

Summer 2006

## CALENDAR OF UPCOMING EVENTS

*It's time for the crazy, hazy, lazy (& busy) days of summer. This season, when planning vacations, cookouts, trips to the beach, or picnics – don't forget to take care of yourself and your health. Join us for healthy versions of the summertime events and for more chances to learn how to create a healthy lifestyle for you and your family. Enjoy!*

### STUDY / DISCUSSION GROUP

**July 5 • August 9 • September 6 • October 4 • November 8 • December 6**

Location: Home of Patrick McCarty, 2807 Wright Avenue, Winter Park, FL  
407-644-4480  
Time 7:30 – 9pm



Join us every month at the macrobiotic study group meeting led by Patrick McCarty. Topics discussed include: Macrobiotics, health, illness, treatment, energy, and much more.

This meeting is open to everyone. Bring your questions.  
Suggested donation: \$5.00. [www.imss.macrobiotic.net](http://www.imss.macrobiotic.net)



### FRENCH MEADOWS CAMP

Lake Tahoe National Forest, CA  
**July 22 - 30, 2006**  
Contact: Carl Ferre 1-800-232-2372  
[www.gomf.macrobiotic.net](http://www.gomf.macrobiotic.net)

### KUSHI INSTITUTE

#### 22ND ANNUAL INTERNATIONAL MACROBIOTIC SUMMER CONFERENCE

Green Mountain College, Poultney, VT

**July 23 - 29, 2006**

1-800-975-8744

[www.kushiinstitute.org](http://www.kushiinstitute.org)



### MID-SUMMER BARBEQUE & POOL PARTY

**July 15, Saturday at 2:00pm**

Location: Home of Rocky and Mike Brown, 7043 Burnway Drive, Orlando, FL 407-226-6963  
Our Macro Board members will provide shish kabobs, please bring a grain, side dish or dessert.  
Bring your bathing suit, towel and your favorite pool toys!

Member with dish \$5, without dish \$12

Non-member with dish \$7, without dish \$15

### FALL KICK OFF / PLANNING MEETING

**September 16, Saturday at 6:00pm**

Mark your calendars early for our big fall kick off meeting and potluck dinner!  
Find out about our fall & winter calendar and let us know what events you'd like to see in the coming year. Treat yourself to a free dinner. Please bring your ideas, a dish, and a friend!

Location: Center for Spiritual Living, 709 Edgewater Drive, Orlando 32804





# SPRING RECAP

## IT'S NEVER TOO LATE FOR SPRING CLEANING!

The mission of the Central Florida Macrobiotic Foundation is to promote a healthy lifestyle and support a healthy community. Though food is our primary focus, we recognize that caring for your body and your home are important to create a total healthy lifestyle. This spring we hosted a series of workshops on natural and healthy ways to cleanse the body and the home. Thanks to our guest presenters, **Peeker Clemmons, LMT and Jennifer Balestri, LMT, of Young Living Essential Oils, David Brossart, Healthy Homes Cleaning Service and our own Patrick McCarty** for sharing very helpful information that can have a big impact on our health and lifestyle! Here's a recap of some of the important information that we learned.



### READ YOUR LABELS - DO YOU HAVE ANY "TOUCH-ME-NOTS" IN YOUR HOME?

By Jennifer Balestri, LMT, of *Young Living Essential Oils*

Our body's biggest organ is our SKIN! It's our defense barrier to bacteria and aside from putting medication under the tongue – it is of the fastest ways to receive medication. With that said, the manufacturers are warning us, we just haven't been paying attention.

"KEEP OUT OF REACH OF CHILDREN"

"IF SWALLOWED. CONTACT A POISON CONTROL CENTER"

"AVOID EYE CONTACT"

They are warning you!

Every day we use products that we think are safe, but the truth is that products are not always safe. Manufacturers don't have to tell us so, because in 1938 the FDA granted self-regulation to the cosmetics industry. Most of the 25,000 chemicals used have not been tested for long-term toxic effects. In a typical day, you may be exposed to over 200 different chemicals. Many of which are suspected of causing/contributing to cancer or playing havoc with your hormones.

What you put onto your skin (or what your skin is exposed to) can go into your body and affect your health and sense of well being.

