

6 FOODS THAT FIGHT PAIN



Creating Community
Changing Lives



JUNE 2015 NEWSLETTER



CHERRIES – Cherry extract is ten times more effective than aspirin at relieving inflammation. Only two tablespoons of the concentrated juice need to be taken daily for effective results. Sweet cherries have also been found to be effective.



CELERY AND CELERY SEEDS – There are more than 20 anti-inflammatory compounds in celery and celery seeds, including a substance called apigenin, which is powerful in its anti-inflammatory action. Add celery seeds to soups, stews or as a salt substitute in many recipes.



GINGER – Ginger reduces pain-causing prostaglandin levels in the body and has been widely used in India to treat pain and inflammation. A study by Indian researchers found that when people who were suffering from muscular pain were given ginger, they all experienced improvement. The recommended dosage of ginger is between 500 and 1,000 milligrams per day.



TURMERIC – Turmeric (*curcuma longa*) is the yellow spice commonly used in Indian curries. In research it has been shown to be a more effective anti-inflammatory than steroid medications when dealing with acute inflammation. Its main therapeutic ingredient is curcumin. Research shows that curcumin suppresses pain through a similar mechanism as drugs like COX-1 and COX-2 inhibitors (without the harmful side effects).



FLAX SEEDS AND FLAX OIL – Freshly-ground flax seeds and cold-pressed flax oil, contain plentiful amounts of fatty acids known as Omega-3s. Do not cook with flax oil otherwise it will have the opposite effect-irritating the body's tissues and causing pain.



RAW WALNUTS AND WALNUT OIL – Raw walnuts and walnut oil also contain the same powerful Omega-3 fatty acids that fight pain and inflammation in the body. Source: <http://www.budwigcenter.com/wp-content/uploads/2014/06/foods-that-fight-pain.jpg>

“ IF IT DOESN'T
CHALLENGE YOU,
IT DOESN'T CHANGE
YOU. ”



Shaved Asparagus Salad - 4 servings

INGREDIENTS:

- * 1 orange
- * 1 bunch thick green asparagus, trimmed, thinly sliced on the bias
- * 4 ounces Pecorino Romano cheese, diced
- * 2 tablespoons chopped chives
- * 2 teaspoons white wine vinegar
- * 1/4 cup extra-virgin olive oil
- * Kosher salt and freshly ground black pepper
- * 2 tablespoons toasted hazelnuts, whole or coarsely chopped

DIRECTIONS:

Remove and chop the zest from the orange and add it to a large nonreactive bowl. Add the asparagus and cheese and toss together. Peel the orange and cut segments from the membrane. Add the segments to the bowl with the asparagus.

Squeeze the juice from the orange membrane into a small bowl and add the chives and white wine vinegar. Whisk in the olive oil and season with salt and pepper. Add the dressing to the asparagus and let sit until the asparagus is slightly wilted, about 5 minutes. Toss in the hazelnuts and serve.

Per serving: Calories 178; Total Fat 11 grams; Saturated Fat 5 grams; Protein 13 grams; Total Carbohydrate 10 grams; Sugar: 6 grams; Fiber 4 grams; Cholesterol 29 milligrams; Sodium 463 milligrams

Source: <http://www.cookingchanneltv.com/recipes/michael-symon/shaved-asparagus-salad.print.html>





ALOE

6 NATURAL SUNBURN REMEDIES

Summer is here, and all that time having fun in the sun also means we're at risk of getting sunburns. If you get one even after applying sunblock (some of us have really sensitive skin—don't I know it!), here are some great, natural sunburn remedies from items you probably have around the house.



MILK

1. Aloe - Aloe vera is extremely cooling and the gel from the plant provides effective relief for your sunburn. Store-bought aloe vera gel is very effective, as is the plant itself. To use the plant, slice the leaf down the middle (lengthwise) and spread the flat, exposed inside of the leaf on your burn.



MINT TEA

2. Milk - Cold milk is a very quick and readily available pain reliever for sunburns. The coolness from the milk will ease the burning while the milk itself creates a protein layer to protect your skin. Soak a clean washcloth or gauze with cold milk and place it on your burn, leaving it on until it reaches room temperature.



WATER

3. Mint Tea - Mint is naturally cooling and soothing while black and green teas contain tannic acids and theobromine that promotes pain relief and healing. Steep some green or black tea with mint in boiling water, then soak a clean towel in the liquid, allowing it all to cool in the refrigerator for an hour. After the liquids are cool, apply the soaked towel to your sunburn.



BAKING SODA

4. Water - Just like any other burn, it's so important to stay hydrated when you get a sunburn because your skin has been damaged and dried out. Make sure you stay fully and frequently hydrated throughout the day after getting a sunburn to support healing in your skin.



WITCH HAZEL

5. Baking Soda - Baking soda doesn't just remove stains—it also banishes the sting from your sunburn! All you need to do is mix about 4 tablespoons of baking soda with a small bowl of water, soak some cotton balls with the mixture, then apply it to your skin. Simple as that and you'll find yourself sting-free once again.

6. Witch Hazel - Witch hazel is incredibly antiseptic and antibacterial, which makes it perfect for treating sunburns as it also helps reduce swelling and repairs damaged skin. Just soak some sterile cotton balls in witch hazel solution and gently swab the area affected by the sunburn.

Source: <http://www.mrspotter.com/6-natural-sunburn-remedies/>

Sun Smart Word Search

S E V S T N Z T E B R B V H T S
D L L L A O H A P O A U T A N U
R A O G H I N H V Q D C D T X N
P X Z P E T I D R S I K C E G S
A T P L R C K E J L A E L A X C
B Z Z T I E S M Z I T T O T J R
O W T E A T R M K P I H T H J E
S N J L N O Y I S C O A H R I E
R K V O N R T R E U N T I E T N
U K O I O P T B W L N A N E C C
O K Y V I R W D K S E B G L A Y
H N R A G O E A F T O V U T N R
S U N R E I N O V H I S E R X P
I J J T L Z T R E D A H S N N R
R L F L E A Y B S E T U N I M E
W S G U S E S S A L G N U S L P

Find these words

BROADBRIMMED HAT
ELEVEN
MINUTES
SHADE
SLIP
SUNBURN
TAN
TWO

BUCKET HAT
HOURS
PROTECTION
SKIN
SLOP
SUNGLASSES
THREE
ULTRAVIOLET

CLOTHING
LEGIONNAIRE HAT
RADIATION
SLAP
SUN
SUNSCREEN
TWENTY

<http://www.docstoc.com/docs/45896059/SunSmart-Wordsearch---SunSmart>

Sun Awareness Week

Since 1989, the Canadian Dermatology Association's annual, nationwide Sun Awareness Week has helped educate Canadians about dangers of excessive sun exposure — and reduce the incidence of skin cancer in the country.

This year's Sun Awareness Week will take place **Monday, June 1 to Sunday, June 7, 2015**, and will be marked by a number of events and activities, including:

* Free skin screenings across Canada

* School visits by dermatologists, and other activities for children

Source: <http://www.dermatology.ca/programs-resources/programs/sap/sun-awareness-week/>



Protect yourself in five ways from skin cancer