "Organic agriculture is an ecological system that promotes and enhances biodiversity, biological

by Sabrina Marie

cycles and soil biological activity ...The

primary goal of organic agriculture is to optimize the health and productivity of interdependent communities of soil life, plants, animals and people." Consumers buy organic goods because the long term effects of pesticides, herbicides, and other chemicals may adversely effect humans and planet Earth. Some consumers also believe that organic foods contain more nutrients and taste better, though research has yet to substantiate this claim.

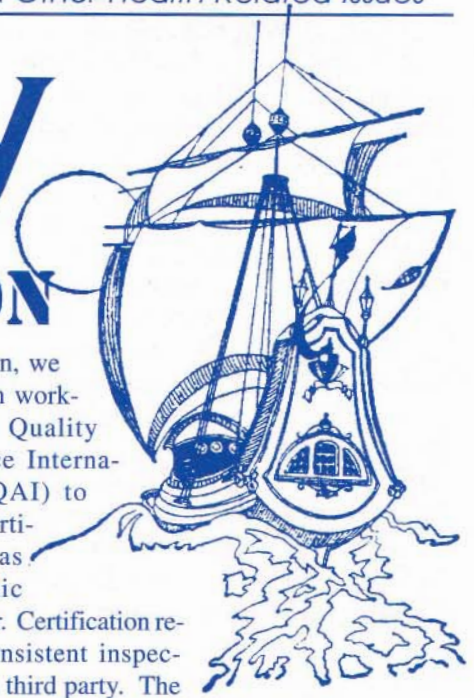
Here at the Grain and Salt Society,[®] we want healthy customers who live on a healthy planet. We provide products that contribute to good health. For

this reason, we have been working with Quality Assurance International (QAI) to obtain certification as

an organic distributor. Certification requires consistent inspections by a third party. The numerous steps to passing these inspections include tracking all organic products to insure they are organic, and incorporating systems to insure non-organic products will not contaminate our organic goods. With this certification, our customers will have complete confidence that when they order from the Grain and Salt Society,[®] they will receive quality, wholesome, certified organic foods.

We are particularly interested in the certifica-

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Kudzu, the rapacious vine covering miles of land in the Southern States, has a second identity unknown to many Americans.

Throughout Asia, kudzu (also known as kuzu) is a traditional herbal remedy for many illnesses and discomforts, including indigestion, stomach cramping, headaches, and even alcoholism. Kudzu is also one of the world's finest

by John Belleme

starches producing

translucent sauces, thick soups and puddings with no starchy taste.



Used medicinally in China for generations, kudzu root was imported to America in the 1950's because it's large penetrating root system and nitro-

KUDZU The Healing Vine

gen-fixing capability made it ideal for building soil and preventing soil erosion. This incredibly vital vine soon covered woods, fields, barns and telephone poles. The Southern climate and the lack of Asian pests created the ideal environment for kudzu, allowing it to grow as much as one foot a day. Today, with seven million acres of kudzu across the southeastern United States, Americans could "take the hint" and benefit from the medicinal applications of kudzu's root.

Kudzu Cream is one of the most commonly used medicinal preparations of kudzu. Make Kudzu

(Continued on page 11)

Why A Campaign for *Real Milk*?

Back in the 1920's, Americans bought fresh, raw, whole milk, naturally yellow butter, and fresh farm cheeses and cream. Milk was a highly prized food, especially for children. In fact, a supply of high-quality dairy products was a vital part of our national health and economic well being. Today, commercial milk may be causing everything from allergies to cancer. In the past, when Americans bought Real Milk, these diseases were rare. What's needed is a return to humane, organic dairying and small-scale traditional processing, in short....A Campaign for Real Milk.

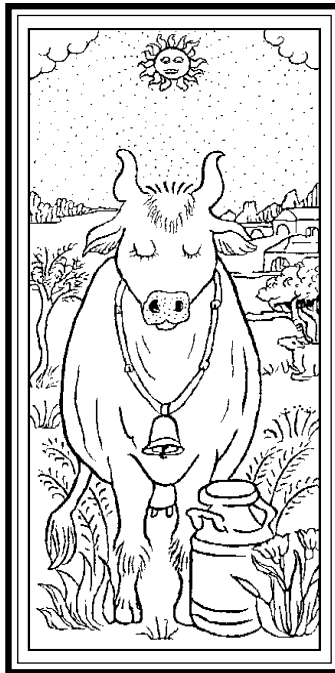
Real Milk versus Commercial Milk

Real Milk is organic, contains no additives and is **not** homogenized or pasteurized. It comes from "real cows", old-fashioned Jersey and Guernsey cows that eat high quality feed — green grass in Spring, Summer, and Fall; and silage, hay, and root vegetables in Winter. The milk produced from these grass-eating cows is a living, unprocessed whole food rich in vitamins, minerals, and enzymes necessary for the body's absorption of the sugars, fats and minerals in the milk.

Real Milk is rich in butterfat, which guards against disease and stimulates the immune system. Buttermilk also contains beneficial bacteria that protect against pathogens. Intensive studies done by the scientist Weston Price, DDS, discovered that

CAMPAIGN FOR *Real Milk*

BY SALLY FALLON, AUTHOR
NOURISHING TRADITIONS



cultures who used raw dairy products as a staple in their diets have lived long and active lives, free of degenerative diseases.

Today's commercial milk is non-organic, contains harmful additives, and is homogenized and pasteurized. It comes from genetically manipulated Holsteins, which are fed soy meal and antibiotics. The milk produced by these cows contains high levels of growth hormones and

is poorly tolerated by allergic individuals. The homogenization process breaks down the butterfat, and has been linked to heart disease. Pasteurization destroys enzymes, diminishes vitamin content, kills beneficial bacteria, promotes pathogens, and is associated with many modern day chronic illnesses: allergies, osteoporosis, arthritis, heart disease, cancer, and more.

All Americans should have the option to purchase raw milk products, and enjoy good health. However, this kind of milk is difficult to find in America, and is only legally produced for commerce in two states — California and Georgia. **If the public demands *Real Milk* products, real milk will return to the marketplace!** Y

Please join A Campaign for Real Milk!

Where can you find more information about Real Milk products and this campaign?

- Real Milk web site at www.realmilk.com
- Write to: **A Campaign For Real Milk, P.O. Box 535, Peterborough, NH 03458**

Letter from the Publisher

For three years now, we have been producing this newsletter to teach and promote good health. In doing this, we have learned and grown a lot. Not only from our research and experiences but also from the feedback we've received from our readers. I have heard many times about how health practitioners like to keep copies of *A Grain of Salt* in their waiting rooms for the benefit their patients. We often receive letters and phone calls from health practitioners who believe in the benefits of Celtic Sea Salt® and recommend it to their patients. We are grateful to our customers for giving us information about how Celtic Sea Salt® impacts their lives.

My experience in the field of health has taught me that there is more than one way to find health. Each of us must walk our own path to good health. For this reason, we endeavor to print articles from various health practitioners from across America—and the world—so that you might find information that inspires you. One of my goals for this newsletter is to give the reader something that they can apply to their life right away. Whether it is spiritual, mental or physical, it will improve their quality of life.

We also like to give you the "big picture." In this newsletter, we include an interview with Janet Jennings, founder of Sunspire, and a short informative article on Quinoa, the super-grain. Also, we've included information on a nationwide campaign for raw milk, written by one of our favorite cookbook authors, Sally Fallon. Throughout this newsletter, I hope you find information that speaks to your spirit, illuminates the possibilities in your life's journey and encourages you on your *own* path.

