



Acid/Alkaline Theory: Be Careful of Euphemisms [by Lorene Sauro R.H.N.](#)

The expression, "the body is too acidic" is a commonly heard statement that is often taken literally, allowing supporters of the "alkalizing" diet (another euphemism) to make their case. The acid/alkaline theory of health relates to the pH level of human blood, which must stay within the slightly alkaline range of 7.35-7.45 pH (1). This is a major priority for the body and it uses alkalizing minerals, especially calcium, to keep it in this range. If our diet lacks sufficient alkalizing minerals, then the body will use minerals from other places in the body, such as bones, teeth or hair to keep our blood pH at the appropriate pH level. Acids are produced naturally as part of the metabolic breakdown of protein tissue. These acids often referred to as an "acid ash" are waste products and must be excreted or neutralized.

Every tissue in the body that has a protein component (including food) produces an acid ash as part of the breakdown that must be neutralized by alkalizing minerals, in partic-

ular calcium, magnesium, sodium and potassium. Acids produced on a cellular level are best neutralized by cellular sodium and potassium before the acid reaches the blood. If an acid makes it into the bloodstream, then it is calcium's job. If there is not enough calcium, magnesium can do it too. Each of these alkalizing minerals can neutralize acids in the intestinal tract produced from digesting protein in food. It really is that simple. Alkalizing tablets or powders are nothing more than sodium bicarbonate, potassium bicarbonate, calcium carbonate and magnesium carbonate. That tells you all you need to know.

An "acidic" diet really just refers to a diet low in the minerals needed to maintain the correct blood pH, without forcing the body to use minerals from other areas of the body. No food is actually an acid in the body as all foods, along with stomach acid, are neutralized in the duodenum by sodium bicarbonate from the pancreas.

CONTINUED ON PG 3 ...

Feast of Flavour Update—Celebrity Chef Comments

What can be said about Feast of Flavour? I think Ron Eade from the Ottawa Citizen had it right when I saw him pumping his hands in the air saying enthusiastically, "This is a great food event!"

After nearly 8 months of intensive planning, re-planning, organizing, delegating, stressing-out, worrying, panicking and then finally dragging ourselves over the finish line, exhausted yet exhilarated ...we can say honestly, Feast of Flavour has been one heck of a ride! Our mission for this event was to change some ideas about whole foods and holistic nutrition. Did we succeed? The following quotes from our esteemed special guests may shed some light. Please check our website for blog entries, video clips and pictures of the event and reactions from attendees.

We are now taking this momentum to launch a full year of public promotion of these holistic nutrition food concepts and the work we do.

Corbin Tomaszewski:

"The relationships that we develop around the dinner table are the ones that have disappeared from our existence. Connecting over food is an important message that we can teach our children. Eating real food is something that is missing in today's society! A lot of parents tell me they have a hard time going grocery shopping with their kids I love grocery shopping with my 8 year old son! I tell him he can have anything he wants from the produce section. We then take it home, choose what to make from it and then make it together. He loves it, and he has a great relationship with food!"

Mark McEwan:

"It is an exciting time in Canada – we are like the rock stars of food – with small local food producers all over the country producing and growing unique food products in sustainable ways."

Lynn Crawford:

"Everybody needs a holistic nutritionist because the wealth of knowledge that they have is vital to our health and well-being. The fact that I've met here within the CAHN-Pro organization, so many food loving holistic nutritionists it's completely changed my world. I'm absolutely thrilled to have participated in the very first annual Feast of Flavour."

Michael Blackie:

"I've recently gone through a bit of a transformation myself. I just changed my whole 23 year old attitude toward my lifestyle and said goodbye to booze and changed to a complete micronutrient diet. I've lost 35 lbs. And some of the wonderful things I've been exposed to in the last week, I'm going to start incorporating (referring to the whole food ingredients from Feast of Flavour)."

