

Bare Essentials

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1. GOT IRON?

A Fun Science Project for Kids
by Ashley Prentice



Now seems to be the time of year when science fairs and engineering challenges are bearing down on us. I've been a judge and our kids have done so many science fairs over the years that I have threatened to make a business of selling them on e-bay. For some of you who lack the enthusiasm to come up with yet another creative project, I thought this might interest your school-age kids. It was easy and interesting. Ashley took second place in Health and Medicine with it this year. (Caleb took first one year with a mouse on floride but live animals now pose a lot of problems with the state's ethics committee.)

Question

Which commercial cereals provide the best source of iron?

Research

According to current research, at the very best, synthetic (man-made) or pure vitamin/mineral fractions can function in the human body as only a drug. It is well-known that drugs make or cover up rather than cure symptoms while disease processes remain unchanged or worsen. Dr. Funk, the scientist who invented the isolation of vitamins said that the "synthetic product is less effective." This is because they vary from natural complexes that occur in food.

Synthetic vitamins/minerals are reversed conformations (mirror images--backwards) of natural vitamins. They are actually man-made fractions of a complex; a mirror image reproduction of just a portion of the real thing that occurs in foods. In naturally occurring foods, vitamins and minerals occur in particular ratios, complexes with their necessary components and enzymes. For example, the iron that naturally occurs in broccoli is found incorporated in the cell wall. Iron can be found in whole grain products naturally but is added back to "enriched" products (after most the naturally occurring

iron is removed during the milling process).

Ongoing tissue and cell repair or replacement requires all of the following to restore the approximately 23 billion cells that break down each day in the human body:

- **All of the vitamins in a their natural, complex form**
- **All of the minerals in an organic form in most instances**
- **All of the trace elements essential to metabolism**
- **All of the enzymes and co-enzymes**
- **All of the 22 or more amino acids from protein hydrolysis**
- **Discontinuance of inhaled or ingested poisons**
- **A constant, uninterrupted nerve impulse supply**
- **A constant, uninterrupted blood supply**

There is no way that a fraction of a vitamin should be called a vitamin. That is like saying that a steering wheel from a car is the entire automobile. In discover, 1981, Dr. Gilbert Levin Ph.D., stated, "Because its structure is reversed, a left-handed molecule cannot take part in chemical reactions meant for a right-handed molecule any more than a left hand can fit in a right-handed glove...its odd geometry would prevent it from being metabolized by the body."

Even if someone wanted to have all the food elements like fats, carbohydrates, proteins, vitamins, and minerals, etc. separated, purified and put up chemically as "vitamins," what about all the unknown factors that would be thrown out unrecognized that might later be found necessary to life? Dr. Royal Lee, a nutritional scientist before his time, recorded as early as the fifties that "All of the diverse components of a functioning mechanism function synergistically. Remove even one part--the function fails. Mechanically or biochemically this principle holds true. The whole is greater than the sum of its parts." He taught that natural complexes differ from the synthetic crystalline vitamins in many ways because:

- They are colloidal, protein in nature, in

the form of an enzyme or co-enzyme.

- The crystalline vitamin itself, in the natural product, is in a critical combination and cannot be split off without destroying its biological activity. If separated it must recombine with the other members of the complex before it can function as a nutrient.
- The natural complex carries trace mineral activators without which the vitamin fails as a biochemical catalyst.
- If so-called "High Potency" crystalline vitamins are ingested, they must be put into proper combination, as a complex, before the vitamin-function can be appreciated. Meanwhile, most (if not all) of the crystalline component is lost through the kidneys.

A Newsweek April 25,1994 article stated, "It is whole foods--especially fruits and vegetables--that pack the disease-preventing wallop. That's because they harbor a whole ratatouille of compounds that have never seen the inside of a vitamin bottle for the simple reason that scientists have not, until very recently, even known they existed, let alone brewed them into little pills."

Hypothesis

If iron can be separated from breakfast cereals then it would be a waste to add it to our food since it would not be absorbed in our bodies anyway. Therefore, my hypothesis is that cereals that contain iron in a natural form are a better source of iron than cereals that are "fortified" with man-made iron.

