

Rosemary & Lavender

Rosemary is to the spirit as Lavender is to the soul. Since antiquity they have been known for their powers to strengthen and revitalize. Place herbal bath bag in the tub and fill with hot water. Massage your skin with the herbal bag. Light a candle, relax and enjoy yourself.

After using in a bath dry the bag on a radiator or in a warm dry place. Then use as an herbal sachet in a glove compartment, linen closet, or in your shoes, anywhere where the smell of herbs would be appreciated. Give it a squeeze now and then to reactivate the herbal scents.

THE BEST OF THYMES
 P.O. Box 973
 Johnson City, TN 37605
 423-543-5828

FOODS THAT CREATE "FAT-BURNING" ACTION

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| APPLES | They contain a natural ingredient known as pectin, a natural fat-fighter that limits the amount of fat that can be absorbed by adipose cells. When pectin substances are released in the system, they tend to absorb water and stimulate your metabolism to actually bombard adipose cells, thereby releasing clusters of fat. |
| ASPARAGUS | It has an alkaloid known as asparagine. Generally, alkaloids tend to stimulate the kidneys and metabolism to help break down fatty acids. Asparagus helps break up oxalic acid crystals which can accelerate the process of fat burning. Asparagus is high in vitamins A and C, and are very low in sodium and calories. |
| BEETS | A prime source of a form of so-called low-level iron which cleanses your blood cells and serves as a strong washing agent to flush away fatty deposits. Beets also contain natural chlorine, a mineral that energizes your metabolic process to help wash away accumulated fats from the cells of your liver, kidneys and gall bladder. |
| CABBAGE | A rich content of iron and sulfur work to cleanse the fat from your stomach and intestinal area, and can help slim down your waistline and buttocks. Raw or cooked cabbage provides a mineral combination that is helpful for stimulating a sluggish metabolism to promote a swift form of cell-cleansing and weight reduction. |
| CARROTS | A prime source of carotene, the predecessor of vitamin A, which helps accelerate metabolism, triggering a fat-flushing reaction and a slimming of the cells. Raw carrot juice is a natural solvent for fats. It is almost unequalled for increasing a vigorous and energetic metabolic reaction. |
| CELERY | Fresh raw celery has a high concentration of calcium. this mineral is able to energize your endocrine (glandular) system, producing hormones that help to break down the fatty buildup in your cells. Celery is also a prime source of magnesium and iron, two minerals needed to enrich your blood cells and give you vitality as you lose weight. |

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| CITRUS FRUITS | These include oranges, grapefruits, lemons, limes, or tangerines eaten as part of a salad or in juice form. Naturally, you do not eat a lemon or lime, but you can use a slice in a salad or in a cup of tea. This citrus fruit group is a prime source of vitamin C that you need to help block an accumulation of fat. Vitamin C from citrus fruits will liquefy and dilute fat, making it easier to flush from your body. These thirst-quenching fruits are a good source of carbohydrates, those nutrients that help promote better metabolism and more energy. Whether whole, in segments or in juice form, citrus fruits are excellent fat burners. |
| CRANBERRIES | Malic and benzoic acids are substances found in these red berries that can help burn up accumulated fats. Because cranberries are tart, use them with a small amount of honey, or add sliced peaches, pears or bananas for sweetness. Cranberry juice is a great way to help stimulate your metabolic system and quench your thirst at the same time, and is a great all-natural diuretic. |
| CUCUMBERS | Film stars and diet doctors rate cucumbers as one of the best natural diuretics. they help release accumulated liquids, and are a good source of silicon, sulphur and potassium, making it a mineral powerhouse of fat cleansers. You can feel as "cool" as a cucumber and look as slim with the use of this pleasant metabolic stimulant. |
| EGGPLANT | This vegetable is an excellent source of alkaline minerals which help flush out fatty wastes. Whether cooked or baked, prepare eggplant rapidly in a small amount of boiling water for a period of about five to ten minutes to maintain its nutrient value. It is an excellent source of roughage to help you feel "full" on less food. |
| OLIVE OIL | Olive oil, to the dieter, is beneficial in many ways. Oils assist in the breakdown and synthesis of accumulated fat in adipose cells. Vegetable oils, once absorbed, become an important source of reserve energy. They act as insulators in maintaining body temperature. They protect your essential organs, such as heart, liver and kidneys, and form essential constituents of cell membranes by regulating the intake and removal of wastes and transport of essential nutrients. In particular, vegetable oils contain linoleic acids, nutrients that are most essential in the breakdown of fatty accumulations. Just two or three tablespoons of olive oil in your daily salad will help you get rid of stubborn fat in a hurry. |

