



THE ELEMENTS OF HEALING

Dr. George Mandel
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Building Immunity with Fresh Foods

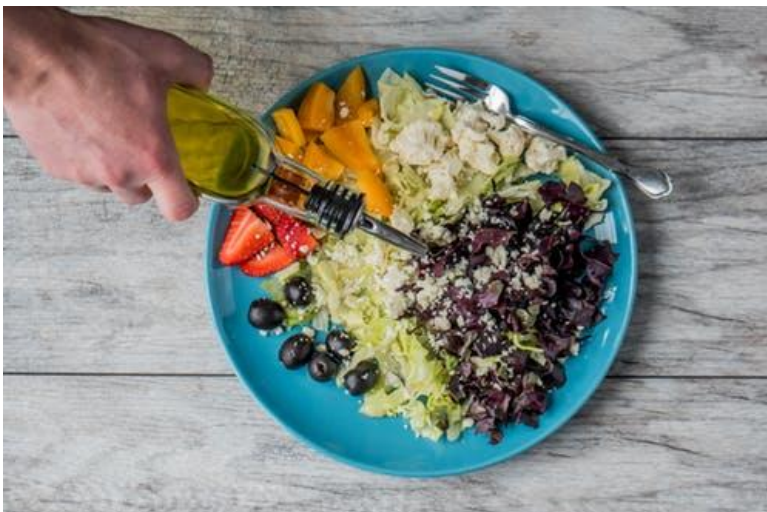
Now, more than ever, is the time not to waste food. Overall, Americans waste 40% of our food supply. The simple solution: buy good quality, fresh food and avoid the inevitable caused by losing track of food in the refrigerator. This newsletter contains tips for getting the most nutrition for the least amount of money. And please remember the importance of all of us working together to ensure an adequate food supply.

A commonly stated reason for not eating whole foods is spoilage in the refrigerator. In this issue, we continue the “why” of whole foods—their natural appearance and how we can reap their full benefits. This can be achieved by preserving the freshness and nutrition in whole foods.

Tips for managing their care will lead us to optimal nutritional gain and minimized housework. In prior issues, the nutritional benefits of whole foods over prepared foods were emphasized. For several reasons, processed foods are missing nutritional content.

- 1) New research findings indicate the beneficial bacteria present in fresh foods;
- 2) Dried, processed or packaged foods are missing the enzymes needed to “unlock” the nutrients abundant in whole foods.
- 3) Management of food production, from seed to soil enrichment, determines nutritional benefit.

Nutritional benefits are reduced as the foods age. **During this time of Covid-19, we need fresh food on a daily basis to develop a strong immune system.**



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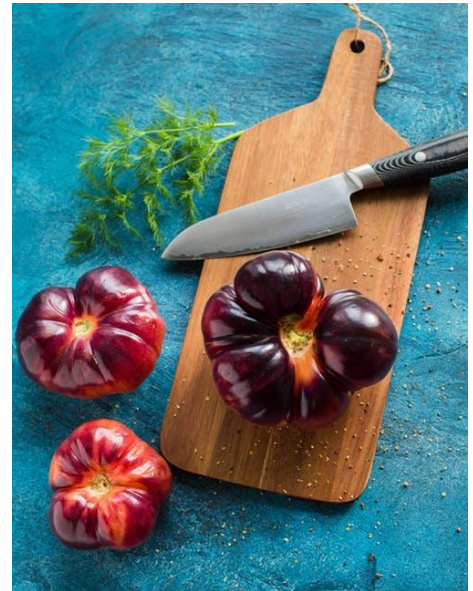
Retaining Food Value

Knowing the difference in the value of the food you buy fits into the overall equation. A primary question to ask about food is “how much nutritional value is lost in its production process from farm to market?” Canning at high temperature results in a 60 to 80% high loss of nutrients. This is due to high food temperatures as they are immersed in hot water. Frozen foods lose 40% to 60% due to moisture expansion when frozen. This causes food cells to rupture. Loss from freezing varies with the specific vitamin and the time length of storage. A debate exists over the nutritive value of frozen foods. They are picked in a very ripe stage of growth and frozen quickly—notice how you feel after eating fresh versus frozen and decide for yourself. Dehydrated food tends to lose from 3% to 5% due to low heat during the drying cycle and gentle air flow, a better option. I vote in favor of the fresh food.



Prepping food ahead (washing and cutting) will leave more time to enjoy a healthy meal. Once the protective peels and coverings of fruits and vegetables are cut, there will be an eventual loss of nutrition. The fruits and vegetables will begin to degrade and lose vitamin C. Try to use them up within 3-5 days. After this time, fruits have been shown to lose 10 to 25% of vitamin C. Major vitamin loss is minimized as long as cut fruits and veggies are stored in the refrigerator in air tight containers.

When we decide to choose the healthy fresh food option, we then ask, “where was the food grown, and how long did it take to get here?” Food locally grown keeps much longer than food imported from another state, country, or continent. Food imported 1,500 miles is often picked green, reducing nutritive value considerably. Consider this as you plan overall food expenses. Imported cheap food is expensive to transport, and the nutrients are less. This can equate to low nutrients per dollar spent.



A critical shopper asks, “how long does food keep fresh, and retain maximum nutritional value?” Storage in your refrigerator or in other places in your kitchen (preferably cool) should be short term. Buying for a one-week supply is a good benchmark. Twice a week is optimal. Greens, the incredible healing foods, begin to wilt and lose vitamin content after 3 days. The best way to store fruits and vegetables like apples, oranges, grapefruit, potatoes and other produce is to keep the skin, rinds, and peelings intact.