Materials

Sterile Water

2 cups of Cereal (#1) Kellogg's Product 19 which meets 100% RDA for iron through fortification

2 cups of Cereal (#2) Wheat Chex which meets 80% RDA through natural means plus some fortification

2 cups of Cereal (#3) Wheaties which meets 45% RDA through natural means plus some fortification

2 cups of Cereal (#4) Rice Krispies which meets 10% RDA

Blender (or spoon)

4 Bowls

White Paper Towels (or white cloths)

Strong Magnet
Camera
Measuring Cup

Procedure

1. Pour each brand of cereal into the blender one at a time washing blender between each use.
2. Add water to completely cover the cereal.
3. Turn on the blender and mix the cereal in with the water. The more finely ground the cereal is the easier it will be to get the iron.
4. Pour the cereal into a flat-bottomed bowl. (so it is easier to reach).
5. Stir the magnet through the cereal. Iron sinks so make sure to concentrate on the bottom of the bowl. Run the magnet through water as a control to make sure the iron is not coming from the water.
6. Wipe the magnet on the paper towel or white cloth. Look for the black "fuzz," which is the iron.
7. Record results and prepare report.
8. Repeat the experiment if time permits.

Variables/ Control

The different brands of cereal (which have different amounts of iron) will be tested against each other to determine the amount of iron that can be separated out. Since all the cereals contain iron in some form, I will use the magnet in water to be sure that the iron is not coming from the water.

Analysis/Results

I was able to separate some iron out from each cereal. The cereal that I pulled the most iron from was #1, Kellogg's Product 19, which claims to meet 100% RDA for iron (through fortification). Cereal #2, Wheat Chex, which "meets" 80% RDA through natural means plus some fortification gave up very little iron. Wheaties, #3, which "meets" 45% RDA through natural means plus some fortification also gave up very little iron. Rice Krispies which "meets" 10% RDA seemed to give up what iron it had.

Iron Extracted

Based on my research and the test results of my experiment I would rate the cereals on providing useable iron as follows:

#1 Wheat Chex

#2 Wheaties

#3 Kellogg's Product 19 & Rice Krispies

While Kellogg's Product 19 may put 100% of the RDA in the box, it is doubtful that the body in its current form could use it. Since most of the iron in Wheat Chex and Wheaties seems to be contained in the natural whole grains used to make the cereal, it stayed in a form that the body could recognize and use. I could not pull very much out at all so must assume that their claims of providing 80% and 45% respectively are accurate and in a beneficial form. Rice Krispies did not offer much to start with and what little it had was isolated and could be extracted. The reason I rated Kellogg's Product 19 as poorly as Rice Krispies is that it appears that a huge amount of it's ("100% RDA") iron could be extracted/excreted leaving misled consumers assuming that they had met their daily requirement for iron. At least with Rice Krispies, consumers should realize that they still had to get 90% of their RDA of iron elsewhere!

Conclusion

Too often consumers are misled. A box of cereal that claims to meet 100% of the RDA (Recommended Daily Allowance) of iron implies that consumers who eat it will be getting all the iron they need. The iron may be in the box but that does not mean that it is physiologically correct and will become biologically active in their bodies. When I could separate the iron out easily, it is obvious that most of the isolated iron would end up being excreted. I concluded that the if iron can be separated from breakfast cereals then it would be a waste to add it to our food because it would not be absorbed in our bodies. **Therefore, I accept my hypothesis that cereals that contain iron in a natural form are a better source of iron than cereals that are "fortified" with man-made.** In my experiment, Wheat Chex, the cereal that only claims to provide 80%, and Wheaties, the cereal that claims to provide 45% of the RDA, are actually better sources of iron than Kellogg's Product 19 which claims 100% or Rice Krispies which claims 10%. The iron in Wheat Chex and Wheaties is actually incorporated in a natural food complex and cannot be extracted when

emulsified.

Abstract

Complexes in nature can be considered as mechanisms just as a watch. A functional watch cannot be built by weighing and dumping a set amount of brass, iron, sapphires, gold and glass. Neither can the body's requirement of iron be furnished by dumping some iron in a cereal box. My question was which commercial cereals provide the best source of iron.