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| PARSLEY | This flavorful herb is very rich in vitamins and minerals, and is potent in being able to stimulate your metabolism. Parsley has properties which are essential to oxygen metabolism and in stimulating the action of your adrenal and thyroid glands to help wash out fat. Elements in parsley are proportioned in such a manner that they help to maintain the health of your blood vessels, particularly your capillaries and arterioles. Have parsley daily for its flavorful food value, and see the weight come off! |
| SOYBEANS | These wonderful legumes contain a substance called lecithin which acts to create weight loss through an unusual method. Once metabolized, lecithin releases a by-product known as lecithin cholesterol acyltransferase (LCAT), which serves as a barrier and defense mechanism for adipose cells. As fatty deposits are broken down, they can be more easily flushed out of your system. It is the LCAT process, by eating soybeans, that can help slim you down in a hurry. |
| TOMATOES | Rich in vitamin C and natural citric acids that function to speed up your metabolic processes, tomatoes and their juice act as a diuretic by stimulating your kidneys. this combination, with enzyme-activated minerals, signals your kidneys to filter fatty deposits from your bloodstream. |
| WATERMELON | This delicious thirst-quenching fruit is a prime source of minerals that stimulates your system to create a natural diuretic action. If you feel "overloaded" or "clogged up", several slices of watermelon will help unlock fatty accumulations and start the fat-washing process. |

GINGER

GINGER IS DERIVED FROM THE UNDERGROUND STEMS AND ROOT OF A TROPICAL PLANT (ZINGIBER OFFICINALE) NATIVE TO THE ORIENT. IT HAS BEEN USED SINCE ANCIENT TIMES BY THE GREEKS, CHINESE, AND OTHERS AS A MEDICINE AND FLAVORING. GINGER IS WIDELY TAKEN TODAY FOR ITS CALMING EFFECT ON THE DIGESTIVE SYSTEM AND IS THE PREMIER NATURAL REMEDY FOR NAUSEA FROM MORNING SICKNESS, UPSET STOMACH, AND MOTION SICKNESS.

IT HELPS EXPEL GAS FROM THE INTESTINES AND RELAXES AND SOOTHES THE INTESTINAL TRACT. GINGER MAY ALSO LOWER BLOOD CHOLESTEROL LEVELS AND REDUCE INFLAMMATION.

IT IS A POPULAR SPICE AND FLAVORING, AND GINGER COOKIES AND GINGER ALE MAY HAVE HIGH ENOUGH GINGER CONTENT TO HAVE MEDICINAL EFFECTS.

IT IS NONTOXIC AND SAFE TO TAKE IN LARGE DOSES. GINGER IS ALSO USED TO MAKE A POPULAR ESSENTIAL OIL WITH MEDICINAL PROPERTIES. IT COMES FRESH OR DRIED AND IN TABLETS, CAPSULES, CONCENTRATED DROPS, TINCTURES AND EXTRACTS.

YOU MAY WANT TO TAKE A BATH IN GINGER TO CLEAN IMPURITIES FROM THE SKIN AND TO PROMOTE PERSPIRATION. (2 TABLESPOON SIMMERED IN A QUART OF WATER, STRAINED THROUGH A COFFEE FILTER, THEN ADDED TO THE BATHWATER)

Knowing your skin

To appreciate how herbs can benefit your skin, it helps to know something about why skin deteriorates. Like eyes and hair, skin is a reflection of your general health, so diet and lifestyle are major contributors to its appearance. Its surface needs to be kept moist and clean to protect it from drying winds, the sun and environmental pollution. The first line of defense is to avoid as many of these factors as possible; the second is to clean and nourish your skin with care.

SKIN TYPES

To give your skin the correct treatment you need to ascertain your skin type. Test by cleaning your face thoroughly; rinse well and dry with a towel. Allow it to rest for two hours or overnight and then press a tissue onto your face. If the tissue comes away full of grease, you have oily skin; if there is grease on only parts of it (usually from around the forehead, nose and chin), you have combination skin. If the tissue comes away unmarked, wash your face with soap and water. If your skin feels supple and smooth afterwards, it's normal; if it feels taut, it's dry.

Normal skin is soft, smooth and springy with a translucent glow. Why it is called normal when it is the rarest form is a mystery. A simple care routine is sufficient.

Dry skin feels taut and dry and has no shine. All types of skin become drier and more sensitive to changes as we age. This type of skin requires moisturizer at an earlier age. It should be treated with mild cleansers and gentle care.

Oily skin has a definite shine and is supple. The pores are open and skin may look coarse and sallow. An oily skin is less vulnerable to sun and winds, and a further benefit comes later in life as it appears supple for longer. It needs thorough cleansing as the greasy surface acts like a magnet for dirt and a breeding ground for acne, but cleansing must be gentle to avoid stimulating the sebaceous glands into further oil production.

Combination skin is the most common type, as the pores on the forehead, nose and chin are usually larger than those on the rest of the face. This "T" panel is oily, while the remainder of the face is dry. It is best treated as two types of skin, using different recipes for the appropriate areas.

THE SKIN

The skin is far more than a protective outer coat of the body; it is our interface with the physical world. through it we touch and are touched, it is our projection into the world of form, it is the image we create.