#### WELL-BEING

Here are a few chemical ingredients to watch out for in cosmetics and household products:

**FD&C (colors):** Synthetic substance made from coal tar, containing heavy metal salts, deposits toxins onto the skin. **ALTERNATIVE:** no color additives are actually needed!

**FRAGRANCES:** Mostly synthetic ingredients, can indicate the presence of up to 4,000 separate ingredients, many toxic or carcinogenic. **ALTERNATIVE:** Organic essential oils.

**PROPYLENE GLYCOL (PG):** Helps products retain moisture, easily penetrates the skin and can weaken protein and cellular structure. It's even strong enough to remove barnacles from boats. The EPA considers PG so toxic they warn against skin contact to prevent consequences such as brain, liver and kidney abnormalities. The main ingredient is found in anti-freeze, brake, hydraulic fluid, de-icer, floor wax, toothpaste, shampoos, deodorants, cosmetics... **ALTERNATIVE:** Water extracted herbs, essential oils.

**SODIUM LAURYL SULFATE (SLS):** Used in concrete floor cleaners, engine degreaser, as well as 90% of personal-care products that foam. SLS is not intended to be swallowed, but it's in most toothpaste. Your body can retain SLS up to 5 days. Within that time frame SLS may enter your organs and maintain residual levels in the heart, liver, lungs and brain tissue. Animals that were exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritations and even death. **ALTERNATIVE:** Ammonia Cocyl Isethionate.

TALC: A very fine substance (dry lubricant.) Chemically similar to asbestos (A known cancer causing substance.) Found in many cosmetics, feminine powders, lubricant or condoms and some over the counter medications. The study published in the *American Journal of Epidemiology*, found that women who used talcum powder in the genital area had an increased ovarian cancer risk of 60% and women who used feminine deodorant spray had a 90% increased risk. In 1994, the FDA conducted a scientific workshop on the issue and did not find enough of a causal link to justify even a consumer warning. (*US News and World Report* - May 17, 1997)

In addition, talc on condoms may contribute to fallopian tube fibrosis resulting in infertility. (Questions raised by Doctors Kasper and Chandler in *Journal of the American Medicine Association* (JAMA) March 15, 1995 and *Nutrition Health Review*, Summer 1995)

While more studies link talc to ovarian carcinoma and urinary tract disorders – the FDA is waiting for conclusive evidence. ALTERNATIVES: cornstarch, Young Living products.

## ESSENTIAL OILS TO TRY

PEPPERMINT - Sweet and highly fragrant

- Add one drop to tea or water to support normal digestion
- Use to massage into sore muscles

\*LEMON - powerful antioxidant, refreshing scent

- Use as a natural cleaner
- Add a few drops into water in a spray bottle for deodorizing and sterilizing
- \*Avoid direct exposure to direct sunlight or UV rays when applying topically – citrus oils are photosensitive.

LAVENDER - soothes, yet revives

- Cleanses and soothes cuts, bruises, sunburns
- Great for winding down before bedtime

EUCALYPTUS RADIATA - cooling, refreshing and energizing

- Great for cold / flu season
- A few drops in your wash will kill dust mites

For more information about Young Living Essential Oils –

Contact Representative: **Jennifer Balestri, LMT (407) 463-1830**



## PATRICK McCARTY'S CLEANSING THE BODY CLASS

Reviewed by Robyn Martin

Most cultures use the change from winter to spring to unload the body of all the heaviness picked up during the long winter months. Even though Florida's winter climate is less severe than many other places, we all seem to accumulate toxins right along with the best of them! Patrick's excellent class was jam-packed with information to help us cleanse. He discussed the body's detoxification systems and detailed the role of each organ involved: liver, gall bladder, kidney, bladder, lungs and large intestine. We learned the organ's function, signs of weakness and methods to strengthen them. Patrick explained how to concoct teas, drinks, soups, plasters, and compresses using basic macrobiotic ingredients. He also provided a terrific 19 page booklet which outlined the material covered and included home remedies and recipes. And what's a macro class without eating? Assistant Laura Hardy cooked up some healthy samples including my favorite, the pan-fried Lotus Root – great for the lungs and much tastier than it sounds! Most of all, the class was a lot of fun and very inspiring. If this class is repeated in the future, I would highly recommend it.