I would like to take this opportunity to welcome and introduce to you the new members of our team. Sabrina Marie, Christine Nilsson, Melissa Smith, Manon Fancher, Katy Chapman and Linda Green. This past year has been a truly wonderful experience for me as I watched this company grow. This is in part due to the amazing synergy of all the folks here at The Grain and Salt Society. We look forward to a new year of enjoying the amazing benefits of love, hard work, and good salt.

I would like to close by thanking all of you for your support and encouraging letters. The spirit of my father and founder of GSS, *Dr. Jacques DeLangre* is still here and thriving. I'm sure that he's smiling. Y

P.S. Check out our web-sight at: www.celtic-seasalt.com

MAINTAINING

An Alkaline Terrain

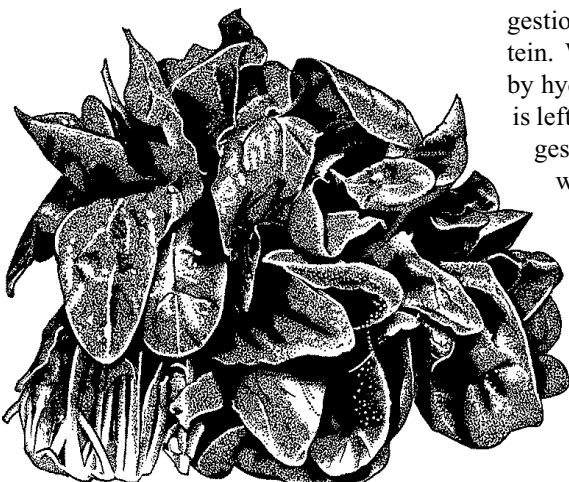
An excess of acid waste in the human body is the root cause of all disease. An acid condition is a breeding ground for the chronic conditions of arthritis, osteoporosis, irritable bowel

Dr. Shamim Daya syndrome, recurrent colds and flu, eczema and psoriasis. An acidic condition can also lead to excess weight gain, cancer, nervous exhaustion, and depression.

A healthy body produces, then eliminates acidic wastes. When these acid wastes are not completely eliminated, they are reabsorbed into general circulation throughout the body. From general circulation, un-eliminated acid wastes are deposited in the body's essential tissues. In the tissues, acidic wastes attack joints, tissues, muscles, organs and glands and cause minor and major dysfunction.

I refer to the system of the whole body as the body's *terrain*. The word *terrain* describes a person's general predispositions, his or her physiological, chemical, and even mental strengths and weaknesses. An alkaline terrain provides and sustains health. An acidic terrain destroys the vital energy of the body. An acidic terrain is a breeding ground for parasites, fungus, and viruses. In an alkaline terrain, these disease-producing invaders cannot survive.

A body becomes acidic when it is stressed on one or all of the three levels of being—physical, mental and emotional. In this way, all three levels of being affect the physical well being of the body.



On the physical level, diet plays a large role in the development an acidic or alkaline terrain. The standard American diet — fast foods, refined sugar, caffeine, prepackaged frozen foods, processed foods and bleached flours — encourages an acidic terrain. All processed foods lose the fiber and minerals necessary to maintain an alkaline terrain in the body. These essential minerals are already scarce in our modern American diets because modern agricultural practices deplete the soil of its mineral content. Supplementing your diet with minerals is an important factor in maintaining an alkaline terrain. The electrically charged Marine Matrix is an excellent source of ionized minerals. This electrical charge will direct the minerals into the cells where they are needed.

Thinking positive thoughts not only improves your attitude, it can actually work to create an alkaline terrain.

In addition to what we eat, how our body digests food plays an important role in the health of the body. When we over-consume foods that are acid-forming, we harm the ability of our digestive tract to produce adequate amounts of hydrochloric acid. Hydrochloric acid aids in digestion, especially the digestion of protein. When food is properly broken down by hydrochloric acid, an alkaline residue is left in the digestive tract. Improper digestion of food contributes to more acid waste production.

Movement and exercise affect the body's terrain as well. Regular gentle exercise—such as walking, swimming, dancing, T'ai Chi and Chigong— helps to move toxins out of the body and to establish an alkaline terrain. In addition to regular exercise, massage — and

other body therapies — further advance the elimination of acidic wastes.

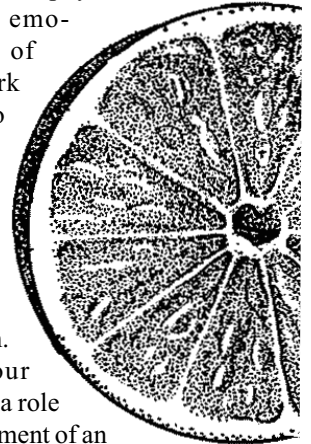
The more I understand health, the more I understand how the body works holistically. The physical, mental and emotional levels of being all work together to achieve good health.

How we think can positively or negatively affect our health. In fact, our thoughts play a role in the development of an acidic or alkaline terrain. Thinking positive thoughts not only improves your attitude, it can actually work to create an alkaline terrain.

Emotions play a role in health as well. When we stay in touch and healthfully express our emotions, we encourage good physical health. Unexpressed emotions lodge inside of us, create stress in our bodies, and encourage acidic terrains. When we work to understand our emotions, and express them in a non-judgemental manner, we help our bodies maintain an alkaline terrain. Holding on to feelings of anger, guilt, jealousy, hatred, and resentment supports an acidic terrain. Conversely, positive thoughts and feelings of love, joy, and peace can create an alkaline terrain.

If you suspect you have an acidic terrain, you may improve your health by considering the physical, mental and emotional aspects of your being. Admittedly, changing your diet, exercising regularly, thinking positive, and dealing healthfully with your emotions all at once can be overwhelming. Greater health can be achieved by being gentle with yourself and setting achievable goals. The following check list can help you devise a simple plan for establishing an alkaline terrain.

(Continued on page 7)





An Interview with Janet Jennings, Founder of
WHEN YOU CAN'T SAY NO
 TO
CHOCOLATE
 Sunspire Natural & Gourmet Foods

Nutritionists, doctors and health experts have debated the benefits and ill effects of it for decades. Women, and some men,

By Sabrina Marie have claimed they could not live without it. In fact, I've heard claims that it saved lives. Few substances have the power to incite such passion. And now, The Grain and Salt Society® is carrying malt-sweetened chocolate candies and organic cane juice-sweetened dark chocolates from Sunspire. These candies use real chocolate, but contain no refined sugar. Sunspire chocolates also use pure, natural vanilla and are manufactured without the alkali chemicals frequently used in conventional chocolate. The passionate debate over chocolate will continue, but in the meantime, we are offering our customers the best chocolate we can find.

I have long been a fan of these chocolates because I've found their sweetness more gentle than commercially produced candies. Though I love chocolate, I am sensitive to refined sugar. Cookies made with grain sweetened chocolate chips satisfy my sweet tooth without wreaking havoc on my blood sugar level. Because of my personal interest in Sunspire chocolates, I was excited to interview the president of the company, Janet Jennings. Janet founded Sunspire in 1979 with the mission of awakening the nation to the possibility of healthy snacking. Sunspire began with the production of high quality carob baking chips, and carob-covered nuts and raisins. In the beginning,

Sunspire's sales were made by word-of-mouth to consumers across the country. Today, Sunspire manufactures more than 40 natural confections and distributes to health food stores and bakeries across the country.