David Hoffmann

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| ACNE | Dietarily, the intake of fats, sweets and carbohydrates must be drastically reduced while more fruits and vegetables should be eaten. Internally: Dandelion, Burdock, Echinacea, Yellow dock Externally: A lotion or an infusion of equal parts <i>Calendula</i> , <i>Chickweed</i> and distilled <i>Witch Hazel</i> may be useful. |
| BODY ODOR | Splash underarms with thyme or sage vinegar. |
| BURNS | Aloe Vera |
| COLDSORES | L-Lysine |
| FACIAL RINSE | Steep 2 cups chopped leaves or petals of appropriate herbs (Sage, Yarrow, Plantain, or Lemon Balm as an astringent for <i>oily</i> skin; Chamomile, Comfrey or Elderflower to soothe <i>dry</i> skin) in one pint of white or cider vinegar for 2 weeks. Strain. <i>DILUTE</i> (2 tablespoons in a washbasin of water), and splash onto skin. |
| DANDRUFF | Steep nettles, Southernwood, Horsetail or a combination of Rosemary and Mint in cider vinegar for 2 weeks. Strain. Rub 2 tablespoons into scalp twice a week to control dandruff. |
| ECZEMA | Herbs like Burdock, Chickweed, Comfrey, Golden Seal, Calendula, and Witch Hazel can be used for compresses or ointments. for instance, A Calendula compress can be made by pouring a pint of boiling water on 2 tablespoons of dried flowers (or three of fresh flowers) and letting it stand until cool. Use this mixture to soak a compress, then place it on the affected area. Continually moisten the compress and leave it in place for one hour. Apply at least twice a day. |
| INSECT BITES | Use a Thyme/white vinegar splash on insect bites. Thymol, an acidic compound found in Thyme, is a powerful antiseptic. This vinegar will also repel insects if you put it on just before going outdoors. |
| PSORIASIS | A basic herbal approach that can be added to and modified includes equal parts of: Burdock, Cleavers, Sarsaparilla, Yellow Dock. This tea should be drunk three times daily. This treatment has to be continued over a long period of time; while attention should be given to a wholesome diet and enough physical exercise. Sunshine and seawater will often clear psoriasis. |

My favorite way of making herb vinegar is to put fresh herbs into a jar and cover them with red or white wine vinegar. I date the jar and put it on a windowsill with *some* sun, or on the screened porch in the summer; 2 to 3 weeks are usually enough time for the herb flavors to take hold.

Alma Otto

SKIN HEALTH WITH HERBS

Skin conditions such as acne, athlete's foot, rashes, exzema and poison ivy and other forms of contact dermatitis are quite common. Acne occurs when sebum, the skin's natural oil, blocks the pores. Bacteria gathers in the blocked pores and causes pimples to form.

Athlete's foot, a fungal infection that takes hold when the feet are confined in a warm and damp environment - tennis shoes, for example - causes scaling, itching, and cracking of the skin around the toes and sides of the feet.

Natural antifungal remedies can be applied topically, and the feet should be kept clean and dry.

Skin rashes, including eczema, are usually itchy, peeling, red, and can be either wet or dry. The causes of such rashes are often complex, and may involve allergies, nutritional deficiencies, and emotional stress. Treatment includes identifying and avoiding allergens, learning to manage emotional tension, and applying drying remedies to wet rashes and moistening remedies to dry rashes.

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| ALOE VERA | The sap from the leaves is soothing and healing. |
| BLACK WALNUT | Used for ringworm, poison oak, herpes and impetigo. Paint sores with extract. |
| CALENDULA | Calendula has antibacterial, anti-inflammatory and antiviral properties. Prepared as a strong tea and applied as a wash, for fungal infections, acne, or wet rashes. Prepared as a salve or ointment for dry rashes. Used as an oil will promote the healing of wounds, burns and tissues. A healing herb for rough, damaged and problem skin. The value of this herb cannot be exaggerated when it comes to treating skin problems. |
| CASCARA SAGRADA | Helps to cleanse the colon, thus eliminating toxins and wastes from the body. Chronic skin conditions are often caused by toxic buildup in the body. |
| CHICKWEED | Used as a poultice for boils, burns and skin diseases. Chickweed is a contact healer and helps with pain as it heals. Tea can be used as an acne wash. Can be used in the bath for sores and |
| COMFREY | Scientists have found Comfrey to contain compounds such as allantoin that promote cell regeneration and help relieve inflammation resulting from bruises, sprains, insect bites and skin conditions. Allantoin is now widely used in body care products for its skin-soothing properties. Helps relieve itching. |
| DANDELION | Used to treat skin diseases by cleansing the blood. It is one of the best blood purifiers and builders in the herb kingdom. Contains a rich emollient useful in cleansing lotions for dry, mature and sallow skin. |

