



Fall 2019

*** Many of you know that I got married to Matthew Schaffer on September 7th. I am not in the store as often, however, you can call the store and make arrangements to see me. I believe in and trust Rosa and Cathy to help you when I am absent from the store.

****Store Update: To celebrate Non-GMO month we will be giving a portion of our sales for October 14th thru 18th; we will have a drawing for 5 reusable grocery bags at the end of each week in October.

Chantelle is coordinating the Bridge Card/Double Up Food bucks program at the market again this year.

Monroe Farmer's Market open year round 7 Am-12 Noon for more information check out the web site

www.monroemifarmersmarket.com or Facebook at www.monroemifarmersmarket.com

Gift Certificates Available for Purchase

Natural Health Consultations with Maurine-½ hour \$30.00; 1 hour \$50.00

Call 734-240-2786 to make appointment

Ionic Foot Bath now available by appointment-1/2 hour \$35.00; 1 hour \$50.00

With purchase of 5-foot baths get the next one free.

Family Farms Co-op: familyfarmscooperative@gmail.com

Orders due via email **Oct 16, Nov 13, Dec 11, by noon; Pickup Oct 18, Nov 13, Dec 11**

from 2:30-3:30-at VFW Hall 1620 Dix-Toledo, Southgate

First Friday Downtown Monroe Bonus Discount Day 5% off for *First Friday*

Yoga with Shannon: Saturday sessions Christ Lutheran Church 8:15-9:15 AM

Yoga with Chantelle- Monday & Tuesday- Calendar available at the Store

Health & Wellness Classes are suspended for the time being.

I have decided to wait until our meeting room upstairs is renovated to hold classes and movie showings.

Healthy Happenings: Preventing and Managing Diabetes from *Encyclopedia of Natural Medicine* by Sherry Torkos a Canadian Pharmacist

One of the most disturbing things I see is the incidences of Type 1 and Type 2 diabetes in children. When I opened the store over 15 years ago my main mission was the help improve our children's health and wellness. This has proven more difficult than I first thought. It is a perfect time for Non-GMO month because I think the GMO's and non-organic foods have contributed to the problem. It seems that conventional food producers have become more powerful and push unhealthy foods, with advertising on TV, directed at our children. I am grateful every day for the committed parents and grandparents that chose to purchase organic, non-GMO foods for their families. We have to power to change our children's foods even if it is only at home. For more information on GMO food go to www.livingnongmo.org

1. Foods to include:

- ❖ Cinnamon contains compounds that work synergistically with insulin, helping to reduce blood sugar levels. One study found benefits with just ½ teaspoon daily. You can add cinnamon to your barley or oatmeal or morning protein shake. Supplements are also available.
- ❖ Chromium is essential for blood glucose regulation. It is found in brewer's yeast, whole grains (especially wheat germ), onions and garlic.
- ❖ For a natural and healthy sweetener, try stevia, monk fruit, xylitol or erythritol.
- ❖ High fiber, low glycemic (slow release) carbohydrates such as whole grains (spelt, farro or kamut (both ancient wheat grains), vegetables, low sugar fruits (berries) and beans help to balance blood sugar.
- ❖ Protein (wild caught fish, grass fed meats, poultry, eggs) and healthy fats (crispy nuts, hemp seed, chia seeds, ground flaxseeds, olive or avocado oils) in each meal will slow carbohydrate digestion and promote better blood sugar control.

**** to promote steady blood sugar levels, eat small, frequent meals (every 3-4 hours) and include a protein snack before bed.

2. Foods to avoid:

- ❖ Alcohol can cause either high or low blood sugar depending on how much you drink and if you are eating while drinking. Limit alcohol intake to no more than two drinks a day.
- ❖ High-glycemic (quick-release) carbohydrates such as white (even wheat bread) and baked goods, refined cereal, white potatoes, white rice, and sugar (candy, cookies and soda pop) cause rapid and profound increases in blood sugar, creating a problem for diabetics. Studies have also found that those who eat high-glycemic diets are also at increased risk of developing type 2 diabetes and type 3 (Alzheimer) diabetes. **When customers change to healthier and whole grain snacks, they are able to change their taste buds to need less sugar in their diets.**
- ❖ Partially hydrogenated fats and conventional saturated fats can worsen blood glucose control. **What I have found if people drink skimmed or low-fat dairy it can affect blood sugar control. The customers that consume natural milk and cream on the top yogurt have better blood sugar and appetite control. This has reduced cholesterol levels in several customers.**

3. Top Supplements:

- ❖ Alpha lipoic acid: A powerful antioxidant that can help improve insulin sensitivity and reduce the risk of diabetic complications such as neuropathy and nephropathy (kidney disease). Dosage 600-1200 mg daily. **I find that natural R-lipoic acid works well for most customers.**
- ❖ Chromium: An essential trace mineral that plays a roll in sugar metabolism. It helps improve insulin sensitivity and glucose tolerance. Some studies have found that diabetics are deficient in chromium, and that supplements can help

improve blood sugar management. Look for chromium picolinate as this is the most widely studied form of chromium. Dosage 400-1,000 mcg daily.