SM: I hear you come from a chocolate making family?

JJ: I am a fourth generation chocolatier. I grew up in a family of chocolate candy makers. My grandfather built a factory in the Midwest that produced chocolate chips and other candies. I worked in this factory as a teenager, but I never thought I would eventually work in the chocolate industry.

SM: How did you get interested in producing healthier chocolates?

JJ: I've been interested in natural foods since I was young. At age 19, I heard about Celestial Seasonings producing herbal teas and thought, "Now this is the perfect company." I wrote Celestial Seasonings a letter asking if I could work for them when I graduated from college. I was young and naïve, but I knew I wanted a career in natural foods. Although I thought that one day I might own my own restaurant, I guess chocolate is my fate. With Sunspire Natural Foods, I've combined my personal interests with my family's heritage.

SM: What interested you in creating chocolate candies without refined sugar?

JJ: I have long been suspicious of refined sugar because it has always made me hyper. Refined sugar is empty calories. Many nutritionists and physicians believe

that because sugar is empty of any valuable nutrients, it actually pulls vitamins and minerals out of the body. I searched for an alternative to sugar that had food value. I found barley malt, an extract made from high quality germinated barley. Barley malt has complex carbohydrates, and some small amounts of minerals. Malt syrups are better tolerated by those who have blood sugar disorders because their principal sugar, maltose, does not stimulate insulin production. Malt syrups are about 25% less sweet than sugar, and can successfully replace sugar in a recipe.

SM: How did you start Sunspire? Did you need specialized equipment to manufacture chocolate chips?

JJ: In the beginning, I used my father's factory to produce carob chips and carob coated nuts. I worked when the factory wasn't in regular production—on weekends and graveyard shifts. For the first two years, I worked constantly, developing the techniques and producing orders at the same time.

SM: I know chocolate is an incredibly difficult substance to work with. Did using unrefined sugars make the process of working with chocolate more difficult?

JJ: Yes. Refined sugar is one of the simplest substances to work with. In addition, all the traditional techniques for working with chocolate revolve around the use of sugar. Learning to work with barley malt was a two-year process.

Barley malt is a thick and viscous liquid, much less stable than sugar. Chocolate processed with barley malt cannot be stirred as often or as quickly as chocolate processed with sugar or it will separate. Furthermore, grain-sweetened chocolate must be heated at a lower temperature or the barley malt crystallizes and actually breaks the pump. In the early years, there was many a crisis moment. We would be producing chocolate chips in the early morning hours for an order that needed to be shipped out the next day and the pump would break!

Malt syrups are better tolerated by those who have blood sugar disorders because their principal sugar, maltose, does not stimulate insulin production.

(Continued next page)

SM: You mention that you worked in your father's factory. Was your family supportive of your mission?

JJ: Well, my father thought I was silly, but he appreciated my drive. My grandfather was always teasing me, saying, "Sugar is the ultimate health food." My grandfather is the patriarch of our large family of candy makers. One of the high points of my career came after I spent months developing Sunspire's Milk Chocolate English Toffee. English Toffee is one of my family's favorite traditional candies. With much trepidation, I brought some toffee to my grandfather to taste. He took a bite and said, "You know this isn't bad, you could sell some product with this recipe." I was so proud.

SM: I notice that you are using unrefined sugar in your organic chocolates?

JJ: The decision to use unrefined, organic sugar in Sunspire's organic chocolate products was a difficult decision for me. Organic malted barley is not available at this time. Even if I could find someone willing to make it, they would not be able to make enough, and the cost would be prohibitive. Using unrefined, organic sugar was a way I could support organically grown chocolate. Also, I have always believed that we shouldn't deny ourselves what we love—and I love these organic chocolate candies.

SM: Do you have any practical advice for people for working with chocolate?

JJ: Because chocolate is so delicate, always use a double boiler to melt chocolate. Chocolate absorbs odors, so don't store it near strong-smelling food like onions. The best way to store chocolate is in a cool and dry place, in a sealed container. When melting and baking our grain sweetened chocolates, use a lower temperature because grain sweetened chocolate is more delicate than chocolate sweetened with refined sugar.

SM: Janet, thanks for speaking with me. I'm sure our readers will enjoy hearing about your personal connection with chocolate and health.

JJ: Thank you for the opportunity to share my passion in print! Y



With a nutty flavor and an interesting, almost crunchy texture, quinoa is fast becoming all the rage in culinary circles across America. The correct pronunciation, by the way, is KEEN-wah. Quinoa was a staple grain of the Incas hundreds of years ago, but had almost been forgotten by modern society until the late 1980's. Quinoa is a versatile "grain" that can be used in breakfast, lunch, dinner and dessert recipes. In fact, Quinoa is not a cereal grain, it is the fruit of an herb in the goosefoot family.

Quinoa contains high-quality, easy-to-digest protein, calcium, iron and B vitamins. Quinoa is very close to milk in its protein profile, in fact, the World Health Organization has observed that quinoa is closest of all grains to the ideal protein balance. Quinoa also produces its own insecticide that covers the tiny grains and repels insects. Quinoa must be rinsed well before using because this natural chemical has a very bitter taste. Rinsing it well and cooking it according to the directions below, quinoa produces very delicately flavored dishes that are particularly complimentary to Mexican or Tex-Mex entrees. (Try quinoa in your next burrito instead of rice—yum!)

Championed because of its excellent nutritional profile, quinoa is easy—and quick—to cook. Just bring 1 ¾ cups of water or stock and ¼ teaspoon Celtic Sea Salt® to a boil, then add 1 cup of well-washed quinoa. Cover, lower heat to a simmer, and cook for 12 minutes, or until all the water has been absorbed. Fluff with a fork before serving. Garnish with herbs, such as White Bird Herbs Dragon Flame Seasoning.

In the following recipe, adapted from Rebecca Woods' excellent cook-

book, *The Splendid Grain* (William Morrow, 1997)—now available from The Grain and Salt Society®—quinoa is used in a hearty, full-bodied soup. Use this recipe, or experiment on your own, to produce highly nutritious and delicious dishes from this delicately flavored grain.

Quinoa and Winter Squash Potage

- 2 tsp. sunflower oil
 - ½ tsp. yellow mustard seeds
 - 1 onion, minced
 - 2 cups butternut squash, diced
 - 1 apple, peeled, cored and sliced
 - ¼ cup uncooked quinoa, well washed
 - 3 cups vegetable stock or water
 - Celtic Sea Salt and freshly ground black pepper, to taste
 - 2 tbsp. parsley, chopped
1. Heat the oil in a soup pot over medium heat. Add the mustard seeds and saute for 1 minute. Add the onion and saute for 5 minutes, or until onion is translucent.
 2. Add the squash and saute for 5 minutes more.
 3. Add the quinoa, apple, stock, salt and pepper and bring to a boil. Cover, reduce the heat, and simmer for 15 minutes or until the squash is quite soft. Remove from heat.
 4. Use a potato masher (or the back of a soup ladle) to mash the squash until coarsely textured and creamy. The soup may also be pureed in a food processor or blender. Be careful not to over-process.
 5. Taste and adjust the seasoning. Serve garnished with chopped fresh parsley. Y

New books available

from

The Grain and Salt Society®

The Splendid Grain

by Rebecca Wood

Read about the interesting stories behind the grains of the world. Includes informative sections on each grain (including millet, quinoa, buckwheat, etc.) as well as excellent and easy to follow recipes. Softcover, 394 pages \$16.00

Alkalize or Die

by Dr. Ted Baroody

Learn the "Rule of 80/20"—eating 80% alkaline foods and 20% acid foods leads to good health. Includes lists of foods, and how dietary, physical, psychological and spiritual factors affect alkalinity. softcover, 221 page \$14.95

The Journey

CONTINUED

FROM PAGE 1

tion of Celtic Sea Salt®, the product on which our company was founded. Celtic Sea Salt® is certified organic in France, and we would like to see that certification recognized in America. But certifying salt is the catch in our journey to organic certification. No third party certifiers in the United States recognize salt as a product that may be certified, in spite of the vast difference between the process of harvesting Celtic Sea Salt® and the manufacturing of refined commercial salt.