Issue 11

November 2011

Inside this issue:

<i>Acid/Alkaline Theory</i>	1, 3
<i>FOF Chef Quotes</i>	1
<i>Vegan Vitamin D</i>	2
<i>Michael Blackie's Soup</i>	2
<i>What's the D-eal with Vitamin D?</i>	2, 4
<i>Chili By Fuel Nutrition</i>	3
<i>Jerusalem Artichoke Pave</i>	3
<i>Root Vegetables</i>	4



Recipe: Page 2

Are you feeling blue these winter months? See a

[Holistic Nutritionist!](#)

Enjoy your love of food ...with food that loves you back



Vegan Vitamin D by Eleanor Healy, R.H.N.

As most of us know, vitamin D is an important vitamin for our health, in particular our immune system, bone health and aid with inflammatory conditions. What we may not be familiar with are the types of vitamin D and the options available to us.

There are two basic types of vitamin D. Ergosterol from plants known as vitamin D2 (converts to ergocalciferol when the sun or light hits the plant source) and Cholecalciferol, known as vitamin D3 (people convert cholesterol into this form from the sun on their skin).(1)

Ergocalciferol is made into a synthetic form and used to fortify foods, such as milks and juices. According to Dr Mercola nearly all prescription-based supplements contain synthetic vitamin D2-produced in the 1920s through ultraviolet exposure of foods. This process was patented and licensed to drug companies for use in prescription vitamins.(2)

Prescription vitamin D is called Drisdol and is used to treat hypoparathyroidism (decreased functioning of the parathyroid glands) and rickets (softening of the bones). This form would only be used in these circumstances and as prescribed by a doctor.(3) Drisdol side effects include: aches; constipation; loss of appetite; nausea; weakness; weight loss. Severe reactions may occur in some, such as rash; hives; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue; brittle bones; growth suppression in

children; mental retardation; metallic taste in your mouth; muscle or bone pain; stomach cramps; vomiting.(4) Vitamin D3 supplements are made from animal or microbial sources. For example, the vitamin D is extracted and purified from sheep's wool and then exposed to UVB light, converting it to D3. The majority of research studies point towards vitamin D3 as the most absorbable and recognizable form for supplementation.(1) However, a study done in Finland and published in the American Journal of Clinical Nutrition, "showed for the first time that ergocalciferol was well absorbed from lyophilized and homogenized mushrooms in humans and that vitamin D bioavailability can be studied in humans with such an experimental protocol". (5) The purpose of the study was to investigate the bioavailability from wild edible mushrooms by measuring the levels of serum 25-hydroxyvitamin D concentrations, considered to be a good indicator of vitamin D status in humans.(5) Studies show that mushrooms exposed to UV light do convert to significant amounts of vitamin D2 for supplementation.(6)

In short, there are options that do not have to be from animal sources or synthetically made supplements-for instance, a vegan vitamin D supplement made from wild mushrooms. For those in North America with low sun exposure and/or who may want to avoid animal products, this is a welcome alternative.

What's the D-eal with Vitamin D? By Lisa Tsakos R.H.N.

It isn't unusual for nutrients to become trendy as research reveals their importance and then fizzles into the background. After all, we witnessed similar hype with omega-3, lycopene, folic acid and many other nutrients. But is vitamin D the real d-eal?

Vitamin D is naturally produced by the human body when exposed to direct sunlight. The incidence of certain diseases has increased since we have reduced our sun exposure. Industrialization and fears of UV exposure have forced us indoors or under a layer of sunscreen. Research will eventually confirm or refute whether or not this is a coincidence; in the meantime, according to a recent study published in the Archives of Internal Medicine, 75% of Americans do not get enough Vitamin D.