Ideally, we would walk into our garden, pick produce, then prep and cook. We will sense a certain energy gain from the nutrients in freshly picked food. Our bodies appreciate this, and will reward us with better health and more vitality. We might also consider joining a CSA. This is a simple and cost-effective way to get our fresh farm to table with a weekly share.



Keeping It Fresh

Here are some solutions. A little tending saves time and money. Practice refrigerator maintenance. Take two or three minutes a day sorting and cleaning the refrigerator. This will more than make up for lost time later on.

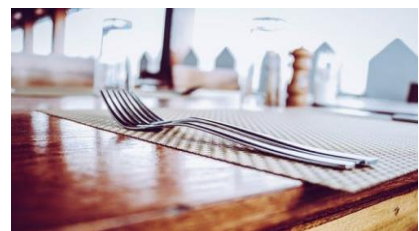
- Plan a one-week food supply for you and your family. This can vary from a rough calculation of meals to detailed menu planning. After you observe the quantity of food required, make a shopping list. Keep grains, beans, and legumes on hand to simplify the complements to vegetables.
- Pay for food with cash, increasing the perception of “real costs.” This is particularly helpful at the Farmer’s Market.

Organize your refrigerator. Utilize a shelf dedicated to the next day’s meals. Rotate foods so they are not forgotten. Utilize the vegetable bins for organization and preservation.

- Eat leftovers in a timely manner. They tend to block and lessen visibility of fresh foods in your refrigerator.
- If you have leftovers or bring home extras from a restaurant, eat them the next day to avoid potential waste. Leftovers tend to be looked at and not eaten.
- Keep foods visible. Clear refrigerator dishes, such as Pyrex, lend a clear view of the contents.
- Quick check the refrigerator every two days to see if foods are aging or rotting. Consider **keeping a food list of what to eat next**. Remove spoiled foods immediately so decay cannot pass to other foods. Make note of your stock the day before shopping.
- If you have an overabundance, prepare dinners to be frozen and store in a clear, rectangular Pyrex container. These can be easily thawed and eaten later.
- Designate one shelf for easily perishable foods
- Track your real expenses for food. This will create awareness of costs minus food waste. If meat portions are kept reasonable, a home cooked organic meal will be less expensive than a fast food meal.
- Using a food dehydrator, you can preserve an extra supply of food, before aging causes loss of nutritional value.
- If you do have some waste, compost and return the nutrients to your garden.

Vote with Your Fork

In summary, buy produce of the best quality possible, use it relatively quickly, and reap the benefits. Why is nutritional content so important? This relates to building immunity and maintaining a healthy weight, as well as daily healing in the body.



Quinoa Tabbouleh

- 3 cups cooked quinoa
- 1/3 c. chopped scallions
- 2 medium tomatoes, chopped
- 1 c. parsley, fine chop

Dressing:

- 1/4 c. lemon juice
- 1/4 c. olive oil
- 1 T dried mint, or 1/3 c. fresh mint, chopped
- 1/8 tsp. salt
- 1/8 tsp. black pepper

For the dressing, combine the mint, lemon juice, olive oil, salt & pepper. Toss with the remaining ingredients. Refrigerate for at least 1 hour.

“Depending on how we spend them, our food dollars can either go to support a food industry devoted to quantity and convenience and “value” or they can nourish a food chain organized around values—values like quality and health. Yes, shopping this way takes more money and effort, but as soon you begin to treat that expenditure not just as shopping but also as a kind of vote—a vote for health in the largest sense—food no longer seems like the smartest place to economize.”

– Michael Pollan, [In Defense of Food: An Eater's Manifesto](#)

Enjoy an adventure on the path to good health! Eat well and be well!



This newsletter is co-authored by Dr. George Mandel and Susan Guyette, Ph.D., Integrative Nutrition Health Coach

ABOUT DR. GEORGE MANDEL

Dr. Mandel is a National Board-Certified Diplomate, certified by the National Council for the Certification of Acupuncture and Oriental Medicine, and is also a trained detoxification specialist, certified by the National Acupuncture Detoxification Association. George Mandel has practiced as a Reiki master since 1998. He has studied with the late Vera Hirano in Santa Fe, NM, and has worked extensively with clients suffering from anxiety, depression, and muscular and joint injuries. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing and wellness, treating the mind/body/spirit. Benefits of Reiki include feelings of peace, security, and well-being.

Dr. Mandel is a trained practitioner of Traditional Chinese Medicine, and has studied at the International Acupuncture Training Center, located in Beijing, China. He is knowledgeable in a variety of healing modalities that together constitute Oriental Medicine. This includes acupuncture, Chinese and Japanese diagnostic techniques, pulse and tongue assessment, moxibustion, tuina (Chinese medical massage), herbal formulas, and Chinese nutritional therapy.

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ABOUT SUSAN GUYETTE

Susan Guyette, Ph.D., is of Métis heritage (Micmac Indian/Acadian French). She is an Integrative Nutrition Health Coach, has written the newspaper column “Everyday Green” for the *Green Fire Times* for the past ten years, has co-written the medical newsletter “*The Elements of Healing (for nine years)*,” and has five published books. Additionally, she is an experienced trainer, conference speaker, and has 34 years of experience in community planning work—particularly with rural Hispanics and Native American tribes in New Mexico.

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