

March into April

2012

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Ever wonder what you can eat as alternatives to wheat?

Wheat is included in most peoples daily meals and is added to many packaged foods. Included in the wheat family are whole wheat, wheat bran, rye, barley and oat. For many people they can not tolerate digesting the gluten or gliadin proteins in wheat.

Grains with gluten are kamut, oat, pumpernickel, rye, and spelt, triticale, wheat, wheat berries, barley and a small amount in millet.

Other foods containing wheat include MSG, hydrolyzed vegetable

protein, pasta, malt, bulgur, miller's bran farina, couscous, tabouli, bouillon cubes, soy sauce, falafel, luncheon meats, hot dots, sausage and some candy.

Although even main supermarkets are carrying wheat and gluten free crackers, bread and pastas, I would recommend increasing your intake of vegetables and fruits. If you want to take a sandwich for lunch, use romaine lettuce as a wrap. Stir fry broccoli, shredded carrots, sliced mushrooms

and onion, then serve it as a side with baked chicken or beef. Finely chop apples and celery and serve it as a 2nd side. Be creative-try serving vegetables that you have never tried before and challenge yourself to serve 3 with every meal. Make extras so that you can use the leftovers for the next meal.

Great staples to have on hand include olive oil, garlic, onion, canned tomatoes, chopped broccoli and carrots, sliced mushrooms and olives, basil and herbs de provence.

Humility



2012

"Humility is one with heart. It is the opposite energy of arrogance, which is inevitable ego-fed. To be humble is to be heartfelt. Humility holds within it the essence of safety, grace and kindness. It is a sweet whispering amongst the harsh noise of this world. The Ancient Ones knew that humility was the basic principle for enlightenment. It is a mixture of mercy, mindfulness and might. Remember: one who embraces humility is rarely humiliated."
Universal Truths 1997

Looking for new recipe ideas...a patient recommended mynewroots.blogspot.com by holistic nutritionalist and vegetarian chef Sarah Britton, BFA, CNP.

It has several creative options and "mouthwatering" pictures. What a great way to add those vegetables!

Don't forget to check out the page on food combining for better digestion. Aha! Now I know why the French eat their salads last and in many Indian homes why sweets are eaten before the meal not after.

Cheers! Dr. G.

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Chicken in a flash:

Place chicken breasts in a pyrex dish. Add salt and pepper, crushed garlic, olive oil and a splash of white wine. Cover with a can of chopped tomatoes and sliced olives. Bake at 350 degrees F for about 30 to 40 minutes. Serve over Trader Joe's Rice spaghetti noodles and stir fried carrots, broccoli slaw and mushrooms.

Or serve with roasted chopped beats, yams and squash. Bake at 400 degrees Fahrenheit with a little maple syrup or honey for about one hour. The baking time depends on how small you chop them.

Skillet primavera:

Saute asparagus tops, broccoli florets, carrots, zucchini and yellow squash until tender. In a separate skillet lightly toast chopped garlic in olive oil for 30 to 40 seconds. Add to the vegetables with a few capers and top with lemon and shredded romano cheese.

Serve over rice or fettuccini noodles.

***For dessert serve raspberries over vanilla Greek style yogurt. If you can not tolerate dairy-try it with coconut milk or yummy coconut ice cream. I love coconut oil and milk for cooking because it boosts the immune system, is GOOD for you heart and actually burns more calories to digest.

Bon Appetite, ;)

Dr. G.

