

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is "Natural Foods". Recently, I was in a conventional grocery store. As I was reading the signage above each aisle, I came across one aisle designated as "*Natural Foods*". So, there I stood, asking myself the question..."What, pray tell, is in the rest of the store?" So I ask, if it is not made in nature, by natural life forces, just like you and me, why would we eat it?

Natural, meaning grown in nature, not made in a laboratory. Have we been checking our labels? The list of artificial ingredients, including flavorings, is incredibly extensive; shockingly extensive. I recommend every household purchase a good food ingredients dictionary and for cosmetic and body care, an ingredients dictionary is also available. Okay, so we know this is the way most of the food is produced in this country. And we buy it...why? It is because it is, first, easily available. Second, because it is generally more expensive, dollar to dollar comparisons only, per pound for clean, organic food. Third, for the apparent convenience it affords us. Yes, we do love convenience. And on the subject of convenience, let's talk microwaves. My understanding, from exploring different knowledge sources, is that microwaves change the molecular structure of the food being cooked. The question to ask is, if my food (for the sake of argument) is a combination of synthetic ingredients, what happens when we microwave them? Just a question...

Going back to why we buy convenience, most of knowing on the back of our minds that this is not necessarily the best food to get real nutrition from, will still throw the item on the conveyor belt at the checkout. It is sooo easy.

Easy – yes; natural – no. Although extremely processed and adulterated "foods" have become the norm, they are in no way normal to the natural life force, innate within you. It takes 2 cycle engine oil for a 2 cycle engine. It takes diesel gasoline to run a diesel engine. The body requires naturally occurring foods and nutrients to be able to metabolize the raw materials properly into bio-available nutrients. Synthetic ingredients seem to stress the liver, slowing down its' ability to function efficiently, thereby increasing the possibility of increased toxin accumulation which can lead to an array of diseases due to the associated inflammation created within the body.

The good news is...Natural Foods Have Gone Convenient! You can buy ramen noodle dishes, ready in mere moments; organic macaroni and cheese, pasta sauce to live for, a splendid array of teas and coffee, even everybody's favorite...peanut butter and jelly. All kinds of easy, good for you, food...real food is available. I must go on...organic pizzas, burritos of all kinds, really good pies and yes, even organic ice cream and soy or rice frozen desserts.

Luckily, for the Valley residents, we have several choices in Natural Foods shopping. Remember the important words and phrases; organic, ethically harvested, Fair-Trade, shade grown, locally grown, pesticide free, dairy from herds not given rBGH, Non-GMO (non-genetically modified organisms), heirloom and artisan. These words will lead to a more natural sourced food.

We want to be healthy, of course. So, consider my thoughts. It takes real substance for the body to run efficiently and to perform constant maintenance, repair, and rebuilding. If the necessary raw material is not available to the body's systems, we will eventually break down. One cell, two cells ...oops, now I've let me go to, well, you know. I would also like for all of us to consider the true cost of eating non-natural foods. Look at the rising cost of medical care. My understanding is that margarine is only one molecule different from plastic and we wonder why we have disease issues.

So, I leave you this week with this consideration. What are we doing, as a society, where we need to cook rice in one minute and have dinner on the table in 5 minutes flat? Where are we rushing to and into what are we rushing quickly, blindly. Trust your "*Gut Instincts*". Slow down, look around, breathe calmly, simplify.

Simplify your meal, simplify your day, simplify your life...and live well for it!

Question of the week? Are there any natural remedies that help relieve the symptoms of gout?
Answer: Yes. Many people get relief with celery seed and or tart cherry, both in capsule form.

Title of the Week: *The Winona LaDuke Reader*, Winona LaDuke, Voyageur Press, 2002.

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.