Celtic Sea Salt® is harvested to feed people, refined table salt is manufactured to assist in the production of chemicals. I contacted Joe Smilie, of Quality Assurance International, so I could understand why third party certifiers don't certify salt organic. He explained "salt is an element, not an agricultural product. Salt is not grown in fields, it is either mined or manufactured or evaporated from seawater. We cannot certify salt because we have no standards to apply to these processes." I understand that salt differs from agricultural products, though Celtic Sea Salt® is harvested from the sea. However, if the concern of the organic movement in America is with the health and vitality of our food and our planet, then truly, standards for organic salt need to be created. Manufacturing commercial table salt is a highly technical process requiring high heat and extensive use of chemicals, much like commercial farming is a process that uses many chemicals.

From the Salt Industry's web page (www.saltindustry.org) I learned that virtually all food grade salt sold or used in the U.S. is produced by vacuum evaporation of brine. The first step in this process is chemical treatment of the brine to remove minerals. Although necessary to the good health of humans, minerals cause scaling in the brine evaporators. After chemical treatment with chemicals such as sulfuric acid, chlorine and hydrochloric acid, the brine is then heated to tem-

peratures in excess of 400° to evaporate the water. Unfortunately, high heat destroys what nutrients may remain after the chemical treatment.

This high heat and chemical treatment produces a tasteless salt devoid of any nutrients. However, the *quality* of table salt is hardly a concern for commercial producers of salt. U.S. consumers use only 7% of the salt produced in the United States. Salt is primarily produced for the chemical industry.

The salt industry produces this highly refined "pure" salt because this is what is needed for the manufacturing of chemicals. In fact, a visit to Morton Salt's web page (www.mortonintl.com/home.htm) reveals that Morton produces dozens and dozens of "specialty chemicals" in addition to salt. The salt that sits in shakers on the majority of American kitchen tables is not made with those families in mind. Salt companies produce salt primarily for the use of the chemical manufacturing industry. In other words, the salt that the typical American family shakes over their french fries is the same ingredient used to manufacture chemicals. Can this indus-

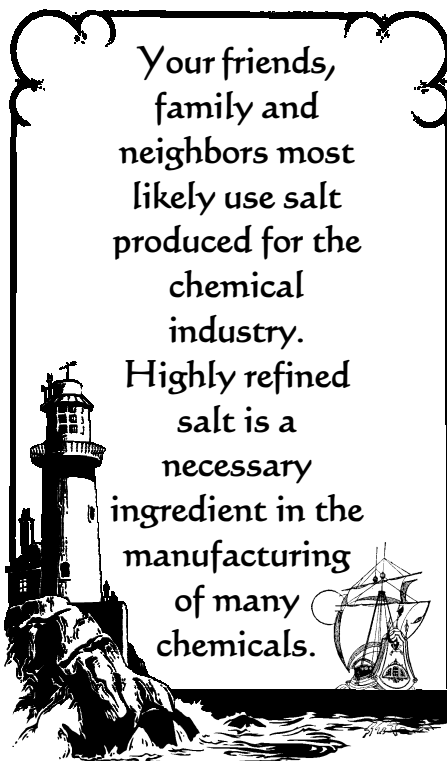
trial substance actually be safe for human consumption? In fact, salt companies do consider their human market when they add chemicals such as ferrocyanide, yellow prussiate of soda, tri-calcium phosphate, aluminocalcium silicate, and sodium aluminosilicate. These anti-caking agents prevent salt from mixing with water and acting naturally in the human body.

The tragedy of the technological, nutrient-stripping process of salt manufacturing deepens when compared to the harvesting of Celtic Sea Salt®. On the pristine shore of northern France, trained *paludiers* (salt farmers) use age-old harvesting methods that cooperate with the natural processes of the earth and benefit the health of humans. Both the location and the harvesting process protect the natural wholesomeness of Celtic Sea Salt®.

Celtic Sea Salt® is harvested from a protected natural environment. The French government considers the salt-harvesting seashores of northern France a national treasure and imposes the strictest regulations to protect it. No herbicides are allowed in the area and no animals are allowed to graze. Furthermore, the seawater that feeds the salt marshes is carried in by the powerful Gulf Stream Current. The circulatory nature of this powerful current in combination with the action of the tides keeps the water naturally low in pollutants.

The process of harvesting Celtic Sea Salt® began in ancient times. Since then, this method of salt harvesting has hardly changed. Using only wooden utensils, *paludiers* direct the ocean water into a large holding pond, and then into smaller and smaller clay-lined ponds. Some salt harvesters in other parts of the world use concrete to line the ponds and metal utensils to direct the seawater. According to Jaques De Langre, author of *Sea Salt's Hidden Powers*, concrete-lined ponds may excrete lime into the salt and metal utensils react with salts delicate ionic balance.

In the small, clay-lined ponds, the sun and the wind, together with the actions of the *paludier*, evaporate the seawater. The process of salt harvesting usually takes two months from the time the seawater first enters the marsh until the salt is harvested from the shallow clay ponds.



Throughout this process, the wind, sun, and paludiers work together to filter pollutants and maintain the mineral content and integrity of this unique salt. The resulting Celtic Sea Salt® contains the vibrancy of the ocean; high in minerals and trace elements, it has an exquisite taste.

In France, it is common knowledge that all salts are *not* the same. The French government has awarded the Celtic Sea Salt® “The bel Rouge” (the Red Label), it’s designation of the highest quality products. In addition, Celtic Sea Salt® is certified organic by a French third party certification company, called Nature & Progrés.

Nature & Progrés is the most reputable organic certification group in Europe. The rigorous criteria used to certify salt require attention to the handling, storing, and packaging of the salt. Some of these standards include:

- Regarding the environment: no urban or industrial pollution, no agricultural pol-

lution (including herbicides or insecticides), no lead pollution (from hunting), and proper circulation of the water.

- Regarding the handling of the salt: no tools that have been chemically treated may be used, and no oxidizing metals may come in direct contact with the salt.

- Regarding the storing and packaging of the salt: no asbestos may be used in the roofing of salt storage warehouses, the area used to store salt is to be used strictly for salt and nothing else.

- Regarding the state of the salt itself: salt must undergo tests to insure that all elements present in the salt are original to it, no nitrates, nitrites, heavy metals, lead, arsenic, and no radioactivity is allowed to exist in certified organic salt.