For years it seemed that vitamin D's most important function was promoting calcium absorption to prevent childhood rickets and os-

teomalacia or osteoporosis in adults. Without sufficient amounts, bones can become thin, brittle, or misshapen. The adequate intake for vitamin D was 200 IU to 400 IU but dosage recommendations have more than doubled over the past two years. Doses from 2,000 to 10,000 IU are being prescribed for certain conditions. Why the sudden panic? It turns out that there are vitamin D receptors almost everywhere in the human body. Besides bone building, the vitamin's relationship to these conditions is currently under investigation:

- Cancer – the role of sun exposure in the prevention and treatment of cancer has long been acknowledged around the world. Research is exploring vitamin D's connection to breast, colorectal, and prostate cancer. Vitamin D hinders the growth of new blood vessels that feed tumors.

CONTINUED ON PG 4 ...

Chlorella, Spinach, Fennel, Cashew Pulse with Poached Egg by Michael Blackie, Executive Chef, National Arts Centre

Serves 4

For the soup:

- 4 cups (1 L) vegetable stock
- 4 tablespoons (65 mL) cashews
- 4 to 6 cloves garlic, minced
- 1 cup (250 mL) white wine
- 2 teaspoons (10 mL) olive oil
- 1 bulb fennel, cleaned and chopped
- 4 shallots, chopped fine
- Fennel seeds, to taste
- 2 cups (500 mL) fresh spinach leaves
- 1 tablespoon (15 mL) Chlorella powder
- 1 teaspoon fresh tarragon leaves, chopped
- Sea salt and pepper, to taste
- 1 lemon, juice only

For the citrus dust:

- 1 each, lemon, lime and orange, zest only, grated

For the eggs:

- 1 tablespoon (15 mL) vinegar
- 1 teaspoon (5 mL) sea salt
- 4 whole eggs

To garnish:

- Extra-virgin olive oil
1. For the soup base, in a saucepan bring vegetable stock to simmer, add cashews and remove from heat. Allow nuts to soften in the stock, about 25 minutes.
 2. In another pot, add garlic with wine and bring to boil; remove from heat and allow garlic to soften in the liquid. In a large sauté pan over medium heat, heat olive oil, add fennel, shallots, fennel seeds and cook until translucent but not browned. Add garlic-wine mixture and reduce liquid by half, then add stock with softened cashews; bring to simmer and cook 5 to 8 minutes.
 3. Working in batches if necessary (to avoid spillover) transfer to a blender or food processor, add fresh spinach leaves with Chlorella, tarragon, and purée to a smooth green liquid. Transfer to a pot, adjust seasoning with lemon juice and keep warm.
 4. For the citrus dust, preheat oven to 130 F (55 C). Place a non-stick silicone sheet on baking sheet and scattered zested over top. Bake 10 to 20 minutes, or until zest is completely dry, then remove and cool before use.
 5. For the eggs, bring a pot of water to boil with vinegar, salt, and gently poach eggs 3 minutes. Remove and drain well on a clean tea towel.
 6. To serve, ladle hot soup into each bowl, place a poached egg on top. Drizzle with a little olive oil and sprinkle citrus powder on top.



Acid/Alkaline Theory: Be Careful of Euphemisms by Lorene Sauro R.H.N.

CONTINUED FROM PG 1 ...

Ignore all acid/alkaline food lists and remember that it is quite simple. A food providing few minerals and a large amount of protein, such as meat or white flour, is considered "acidic" euphemistically. Foods with a small amount of protein that are rich in minerals, such as grains, legumes, nuts, seeds and even dairy products are termed neutral. They are sometimes referred to as "balanced". Many acid/alkaline charts consider these foods "acidic" as they are focused on the protein component and disregard (or are unaware of) the high mineral content of these foods. Fruits and vegetables are considered alkalizing as they contain very little protein and are rich in minerals.

Cranberries were often accused of being "acidic" as it was assumed that their ability to help with urinary tract infections was due to the acid pH of the cranberry. In fact, the acids of the cranberry are neutralized by pancreatic bicarbonate, just like any other food that is an acid outside the body like lemon juice or vinegar. Researchers now recognize that it is the phytonutrients, called proanthocyanidins, which behave in a unique way in the cranberry, that are responsible for its healing benefits (2, 3, 4, 5, 6).