Based on my research and the test results of my experiment I would rate the cereals on providing useable iron as follows:

#1 Wheat Chex

#2 Wheaties

#3 Kellogg's Product 19 (claims #100%) and Rice Krispies

When I could separate the iron out easily, it is obvious that most of the isolated iron would end up being excreted. I concluded that if iron can be separated from breakfast cereals then it would be a waste to add it to our food because it would not be absorbed in our bodies. **Therefore, I accept my hypothesis that cereals that contain iron in a natural form are a better source of iron than cereals that are "fortified" with man-made.** In my experiment, Wheat Chex, the cereal that only claims to provide 80%, and Wheaties, the cereal that claims to provide 45% of the RDA, are actually better sources of iron than Kellogg's Product 19 which claims 100% or Rice Krispies which claims 10%. The iron in Wheat Chex and Wheaties is actually incorporated in a natural food complex and cannot be extracted when emulsified.

(The charts and bibliography removed to save space. They are available upon request.)

2. New Items

- **Panini Grills**

What transforms a good sandwich into a great sandwich? The first thing is healthy homemade bread from tasty whole grains. Most of us have that one down pat by now.

The second is toasting. Americans are accustomed to soft sandwich breads. Many Europeans prefer hearty toasted breads. Grilling or toasting changes the surface carbohydrates in a way that not only adds taste but also makes the nutrients easier to absorb. Non-stick Panini grills are a popular way to toast/grill sandwiches and breads without adding fat. We now carry them for the avid baker/cook to offer more variety and take breads up another notch. Caleb orders up his sack lunch with two (Panini) toasted cheese sandwiches in it for lunch every day. He trains/plays soccer once or twice per day. Our wholesome breads offer so much better fuel (to enhance stamina/endurance) for athletes.

- **Pizzelle Presses**

If it is not biscotti and it is a favorite Italian cookie then it must be a pizzelle. These are thin delicate cookies of snowflake or lace design made in heated presses. They are wonderful served with coffee/espresso as a light dessert. When rolled or cone shaped they can be filled for a more exotic treat. Bare Essentials now carries pizzelle presses for avid bakers.

- **Jellies**

Since our daily bread is so awesome, it should be topped only with something equally delightful. Local or spun honey makes a nice spread and so do homemade Amish jams and jellies. Bare Essentials carries regular and no sugar added varieties of Amish spreads. We use and recommend them for toast at breakfast and with nut butters for snacks and lunches. Josh's (my 17-year old) favorite is black raspberry and peanut butter sandwiches. I like the strawberry rhubarb while my neighbor prefers the sugar free strawberry. They are all wonderful.

3. NEE Community Cookbook

I have been busy serving on the Cookbook Committee for Northeast Elementary School. We have put together a unique and affordable cookbook that many of you may want. They should arrive just in time for Mother's Day and will sell for only \$12.00. Since only 100 extras have been ordered, if you are interested in getting any, please let me know

right away. The categories are as diverse as the people of our community. I was glad to contribute many of the TU catering recipes for the "Puttin on the Ritz" section. Read the

This cookbook is fondly dedicated to the students of Northeast Elementary School

Thank you for purchasing this cookbook. It has been our dedicated effort to compile a unique cookbook that reflects the thriving community where we live and love. Owasso, which means Trail's End, is located in the heart of Oklahoma. Long ago many diverse people traveled westward and came to call this area home. Communities sprang up in the greater Tulsa area. Now Owasso is one of the fastest growing cities in the state. We boast of strong school systems with supportive administration, staff, students and parents who are all working together.