## Our Sweet and Healthy Treats Cooking Class – Was Delicious!

By Meri Beck

A big thank-you to Lisa Gassman for teaching and hosting the Healthy Sweets and Treat Class in the spring. Lisa gave great instructions for delicious recipes and also answered many questions that came up along the way! Lisa has done a lot of research due to her own health issues and has a wealth of information!

A great time was had by all, as we learned how to make Chocolate Mousse, and tried a Lemon Millet “cheese” cake and a Chocolate Mocha pie. Lisa explained the different crusts she makes and why she likes to use Teff flour (high in iron). We also got to see how raspberry coulis is made. After tasting these wonderful treats, it was on to the Peanut Butter cookies. They melt in your mouth!

I know we all had a great time and look forward to more cooking classes taught by Lisa!!

### WHY NO SUGAR?

#### THE EFFECTS OF REFINED SUGAR ON OUR HEALTH

By Lisa Gassman

I recently read a cookbook review where the reviewer had no idea why refined sugar was not included as an ingredient. She said no concrete evidence was presented as to its pitfalls and maple syrup and maple sugar were too expensive for her to buy. If you can get your hands on a copy of Meredith McCarty's *Sweet and Natural* cookbook, she goes into great depth regarding most sweetener options. I'd like to quote an excerpt from her book that says, “More like drugs or, even more so, alcohol than food, refined (white) flour and highly refined sweeteners, such as corn syrup, white and brown sugar... metabolize very quickly, raising the blood glucose level and creating **acidity**.” I'd like to add that these refined sweeteners are processed very similarly to heroin and are pure chemical having been stripped of all their natural food nutrition. In order to digest them, they **take** minerals from your body. Afterward, you're exhausted.

Like drugs, refined sweeteners are extremely addictive and habit forming. Sadly, the damage they do can take years before showing up in many areas of your body. It can increase overgrowth of Candida yeast, chronic fatigue, PMS symptoms, hyperactivity in kids, tooth decay, anxiety and irritability and make it difficult to lose weight.

Meredith states, “dessert cravings – the intense desire for both sugar and fat – are an expression of a need to make balance in the rest of the diet.” The good news is complex carbohydrates take much longer to digest and leave you feeling full longer. I don't believe anyone needs sweets, even the healthy options, on a daily basis. However, there are certainly many times you'll want or need a dessert that won't make you sick. Rice syrup, barley malt, maple syrup, maple sugar and even evaporated cane juice (its minerals haven't been stripped) are much better substitutions for your old recipes.

### ALTERNATIVES TO COMMON DESSERT CHOICES

From “*The Self Healing Cookbook*” by Kristina Turner

As summer approaches we often crave sweet, “yin” foods. Never fear – your sweet tooth can be satisfied by substituting ingredients. In her book, “*The Self Healing Cookbook*,” Chef and Author, Kristina Turner, offers the following suggestions for alternative ingredients that can help you create very tasty desserts, satisfy the urge for sweets and maintain a commitment to health!

**For a Sweet Taste:** instead of using sugar – try rice syrup, barley malt syrup or apple juice.

**For a Fresh and Fruity Taste:** instead of using banana, pineapple, dates, figs or mango – try apples, or sweet tasting vegetables; carrot, parsnip, winter squashes or cherry, berry, peach or lemon.

**For a Chocolatey Taste:** instead of using chocolate, coffee or alcohol – try carob, grain coffee, chocolate rice syrup.

**For a Rich Buttery Taste:** instead of using butter, lard or refined oils – try tahini, sesame, corn/safflower oil or unrefined sesame oil.

**For a Nutty Taste:** instead of using cashews or coconut – try almonds, walnuts, sesame butter or roasted sesame seeds/sunflower seeds, or chestnuts.

**For a Creamy Taste:** instead of using cream, milk, sour cream or cream cheese – try almond milk, natural yogurt, tofu, soymilk, creamed oats, and/or amasake milk.