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| ECHINACEA | Works as would penicillin but with no side effects. It is applied externally to cuts, bites and stings to help promote healing, regenerate healthy cells, reduce inflammation and maintain the structure of connective tissue. Echinacea boosts the immune system. |
| FENNEL | Cleansing and soothing. Add crushed seeds to face packs. |
| KELP | Kelp assists the thyroid in releasing iodine into the blood stream when infection is present - iodine fights infection. Helps with hair loss and strengthens nails. |
| PSYLLIUM SEEDS | An excellent colon and intestine cleanser. It lubricates as well as heals the intestines and colon. Psyllium is very good for auto-intoxication(which causes many skin problems), by absorbing the toxins and removing them from the body. |
| SAFFLOWER | Safflower is a natural digestive aid. It aids in the utilization of sugar in fruits and also utilization of oils. It lubricates the skin and helps prevent wrinkles. |
| ST.JOHNSWORT | Soothes inflammation and is useful in healing wounds. St. Johnswort is excellent for dirty, septic wounds and has been used in cases of putrid leg ulcers when nothing else would heal. Helps with neglected cuts, abscesses, boils and bad insect stings. |
| SPIRULINA | Purifies and builds the blood to nourish all the cells, especially skin cells. Spirulina is rich in vitamin A and E. |
| TEA TREE OIL | Antifungal, antiseptic, antibiotic; can also be applied directly to pimples, boils, or fungal infections. |

To Your Health...



In your second fifty years

You can only wish
good health for another,
but you can do something
positive about your
own good health.

It's this simple:
eat a healthful diet.

Authors:
Barbara MacDonald
Peggy M. Miller

To your health . . . in your second 50 years.

"To your health!" That's the toast to loved ones on special occasions because health is one of life's greatest blessings.

You can only *wish* good health for another, but you can *do* something positive about your own good health. It's this simple: **eat a healthful diet.**

Of course, no diet guarantees "a clean bill of health," because health depends on many factors. But to live life at your fullest, a nutritionally sound diet is necessary. Diet is based on nutrients. To plan it you'll need a knowledge of those nutrients.

What are nutrients?

There are six nutrient groups needed in daily meals. They are proteins, carbohydrates, fats, vitamins, minerals, and water. After food is digested, the nutrients are released and used to: 1) provide energy (calories); 2) build, maintain, and repair body tissues; and 3) help regulate body processes.

The chart on the next page summarizes essential nutrients (which you may also find listed on food labels) and their functions in the body during adulthood.

Nutrients listed on food labels—Their Function During Adulthood

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| Protein: | For preservation and repair of tissue; formation of antibodies to fight infection |
| Carbohydrate: | For energy; fiber to help prevent constipation |
| Fat: | For energy; healthy body and skin |
| Vitamin A: | For healthy eyes, skin, hair; resistance to infection |
| Vitamin C: | For healthy gums, skin; healing of wounds, bones; resisting infection |
| Thiamin (B₁): | For digestion; healthy nervous system |
| Riboflavin (B₂): | For healthy eyes, skin, mouth; use of oxygen from air |
| Niacin: | For healthy digestive tract and nervous system |
| Calcium: | For preservation and repair of bones, teeth; muscle contraction; blood clotting |
| Iron: | For building red blood cells to carry oxygen to all parts of the body. |

To simplify daily meal planning, foods are grouped according to the nutrients they supply. Plan your diet to include the recommended number of servings from each group.



Meat group (provides protein, niacin, iron, and thiamin [B₁])

2 servings daily

Dry beans and peas, soy extenders, and nuts combined with animal or grain protein can be substituted for a serving of meat.

2 ounces of cooked, lean meat, fish, or poultry have the same amount of protein as:

- 2 eggs
- 1 cup cooked dry beans, peas, or lentils
- 4 tablespoons peanut butter
- ½ cup cottage cheese



Grain Group (provides carbohydrates, thiamin [B₁], iron, and niacin)

4 servings daily

Whole grain, fortified, or enriched grain products are recommended.

1 adult serving is:

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, pasta, cornmeal, rice, or grits
- 1 small muffin or biscuit
- 5 saltines
- 2 graham crackers



Milk Group (provides calcium, riboflavin [B₂], and protein)

2 servings daily

Foods made from milk contribute part of the nutrients supplied by a serving of milk.

1 cup milk has the same amount of calcium as:

- 1 cup yogurt
- 1½ slices (ounces) cheddar-type cheese
- 1¾ cups ice cream
- 2 cups cottage cheese



Fruit-Vegetable Group (provides vitamins A and C)

4 servings daily

Dark green leafy or orange vegetables and fruit are recommended 3 or 4 times weekly for vitamin A. Citrus fruit is recommended daily for vitamin C.

1 adult serving is:

- 1 cup raw fruit or vegetable
- ½ cup cooked fruit or vegetable
- 1 medium fruit, such as an apple or banana
- ½ cup juice

Calories are the key

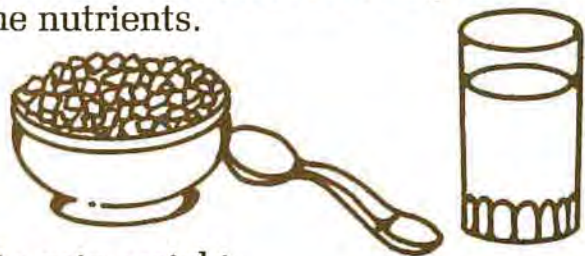
The key to good meal planning is to provide yourself with the basic nutrients while staying within your caloric limit. A calorie is a measurement used to indicate the amount of energy furnished by a food. If you don't use the calories in the food you eat for bodily activity, the calories are stored as fat.

