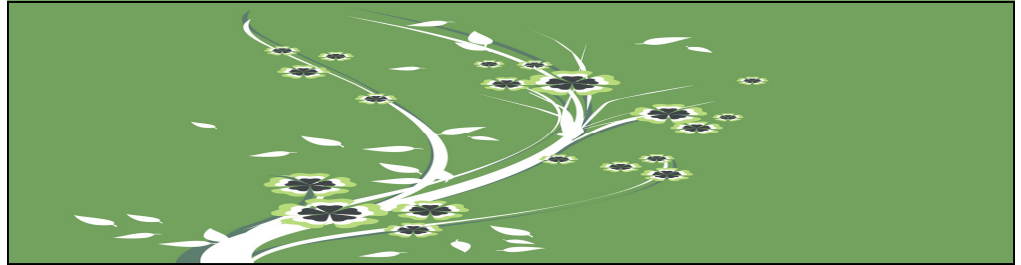


Back to the Garden

(970) 241-6796



Hope for Children with Autism

Excerpted from *The Face on Your Plate: The Truth About Food* by **Jeffrey Moussaieff Masson**

My wife is a pediatrician who follows the technical research on nutrition very closely. Her medical specialty as a pediatrician is working with children on the autistic spectrum, including children with Asperger's syndrome, using a biomedical approach.

This treatment avoids all psychiatric drugs, concentrating instead on changing the children's diets—taking them off gluten, and all dairy products (especially cow's milk), and giving them supplements such as zinc, iron,

the B group of vitamins, magnesium, omega-3 fatty acids, and other naturally occurring substances.

It has been her clinical experience to see amazing turnarounds: children who just a few months or even weeks earlier were banging their heads in desperation, unable to attend school, not speaking, and making almost no eye contact, are suddenly different people. She has received many letters of gratitude from the parents.

Pediatricians have been reluctant to acknowledge the benefits of such a diet, hardly standard issue knowledge in medical school, but slowly more and more of

them are coming around.

It is beneficial for us all to eat more fruits and vegetables, fewer animal products (especially any kind of processed meat), more whole grain rice and other cereals; to buy organic food whenever possible; to avoid refined or highly processed foods (such as white bread where the nutritious plant kernel, including the fiber-rich bran and the nutrient rich germ, have been stripped away during milling), white rice equally denuded of its nutrients and vitamins, and white pasta; to avoid pastries and soft drinks; to drink filtered tap water; and to exercise every day.

"I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic while it is medically conservative to cut people open or put them on powerful cholesterol-lowering drugs."

Dean Ornish, MD

A Tribute to Mom

From *Super Health* by **Steven Pratt, M.D.**

My mom memorized phone numbers out of the phone book every morning and then checked her memory every afternoon to be

sure she did not lose her ability to remember things. She also listened to all the talk radio shows and daily news reports. She would talk with her kids, or anyone else who would listen, about current affairs.

She played bridge all her life, and she played checkers with me all the time.

Her memory was as sharp as could be up until her death at age 91; her death certificate listed cause of death as "old age!"

BE STILL MY HEART

By **Dr. Don Colbert**

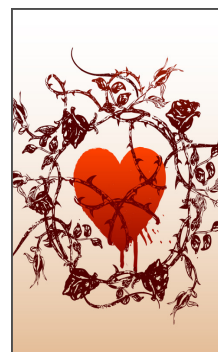
Ironically, exercise rests your heart. An active person's heart usually beats 60 to 70 times or less per minute. An inactive person's heart usually beats 80 times or more per minute because it is unconditioned and less efficient. That's like putting 33 percent more miles on your car every time you drive it; your heart can beat an extra 28,000 times in a 24 hour period.

The only time your heart feeds itself with oxygen is between beats. The longer the pause from beat to beat, the more blood flows through the coronary arteries, improving blood flow. As the heart grows stronger, it beats fewer times, meaning the heart is at rest more often.

That's important because cardiovascular disease is the most common cause of death in the U.S. today. Studies show

that moderate, regular exercise is perhaps the single most important deterrent of heart-related problems.

If you have coronary artery disease, regular exercise will even encourage your body to create collateral arteries, which may form a natural bypass around clogged arteries. And exercise costs less than Lipitor, the leading cholesterol-lowering medication (at over three dollars per tablet!)



Exercise prevents heart attacks and heart disease

Here's a healthy shopping tip: Stick to the periphery...skip the aisles in the middle of the store that are stocked with processed foods!

Planting a vegetable garden that's as pleasing to the eye as it is to your body

Excerpts from *Rodale's Successful Organic Gardening: Vegetables*

Add excitement to your vegetable garden by growing crops that are attractive as well as good-tasting. Here are some colorful suggestions:

- **Beans** (stringless): Royal Burgundy, Royal Purple

- **Broccoli:** Purple sprouting
- **Cabbage:** Mammoth Red, Preko
- **Kale:** Peacock Pink, Cherry Gateau
- **Ornamental Cabbage:** Dynasty Pink
- **Peppers:** Lady Belle, Yolo Wonder, Big Bertha, Park's Whopper, Pro Belle II, Ace, Golden Bell, Golden Cali-

- fornia Wonder, Golden Summer, Gypsy, Banana, Hungarian Wax, Tasty Hybrid, California Wonder, Tequila Sunrise, Banana Supreme, Anaheim
- **Squash:** Burpee Golden, Gold Rush, Jersey Golden, Baby Blue
- **Tomatoes:** Golden Boy, Yellow Plum, Yellow Pear

Who Says You Can't Play with Your Food?!

All those books that talk about choosing a diet based on bright colors in fruits and vegetables are right! The vivid colors are not just to delight our

eye; they are indicators of antioxidants and nutrients that are wonderfully good for you.

Broccoli, Brussels sprouts leafy green vegetables like kale

and collards, and carrots all contain calcium. Fruits are rich in vitamins and fiber. Bon appétit!