Clearly, the process of harvesting Celtic Sea Salt® is a practice that uses materials and practices that enhance the ecological balance of natural systems and that integrate the parts of the (salt) farm-

ing system into an ecological whole. But because salt is not classified as an agricultural product, it exists in a never-never land where these organic standards may not be applied. Salt is a unique food substance that we often use without considering whether or not it is a “whole food.” Coached by “health experts,” we have all cut back on our salt intake without considering the unwholesome nature of commercial table salt. Commercial table salt—an overprocessed, chemical-containing product of no vitality—sits on kitchen tables in approximately 99% of American homes. The Grain and Salt Society® began with the mission of spreading the word about good salt. With or without the support of American organic certification, The Grain and Salt Society® will continue to educate and inform our customers and the public about wholesome, natural Celtic Sea Salt®. Y

An Alkaline Terrain

CONTINUED FROM PAGE 3

- Eat more fresh and alkaline forming foods (such as lemons and limes, cayenne, Celtic Sea Salt, millet, sprouted nuts and seeds, dates and figs, umeboshi plums, kudzu root, sea vegetables, watery, green and leafy vegetables), see the Food Therapy video for further details.

- Take digestive enzymes with meals to aid in digestion.

- Supplement your diet with essential fatty acids and vitamin C to unblock important metabolic pathways

- Drink pure, room temperature water to flush out acidic waste

- Keep the bowels moving well by eating adequate fiber and drinking plenty of water

- Supplement your diet with minerals to nourish an alkaline terrain (The Marine Matrix beverage is one of the easiest ways to return harmony to your body through re-mineralization.)

- Exercise regularly to oxygenate the body and open the channels of elimination

- Brush wet or dry skin using a natural bristle brush to open up lymphatic channels and eliminate the acid toxins

- Get in touch with your feelings and learn to share and express your feelings in an honest way

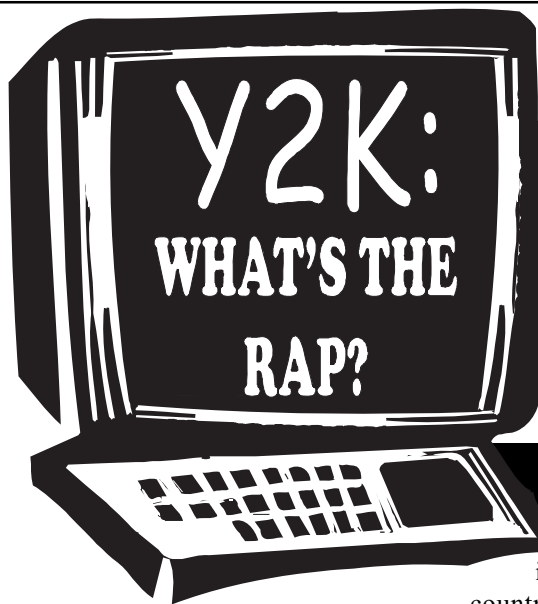
- Make time for recreation, relaxation, music, prayer and meditation to bring peace and harmony into your life. Y

Dr. Shamim Daya is a medical practitioner in England specializing in nutrition, food therapy and women’s health. She is the producer of the video, Food Therapy, and has a great passion for using food as much as possible to regain and maintain good health.

Health note Nuts for Good Health!!!

We love nuts! Here at The Grain and Salt Society®, we have long proclaimed that nuts are good food (especially our favorite nut—almonds). The current issue of the British Medical Journal offers scientific support for our claims. Researchers from the Nurses Health study of 86,000 nurses found that women who ate more than five ounces of nuts a week had one-third fewer heart attacks than those who rarely or never ate nuts. This study was conducted by researchers at Brigham and Women’s Hospital and the Harvard School of Public Health in Boston. Also, preliminary results from the companion Physicians Health Study suggest that frequent nut consumption may provide similar benefits to men. Contrary to wide misconception, nuts do not contain any cholesterol. They are a healthy source for protein. So, go ahead, enjoy some nuts! Y





You've probably heard the buzz—on 60 Minutes, on cable TV, on your local radio station, in your church bulletin . . . It's about the year 2000 and computers.

Computers play a big role in modern day society. But it's an invisible role we often don't consider in our daily lives. Electricity, transportation, water supply, **By Sabrina Marie** billing and banking are parts of our lives that involve computer technology. Some experts are predicting that these systems might malfunction when the year changes from 1999 to 2000 because of a small computer glitch.

This "glitch" was written into computer systems in the 1950's when computer programmers designed the software still in use today. At this time, computer memory was very expensive. Programmers saved money by only taking up a two digit space for the year date. The programmers figured that by the 1990's, these systems would be updated or replaced. In the busy and hectic world of the 80's and 90's, no one ever got around to fixing this major problem. When the digits roll to 00, many computers will believe the date is 1900. Some computers may crash because they will get confused. In this state of confusion, other computers may give out false information.

Now that the world is paying attention, why can't this problem be solved? It can, but it will take time. The two digit memory spaces where the year dates are stored are buried within software, at no particular place. Software engineers try-

ing to fix the problem must look through programs, line by line. This is the technological equivalent of looking for a needle in twenty haystacks. Luckily, once 2000 rolls around, problem places will become evident. Programmers will be able to find these "needles" by following crashed, malfunctioning computers.

What is going to happen January 1, 2000? Not even the top experts know for sure. The electric-

electricity for a month is difficult to imagine. In looking toward the future and all the many possibilities that exist, we do not need to "imagine the worst." We may chose to prepare ourselves for possible difficulties, but maintain a sense of balance in these preparations.

There is a powerful difference between taking care of ourselves by preparing for a possible disaster and becoming paranoid about what the unknown may bring. The days following the New Year in 2000 may provide us with the opportu-

IS IT REALLY ALL THAT BAD?

ity grid is connected across the country, so a problem in Topeka, KA could affect electricity in Asheville, NC. Food distribution is routed through computerized systems so there could be a food shortage. All this sounds ridiculous (how could life as we know it actually change?), and scary (what if life as we know it actually changed?).

Some predict problems associated with Y2K will be sorted out days after January 1, and others are predicting it will take months. Because no one knows for sure what will happen, Paloma O'Riley, in the *Y2K Citizen's Action Guide*, published by *Utne Reader*, recommends preparing for the worst. O'Riley recommends stocking up on food and water, and considering alternatives for heat and electricity.

The Grain and Salt Society® carries nutritious foods that can help you through any food shortage emergency. With a kitchen full of hearty grains, protein packed beans, tasty condiments, sea vegetables, miso and Celtic Sea Salt®, you may find that an emergency becomes an opportunity to experience greater health.

Since this problem could occur in the winter, consider stocking up on hearty grains, such as barley and buckwheat. High in protein, beans, miso and snow-dried tofu are great "emergency stock" ingredients because they keep well. We are putting together emergency packages, check the Spring Newsletter for details.

All this talk about world changes can be difficult to face. We have grown accustomed to lights coming on when we flip a switch. Although we occasionally experience short-lived blackouts, losing

nity to grow closer to family and friends. We may strengthen our ability to take care of ourselves. We may enjoy "back to the basics" healthy and natural foods and ways of preparing food. We may relish the company of our loved ones by telling stories around the fireplace. Whatever difficulties arise, I trust the American pioneering spirit will help us all survive. Put this way, a day or a month of "struggle" almost sounds fun, doesn't it?