Caloric needs vary but all nutrients are essential throughout life. Because you become less physically active as you grow older, your caloric needs will drop. Your correct weight is the weight at which you look and feel your best. If you maintain that weight, it means that your caloric intake is adequate.



However, if you need to lose weight:

- Eat smaller portions of all foods.
- Eat less fat, no fried foods; trim excess fat off meats.
- Use lowfat milk.
- Substitute fruit for rich pastries and sweets.
- Include adequate fruits, vegetables, and whole grain breads or cereals.
- Eat less food more often; you will be less apt to get truly hungry and over-indulge.
- Avoid crash diets that may lack some of the nutrients.



Or, to gain weight:

- Eat as often and as regularly as possible.
- Fortify milk drinks with egg, ice cream, or nonfat dry milk solids.
- Use whole milk.

—Fortify casseroles, soups, or meat dishes with cheddar or cream cheese.

Ageless problems

If you lack an appetite:

- Vary flavor, texture, temperature, and appearance of your food.
- Invite a friend or occasionally eat out.
- Prepare small portions; don't "overwhelm" yourself.
- Unless your doctor prohibits, exercise daily. Walk your dog or pet, visit a neighbor, or walk briskly to the local newsstand for the day's paper.

If your chewing ability is not what it once was:

- Use softer, protein-rich foods such as fish, cottage cheese, yogurt, peanut butter, baked beans, eggs, ground meat, and poultry.
- Grind or chop vegetables.
- Prepare soups, stews, and casseroles. Choose those that are easy on the budget and can be prepared with leftover bits of meat, vegetables, cheese, rice, or noodles.



When you go shopping

The best way to save money at the grocery store is to plan ahead. Study the menu plan on the last pages of this booklet, plan several days' meals at a time, and head for the store with a list. In making the list, check the newspaper for specials, use coupons for items you need, and resolve not to give in to impulse-buying of those temptingly displayed extras! (And, never shop when hungry!)

At the store check the cost per ounce or pound to determine the best buy. Also, check the number of servings per item and the cost per serving. Lesser known and store brands that cost less may be good values.

Read the nutrition information on package labels but remember that percentages shown are based on the needs of a

young man. **Older adults need less than 100 percent of the U.S. RDA (U.S. Recommended Daily Allowances).** To attain 100 percent would mean too many calories.

If you have a freezer, purchase larger quantities of meat when it is on sale. Cut it into serving portions, wrap in air-tight material, and freeze.

Other less expensive foods might include: brown Grade B eggs (same food value as white Grade A); pork liver, fish and chicken (including livers, necks, and backs) instead of beef, pork, or lamb; fresh fruit and vegetables in season; and day-old-bread, when available. Cottage cheese, peanut butter, dried beans, peas, and other legumes cost less than other protein-rich foods. Whole grain enriched cereals with milk or enriched macaroni or spaghetti with cheese will also provide high-quality protein.

Food stamp program and other aids

People on low incomes can make the food budget go farther by using food stamps. To find out if you qualify, get in touch with your local Department of Social Services.

You should not feel reluctant to take advantage of programs for which you qualify. Programs of prepared meal delivery are available in some communities. You may also have access to a food-buying cooperative, shopping assistance program, or congregate meals at low cost. A clergyman or rabbi, health department, county extension office, or community social worker may be able to supply details, or direct you to agencies that offer such help.

Avoid fads and cults

Special "health foods" in expensive specialty shops, or even in the supermarket, are no more healthful than regular foods. There are many claims of special properties for certain foods, but

basically they contain no essential nutrient that can't be found in standard food. Also, if a diet contains sufficient amounts of the basic nutrients, no extra vitamin supplements are necessary unless specifically prescribed by your physician. Don't let your hopes be raised unreasonably by news of miraculous health properties attributed to any food. Likewise, don't cut out any food because of something you've heard. Check first with your doctor or health department.

Emergency shelf planning

For those bad weather days or impossible periods when you are unable to travel to the local grocer, an emergency shelf is a good idea.

If you have a freezer, keep a one- or two-week supply of meat, bread, and frozen packaged vegetables and fruits. Cheddar and Swiss cheese, although a bit crumbly when thawed, may be frozen. If you need only one or two servings at a time, it is easier to separate packages into serving portions before placing in the freezer. Also, casseroles prepared from your own favorite recipes for four to six persons can be frozen in mini-portions ready to be popped into the oven. Save disposable aluminum pans for freezing foods you prepare.

