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THURSDAY, OCTOBER 1, 2015

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Fall 2015 Newsletter

ADRENAL FATIGUE SYNDROME

by Echo Macdonald

It's four o'clock in the afternoon. You're dragging yourself through another busy day at work wondering where the nearest cup of coffee or Coke could be. Or maybe you're a mom with three young children at home, it's almost suppertime, the baby's screaming, you're trying to fold laundry, pick up toys and get dinner started but all you feel like doing is closing the door to your bedroom and taking a nap. You're the VP of the company, sales are down, you're getting pressure from the CEO and the Board, things aren't going well at home and you just can't take it anymore. Or maybe you're taking care of ailing parents, your last daughter is living at home and driving you crazy and you're dealing with menopause, hot flashes, night sweats, irritability and insomnia.

Stress and Health

A common denominator in the life of the average American is stress. Our society not only denies its deleterious health effects, we accept it, celebrate it, reward it and pile it on like football players tackling the receiver near the end-zone. It's as if our internal stress monitors have broken and we are running downhill, out of control. We seem to lack the wisdom to understand the consequences of stress on our bodies and the self-discipline to turn things around. And so we have a host of serious health problems associated with chronic stress: chronic fatigue syndrome, autoimmune diseases, fibromyalgia, obesity, heart disease, hypertension, diabetes, cancer and depression.

Our bodies have a very unique set of endocrine organs, the adrenal glands, which are triangular, about the size of a spanakopita (Greek spinach pie) and sit on top of each kidney. They are composed of two groupings of cells: the cortex or outer region responsible for the production of cortisol (the "fight-or-flight" hormone), aldosterone (controls fluid and minerals at the kidney level), our sex hormones (estrogen, testosterone, DHEA); and the medulla or inner portion which produces norepinephrine and epinephrine, two neurotransmitters which assist in the "fight-or-flight" response and overall vascular tone.

The primitive reflex known as "the fight-or-flight" response is an emotionally-triggered response to a perceived threat, real or imaginary. In primitive times, the threat may have been a bear chasing you down, causing you to flee for your life. The adrenal hormones released in this fearful situation would rush to every part of the body. Cortisol would cause the liver conversion of glycogen and fat stores to glucose and fatty acids to feed our active muscles and brain while running. Aldosterone would assist the kidneys in retaining plasma fluid and minerals to keep the blood pressure up in order to help circulate nutrients, to decrease urine

production while running and to provide minerals for blood clotting, if needed. Epinephrine and norepinephrine would decrease blood flow to the GI tract in preference to increasing blood flow to the heart, lungs, brain and muscles by increasing the tone in the muscles lining the arteries feeding these organs. All of the adrenal hormones would work together to prime and "rev up" the immune system should you receive an injury or need to fight infection.

Chronic Stress

This complex cascade of effects works beautifully to protect our bodies under acute stress. Repeated exposure to "stressful" situations, however, whether actual or perceived, can create harmful effects. It's relatively easy to see how prolonged

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THYME CHICKEN SALAD

This recipe uses fresh, raw ingredients and is great as a sandwich or salad.

- 2 c. (dark-meat) chicken, cooked and chopped
- 1/2 c. raw cashews
- 2 stalks celery, chopped
- small handful italian or curly parsley, chopped
- 2 tsp fresh thyme, chopped
- 1/2 c. red onion, chopped
- 1/2-1 c. fresh, raw cream
- 1/2 tsp prepared mustard
- juice of 1/2 lemon
- splash of extra virgin olive oil

Place chicken, cashews, celery, parsley, thyme and red onion in bowl. Mix in cream, mustard and lemon juice. Add olive oil, stirring well.

*recipe from
articles.mercola.com/herbal-oils/olive-oil.aspx*

stress can produce problems like: anxiety, insomnia, depression (from excess NE, epinephrine and an imbalance in neurohormones); high blood pressure, bloating, excess weight (from excess cortisol, and aldosterone); autoimmune disorders, allergies, inflammatory illnesses, cancer (alteration in immune function as a result of chronic adrenal hormone effects).

If chronic stress becomes a lifestyle, in times of emergency (illness, emotional or physical trauma), our adrenal glands may not be able to adequately handle the “cry for help,” resulting in decreased hormone production from the entire gland. It’s similar to what happens after flushing a commode. It takes a while for the water tank to refill in order to effectively flush again. If the “adrenal tank” has been used up, a more serious illness may follow. Two psychiatrists, Drs. Holmes and Rahe, published a study in 1967 which linked stressful life situations and subsequent illness. From the results of over 5,000 patient reviews, the Holmes and Rahe Stress Scale was developed, which listed the probabilities of the onset of illness in people within 6 months to one year following a variety of stressful events (death of a loved one, loss of a job, moving, marriage, change in location), and the higher the number of stressful events, the greater the likelihood of subsequent illness. We now know that severe stress causes altered immune function and mental and/or physical illness (post-traumatic stress disorder).