As you consider just what measures you want to take, I encourage you to read all you can about Y2K. In addition to the Citizen's Action Guide, another great resource is *The Year 2000 Computer Problem: the 10 Things Every Woman Must Do* (by Karen Anderson, order by calling 1-877-925-9663). Being informed of this upcoming situation can enable you to relax as you make important decisions. Y

Building Community for Y2K and beyond

The *Utne Reader's* "Y2K Citizen's Action Guide" is a small, easy-to-read book containing helpful information about building a community that can sustain its members during Y2K and beyond. Steps to facilitating community building in your neighborhood, how to work with public officials concerning electricity and water supplies, and tips on personal preparedness (physical and emotional needs) are included. Many people in your neighborhood may need your help in an emergency, do you know who they are?

Available from

The Grain and Salt Society®

Y2K Citizen's Action Guide \$4.95

Member price \$3.00

Chef Al's Healthy Kitchen

As a professional chef, consultant and teacher, I'm often asked by my clients for tips on how to make foods that are quick, easy, fun, beautiful,

tasty, and use organically grown whole foods in vegetarian cooking. With great joy, I offer you these ideas for creating "layers of flavors" in your healthy vegetarian dishes.

1. Support local and organic food producers:

- ◆ Support farmer's markets
- ◆ Request more organic produce at your local market
- ◆ Shop seasonally according to your region for more variety, lower costs, and better flavor
- ◆ Grow your own garden (herbs, veggies, fruits)

2. When shopping:

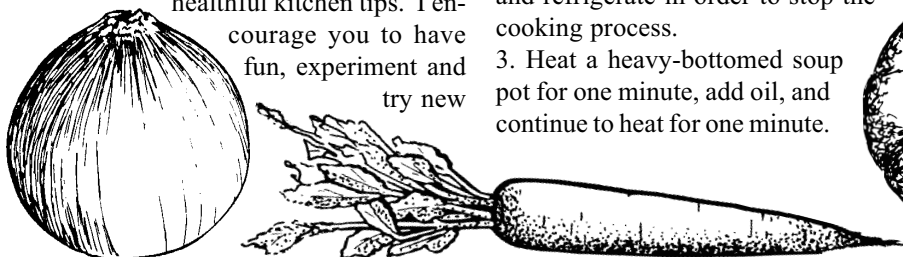
- ◆ Begin with the produce section (50-75% of total budget)
- ◆ Next, go to the bulk foods area to buy grains, legumes, etc.
- ◆ Then go to frozen, refrigerated and dry goods areas
- ◆ Finally, if you eat animal foods, purchase naturally raised, hormone free meats

3. For optimal nutrition, I also recommend using 50% raw foods. In addition to preparing salads of various types, try adding chopped, washed leafy green vegetables to your serving dish, then pouring over your cooked food. This increases intake of the high nutrient raw foods.

4. Using spices and fresh herbs:

- ◆ Dried herbs—add at the beginning of the preparation, usually after the vegetables are sautéed, and slightly soft
- ◆ Fresh herbs—add freshly chopped seasonal herbs in the last 5-10 minutes of preparing any dish

I trust that you will enjoy trying these healthful kitchen tips. I encourage you to have fun, experiment and try new



recipes. Remember to give thanks for the bounty, and celebrate our relations with the food, the farmers and those we cook for!

Potato Leek Soup

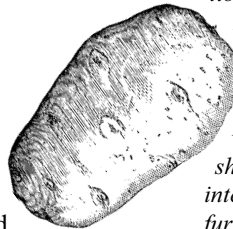
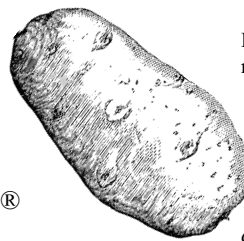
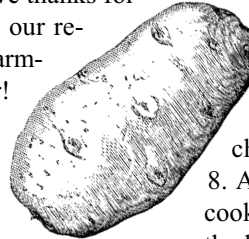
Yield: 8
 Prep Time: 30 minutes
 Portion Size: 8 ounces
 Cooking Time: 55 minutes

Ingredients:

- 1 tbsp. sunflower or safflower oil
- 1 cup yellow onion, small diced
- 1 cup celery, small diced
- 1 tsp. Celtic Sea Salt®
- 1 tsp. paprika
- 1 tbsp. garlic, peeled and chopped (approx. 4 cloves)
- 1 tbsp. caraway seeds
- 1 tsp. veggie base
- 1 tsp. sage, crumbled
- 2 cups leek, white only
- 4 cup potatoes, peeled and medium diced
- 8 cups water
- 1 cup squash, peeled and small diced (winter or summer)
- 1 bay leaf
- ¼ cup parsley, chopped

Method:

1. Trim leeks, discard ends then cut and save the greens (the thick green leek leaves are excellent for stock). Use only the white part for this recipe, medium diced, and soak chopped leeks for 30 minutes to remove all dirt.
2. Place peeled, medium diced potatoes in soup pot, cover with 8 cups water, and bring to a boil. While potatoes are cooking, proceed with step 3. Simmer for 20 minutes until al dente. Drain off water and reserve. Place potatoes in a bowl and refrigerate in order to stop the cooking process.
3. Heat a heavy-bottomed soup pot for one minute, add oil, and continue to heat for one minute.



4. Add onions, sauté 5 minutes until golden, then add celery and garlic and cook an additional 5 minutes.

5. Add salt, caraway, bay leaf, paprika, sage, veggie base and (drained) leeks. Toss 1 minute.

6. Add potato water, and potatoes then stir well. Return to a boil and simmer for 20 minutes.

7. During final cooking, chop parsley and pat dry. Also, small dice squash of choice.

8. Add squash during the last 5 minutes of cooking, if using winter squash, add during the last 10 minutes of cooking.

9. Garnish with chopped parsley and serve.

Recipe © Chef Albert H. Chase, Jr., Founder and Culinary Director, Institute for Culinary Awakening

Chef Albert H. Chase Jr., founder/director Institute for Culinary Awakening™, is a 1979 alumnus of the Culinary Institute of America. Chef Al combines 25 years experience in classical culinary arts with a 10-year focus on organic, plant-based cuisine. An educational organization, ICA™ serves the public and food service professionals by offering vegetarian workshops and trainings internationally. For further information, contact Chef Chase/ICA™, (206) 781-3935, www.ica—plantchefs.com.

Call The Grain and Salt Society if you would like to come to a Chef Al workshop in Asheville, NC.

HEALTHY KITCHEN SHOPPING LIST

- Brown rice
- Carob powder
- Barley flour
- Quinoa
- Polenta
- Kamut
- Millet
- Raisins
- Amaranth
- Rolled oats
- Cornmeal
- Garlic
- Onions
- Leafy greens
- Potatoes
- Broccoli
- Green beans
- Red beets
- Carrots
- Lemons
- Limes
- Ginger root
- Oranges
- Apples
- Squash
- Cabbage
- Tofu
- Miso
- Tahini
- Tempeh
- Maple Syrup
- Soy/rice/nut milks

Heart Health

We were pleased to receive these articles from this mother and daughter team—Dr. Roopa Chari and Mrs. Mani Chari. This dynamic duo is so excited about good health, they want to share their enthusiasm with our members.

