



# Blackbird Clinic PLLC

Fall 2007 Newsletter

## CAFETERIA BLUES

*Dr. Andrea Black, Board Certified Naturopathic Physician, is director of Blackbird Clinic PLLC, which specializes in naturopathic and nutritional medicine:*

- ✓ *For all ages and a variety of health conditions*
- ✓ *Addressing the underlying causes of disease*
- ✓ *Using a holistic approach*
- ✓ *Safe and effective natural therapies*

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### Heading Back To School

You've got the backpack, the #2 pencils, and an emergency pencil sharpener for those mishaps on test day, some funky neon highlighters, brand new sneakers and a chemistry book so thick it doesn't actually fit into the new backpack. But are you really ready for that first day back at school? That depends: did you do your homework?

Before you or your child head back to school, you should already know what's offered on the cafeteria menu and which of those foods harbor undesirable ingredients. Cafeterias tend to serve meals that are appealing to kids—pizza, spaghetti, hot dogs, etc. These lunches can be loaded with artificial colors and flavorings, refined carbohydrates, and dozens of other additives that no spelling bee champ could figure out. College dining halls aren't much better. Although there typically is a salad bar, the vegetables may have been subjected to pesticides by farmers, so it's important to do research before sending your kids out the door with lunch money.

Here are a few commonly added ingredients to watch out for: nitrites, monosodium glutamate (MSG), saccharin, sulfites, olestra, trans fat, BHA, BHT, and potassium bromate. These additives are used to maintain product consistency, enhance flavors and preserve nutrient values, but many have been linked to dangerous health problems like cancer, allergic reactions similar to asthma, and metabolic inefficiency. Also, anything that has the word "enriched" simply means manufacturers had to add vitamins and minerals to the product because it was stripped of all its nutrients during the refining process.

Most schools post their menus online, but to get a list of ingredients, you will have to call the school. If they tell you they don't keep an ingredient log, chances are you don't want to eat what they serve. Our advice... brown bag it.

Most college dorms come equipped with a communal kitchen. If you have a hard time finding acceptable meals in the cafeteria, try to use your meal tickets or money cards on lots of fresh fruits and vegetables, 100% whole grain breads and the most nutritious foods they have to offer. Be sure to take your vitamins and stock your mini-fridge with healthy food. Be open to preparing your own meals.

## Alphabet Soup

32 oz chicken or veggie broth  
18 oz (about 2 cups) chicken  
(shredded)  
3 large carrots (chopped)  
8 oz frozen corn  
15 oz garbanzo beans  
2 cups Alphabet pasta  
1-2 Tbsp “spike” (all purpose  
seasoning)

Combine the first 5 ingredients and cook until carrots are soft. Add pasta and cook about an additional 7 minutes. Add seasoning and serve.

## Healthy Shopping List

- Deli meat – look for brands that do not contain nitrates and hormones, such as Applegate Farms” and “Organic Prairie” (found at natural food stores).
- Peanut butter – substitute nut butters without hydrogenated oils. Try almond nut butter, cashew nut butter, sesame seed butter, pumpkin seed butter.
- Fruits/Vegetables – Buy organic whenever possible. Look below for a fruit and veggie wash.
- Tortillas/Wraps – Use 100% whole grain tortillas for wraps.
- Breads – Read labels and always choose one with 100% whole grain ingredients, not enriched. “Ezekiel” bread is one good option.
- Soup – “Fantastic Foods” and “Nile Spice” Cup-of-Soups or “Imagine Foods” soups (Organic Creamy Tomato, Potato Leek).
- Spreads – guacamole, hummus (garbanzo bean dip), and pesto make great spreads for wraps and sandwiches.

## Fruit and Veggie Wash:

Buy two small spray bottles. Fill 1<sup>st</sup> bottle with one part 3% hydrogen peroxide/one part water. Fill the 2<sup>nd</sup> bottle with one part white vinegar/one part water. Spray 1<sup>st</sup> bottle mixture on produce, wash, then spray 2<sup>nd</sup> bottle mixture on produce and wash again. For berries, only wash what you plan to eat. (Pre-washing and refrigerating the remainder leads to mold). Soaps for cleaning produce can also be purchased at natural food stores.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.

2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice.

Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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## Tips For The Lunch Box

By packing your own nutritious lunches, you can control the quality of food that you, your kids, or your spouse are eating. Should you decide that brown bagging it is the way to go, here are a few tips to help you make it through the year. Remember, variety and prep work are keys that will keep you from taking the easy route and zipping through the cafeteria line.

1. Think ahead – Packing the night before or preparing several lunches at once is a big time saver and eliminates some of the typical morning chaos.
2. Invest – Purchase several ice packs to keep your foods cold and a sturdy stainless steel thermos for soups or hot water. “Fantastic Foods” make different Cup-O-Soups that are great for packing (remember to pack hot water in your nifty thermos).
3. Be creative – Turn last night’s grilled chicken into Alphabet Soup, chicken salad or make a meat and veggie wrap.
4. Variety – Buy an array of organic fruits and vegetables to mix and match throughout the week. Think outside the norm, carrots and apples are not your only options. Wander through the produce section of your grocery and try new things, such as kumquats, figs, papayas, kiwi or frozen blueberries.
5. Salads – Make a big salad out of nutritious leafy greens, such as (non iceberg) lettuce, spinach and sprouts. Eat it throughout the week. Add different toppings each day to keep it interesting (i.e. hard boiled eggs, chicken, pecans, sunflower seeds, mangos, avocados, etc.) Adding salad mix to wraps or sandwiches also makes your lunch prep work go a little quicker. Coleslaw (cabbage, carrots, walnuts, and apples) is a quick and easy salad to prepare.
6. H2O – Remember to pack your own bottle of non-tap water from a clean source.
7. Dessert – Try fresh fruit salad or 100% applesauce.
8. Let the kids help – Ask your kids for healthy suggestions on what they would like to eat and have them help pack their lunches. Always encourage them to try new foods that are nutritious.
9. Explain – Tell your kids why it’s so important to eat a healthy lunch, how junk food affects the body and brain, and the benefits of vitamins and minerals. Other kids will probably ask them why they pack their lunch every day. Now your children will have the answers.