A two- or three-day supply of fresh milk, cottage cheese, and yogurt, plus a few cans of tuna, salmon, or chicken, is helpful to have on hand. With these items and some eggs in the refrigerator, you can get through several meatless days without shortchanging yourself in protein.

Other items for a pantry shelf that need neither refrigerating nor freezing might include: packages of nonfat dry milk solids and enriched or whole grain cereals; evaporated milk; peanut butter; dried peas, beans, and fruits; cans of soup, vegetables, fruits, and fruit juices; canned fish, luncheon meat, pork and beans, corned beef hash, and stew.

If you lack refrigeration or cooking facilities

Buy only small cans if you live alone and lack refrigeration. If you wish to improvise refrigeration, foods can be kept for several hours in styrofoam cooler chests such as campers use. Purchase ice from the grocery store and place in cooler chest with food.

If you lack regular cooking facilities, perhaps a hot plate will do. However, many canned foods are tasty at room temperature such as canned vegetables with a little seasoning and oil, baked beans, canned luncheon meats, and canned fish. After opening, none of these can be stored without refrigeration, but must be eaten. Discard all leftovers.

A basic plan for everyday . . .

The menus below are only a guide. You may wish to divide the three meals into five or six smaller ones. For example, if you are an early riser, you may wish an early breakfast, an early light lunch, a mid-afternoon snack, a not-too-heavy dinner, and another light evening snack.

Also, standard adult servings of all of the foods suggested in the one-day menu plan may result in a weight gain or loss. Adjust the size of the serving to suit your individual needs. But be sure to include some portion of all of the food group suggestions.

Low-cost main dish ideas in addition to menu items include:

Casseroles prepared from small quantities of leftover meat, chicken, fish, and vegetables. These may be fortified with extra protein by adding eggs, cheese, cottage cheese, or milk.

Fish croquettes prepared from canned (or fresh) tuna or mackerel. Combine fish, breadcrumbs, egg, and milk.

Cottage cheese may be added to vegetables for both a tangy flavor and extra nutrients.

Leftover bread can be made into bread pudding; add dried fruit and milk.

If you live alone

If you've been accustomed to a family around the table, eating alone may seem strange indeed. But you'll be surprised at the rise in spirits you'll get from setting

an attractive table and fixing a dish that you particularly enjoy. A pet, cheerful plant or flower, a good book, a favorite radio or television program, can help you enjoy an unhurried dinner.

Perhaps you could share cooking responsibilities with a neighbor or take advantage of any group nutrition program in your area. Also, reach out for new friendships and extend an occasional meal invitation. Those invitations have a way of coming back to you, and company does wonders for the appetite.

Put thought and zest into everyday meals. Good nutrition is essential to good health. Make these years some of the best years of your life.

Breakfast

1 serving vitamin C-rich fruit or vegetable
1/2 serving Meat Group
1-2 servings Grain Group

1 serving Milk Group
Coffee or tea (optional)

Lunch or Supper

1/2-1 serving Meat Group
1 serving Fruit-Vegetable Group
1 serving Grain Group
1 serving Milk Group
Coffee or tea (optional)

Dinner

1 serving Meat Group
2 servings Fruit-Vegetable Group (try to have dark green leafy or orange vegetables and fruit 3-4 times a week)
1-2 servings Grain Group
Coffee or tea (optional)

Dessert and Snack Suggestions: Yogurt, ice cream, pudding, cheese, fruit, vegetables, bread or crackers, meat, nuts

Moderate Cost

Fresh strawberries
Poached egg
Bagel

Cocoa

Tuna salad
Tomato slices
Whole wheat toast
Milk

Baked chicken
Broccoli
Fruit Salad

Rice

Lower Cost I

Orange juice
Peanut butter
Toast

Buttermilk

Beef stew

Cornbread
Milk

Macaroni and cheese
Tossed salad
Green peas

Lower Cost II

Grapefruit juice
Scrambled egg
Whole wheat bread
Oatmeal
Milk

Grilled cheese sandwich
Cream of tomato soup (made with milk)