Having a healthy heart and body is simple and fun. I encourage you to empower yourself by taking responsibility for your health. You can create a nurturing and health enhancing life-style by adding nutritious foods to your diet. Here are some of my suggestions for transforming your life and enjoying good health and well being.

by Dr. Roopa Chari

- To begin, eat healthy vegetarian meals full of fresh fruits and vegetables (preferably organic). Meat substitutes—such as gar-

den burgers, sausage substitutes, etc.—are available at health food stores and can be used to substitute for meat dishes. They taste delicious and are good for you! Meat, dairy, and eggs are the major sources of cholesterol and are extremely high in saturated fats. [Editor's note: Although cholesterol is necessary to the body's physiology, there is good cholesterol, called HDL and bad cholesterol, called LDL. High LDL levels contribute to the accumulation of cholesterol plaques in the arteries, a major factor in cardiovascular disease]. Dr. Dean Ornish states

in his book *Program for Reversing Heart Disease*, "Evidence is accumulating that a low-fat vegetarian diet may not only help prevent heart disease and stroke but also some of the common cancers, including breast, prostate lung and ovarian cancers." Dr. Ornish also notes that "vegetarians have lower rates of osteoporosis, adult-onset diabetes, hypertension, obesity and many other illnesses." Diets high in cholesterol and saturated fat raise cholesterol levels and produce atherosclerosis (clogged arteries) which leads to heart disease and strokes. I highly recommend the book, *Diet for a New America* (Stillpoint Publishing, 1987), by John Robbins (order by calling PETA 1-800-483-4366).

•For good health it is also important to buy a juicer and to drink the juice of fresh fruits and vegetables everyday. Fresh fruit and vegetable juices provide you with the powerful natural "medicines" called phytochemicals. Phytochemicals are plant

(Continued, next page)

There's Value in Indian Spices

Indian vegetarian cooking is very simple, tasty and healthy. Using spices produces the distinctive flavor and aroma of Indian cuisine. Of course, you can make your dishes as hot or as mild as you like. Most of the 25 spices essential to Indian cuisine have medicinal value. Spices add flavor and nutrition to food, and give cooks a chance to use their imagination.

The most commonly used Indian spices are whole red peppers, cumin seeds, black mustard seeds, turmeric, ginger, coriander seeds and cilantro. Curry powder is a combination of spices that are ground into a powder. *Cumin seeds* contain 4-5% thymene oil. Thymene oil has a high medicinal value and is rich in vitamin A, vitamin B, calcium, potassium, phosphorus and sodium. Roasted and ground cumin powder can help con-

trol diarrhea and dysentery when mixed with yogurt.

Coriander seeds have the same nutrients as cumin seeds and may relieve heart palpitations, nose bleeds, stomach pain and indigestion.

Tumeric is a yellow powder that is antibacterial and acts like an antiseptic. Tumeric is also antiinflammatory and prevents cancer.

Whole red pepper or *cayenne pepper* stimulates the circulation. Cayenne pepper is good for the heart, it improves digestion, and it stops bleeding ulcers.

Ginger is an excellent circulatory stimulant and relieves nausea.

Here is my family's delicious recipe for cabbage curry. Cabbage contains vitamin E, potassium, and folic acid as well as many phytonutrients, which help protect against cancer and are excellent for the heart as well.

Cabbage Curry

Serves 2 when served with rice for a substantial meal

- 1 cabbage, medium sized
- ½ whole red dried pepper (cayenne)
- 1 tsp. cumin seed
- 1 tsp. black mustard seed

¼ inch ginger, peeled and finely chopped

½ green chili (poblano or jalopeno)

1 tbsp. vegetable oil

1 pinch turmeric

Celtic Sea Salt, to taste

1. Chop cabbage and green chili into small pieces.

2. In a stainless steel pan, add oil. Heat oil over a medium temperature.

3. When the oil is hot, add red pepper, mustard seed, and cumin seed.

4. When mustard seeds start popping, add the ginger and green chili.

5. Then add the cabbage, salt and turmeric and stir all of the ingredients together.

6. Cover. Let the cabbage cook on medium temperature for 15 minutes. Stir occasionally. Serve with cooked brown rice or bread. Enjoy! Y

Mani Chari came to the United States in 1960. A professional Indian classical dancer and musician, Mrs. Chari is active in the community and has worked to educate the American public on Indian culture. Mrs. Chari introduced Indian vegetarian cooking to the University of Toledo, explaining health benefits and teaching cooking techniques.

Heart  Health

Continued from page 10

chemicals that boost your immune system and protect you from cardiovascular diseases, cancer, and arthritis. Juicing gives you almost 100% of the nutritive value of the produce along with natural enzymes within minutes after drinking it. It also gives you an instant burst of energy and is a powerful detoxifier for your system. Carrot-celery-spinach juice reduces cholesterol, helps unclog blocked arteries, and lowers blood pressure.

- Eat 3-4 cloves of garlic per day. Garlic lowers cholesterol, prevents atherosclerosis, lowers blood pressure and boosts the immune system. It also has a variety of valuable minerals, which protect the heart.

- Drink a minimum of eight glasses of purified water a day. Dehydration leads to increased blood pressure and a variety of health problems. Avoid caffeine by replacing that cup of coffee with freshly blended juices.

- Use Celtic Sea Salt® as a table salt and for cooking. Salt is a vital necessity and Celtic Sea Salt® has precious minerals and trace elements, which are essential for optimum health. Problems with salt are related to a high intake of refined salt. Refined salt is found in processed foods, fast foods, soups, luncheon meats, and packaged sauce mixes.

- Walk 30 minutes to one hour 4 to 5 times a week to stimulate your circulation, energize you and strengthen your heart and vascular system.

- Take time out on a daily basis to center yourself and quiet the mind. Instead of reading the newspaper or watching television excessively, read and listen to inspiring messages that uplift your spirit. Dr. Andrew Weil in *Natural Health, Natural Medicine*, says “most news reports increase anxiety” and are “a major roadblock to learning to relax.”

Creating health can be very simple and enjoyable. Y

Dr. Roopa Chari is board certified in Internal Medicine. In her practice she combines her traditional medical background with alternative medicine. Dr. Chari can be reached at vegdiel@aol.com.

KUDZU

(Continued from page 1)

Cream by combining kuzu with water, ginger and umeboshi plum and simmering until the beverage thickens (recipe follows). In his book *Healing Ourselves* (Avon Books, 1973) wholistic health practitioner Naboru Muramoto recommends Kudzu Cream for colds, weak intestines, general body pains, stomach cramps and diarrhea. Kudzu Cream may also neutralize stomach acidity, relax tight muscles, and provide relief for chronic headaches.