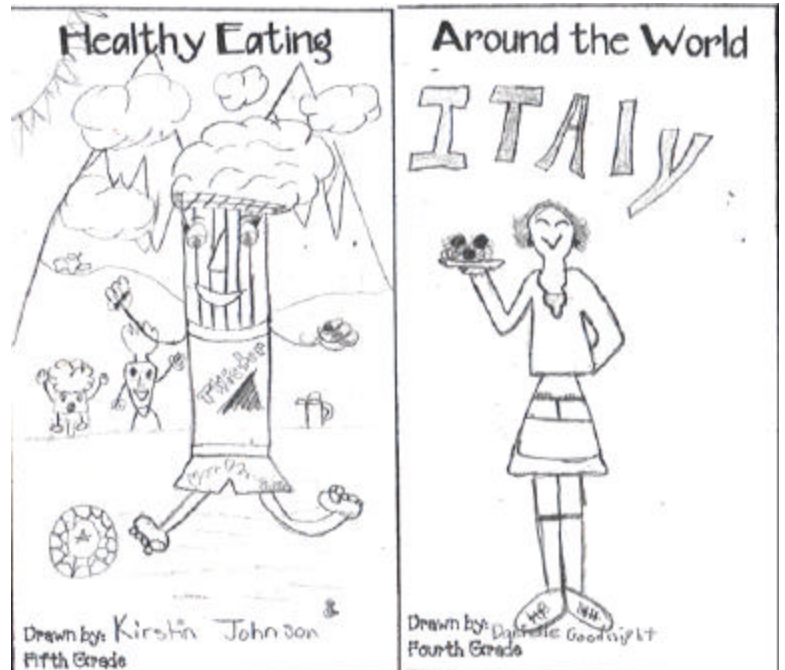
Truly, our richest community resource is the people of Owasso. They are bright, talented, cooperative and friendly. There are land developers, entrepreneurs, oilmen, airline mechanics and professional athletes just to name a few. Thus, it is not unusual to see an airplane wing at a science fair or engineering challenge. Students regularly win a host of activities from spelling bees to athletic championships. They also visit the zoo, receive visiting authors, attend and perform plays and compete in music, debate and Odyssey of the Mind.

following **cookbook introduction and order yours TODAY!**

compile a cookbook that reflects such interesting lives was certainly a challenge. We started with categories ranging from "Puttin on the Ritz" and "Healthy Eating" to "Meals in Minutes" and "Grandma's Favorites." Thus, from culture to grass roots cooking, our cookbook has something for everyone. Ethnic grandmothers contributed their family favorites. Busy moms and kids submitted their favorite recipes right down to the best play dough. Children competed for the chance to have their illustrations depicted on the category dividers. Gourmet chefs and a dietitian screened and edited recipes.



To



Now you hold the final result of our collective efforts. As you enjoy this cookbook, please tell your family and friends about it. Reorder pages are in the back of the book. Again, we thank you for supporting ongoing education and progress in our wonderful community.

N.E.A.T. Parents and Cookbook Committee

Health Watch

4. Work Out PMS

Regardless of the day of the month, it is believed that people who exercise regularly find that they can concentrate better, feel more emotionally stable, and experience less water retention, pain, hostility, fear, guilt, and sadness. Thus, if you are suffering from PMS, physical activity may be the best medicine. Consistent exercise floods the brain with endorphins ("feel good" chemicals). This relieves PMS by reducing estrogen levels; stabilizing blood sugar levels; and reducing catecholamines (neurotransmitters associated with stress).

5. Natural Treatments for Colds and Flu

It is encouraging to remember that most children have remarkable potentials for healing. The toxins that interrupt the health of adults have not yet polluted their untarnished immune systems. Children deserve safe, non-toxic, natural approaches to prevent and treat illness. Often diet, homeopathy, herbs and some nutritional supplements can provide complementary approaches to improve health.

For example, the common cold is a viral infection of the upper respiratory tract. Its symptoms include a runny nose, sneezing, sore throat, head congestion, watery eyes, mild fever, and fatigue. Natural therapies in the early stages of a cold are especially effective in reducing its length and severity. Natural therapies include rest, increased fluids, avoid sugar/eat lightly, consume soups and broths (especially chicken) without additives or preservatives temporarily supplement the immune system with Echinacea. For a wet cough or mucus, use goldenseal for 10 days. Astragalus is another effective immune-stimulating herb. Fresh peppermint tea (a tincture of 10-30 drops in water or dilute juice) is helpful for sinus headache. Vitamin C (I prefer it in a natural

form such as lemon juice) can effectively rally white blood cells to fight off infections.

The flu is similar to a cold, but has more severe symptoms such as body aches and fever, alternating chills and fever, nausea, vomiting, and diarrhea. It is most important to keep a child well hydrated with fluids during the flu. Treatments are similar for cold and flu because you are trying to stimulate the immune system to eliminate the viral infection. Antibiotics ARE NOT EFFECTIVE against the over 100 different strains of viruses that cause common colds. They can be harmful by causing antibiotic-resistance and wiping out good bacteria along the digestive tract.