**For a Custardy Taste:** instead of using cornstarch – try arrowroot or kuzu.

## RECIPES FOR THE SUMMER SWEET TOOTH

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### *Chocolate Mousse Pie with Cashew Cream & Raspberry Coulisse*

**For Chocolate Mousse Pie:** (adapted from *Love, Eric* by Eric Lechasseur)

2 3/4 cups soy milk	5 ounces dairy-free grain-sweetened chocolate chips
3 Tbsp agar flakes	1 tsp almond extract
2 Tbsp maple syrup	1 Tbsp vanilla extract
2 Tbsp maple sugar	One pre-baked, cooled 9" pie crust
3 Tbsp arrowroot dissolved in 1/4 cup soy milk	



1. Mix agar flakes, 2 3/4 cups soy milk, maple syrup and maple sugar in a medium saucepan. Set aside for 10-15 minutes. Then, simmer mixture until agar is dissolved about 10-15 minutes.
2. Add arrowroot mixture and stir until thickened. Raise heat slightly if needed.
3. Turn off heat and stir in chocolate chips and extracts with a wooden spoon until chocolate is melted.
4. Carefully pour mixture into a blender and blend until smooth. Set aside to cool for a few minutes.
5. Pour into cooled, cooked crust and refrigerate for at least 3 hours.

**For Cashew Crème:**

1 cup apple juice (I use Whole Foods Kids brand)	2 Tbsp maple syrup
1 1/2 cups raw cashews	Pinch sea salt
1 tsp vanilla	

Mix all ingredients in a blender until completely blended. Refrigerate.

**For Raspberry Coulisse:**

5 ounces fresh or frozen raspberries	1-2 Tbsp rice syrup
1/2 – 1 Tbsp kuzu mixed with 2 Tbsp apple juice	

Heat all ingredients on medium heat until kuzu is clear. Refrigerate.

Spoon coulisse onto plate. Place a slice of pie on top of coulisse and dollop with crème.

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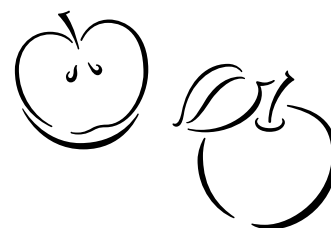
### *Apple and/or Pear Crumble/Crisp*

**Filling:**

1 C apple juice  
Pinch sea salt  
2 pears & 2 apples **or** 4 pears **or** 4 apples  
sliced thinly  
1-2 T kudzu or arrowroot

**Crumble:**

1 C rolled oats  
1 C almond meal (ground almonds)  
2T chopped walnuts or pecans  
1/2 tsp cinnamon  
2 T safflower oil  
1/4 C rice syrup  
1 tsp vanilla extract



1. Preheat oven to 350 degrees.
2. Place fruit juice, sliced fruit and pinch of sea salt in medium saucepan. Bring to a boil. Reduce heat, cover and simmer for 10-15 minutes, until fruit is tender but not falling apart.
3. Starting with smaller amount of kudzu, dissolve in 2 T cold apple juice or water and add to fruit mixture, stirring until thickened. (If necessary, add a little more dissolved kudzu until mixture thickens.) Remove from heat.
4. While fruit is cooking, prepare crumble by thoroughly combining all ingredients in a bowl until quite sticky.
5. Place fruit mixture in an 8x8 casserole dish and sprinkle crumble mixture over top. Bake on shelf furthest away from heating element for about 20 minutes or until crumble is crisp and golden on top.

\*Try other seasonal fruits depending on the time of year.

\*\*Adapted from Aine McAteer's *Recipes To Nurture*.



## POOL PARTY POTLUCK

By Meri Beck



Saturday, May 29th, was a beautiful day for our pot luck – pool party .

An assortment of colors greeted our eyes when viewing the dishes. With summer upon us, there were the pinks of watermelons peeking out of grain dishes, the yellows and greens of melons in a fruit dish, and a chocolate cake with strawberries to celebrate the May birthdays.

If the shady but humid weather outside wasn't to your liking, you could join the group inside under a cool, ceiling fan. The group inside kept vigil over the food table and kept asking the important question, "just WHEN is that cake going to be served?!"

We enjoyed the antics of 2 dogs and 3 kids, as well as the people brave enough to strip down to their bathing suits and take a dip in the pool.

In fact, people had so much fun, we decided to do it again on July 15! See the first page of this newsletter for details.

### Harriet McNear Scholarship Fund

*In loving memory of our dear friend and teacher, Harriet McNear, a Foundation was established in her name. The money donated to it is available to Macrobiotic Foundation of Central Florida members to further their personal studies in Macrobiotics. The Board reviews requests for consideration, with a \$250.00 limit per request.*

#### Scholarship Fund Mission Statement

***To promote the macrobiotic lifestyle through the sponsorship of educational opportunities.***

*Should you have an interest in applying for some financial aid please submit your request to: Rocky Brown, President, 7043 Burnway Drive, Orlando, FL 32819.*



If you would like to donate to this fund, please make your checks payable to Macrobiotic Foundation of Central Florida and mail to:  
Ceri Mauerman, Treasurer,  
4100 Waterfront Pkwy.,  
Orlando, FL 32806.