There are no conclusive studies linking alka-

line foods with improvement of osteoporosis, as is often claimed by proponents of the alkaline diet theory (7, 8, 9). Cancer can thrive in an alkaline environment as it uses the bloodstream to travel to other parts of the body once a cancer has metastasized (10).

Many people have attempted to explain why a diet rich in fruits and vegetables seems to yield better health outcomes for a variety of health conditions. In the 20th century, there was little science to explain it; hence a focus on vitamins, minerals, fats, proteins and carbohydrates. Theories about an acidic body were all that was available and seemed to make sense. Today, a tremendous body of research is proving—just as with the cranberry example—that it is the phytonutrients that determine how these foods help. We are also learning how the good bacteria, another major player in our health and longevity, regulates these chemicals, as well as all the nutrients that are used in our body. So, while we do want the acids in our body neutralized—it is still more complicated chemically than old theories suggest. When it comes to eating it is much simpler, so let's keep it simple rather than confusing ourselves with misleading terms and complicated food/eating charts. Concentrate on the benefits of whole foods—all of them. Balance is key.

Jerusalem Artichoke Pave, Pressed with Carrot and Potato with Rosemary Cream by Chef Jonathan Chovancek, Kale & Nori Culinary Arts

Makes 50

Ingredients:

4 cups heavy cream
2 branches fresh rosemary
12 black peppercorns
6 white peppercorns
2 sprigs thyme
2 shallots sliced
1 clove garlic
2 tbsp potato starch
1 kg starchy potatoes
1 kg Jerusalem artichokes
500g carrots
½ cup chives finely sliced

Recipes:

Combine the cream, spices, herbs and alliums in a heavy bottomed sauce pan and reduce to 250 ml. Strain. Add potato starch and stir smooth. Scrub and peel the potatoes and carrots. Scrub the J chokes. Slice as thin as possible using a Japanese mandolin. Combine in a large bowl with the ¼ of the hot



cream and all the chives. Season with salt and pepper. Line a deep baking pan with aluminum foil topped with parchment paper. Layer the vegetables into the pan so that they are evenly distributed and form a solid mass in the pan. Pour the remaining cream ovetop and place in a pre heated 350°F oven. Bake 30 minutes or until the top is golden brown, then cover with parchment paper and foil and continue to bake until the pave is fully cooked- about 1 hour.

Check by inserting a skewer into the center of the pave, it should have no resistance. Remove from the heat and press the pave with a cut out piece of cardboard cut to fit the pan. Weight with a 2 kg can and refrigerate overnight. Remove the pave by removing the weight, foil and parchment and inverting the pave onto a large cutting board. Cut into 3 cm squares and reheat lightly to serve. Garnish with fresh cracked pepper and sea salt.

Cannellini and Kidney Bean Chili with Ground Turkey Breast by Bruce Waithe, Fuel Nutrition

Makes 10-15 servings (this recipe is designed to make a large batch for freezing)

Ingredients

- 5 lbs. lean ground turkey breast
- 6 cups or 3 cans of cannellini beans, cooked
- 6 cups or 3 cans of red kidney beans, cooked
- 4 cups chopped tomato or 2 cans (with juice and seeds)
- 2 large onions, chopped
- 6 stalks celery, chopped
- 6 large carrots, chopped
- 2 medium jalapeno peppers, seeded and chopped
- 1 cup chicken broth
- 1 can tomato paste
- 1/4 cup chili powder
- 1 tbsp ground cumin
- 1/2 tsp paprika
- 2-3 tsp cayenne, depending on level of heat desired
- 2-3 tbsp olive oil

Preparation

- 1.Heat olive oil in a large stock pot on medium high heat.
- 2.Add ground turkey, sautee until meat starts to brown.
- 3.Add onions, celery, and carrots and sautee until vegetables are tender, approximately 10 minutes.
- 4.Add jalapeno peppers and sautee for another minute.
- 5.Next add tomatoes, tomato paste, chicken broth, beans, and spices.
- 6.Simmer on low to medium heat for 45-60 minutes to develop flavour.
- 7.Once cooled, portion half the chili into freezer bags or containers for future meals.