It is normal for a child to have 2-4 colds each winter. Occasional colds actually help mature the immune system and brace it for future infections. Repeated or long-lasting colds can signal a weak immune system. The most common reasons for this are allergies or nutritional deficiencies. For help, contact a doctor or registered dietitian.

6. Feverfew for Migraine

Those tired of conventional medicine are re-examining old folk remedies. After all, some of the world's best medicines began as herbal remedies. Foxglove, a common flower in England, gave us digitalis for the heart. From willow bark we got aspirin and, from poppy blossoms, morphine. A member of the chrysanthemum family commonly known as feverfew may be the next plant to crossover from folklore to mainstream treatment.

Its name, feverfew, projects the middle age belief that the herb was good treatment for fever and other ailments, including arthritis, psoriasis, and headaches. Eating 1-4 fresh feverfew leaves has become a familiar method of preventing migraine attacks in modern England. A study by Chelsea College and the City of London Migraine Clinic confirmed its effectiveness in a double-blind study. Tablets and capsules containing dried feverfew have begun to appear in health-food stores.

See the next issue for:

Health-Promoting Power of Garlic Herbal Stimulants

7. Recipes

Correction

A page was flipped in the last newsletter. Kellie Gilpin offered three gluten-free recipes: Banana Chocolate Chip Muffins, Zucchini Bread and Bosch Blender Pancakes with Buckwheat. Recipes containing wheat/gluten are not included in a celiac diet. Some gluten-free grains include brown rice, quinoa, millet, amaranth and buckwheat.

Mini Dutch Apple Pancakes

1 Tbs. butter
1 large Granny Smith apple, peeled, cored and cut into 1/2" slices
3 Tbs. fructose
1/2 tsp. Vietnamese cinnamon
3 eggs
1 cup whole grain pastry wheat
3/4 cup milk
1 Tbs. sour cream
1 tsp. grated lemon zest
Confectioners sugar for dusting.

Preheat oven to 400 degrees. Spray two 6 1/2" tapas pans with non-stick cooking spray. In a nonstick sauté pan, over medium heat, melt butter. Add apple, fructose and cinnamon, sauté, stirring constantly, until apple begins to soften and brown lightly, 3-5 minutes. Remove from heat and set aside. In a large bowl, whisk eggs until lightly frothy. Add flour, milk, sour cream, salt and lemon zest and whisk just until smooth batter forms. Immediately divide batter between prepared pans. Divide apple mixture between pans, trying to keep apple pieces on top of batter. Bake until pancakes are puffed and golden brown, 15-20 minutes. Dust with confectioners' sugar and serve immediately. Serves 2.

Mom's Homemade BBQ Sauce

2 Tbs. grapeseed oil
3 medium or large onions, chopped and sautéed in the oil

Gastric Acidophilus

1/2 gallon tomato sauce (8 cups)
2 Tbs. salt
1 1/2 cups fructose
1/2 cup molasses
1/2 c vinegar
4 Tbs. Worcestershire sauce
6 Tbs. Liquid Smoke
1/2 bottle (small bottle) Red Devil sauce (hot sauce)

Mix and simmer all ingredients for 15 minutes. Pour into quart jars, makes about 1 gallon.

Watch for these recipes in our next newsletter:

Nonna's Basic Cake Mix
Authentic Pizzelle
Bread Pudding w/ Red Berry Sauce
Chai Tea

8. News

• **Testing New Wheat**

We are always on the lookout for great grains. Bev is test baking new varieties of wheat for bread making. Some of the strains have particularly high falling numbers, which indicates gluten content. A \$30,000 machine can test falling numbers and so can we. Just take a small handful of wheat, pop it in you mouth and chew on it awhile. If it gets gummy easily and quickly, that indicates high falling numbers. The two proteins that form the gluten cell structure in yeast breads occur like tangled up barbed wire. With adequate kneading they are untangled and hooked up correctly so that they can catch the CO2 released during the fermentation of yeast. First, enough gluten must be present then it must be properly stretched/linked. That is what converts the dough from a sticky mess to a smooth elastic dough ball.



Friends of friends have also linked us up with a farmer who grows only organic grains. While ours are certified chemical free, these would be even better. Some of our grains are

organic and we do have requests for organic wheat (currently available only part of the time).