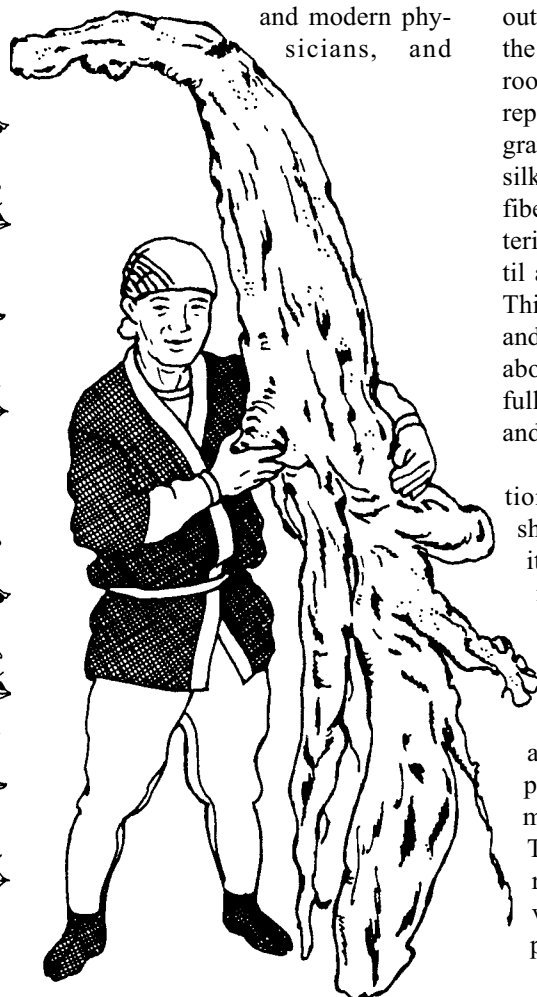
Recently, kuzu has gained international interest for a completely different problem—alcohol abuse. When Chinese physicians reported they were using kudzu successfully to treat chronic alcoholism, Harvard medical researcher Wing-Ming Keung traveled to China to collect clinical information. During his visit, Keung interviewed 13 traditional and modern physicians, and

compiled 300 case histories. “In all cases,” said Keung, “the medication—Kudzu Root—was considered effective in both controlling and suppressing appetite for alcohol and improving the function of alcohol-affected vital organs. No toxic side effects were reported by the Chinese physicians.”

Kuzu treats a wide variety of ailments because it has more than one healing component. The starch in kuzu soothes minor gastrointestinal difficulties. Also, Kuzu has a significantly high flavonoid content. Scientists have discovered that flavonoids effect the human circulatory system by dilating blood vessels that are constricted due to stress. Research in Beijing, China showed that kuzu reduces high blood pressure, relieves chronic migraine headaches; and eases tension in the shoulders, neck and head. Additional research shows that flavonoids lower cholesterol levels and reduce the risk of blood clots.

Traditionally, making kuzu requires 120 days and begins by digging the roots out of the ground by hand. To separate the starch from the fibrous root fibers, the root is cleaned, cut, mashed, then washed repeatedly in cold water. The resulting gray paste is washed and filtered through silk screens many times to remove plant fibers and bitter tannins. The washing, filtering, and settling process continues until a pure white, clay-like starch forms. This starch is cut into 6-inch thick blocks and placed in paper-lined boxes to dry for about 60 days. Once dried, kuzu is carefully dusted with a soft brush, crumbled, and packaged.

Throughout the process of production, manufacturers may take several shortcuts that negatively effect the quality of the kuzu. For instance, oven drying, instead of slowly drying at room temperature, produces brittle kuzu that is too hard to dissolve in water. Manufacturers sometimes adulterate kuzu by adding other starches such as cornstarch and arrowroot to the packages. This traditional harvesting method assures high quality kuzu root. The Grain and Salt Society carries kuzu root imported from Japan that is harvested and produced using this pure process. Although the American



KUDZU

(Continued from page 11)

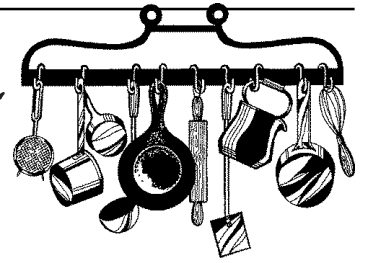
southeast is nearly overgrown with kuzu, at this time no one is manufacturing kudzu root in America.

Kudzu starch is preferred to less expensive starches, such as cornstarch, potato starch, and arrowroot, because of its healing nature. Cornstarch and potato starch are highly processed, mass produced, and treated with chemical bleaches and toxic extracting agents. Arrowroot, though produced by a simple and natural process, lacks the healing and soothing capabilities of kuzu. For medicinal preparations as well as culinary creations, kuzu is superior in taste, texture and healing qualities.

When you buy kudzu, the starch will be in small chunks. Store these chunks in a sealed jar. Before using, you may choose to crush the chunks with the back of a spoon for easy measuring. Use approximately 1½ tablespoons of kudzu starch per cup of liquid for sauces and gravies and 2 tablespoons per cup for jelling liquids. For most preparations, completely dissolve the measured amount of kudzu starch in a little cold water, then add it to the other ingredients near the end of cooking time. Stir constantly while the mixture gently simmers until the kudzu starch thickens and becomes translucent. The following recipes illustrate the use of kuzu for a medicinal beverage and for a delicious soup.

The following soup recipe is one of my favorites. Ginger and chili-flavored sesame oil give it an authentic Asian flavor. The oil is very hot, so use it sparingly. Y

Recipes



Hot & Spicy Shitake Soup

6 cups water
 5 dried shitake
 ½ pkg clear (bean thread) noodles or somen
 2 slices fresh ginger root
 1 tsp. Celtic Sea Salt®
 ½ cup carrots, thinly sliced
 1/3 cup red bell pepper, diced
 1/3 cup celery, thinly sliced
 12 snow peas, trimmed and cut diagonally into 2-3 pieces
 2 tsp. shoyu
 ½ tbsp. mirin (optional)
 4 tbsp. kuzu, crush chunks with the back of spoon before measuring
 ¼ tsp. hot and spicy sesame oil
 1 scallion, slivered, for garnish
 Cover the shitake in the water and soak for 2 hours or longer. Remove the shitake, cut off and discard stems, and thinly slice caps. Return sliced caps to soaking water.
 In another pot, boil the clear noodles 5 to 6 minutes, then rinse under cold running water, drain well, and chop into 2 inch lengths. Divide the noodles among individual serving bowls.
 Combine the shitake stock and ginger, gently simmer ten minutes, then remove and discard ginger. Add the salt, carrots, and bell pepper and celery and simmer 10 minutes. Add snow peas, shoyu and mirin, if

using, and simmer a half minute more. Remove from heat.

Dissolve the kudzu starch in ¼ cup cold water and add it to the soup while stirring briskly. Return pot to heat and continue stirring until soup simmers and thickens. Remove from heat, sprinkle with the hot and spicy sesame oil, and stir. Serve hot with a garnish of slivered scallion.

KUDZU CREAM BEVERAGE

This rejuvenating tonic is most effective in aiding digestion when taken about one hour before meals.

1 cup cold water
 1 rounded tsp crushed kudzu starch
 1 umeboshi plum, pitted and minced, or 1 tsp umeboshi paste
 ¼-½ tsp. fresh ginger juice (finely grate ginger root and squeeze to extract juice)
 ½-1 tsp. shoyu or soy sauce

In a small saucepan, thoroughly dissolve kudzu starch in the water. Add umeboshi and bring to a simmer over medium heat, stirring frequently. When the mixture begins to bubble around the edges, stir continuously until kudzu thickens and becomes translucent. Gently simmer 1-2 minutes, then remove from heat. Add ginger and shoyu (if desired) to taste.

NOTICE: The information contained herein should not be considered or construed as therapeutic recommendation for any person or any disease or symptom, nor is it intended to provide medical advice, which can only be provided by a licensed physician in private consultation. Furthermore, the opinions expressed in this newsletter are not necessarily the opinions of The Grain & Salt Society. Material may not be reprinted without the permission of The Grain & Salt Society. Happy Reading!



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