



Gluten Free, Not Really.

In last month's June article I touched briefly on gluten and how gluten in wheat might be a contributing factor to multiple health concerns.

To start, what is gluten? Gluten is a family of proteins found in grains like wheat, rye, spelt and barley. The two main proteins in gluten are glutenin and gliadin. Gliadin is responsible for most of the negative health effects because it is a substance that can make eating bread addicting. When flour is mixed with water to make bread, the gluten proteins form a sticky network that has a glue-like consistency. This glue-like property makes the dough elastic, and gives bread the ability to rise when baked. It also provides a chewy, satisfying texture. Coincidentally, the name gluten is derived from this glue-like property of wet dough.

Even though gluten has been deemed as evil by many, going gluten free could actually be worse for you! With all gluten free products, there is a guarantee that there are emulsifiers added into the bread product you are consuming to replace the elasticity of the bread to make it edible. Such additives include (look for these on your bread labels) Lecithins, Sodium- and calcium stearoyl lactylate, Ethoxylated mono- and diglycerides, Polysorbates, Succinylated mono-glycerides, Diacetyl tartaric acid esters of monoglycerides, Mono & Diglycerides.

When consuming these different emulsifiers, it makes the bread harder to digest because it's so coated in chemicals! When the emulsifiers go through the digestion process, these non-nutritional chemicals get circulated into the blood stream causing a toxic, inflammatory response in the body. You may notice bloating, gas, indigestion, constipation, and acne all that unnecessary trouble for overly manufactured gluten free bread. When you go gluten free, it is almost as if you should just eat the bread that has gluten in it anyway because it will give you the same reaction.

If you are hankering for some bread, follow the recipe in the June newsletter and make it yourself! If you have an allergic reaction to bread or gluten, you'd be happier to just leave it alone altogether!

~Shaila



Quotes of the month

"There are times to stay put, and what you want will come to you, and there are times to go out into the world and find such a thing for yourself."

— Lemony Snicket

"Patience is bitter, but its fruit is sweet."

— Aristotle

This month in history

July 2, 1903 - The first African American on the U.S. Supreme Court, Thurgood Marshall was born in Baltimore, Maryland.

July 10, 1973 - The Bahamas gained their independence after 250 years as a British Crown Colony.

July 16, 1969 - The Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 a.m.

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Surviving Summer Naturally

Summertime is here in Seattle, and with it our record days of sunshine. We all need to adjust to the increased sunlight. When our seasons are usually dominated by clouds and rain, it's a tough adjustment. Sunburns and cranky attitudes are common when you're not prepared for the summer weather.



Why might we become crankier?

Or more prone to sunburns? How can we avoid this? I was reminded during our first week of sunshine filled weather last month, that the old advice, "An ounce of prevention is worth a pound of cure," is key!

Here are 3 Tips To Survive Summer Naturally:

1. Sun Time: Sunburns hurt, and a sun stroke is no joke. The preventative way to naturally avoid sunburns is to keep yourself out of the direct sunlight during the most intense parts of the day. This is also called Ultraviolet Index, and is estimated based on cloud coverage, position of the sun and the ozone layer. In the Pacific Northwest, the peak UV Index falls between 11-4pm. Yes, enjoy a picnic in the park, or time in the garden, but consider the time of day. One way to naturally avoid a sunburn would be to plan your outdoor time in the early morning or evenings, when the sunlight is less intense. Plus, it's usually cooler temperatures and that will help you naturally avoid overheating too.

2. Water All Day: Water is fun! And water is key to hydration. While you're more likely to enjoy playing around the water - on a lake, canoeing or fishing along a river, it's important to remember the water your body needs. As you are out and about playing more outdoors, you can prevent dehydration by drinking plenty of water. Make it a practice to never leave the house with out a water bottle filled!

3. Summer Food Balance More sunshine and summer breaks from school usually mean more social time with delicious treats and foods. While a lot of folks work hard in the spring to get their "swim suit" bodies in shape, it's easy to forget to keep with a healthy diet when Ice Cream and Pot lucks are all around! Surviving summer naturally also means taking care of what you put into your body. You're more likely to feel better and recover faster from more outdoor exercise and adventures when you eat well with plenty of vegetables and less cold and sugary foods. Enjoy plenty of summer garden vegetables to balance out the summer treats!

In Wellness,
Holli Margell, Editor

How to Obtain the Magic Healing Power of Herbs: If Only You Are Willing to Wait

When I was in college, I took a course on child education. We did an experiment with two children to test how patient they can be and what their motivation is when it comes to rewards. Our subjects were twin girls at the age of 5. They didn't know why they were coming in or what was going to happen. Our experiment began with separating the twins into 2 different rooms. One room had our subject Stacey, and the other had her sister Valerie. They couldn't see, or hear each other between the room which validated that they won't copy each other and there are no other influences. This experiment we were testing is called the marshmallow test. By tempting the child with a marshmallow on a plate you explain that if they are willing to wait 10 minutes without eating the marshmallow, you will be rewarded a second marshmallow at the end of the 10 minutes. But if the subject eats the marshmallow before the 10 minutes are up, there will not be a second marshmallow.