Beef liver
Green beans
Mashed potatoes

Biscuit

CONSIDERATIONS FOR WEIGHT LOSS

- A weight-loss diet research center in England reported using one part vegetable oil to two parts apple cider vinegar in massage to rid the body of fat. We recommend using pure virgin olive oil because it needs no refrigeration. Knead lightly but firmly over the fat areas at least three times weekly for quick results. It is also good for sore and stiff joints.
- College students have lost up to fifteen pounds in less than two weeks consuming only baby food, fiber and spirulina. This diet should not be harmful. It contains no salt, fat, sugar, or chemicals. *EARTH'S BEST* baby foods are organic and can be found in health food stores. there are many good fruits, cereals, and vegetables to choose from. Be sure and add plenty of liquids and some form of fiber. A dieter can stay on this diet until the desired weight is obtained. Guar gum or glucomannan adds fiber to the diet and spirulina supplies protein and needed vitamins and minerals. The baby food also contains needed nutrients and should be rotated. The meat varieties of baby food - lamb, veal, beef, turkey, and chicken - can also be added if desired.
- Researchers have found that weight reduction can be improved with the use of a combination of the amino acids L-Ornithine and L-Arginine enhanced by L-lysine. L-Ornithine helps to release a growth hormone, lacking in adults, that burns fat and builds muscle. this combination works best while the body is at rest. Never take an amino acid formula that does not contain L-Lysine with L-Arginine. Without L-Lysine, an imbalance can result, possible causing an outbreak of cold sores or previously dormant herpes.
- A recent study revealed that one third of those patients who went on crash diets of 500 calories or less developed gallstones.
- The drug Dimitrophenol, used for weight loss, may cause cataracts.
- The American Cancer Society found that those who used artificial sweeteners gained weight. They seem to increase the appetite.
- When you sit down to eat, take a minute to look at your food. This will develop a resistance to the stimulus of food.
- Chew thoroughly, and be sure your mouth is empty before putting another bite in.
- Park your car a few blocks from where you are going and get the walk.

LOSING WEIGHT WITH HERBS

Whole, unprocessed foods tend to tell the brain that you are not hungry and can lower the weight regulating mechanism in the brain. Junk food, on the other hand, tells the brain you need more nourishment so the brain sends hunger signals to you.

Monteen Gordon

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| BLACK WALNUT | Black Walnut oxygenates the blood to kill parasites. It is used to help balance sugar levels. It is also able to burn up excessive toxins and fatty materials. |
| CASCARA SAGRADA | It is one of the best herbs to use for chronic constipation and is not habit-forming. Increases the secretions of the liver (bile), stomach, pancreas and lower bowel. Constipation is a major problem with most over-weight people. |
| CHICKWEED | It is an appetite depressant and helps dissolve fat. Used with echinacea it is very effective for weight loss. Also helps to remove cellulite. |
| DANDELION | When on a weight-loss program, the system can become over acid. Dandelion neutralizes excess acid in the blood. Feeds and cleanses the liver. A sluggish or toxic liver will interfere with the attempt to lose weight. Dandelion is also a <u>natural diuretic</u> , helping with water loss. |
| ECHINACEA | Prevents sickness by removing the poison wastes from the body. Echinacea works as would penicillin but with no side effects. When used with Chickweed Echinacea helps with weight loss. |
| FENNEL | Helps to kill appetite. Also great for expelling gas, improving digestion and has a diuretic effect. |
| HAWTHORNE | When a person is overweight their heart is in a strain. Hawthorne helps strengthen the heart. It can help reduce blood pressure and prevent palpitations, arrhythmias and arteriosclerosis. Hawthorn is a rich source of bioflavonoids and other chemical compounds that helps heart functions. |
| KELP | Feeds the thyroid which regulates metabolism. Kelp is a nutritive Pacific seaweed that is very high in minerals, including iodine. It has a high content to natural plant iodine, which is absorbed much more slowly and therefore more safely, than chemical iodine Test in Japan claim it is a preventive of fetus abnormalities. Good during pregnancy because it normalizes glands and hormones, and because it is high in mineral content. |

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| PSYLLIUM HULLS | Swells in the stomach to produce a feeling of fullness. Take with water a half-hour before meals. Also provides bulk to the stool, absorbing toxins released from fat cells during dieting. Psyllium does not irritate the mucous membranes of the intestines but strengthens the tissues and restores tone. Always take with plenty of water and a good herbal laxative (Cascara Sagrada or Aloe) to help move the fecal matter and psyllium out of the colon. |
| SAFFLOWER | A very good digestive aid, containing natural hydrochloric acid. Soothes and coats the entire digestive tract. Helps heal the walls of the intestines in diverticulitis, stimulates glandular secretions in the intestines, and relieves gas. Helps control fat and cholesterol levels in the body. |
| ST. JOHNSWORT | In controlled studies St. Johnswort relieved symptoms of anxiety and depression. This herb is known as "Nature's Prozac". Quite often overeating is due to depression. |
| SPIRULINA | Spirulina is great in weight control diets. It provides nutrients that satisfy the hidden hunger the body craves when it is not getting enough essential nutrition. It is an easily digestible food to strengthen the body and provide nutrients when the body is weak. Spirulina is rich in protein, providing plenty of energy, which is very important during a weight loss program. It contains about all the nutrients required by the body (26 times the calcium in milk; 65% protein). |

No-Salt Herb Blend

This recipe makes 1/2 cup of blend. It contains only .30 mg sodium per teaspoon.

- ✓ 1 bay leaf - finely crushed
- ✓ 2 tbs. oregano leaves, crushed or ground
- ✓ 2 tbs. onion powder
- ✓ 2 tsp. marjoram leaves, crushed or ground
- ✓ 2 tsp. basil leaves, crushed or ground
- ✓ 2 tsp. ground savory (winter savory preferred)
- ✓ 2 tsp. garlic powder
- ✓ 1 tsp. thyme leaves, crushed or ground
- ✓ 1 tsp. sage leaves, crushed or ground
- ✓ 1 tsp. ground black pepper
- ✓ 1 tbs. lemon zest

(Note: Lemon zest is the outer peel of the lemon without the white pith. To get the zest I use a potato peeler on the uncut lemon. Thoroughly dried, lemon zest is easily crushed or ground. It is an essential ingredient of this recipe.)