Root Vegetables by Eleanor Healy R.H.N.

As the last of the leaves fall from the trees and the first hints of snow appear, our attention turns to comfort foods. Root vegetables provide immense comfort in the form of soups or baked versions. See the chart below for descriptions on the nutrients provided as well as benefits to the body. Acquire a new respect for the potato or turnip or discover a new one!

Food	Nutrients	Benefits
Potatoes	Potassium, B3, Folic Acid, vitC	Potato juice is very cleansing, benefiting the liver and muscles and providing energy
Parsnips	Potassium, Phosphorous, Folic Acid, Calcium, Magnesium	Diuretic, support kidneys and spleen. Detoxify and cleanse the body, improve bowel action
Onions	Calcium, Magnesium, phosphorous, Potassium, Beta-Carotene, Folic Acid, Quercetin	Antiseptic, anti-spasmodic, antibiotic. Reduces spasms in asthma. High capability for detoxifying-removes heavy metals & parasites
Beetroot	Calcium, Magnesium, vitamin B3, vitamin B5, Beta-carotene, Phosphorous. High in vitamin C, Folic Acid	Excellent intestinal cleanser. Good blood builder, detoxifies liver and gall bladder
Carrots	Calcium, Magnesium, Potassium, Phosphorous, Beta-carotene	Superb detoxifier, excellent food for the health of the liver and digestive tract. Carrots help kidney function and kill bacteria and viruses.
Turnips	Calcium, Magnesium, Phosphorous, Potassium, vitamin C, Beta-carotene	Eaten raw, turnips aid digestion, and clean the teeth. Alkaline, so helps purify the body. May cause gas if digestion is weak. Helps clean blood of toxins
Sweet Potatoes	Calcium, Magnesium, Phosphorous, Potassium, Folic Acid, vitamin C, vitamin E, Beta-carotene	Easily digestible and highly nutritious. Excellent for inflammation of the digestive tract, ulcers and poor circulation. Detoxifying-binds to heavy metals and removes them from the body.
Yams	Calcium, Magnesium, Phosphorous, vitamin C, Potassium, Folic Acid	Anti-arthritic, anti-spasmodic, diuretic, tonifying. Binds to heavy metals to aid detoxification. Excellent for symptoms of IBS, PMS and menopause.
Celeriac (Celery Root)	Calcium, Magnesium, Potassium, vitamin C	Diuretic, good for kidney stones and arthritis. Beneficial to the nervous and lymphatic systems.
Daikon Radish	vitamin C	Reduces fever, aids digestion, diuretic, decongestant

What's the D-eal with Vitamin D? By Lisa Tsakos R.H.N.

CONTINUED FROM PG 2 ...

- Inflammation – vitamin D has anti-inflammatory effects and appears to help fight gum disease, heart disease, osteoarthritis, Multiple Sclerosis and Rheumatoid Arthritis.
 - Insulin & Diabetes –vitamin D improves insulin sensitivity and may hinder Type II Diabetes.
 - Autism – the theory that vitamin D deficiency during pregnancy or childhood may lie behind autism is being examined (read more: <http://www.vitamindcouncil.org/health/autism/vit-D-theory-autism.shtml>).
 - Depression/Seasonal Affective Disorder (SAD) – studies show that large doses of vitamin D alleviate symptoms of depression better than light therapy alone (Read more: <http://www.vitamindcouncil.org/depression.shtml>)
 - Physical fitness - vitamin D improves balance, muscle strength, force, velocity and jump height.
 - Obesity – teenagers with low vitamin D levels are more likely to be obese, hypertensive, and to have symptoms of insulin resistance.
- Physicians have only recently begun testing for deficiency of this nutrient and results are showing that the large majority of us are severely deficient. A blood test can determine your vitamin D status.

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