The experiment began when the instructors explained the rules to the girls in their separate rooms and the instructors placed the giant, delicious marshmallow in front of them and then left the room. We were able to monitor them through a tinted window but they weren't able to see us. We watched the instructors leave the room and as they did, the girls' eyes were locked on the marshmallows. Stacey would try and distract herself, avoiding the temptation by poking the marshmallow, looking at other things, playing with her fingers. 5 minutes have gone by and she is still avoiding the temptation. She would lie on her hands just staring at the marshmallow, until the 10 minute mark hit and the instructor came and congratulated her with praise for being patient and gave her a second marshmallow. Now as for Valerie, the minute the instructor walked out, Valerie was poking and prodding the marshmallow, all her focus was on that marshmallow. She would sit and pick it up lick at it but not eat it, then place it back on the plate. As far as 7 minutes into the experiment the temptation was too much and she was ready to chow down on the delicious treat, which we could see she thoroughly enjoyed. At 10 minutes the instructor came in and asking, "What happened to your marshmallow?" as Valerie shrugged with innocence. And she clearly didn't get a second marshmallow.

With two opposite results, we found that some kids have the patience to wait to reap the benefits of a greater reward while others want what they want then and now getting the satisfaction when they please. This shows in their personality where Stacey is more introverted, patient, and shy and Valerie more boisterous, extraverted, and is confident in what she wants. Now you may be ask-

ing what does this story has to do with herbs?

More and more over the years, patients ask me about our herbal treatments, how it works, what the process is and the most prominent question is, "how long is this going to take?" For years this question asked over and over again and the answer is always, "I don't know." So many factors go into the healing process it is impossible to know the exact amount of time it will take for you to get better, and anyone who is in the health care profession that claims to know how long a treatment will take or how long it will take for you to heal then they are obviously lying and fabricating the idea that your problems will go away fast which it doesn't.

When it comes to health and specifically herbal treatments, time is your enemy or your friend whichever way you want to look at it, but time is a major factor. Everyone expects magic herbs that will all of a sudden heal their ailment in a moment's notice. But the reality of it is this, whatever time it took you to acquire this ailment or illness is about the same amount of time it will take to cure it or even longer!

Unless you like the concept of western medicine where they will cure your symptoms by giving you magic antibiotic pills that will make things worse in

the long run but take care of your current symptoms right away then go for it! There is your "magic" cure. But when it comes to herbal medicine, the herbs work to build your immune system to work with your body, not against it, and after years of mistreating, years of poor eating, and years of bad habits, it will take a long while to build that immunity back.

The herbs start by detoxifying the body. If we have to put a time frame on it, usually 3 months is about when the detoxification process is at its peak, that is if you are eating right, exercising, drinking water, sleeping well, not in stress, and taking the herbs to detox on a regular basis. In 3 months any one of the factors I mentioned can be interfered with so that time gets extended to 5-6 months. Right there you are at 6 months into the healing process. The second part of the process is building your immune system back up. If you are still continuously making the better, healthy choices then your immunity builds up to heal whatever your health problems are. But if you are still in the detoxification process than it will still take longer for you to build the immunity.

As time drags on you are wondering, will I ever get better? The answer is up to you! It is your choices, your habits, and your willingness to achieve optimal health. You are the one that wants to get better, so work toward it! For examples sake you won't simply get a

How to Obtain the Magic Healing Power of Herbs *continued*

marshmallow just because you asked for it! It requires patience.

Patience is a rather difficult virtue to obtain this day and age. Everything is so fast paced, fast food, fast cars, fast commercials, fast schedules who has time to be patient? You've got better things to do rather than work with your ailment or illness. But it is that very mindset that gets you in trouble in the first place. Have you ever had a project where you worked through it real fast but the outcome of the project was only half-assed and not as great as it could have been if you were to take time and do it right? The same applies to health. The more you tend to your health and the more time and effort you put into it, the more likely you will get better fully.

It's easy to fantasize that there is a magic cure that can make things better right away, but with patience, you will find that when you work toward improving yourself, let the herbs take its course, and let time heal your wounds then and only then will you achieve optimal health. The old saying goes, good things will come to those who wait. Just wait...and you will get the marshmallow, maybe even two!

-Shaila



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Juli's Healthy Living Corner



"What is the cause?" According to Chinese pathology there are three principal causes of disharmony that brings about diseases: external factors, emotions and irregularities in day-to-day living. Of the main five organs (Liver, Heart, Spleen, Lung and Kidney) which one(s) is causing the illness and what is causing the organ(s) to become imbalanced? Each organ has a Yin and Yang element within, and it is the imbalance between them that leads to disease. Through diagnosis the Herbalist hopes to balance the patients system by first cleansing it, then soothing it and finally by building up the patients system and entire condition. However, without the patient's cooperation in maintaining a proper diet and lifestyle the herbalist and patient will be running a circle.

In Traditional Chinese Medicine, summer belongs to fire, one of the five elements. The fire dries, and is associated ailments include fever, inflammation, constipation and frequent urination. On the emotions, this often causes irritability, lack of concentration and manic behavior. In children it can sometimes result in hyperactivity. More commonly, summer heat causes heat stroke, exhaustion and dehydration.

To prevent summer illness, you need self-discipline. The self-discipline to drink plenty of clean filtered water with slices of lemon and cucumber throughout the day. The self-discipline to eat light and less greasy diet. Introduce some cool Yin foods into your diet such as watercress, cucumber, and lettuce. Avoid outdoor activities in peak heat from 2pm-4:30 pm around the Pacific Northwest. Rest in midday, take a nap. Last and most important refrain from anger, keep calm and even tempered.

I go for the good, then I celebrate and quickly I fall back to old habits, because it's a trick of the mind with self-discipline. This season, I encourage you to challenge yourself with these suggestions and see how it changes you!

Love,
Juli