- **Equipment Prices**

Well, do you want the good news or the bad news? The bad news is that due to the poor performance of the American dollar against the Euro and the Yen, equipment prices have been increased. The flip side of that is that the prices are still cheaper than they were 12 years or so ago and well-worth the investment. There is absolutely no question in terms of long-term health that money spent on equipment will represent savings in health costs. High fiber, grain-based diets have been proven to reduce the occurrence of diabetes, cancer, heart disease, obesity, diverticular disease, varicose veins, appendicitis, constipation, hemorrhoids, gallstones, etc. They are a must for athletic performance and proper growth in children.

9. Remaining Classes--Sign Up TODAY

The Garden Gourmet

April 7, 2005

Thursday, evening 6-9 pm \$40.00

Whole grain breads, croutons, and toast points are paired with trendy vegetable-based pies and sauces to create fabulous springtime meals. Bev adds a few fun and creative salads and desserts and a meal fit for entertaining family and friends is born! Don't miss this simple yet elegant style of cooking. Register today.

Basic Bread-Making

April 22, 2005

Friday, daytime 10:30 am-1:30 pm \$40.00

The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made the easy, foolproof way from scratch. This is the most important foundation for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can sample along with various fillings and toppings. Established bread-makers can enroll with a full-pay friend for only \$20.00. It's a great way to learn about new equipment, be re-inspired, and brush up on your skills. Focaccia, pizza, cinnamon rolls, nine-grain

cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are covered.

May 2004

Wraps and Sandwiches on Hearty Breads

May 6, 2005

Friday, daytime 10:30 am-1:30 pm \$40.00

Learn to replace fast foods and dining out with mouth-watering sandwiches made on simple whole grain flat and panani (hearty bread). With a little information, you can spot a gourmet sandwich on a menu and go home and copy it using only the finest natural ingredients that promote health and fitness.

Basic Bread-Making

May 19, 2005

Thursday evening 6-9 pm \$40.00

The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made the easy, foolproof way from scratch. This is the most important foundation for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can sample along with various fillings and toppings. Established bread-makers can enroll with a full-pay friend for only \$20.00. It's a great way to learn about new equipment, be re-inspired, and brush up on your skills. Focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are covered.

- ❖ **Summertime Classes by Request Only**
- ❖ **Private gourmet cooking classes with a group of friends may be arranged almost as economically as formal catering services and are a unique and easy way to entertain.**
- ❖ **10 paid registrations are required for Bev to teach classes. 20 paid registrations are required for Nonna and Bev to teach.**
- ❖ **Registrations are available on-line using pay-pal.**

Scouts Learn Appreciation for other Cultures in a private class

(Story featured in the *Owasso Reporter*)



The Bear Scouts from Northeast Elementary School were in for a historic lesson as they eagerly learned from Owassoan, Renata Clegg, a former native of Italy. Ms. Clegg, fondly called Nonna, which means grandmother in Italian, sang to the youngsters in her native language and explained the differences in the celebration of the holidays. As a special treat, she taught them to make pizzelles, favorite Italian cookies of snowflake design. Ms. Clegg has invited the appreciative Scouts back for a lesson in making real ravioli!

10. Dealers

Authorized Bare Essentials Dealers Accepting New Customers Are:

Beasley, Ludi

Tulsa 749-4556

Doudican, Mary Lou

Tulsa, mid-town 747-8999

Hamersley, Jerry

Collinsville 371-2753

Hyink, Rebecca

Owasso 371-8882

Leonard, Deb

Blanchard, OK (OKC area) (405) 387-3983

Lunsford, Kay

Nowata (918) 273-3800

Mundt, Gayle

Owasso 274-8778, 694-8311

Roberts, Liz

Owasso 272-4072, 232-1451

Schultz, Pam

Broken Arrow 455-9635

Southard, Mary Nell

Snow/McAlester 755-4364

Warren, Priscilla

Rogers, AR (479) 636-5195

Vinyard, Debbie

Sapulpa 398-0606

For Mannatech and other recommended supplements call Tina Bebee 853-8803

Tulsa and BA

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 Address _____
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Total # _____ @ \$12.00 ea.

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