- ❖ Fiber: Fiber helps improve blood glucose control and weight management. Studies involving fiber supplements of ground flax, psyllium, oat bran, and glucomannan have shown benefit for diabetics. *** take with plenty of water.

4. Complementary Supplements

- ❖ B-vitamins: B vitamins are essential for proper nerve function and energy metabolism. Take a multi-vitamin or B-complex that contains at least 50 mg of the B-vitamins. *I prefer Active B Complex that contains metabolically active coenzyme forms.*
- ❖ *Fenugreek*: Fenugreek seeds and supplements containing this herb have been shown to lower blood sugar and improve insulin sensitivity. Dosage 1 tablespoon powdered seeds with a meal or take capsules as directed.
- ❖ Fish oil: Omega 3 supplements improve glucose tolerance, reduce triglycerides, and cholesterol levels, and may help improve diabetic complications (neuropathy, and kidney disease). Take 1,500-2,000 mg daily.
- ❖ *Gymnema*: Preliminary research shows that this herb can help stimulate insulin secretion and improve blood glucose control in those with all Types of diabetes. Dosage 400 mg once or twice a daily of a product standardized to 25 percent gymnemic acid.
- ❖ Magnesium: Magnesium is required for energy metabolism and nerve function. People with diabetes tend to have a low magnesium levels and a deficiency is associated with insulin resistance. Supplements can help
- ❖ improve insulin sensitivity and glucose control. Dosage; 200-600 mg daily.
- ❖ Vitamin E: Vitamin E helps improve glucose tolerance and reduce glycosylation (binding of sugar to proteins in blood vessels). Many studies have found that it can prevent and reverse nerve damage and help protect against retinopathy and kidney disease. Dosage: 800 IU daily of natural vitamin E.

5. General Recommendation:

- ❖ Reduce your stress and aim for at least 30 minutes of activity daily
- ❖ Meditation or yoga practice can be very helpful to reduce stress 10 – 15 minutes is usually all you need.

Spotlight Homeopathy: I enjoy teaching homeopathy lessons based on my experiences.

Last week I dropped one of our heavy glass jars on my big toe. Ouch! I used *Arnica Montana* 200 X for the pain, bruising and swelling along with *Hypericum Perf.* 200 X for the nerve pain. I took both remedies every 15 minutes for the first hour, then every ½ hour for 1 hour, then every 1 hour for the rest of the day. I stopped the Hypericum when the pain lessened and took the Arnica for 4 days until most of the swelling and pain were resolved. Many years ago, I might have gone to quick care but because the remedies work so well, I saved me the time and expense.

Maurine is happy to provide her opinion on diet and nutrition, supplements and lifestyle choices. This information is for educational purposes only. It is not meant to replace the advice of your physician and is not to be considered medical advice, diagnosis or treatment.

Should you have any concerns please contact your physician directly.

As always, contact your pharmacist regarding any potential vitamin/drug interactions. Notify physician regarding any alternative remedies.

Raw cow & goat milk and Amish grass-fed meat e-mail familyfarmscooperative@gmail.com or call 1-269-476-8883

Store News:

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Local Delivery to shut-ins available**
- ❖ **Maurine's availability is limited, please call if you are interested in seeing her.**
- ❖ **Family Discount Day:** Every Wednesday get 5% off of entire order.
- ❖ **Free Muscle Testing**
- ❖ **Ionic Food Bath** available by appointment only; 1/2 hour \$35.00; 1 hour \$50.00

Save the Earth Quick thinkers avoid fast-food nightmare

When you're on the go in an unfamiliar area, it can be hard to find somewhere healthy to eat, particularly if you've got hungry children in tow. Try to avoid succumbing to the ubiquitous junk-food stations by keeping a supply of healthful snacks in your bag, such as crispy mixed nuts, seeds, and dried fruit, to stave off hunger pangs for long enough to find a place that will serve you a decent meal. You'll avoid the increasingly polluted mass-produced food served by fast-food chains and the mountains of nonrecyclable packaging they produce. And you and the environment will be healthier for it.

Words to Live By: Opportunities multiply as they are seized; they die when neglected. Anonymous

Healthy Recipe

Western Egg Muffins from Sugar Detox by Brooke Alpert, MS, RD, CDN

1 tablespoon olive oil	2 ounces baby spinach
½ onion, cut into small dices	4 ounces non-nitrite bacon, cooked and diced
1 bell pepper, seeded and cut into small dices	6 large free-range eggs
8 cremini or button mushrooms, quartered	

Preheat oven to 325 degrees. Heat olive oil, add onions sauté until translucent. Add bell pepper, sautéing until soft, then mushrooms, sautéing briefly. Lastly, add the spinach and bacon and sauté for about 2 minutes. Remove from heat.

Let the mixture cool for 5 minutes, then slowly whisk in egg. Spoon the mixture into well-greased twelve compartment muffin tin and bake until puffy and set.

Maurine Sharp-Schaffer *Natural Nurse*

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734-240-2786 <http://www.monroehealthmatters.com/>

Store Hours: Monday –Friday 10:00-5:30; Saturday 10:00-2:00 e-mail maurine@monroehealthmatters.com

Fall 2019 Preventing and Managing Diabetes

If you'd like to unsubscribe please [e-mail](mailto:) and I will remove your name from the list.