Combine ingredients in medium bowl. Crush small amounts in mortar with pestle or with back of spoon. Spoon into tightly covered container. Keep handy at the table -- in a shaker with large holes, if possible.

No-Salt Herb Blend is excellent used over salad greens, sliced tomatoes, cooked or raw vegetables, cottage cheese, hard-cooked eggs, broiled or baked fish. Makes a great herb omelet.

I use my own fresh cut herbs (dried), but you can, of course, buy your herbs at a natural foods store.

By **RON VANCE**
STAR Staff

A little, white, frizzy wildflower called white snakeroot is blooming in the September woods. Although it looks innocent and harmless, the *Eupatorium rugosum* (scientific name) has been blamed for illness and death on almost epidemic proportion.

During the 1800's and early 1900's a malady called "milk sickness" killed untold numbers of people, sometimes wiping out entire families. Cows which had eaten white snakeroot produced toxic milk which poisoned those who drank the milk. Milk Sick Ridge, in Western North Carolina, was named for the illness.

According to Hardin and Arens' *Human Poisoning from Native and Cultivated Plants*, written in 1969, the white snakeroot plant contains toxins of trumetol and certain glycosides. Cows have immunity to the toxins, partly because their digestive system consists of four stomachs. Symptoms in humans include weakness, nausea, vomiting delirium and almost certain death.

The white snakeroot is a perennial herb which grows in the open woods to a height of from one-to-three feet. It has flat-topped white clusters of flowers, opposite leaves, and blooms in late July through October. The plant is common here as it is throughout the Southern Appalachians.

Due to modern pasteurization of dairy products, milk sickness is now a thing of the past.

Milk Sick Article



The white snakeroot plant once caused human death by poisoning the milk of grazing cows. Due to pasteurization, the danger has passed.

Photos by John Bryant

Wild plant once caused 'milk sickness' epidemic

ness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

27 So God created man in his *own* image, in the image of God created he him; male and female created he them.

28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

29 ¶ And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat.

30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein *there is* life, *I have given* every green herb for meat: and it was so.

31 And God saw every thing that he had made, and, behold, *it was* very good. And the evening and the morning were the sixth day.

CHAPTER 2

THUS the heavens and the earth were finished, and all the host of them.

2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

4 ¶ These *are* the generations of the heavens and of the earth when they were created, in the day that the LORD God made the earth and the heavens.

5 And every plant of the field before it was in the earth, and every herb of the field before it grew: for the LORD God had not caused it to rain upon the earth, and *there was* not a man to till the ground.

6 But there went up a mist from the earth, and watered the whole face of the ground.

of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

8 ¶ And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.

9 And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.

10 And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads.

11 The name of the first is Pi'-sōn: that *is* it which compasseth the whole land of Hāv'-i-lāh, where *there is* gold;

12 And the gold of that land *is* good: there *is* bdellium and the onyx stone.

13 And the name of the second river *is* Gi'-hōn: the same *is* it that compasseth the whole land of Ethiopia.

14 And the name of the third river *is* Hid'-dē-kēl: that *is* it which goeth toward the east of Assyria. And the fourth river *is* Eū-phrā'-tēs.

15 And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.

16 And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:

17 But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

18 ¶ And the LORD God said, *It is* not good that the man should be alone; I will make him an help meet for him.

19 And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought *them* unto Adam: to see what he would call them: and whatsoever Adam called every living creature, that *was* the name thereof.

20 And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him.

deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

22 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.

23 And Adam said, *This is* now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

25 And they were both naked, the man and his wife, and were not ashamed.

CHAPTER 3

NOW the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

3 But of the fruit of the tree which *is* in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

4 And the serpent said unto the woman, Ye shall not surely die:

5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

6 And when the woman saw that the tree *was* good for food, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

8 And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.

9 And the LORD God called unto Adam, and said unto him, Where art thou?

in the garden, and I was afraid, because I *was* naked; and I hid myself.

11 And he said, Who told thee that thou *wast* naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldst not eat?

12 And the man said, The woman whom thou gavest to *be* with me, she gave me of the tree, and I did eat.

13 And the LORD God said unto the woman, What *is* this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.

14 And the LORD God said unto the serpent, Because thou hast done this, thou *art* cursed above all cattle, and above every beast of the field; upon thy belly shalt thou go, and dust shalt thou eat all the days of thy life:

15 And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.

16 Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, and he shall rule over thee.

17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed *is* the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou *art*, and unto dust shalt thou return.

20 And Adam called his wife's name Eve; because she was the mother of all living.

21 Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them.

22 ¶ And the LORD God said, Behold, the man *is* become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever: