



Valentine's Day Special Issue

Valentine's Day can be a fun day to celebrate your love for your significant other or yourself! Enjoy the day with some healthy food choices!

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What is Vitamin D and why am I not getting it in the winter?!?!
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What you may not know about that calcium supplement!
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Something delicious, healthy, & romantic can be created in your kitchen!
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The newest section of our newsletter, have a chuckle!
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These will be recipes (one or more) that I've tried in the last month



Quote of the Month

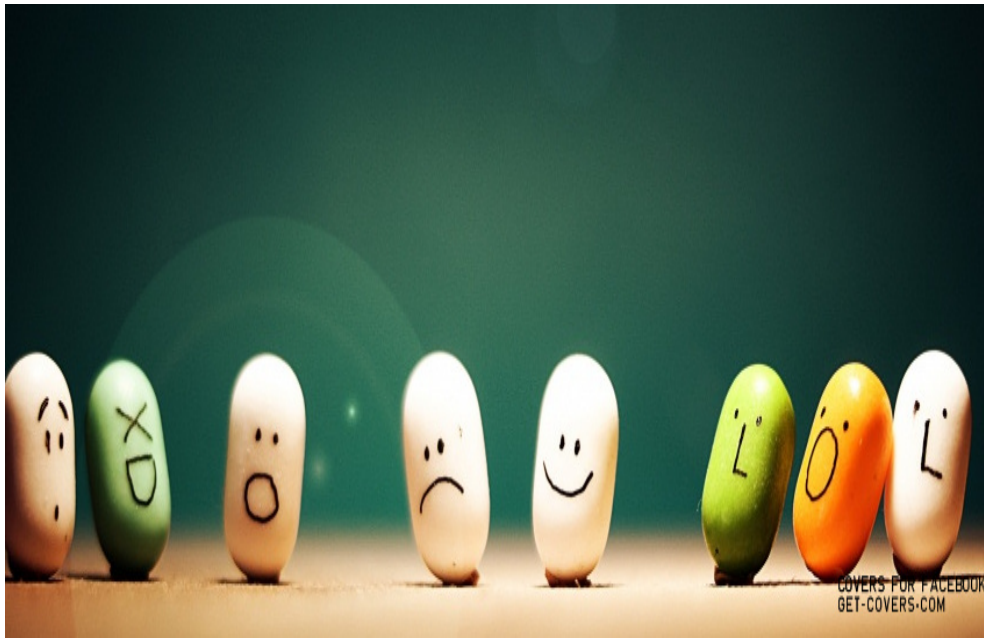
"Your beliefs don't make you a better person, your behavior does."

Winter months and the sun angle

Optimizing your vitamin D is crucial for your health. Vitamin D levels typically taper off in the winter due to the sun's angle over North America in the winter months. In order to synthesize Vitamin D the sun must be 50 degrees above the horizon and the UV index should be above 3. Our bodies use UVB-rays to synthesize Vitamin D and the only time UVB can reach us through the atmosphere

is at that angle. Unfortunately, in the winter the sun does not go above 50 degrees from the horizon! This means if you're not taking a good quality Vitamin D3 supplement, you're merely depleting your stores! By checking your serum levels, your naturopathic doctor can recommend a therapeutic dose. Oh yes, did we mention that you want Vitamin D because it...

more on **2**



“Millions of people take vitamin D and calcium supplements for bone health; new research shows that this actually increases the risk of heart attack and stroke because the added calcium builds up in arteries!”

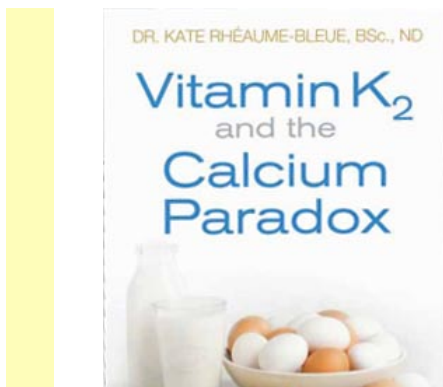
The Calcium Paradox: Vitamin D & Vitamin K2

While Vitamin D can be beneficial as an immune system regulator (*Hello cold & flu season fighter*), it is also essential for the absorption and metabolism of calcium (which many people take for healthy bones).

One interesting fact about healthy bones: osteocalcin is “the most abundant protein in bone after the collagen that forms the matrix that holds calcium” (The Calcium

Paradox, p. 14). It is with vitamin A and D that bone-building cells release osteocalcin and then uses the protein to draw calcium into bone tissues. UHOH – it’s not just ready once it’s excreted, it needs to be activated (carboxylated) so it can bind to calcium and it uses vitamin K2. *Can it get better than this?* Yes. Yes it can! Osteocalcin’s counterpart – matrix GLA protein (MGP) – can

actually draw calcium out of areas of harm (like arteries and veins). *Guess what?* Vitamin D also stimulates MGP production! And K2 helps activate it; “K2 activated MGP doesn’t just prevent atherosclerosis, it reverses life-threatening plaque” (p. 17). Without the necessary vitamins, that calcium supplement could be depositing itself on your arteries!



Vitamin K deficiency is associated with many conditions such as: osteoporosis, atherosclerosis, diabetes, dental cavities, narrow/crowded dental arch. Many women supplement with calcium to prevent osteoporosis during menopause however, they’re suffering increased risk of heart attacks and strokes! Vitamin K2 should be looked at as the missing link [here](#)...calcium supplements don’t have to be dangerous if taken

under the proper care. **Vitamin K sources** include grassfed animals (including game meats), eggs from pastured hens, ghee and butter from grass-fed cows, natto.

Go ahead – be intrigued! Fall in love with learning and go pick up a copy of “Vitamin K2 and the Calcium Paradox” written by Dr. Kate Rheaume-Bleue, ND.

BASIC INGREDIENTS

- 1 Avocado
- 1-2 tbsp unsweetened raw cocoa power
- 2 tsp raw honey
- 1 tsp nut butter
- Pinch of salt
- Dash of vanilla



- Top it all off with...**
- Shredded coconut
 - Dark chocolate chips
 - Sliced fruit

Raw cocoa has antioxidant properties, potential antidepressant effects, but has caffeine!

Raw honey helps balance blood sugar, calm the nerves, and it's loaded with good bacteria!



Let's Make Dessert...

Chocolate Avocado Pudding

It's Valentine's Day and you want to indulge in dessert but you don't want to *really* eat something *that* unhealthy. Well take those ingredients above and either make this for yourself or, if you have a date, make it with them! So easy and simple!

Mash up your avocado, *smush smush smush*. Make sure it's *niiice* and smooth! Now go right ahead and toss in that cocoa powder, raw honey, your favorite nut butter (*really, any one of them!*). Mix thoroughly ---- *Oh shucks! Don't forget that pinch of salt and dash of vanilla!*

Go ahead – give it a taste. *nom nom nom*.

Is it sweet enough? If not, add a bit more honey! YUM! Want to make it extra special? Chill in the refrigerator for a bit, top with homemade whipped cream and dark chocolate chips. Did I hear sliced strawberries or shredded coconut, too? *Delicioso!!*

Worried it might not come out smooth just with mashing with your hands? *What, not hulk enough?* Just go ahead and throw this in the food processor!

Enjoy lovers!

Quick Facts

Citronella	Carcinogenic. Being covered in it every day in the summer is probably not a good idea!
Cold Sores	Use a cold green tea bag, a lip balm with bee propolis, or raw honey and your cold sore will be gone sooner than later!
Eschariotic	Will make a scar because it burns off skin. Good for warts and some skin cancers.
Catnip	Catnip is 10X a better bug repellent than DEET! Take that! I'll grow my "Bug-Off" products.
May Apple	Has been used as an anticancer drug – it inhibits mitosis but it is GREAT at treating warts nowadays.

The Vis Medicatrix Naturae

One of the hardest phrases to try and define in words. Literally translated it means "the healing power of nature". This is one of the guiding principles for naturopathic doctors -- to me it means, "healing from within". The Vis is like the body's natural ability to heal. Sometimes our bodies step away from their perfect nature and need to be reminded of that template of health. Meditating, spending time in nature, and being mindful in your day-to-day living can awaken your Vis.

Chinese Medicine: *Well we started locating acupuncture points!*

Some points such as Lung 1 and 2 have a pneumothorax risk (puncturing of the lung!) if done improperly but the points are both good for treating cough, asthma, wheezing, and chest pain.

Other points, like Large Intestine 4, are contraindicated in pregnancy because they stimulate labor! A strong point, but it's great for mammas that are looking to go into labor and need some help. (Always done under the care of a healthcare professional!!!!)

Botanical Medicine: Did you burn yourself in the kitchen? *Grab the raw honey!* When raw honey reacts with the water on your skin it creates hydrogen peroxide and is great for cleaning & healing wounds!

Maybe you find yourself in the Amazon and your friend has developed ulcers –the orangey-red sap of the bloodroot plant can be used to heal them -- *right in front of your eyes!*

Deficiencies in zinc, biotin, and niacin can cause dermatitis. If it's on your face, you may want to spend some time in the sunlight to clear things up!

You'll want to know that cancer grows easier when there is a lot of inflammation – when you reduce inflammation you can reduce your risk of cancer!

If you have stagnation it's an

environment for things to grow. You'll want proper respiration or you'll be prone to infection there; same thing with your bowels (*get them moving!*), if you're not passing then you're not getting rid of toxins! To be healthy you want **good digestion, elimination, and circulation.**

Clinical Physiology: Bacteria *looooooves* iron! In an iron rich environment there is more bacterial replication – it's no surprise that fever actually induces changes in the body so that iron-binding proteins are released into circulation!

Research: GMOs...oh how I could write an entire newsletter on GMO foods...I'll tease you with this: When it comes to a GMO seed to be licensed, the longest study is a 90 day feeding study in an animal. *Not a human...*it's NOT required! They usually test rats. Have you ever felt like you were a part of a big cohort study? You might now.

Clinical Nutrition: The percentage of vitamin C that is absorbed decreases with increasing intake so IV administration is required to achieve high, therapeutic levels in the blood. When you have an acute illness, your ability to absorb oral vitamin C is reduced; *oh savior!* Green tea can increase the absorption during this time due to the high amounts of catechins. Ditch the cigs (entirely or at least when you're sick) because they accelerate the depletion of the body's vitamin C pool!

Seriously Funny Humor

Because laughter really is the best medicine!

Ha Ha
Ha Ha Ha

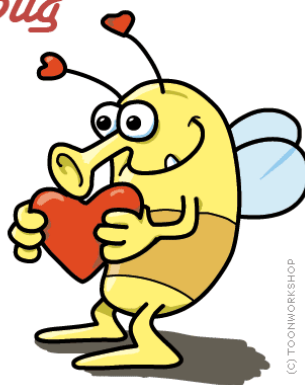
Walking through the Toronto Eaton Center the other day it was plain as day (and early evening because that was when I was doing my wandering walkabouts) that the flu season seemed to have arrived early this year. I could see it on people's faces, in the store windows, everywhere! The impending threat of mania and disarray... It's happening again, and there is nothing anyone can do to stop it. (Cue the dramatic movie music, with just a hint of suspense). Saint Valentine's Day (Crescendo!). Marked by the arrival of the very contagious and flu-like, Love Bug. Invisible to the naked eye, the Love Bug is a sugar-coated and highly adaptable bacteria which spares no mercy. Anyone and everyone is susceptible to its brain-washing & fever-inducing indications.

It always starts off peachy; you're strolling around on your usual routine when you pass by a "cutie pie" and then BLAM you've been hit by the Love Bug! You may start to notice certain symptoms such as acute heart palpitations, slightly sweaty palms, and a sudden sensation of a cessation of your breath (Gasp!). These seemingly

harmless gestures have got you acting like a fool, get a hold of yourself - you're infected! Run home and jump into bed before the symptoms get worse.

Be not afraid dear reader, for we at Seriously Healthy Living are only here to warn, and support you through this pandemic of a thought-altering bacterium.

Baby be my love bug



Once the pathogen starts overcoming your body you'll probably begin to notice a strong uncontrollable urge to consume vast amounts of chocolate - and anything else chocolate covered such as frozen bananas, roses, toffee, and even your chair. On your daily walk to work you shall probably encounter temptations to spend your hard earned money on pricey exotic flowers that weren't made to even last the

weekend, or you might find yourself inexplicably reading cheesy greeting cards at a local gift shop... with a warm smile creeping onto your face! Brace yourself...

The worst has yet to come!

On the last evening of the fortnight (Feb 14) is when the bacterial infection has the most power over you, body, mind, and soul. It is terribly likely that you'll end up at an expensive and crowded restaurant that probably doesn't even serve your favorite food, sitting across from the originally infected (and still very contagious) "cutie pie". Don't be fooled by the twinkle their eyes, it's just the bacteria waving to each other. By now you've completely surrendered to that warm and tingly feeling. The fresh smell of their hair, the glow of their skin, noticing all these aspects of "cutie pie" that you hadn't ever before only means (and I deeply regret to inform you) that the mission Love Bug was a success. All you can do now is wait away the "fuzzy" feeling and finish eating the rest of your chocolate-covered belongings...even the chair.

Love sick & highly contagious,
-- Sunny.

Harvest Time Root Vegetable Soup

Heat up a couple tablespoons of the olive oil in a soup pot, sauté your diced onion and garlic until they start to sweat *it's getting hot hot hot!* You'll want them to be soft but not browned!

Turn on some music and dance, when you whistle or sing – you'll know you're ready to throw in those vegetables, barley, tomato paste, and basil. If the song has got you feeling *young, wild, and free* then throw in some black pepper and salt to taste! Cover the bunch with your stock or water. Bring it all to a boil, *do a little twirl*, cover the pot and reduce the heat (in the pot, not the kitchen!).

I suggest a great playlist to move your body to or a fun craft to take up your time while you simmer the soup for 40-60 minutes (*or until one of the many tastings proves to you that the vegetables are tender!*)

INGREDIENTS

Olive oil
 1 Lg. diced onion
 5 Cloves minced garlic
 1-2 Medium beets cut in chunks
 2 Carrots cut in rings
 2 Parsnips cut in rings

2 Cups peeled, chunky-cut turnip
 ½ Stalk of celery
 1 Cup coarsely chopped green cabbage
 ¾ Cup barley
 1 Cup tomato paste
 Couple fresh leaves of basil
 Vegetable stock or water



Just Eat It! Favorite food of the month:

Ancient Egyptians worshipped the onion believing its rings symbolized eternity.



ONIONS

A POWERHOUSE OF QUERCETIN

www.undergroundhealthreporter.com/onions

If you eat onions you can get rid of onion breath by eating parsley.

PREVENT ALLERGIES

Allergies and asthma affect one in every five people in the United States. The health care costs alone are almost 8 billion annually.

Quercetin found in onions stops your immune system from releasing histamines, easing allergen symptoms such as runny nose and watery eyes.

In the middle-ages, Onions were so important that they could be used to pay ones' rent or given as gifts.

REVERSE HEART DISEASE

Quercetin also prevents plaque buildup on the arterial walls.

Plaque buildup is the primary cause of heart attack and stroke. It also lowers LDL cholesterol.

One study showed that quercetin – in combination with an alcohol-free red wine – prevented dangerous cholesterol accumulation in overweight participants who were at risk for heart attack.

QUERCETIN BENEFITS

- Eases the swelling and joint stiffness of arthritis
- Lowers your risk of all cancers and inhibits tumor growth
- Lowers risk of lung cancer in smokers
- Prevents heart disease
- Improves prostate health
- Reduces the severity of bladder infections

Libya has the highest consumption of onions with an astounding average per capita consumption of 66.8 pounds.