

Soul Food

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***Let yourself be
silently drawn by the
stronger pull of what
you really love.***

-Rumi

Message

The answers to last month's quiz: sugar and Vitamin D3. Do you remember the questions?

This month I've been reading Michael Pollan's newest book **In Defense of Food: An Eater's Manifesto**. I cannot recommend it highly enough. He writes well and in this, his third book on food, the Stanford journalism professor carries on from **The Omnivore's Dilemma** with his examination of the food we eat. In this case he details how we've been eating "healthier" but getting sicker. It turns out that we aren't really eating healthier. It turns out that whole,

Comfort Foods Feed our Souls

Think for a moment of a food from your past ... one that makes you feel great after you eat it, for no specific reason. Maybe it is macaroni and cheese, slow-simmered tomato sauce, ice cream cones or potato pancakes. Eating food like this (every now and then) can be incredibly healing, even though your rational brain might not consider it highly nutritious.

Food has the power to affect us on a level deeper than just our physical well-being. What we eat can reconnect us to precious memories, like childhood playtimes, first dates, holidays, our grandmother's cooking or our country of ancestry. Our bodies remember foods from the past both emotionally and cellularly. Eating this food connects us to our roots and has youthening and nurturing effects that go far beyond the food's biochemical make-up.

Acknowledging what different foods mean to us is an important part of cultivating a good relationship with food. This month when we celebrate lovers and relationships, it's important to notice that we each have a relationship with food - and that this relationship is often far from loving. Many of us restrict food, attempting to control our weight. We often abuse food, substituting it for emotional well-being. Others ignore food, swallowing it whole before we've even tasted it.

What would your life be like if you treated food *and your body* like you would treat your beloved? With gentleness, playfulness, communication, honesty, respect and love? The next time you eat your soul food, do so with awareness and without guilt, and enjoy all the healing and nourishment it brings you.

Food Focus: Beans

Beans, or legumes, including peas and lentils, are an excellent source of plant-based protein. Beans are found in most traditional cultures as a staple food, offering grounding and strengthening properties that enhance endurance. They offer a highly usable, highly absorbable source of calcium for the body. A very inexpensive source of high nutrition, beans can be rich, delicious and satisfying.

Lack of sexual energy is often due to overtaxed adrenal glands and kidneys. Beans are notorious for strengthening these organs (ever noticed the shape of a bean?) and can help restore vital energy as well as sexual energy.

Beans have a reputation for causing digestive distress, but this is usually because they have been undercooked or improperly prepared. To help reduce gas-forming properties, soak beans overnight prior to cooking,

unprocessed foods are greater than the sum of their nutritional parts. To order the book, just [click here](#) and you can get it from my web site. E-mail me and let me know what you think about it. It's a great weekend read for all these snowy days we seem to be having.

Rather than despair about all our snow in Chicago, I am rejoicing because it means the water tables is getting replenished after two very dry summers and last winter when we had a total of 9" of snow. Come spring and summer all our gardens will be thrilled with how much water is available to them.

I hope you are enjoying the weather wherever you are, or planning a vacation to somewhere else!

Quick Links

[Register Now](#) for workshops

[Testimonials](#)

[Resources](#) to help you

increase cooking time, add spices like bay leaf, oregano or cumin, or add kombu (a sea vegetable) when cooking.

Recipe of the Month: Easy Beans and Greens

Prep time: 10 minutes

Cooking time: 10 minutes

Yield: 2 - 3 servings

Ingredients:

1 can of black beans (or pinto, red, kidney), rinsed and drained
1 bunch collard greens (or kale, spinach, swiss chard)
your favorite toppings, such as salsa, avocado or guacamole, and sour cream

Directions:

1. In a medium saucepan, heat drained beans. Add your favorite seasonings, if desired.
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil.
3. Wash and chop greens (you can use the stems, too) and add to boiling water.
4. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.
5. On a plate, arrange a portion of the greens, top with a portion of the beans, and finish with toppings of your choice.

There are many ways to become a client

- **NEW:** Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. [Click here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of four to ten friends we can do a single or series of cooking lessons based on the skills of the group
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly
- Group coaching programs if an individual program is too much of an investment

[Contact me](#) to learn more about any of these services.

Upcoming Events

March 4 - Fats: Too Much or Not Enough?

- What's a trans fat anyway? And can I believe the label when it says there are none?

- Low fat or high fat?
- Are there "good" fats?

April 1 - Spring Cleaning: Cleansing and Detoxing

May 6 - Carbs: The Good, the Bad and the Ugly

June 3 - Food Cravings: What They Say About Your Health

Time: 7:45 - 8:45 pm

Location: Chiropractic for Life 5138 N. Clark Street, Chicago; 773-878-8933

The fee for each workshop is \$20.00. [Click here](#) to register and pay by credit card. Cash and personal checks accepted at the door.

Until Next Month!

Thanks for reading this issue. Please pass it on to anyone you think would also enjoy it.

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