**Yes, I want to be a member of the Macrobiotic Foundation!**

Member(s) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (     ) \_\_\_\_\_ Work (     ) \_\_\_\_\_

Email Address \_\_\_\_\_

#### CURRENT DUES:

Single \$30 for 1 Year, \$45 for 2 Years

Family \$40 for 1 year, \$65 for 2 Years Renewal

New Member - Today's Date \_\_\_\_\_  Renewal

**Make checks payable to the Macrobiotic Foundation of Central Florida**

**Detach & Mail to: P.O. Box 914, Winter Park, FL 32790-0914**

**MACROBIOTIC**  
FOUNDATION  
OF CENTRAL FLORIDA

#### **Benefits of Membership:**

**Discount on  
Macrobiotic  
Foundation Dinners,  
Workshops and  
Cooking Classes**



# ask Patrick

**Q** The weather here in central Florida during the summer is so hot. I've heard conflicting opinions about how to keep ourselves hydrated. How much water should we really drink?

**A** There is no question that it is hot and humid here during the summer months (sometimes the spring and fall months too!) It can be a real and serious problem if we do not get and retain enough liquid in the body. Cramping, headaches, nausea, and dizziness are just some of the initial symptoms with much more serious consequences as the dehydration progresses.

The simple answer is drink when thirsty. The problem is many of us have lost the recognition to know when we are truly thirsty. Fortunately the major components of the macrobiotic diet are vegetables. That is, they are full of water (cooked brown rice 70% to lettuce 99%). Add to this soups and beverages and you can see we actually take in a lot of liquid.

So here is my average rule of thumb for those who are not particularly physically active and spend most of the time indoors. Observe your urinations (output of liquid). Normally you should urinate between 4-6 times per day. The urine should be colored light yellow (the color of light beer).

For athletes or those who exercise a lot or work outdoors, the water replacement volumes are much more. For example: 1-2 hours before vigorous exercise drink 1-2 cups of water. About 30 minutes before the activity drink 8 ounces more. During exercises, drink every 15-20 minutes and follow-up with glasses of liquid afterwards. Remember that every pound of weight loss from exercise is 1/2 quart of water loss. This should be replaced. Minerals are also lost during sweating so the diet should contain things like miso soup and umeboshi. If you really work out, don't be afraid of salt.

Enjoy the summer, keep yourself properly hydrated, and stay out of the sun.

*Patrick McCarty is the former co-director of the East-West Center for Macrobiotics, a natural healing education organization in Eureka, California for 20 years. He attended the Shanghai College of Traditional Chinese Medicine in the People's Republic of China where he studied Oriental medicine and acupuncture. He is a certified instructor in the American Oriental Body Therapy Association (AOBTA). <http://imss.macrobiotic.net/>*

Join Patrick each month at our study/discussion group to learn more. See the first page of this newsletter for details.

## SUPPORTIVE SERVICES Available from our Members

### Macrobiotic Cooking for Healing

Irene Gomulka  
407-898-6551

### Macro Study Group

Patrick McCarty  
407-644-4480

### Psychotherapist and Life Coach

Nancy Newby, MA, LMHC, MFCC  
407-671-3311

### Rolfing

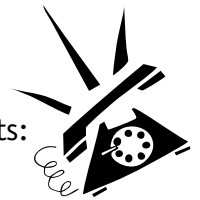
Robyn Martin  
407-645-2309

### Yoga Instruction

Lewis Rothlein  
407-644-3288  
Susan Rothlein, Pre & Postnatal  
407-644-3288

### Macrobiotic Hotline

Call the Macrobiotic Hotline  
for membership or  
additional information  
or to register for events:  
**407-672-2356**



Macrobiotics Today of Central Florida is published for the members of the Macrobiotic Foundation of Central Florida. Editorial suggestions should be sent to: Susan Pecuch, Editor [specuch@mac.com](mailto:specuch@mac.com)  
subject: Macro News Suggestions  
or phone 407-622-7770.