Symptoms and Treatment

Although adrenal fatigue syndrome is yet to be recognized as a specific disease by allopathic (traditional) medicine, it is widely recognized and treated by practitioners of naturopathic medicine. Symptoms may be as nonspecific as “I’m always tired”, or “I just feel run-down a lot.” Fatigue, insomnia, bloating, unexpected weight gain, difficulty shedding pounds despite exercise and calorie reduction, anxiety, depression, thyroid hormone irregularities, osteopenia (loss of calcium), osteoporosis (loss of bone structure), hair loss in women, chronic skin rashes, infertility, miscarriages, hormone irregularities, irritability, chronic heartburn/acid reflux and repeated upper respiratory tract infections can all be symptoms associated with adrenal fatigue.

Women in the perimenopausal to postmenopausal season of life are particularly susceptible to adrenal fatigue. In addition to the common life stressors of that age group (teenagers at home, husbands in mid-life crisis, significant body-image changes, aging parents), their adrenals are working overtime to provide some level of hormone replacement for the diminishing production of ovarian sex hormones. Their “adrenal tanks” are literally empty, resulting in many of the symptoms so commonly attributed to menopause.

So, if I recognize that I may be “stressed out” or have symptoms associated with adrenal fatigue, what can I do about it? First, let’s admit that we are neither immortal nor infallible. Could we be expecting ourselves to do too much? Be kind to yourself. Remember that you were designed for a much less stressful existence. Delegate, de-clutter, decompress. Try meditation, prayer, yoga, walking, music or art therapy, massage, counseling, life coaching, or health coaching. Decide what really makes you happy and do it. Detoxify your body through saunas, massage, colonics and herbs like dandelion, milk thistle or nettles. Choose to eat natural, health-giving food. If you are on medications, talk with your doctor (allopathic or naturopathic) about the use of adaptogenic herbs – substances that assist the body in adapting to or resisting stress (ashwagandha, eleuthero root, rhodiola, L-theanine, valerian root, ginseng, phosphatidyl serine, schisandra berry, lavender, passiflora, lemon balm). Many nutraceutical companies sell herbal products that contain a variety of the above herbs to support the adrenal glands. Exercise in moderation is helpful. Restful sleep heals the body. Most importantly, learn to listen to your body’s needs. Try to set small goals that are affirming and reachable. And remember to love yourself and someone else every day. Our lives

on this planet are brief and beautiful and rewarding. If we each take care of the three trillion cells that make up our body, they will take care of us. Here’s to your health!

THE CORN FIELD AND THE PASSIONFLOWER

By Meri Gooch-Goswami Barrioz

Recently I bought some okra from one of the local farms. I’d been watching their okra plants, keeping an eye out for peak flowering, and I timed my visit to the vegetable stand so that I could get the very freshest okra for pickling. It worked out great and the pickles are in the pantry waiting for winter use. I love it when a plan, no matter how simple, comes together and I hoped to go back soon and get some more for freezing for winter batches of vegetable soups.



Yesterday I was daydreaming out loud to my husband, Bill, about how great those pickled okra were going to be when the only thing coming out of the garden was cabbage and collards and how I was looking forward to our next drive to the big city so we could stop along the way at the vegetable stand where I could get some

GLUTEN FREE PUMPKIN BREAD

Fall wouldn’t be fall without pumpkin! This delicious recipe has healthy ingredients, all available at the Co-op, and it’s gluten free!

1 cup almond flour
1/4 cup coconut flour
1/2 tsp salt
1/2 tsp baking soda
1 tsp cinnamon
1/2 tsp pumpkin pie spice
3/4 cup pumpkin
1/4 cup maple syrup
1/4 cup coconut oil, melted
3 large eggs, room temperature

Preheat oven to 325F. Combine all wet ingredients in a bowl. Combine all dry ingredients in another bowl. Mix both bowls together until well incorporated. Pour into greased loaf pan and bake 45- 60 minutes, or til toothpick comes out clean.

AVAILABLE CO-OP JOBS

Please contact Theresa Pizzuto at 864-508-0617 or theresa.pizzuto@gmail.com for more information about the following available Co-op jobs, or if you can’t work regular hours at the Co-op but are interested in a job:

- Marketing Manager
- Pet Food Receiving & Processing (on Wed. once every 2-3 months)
- Produce Crew (one Thurs. a month @11 am)
- White Board Message Updates
- Communications Mgr
- Herb/Spice Packager
- Newsletter writers to write short articles for quarterly newsletter
- Cashiers to work weekly
- Bulk packagers
- Building maintenance (carpentry, plumbing, etc)

CLASSIFIEDS

more fresh okra. And Bill told me something quite unexpected. He said the vegetable stand had closed down for the season so the owner could get ready for their corn maze. Corn mazes in October have become very popular around here and from what I've heard the grown-ups have just as much fun as the children. It seemed odd to me to waste that gorgeous patch of okra for the maze but it's his farm and he has bills to pay. Obviously there's good money in doing the maze.

Then Bill said he'd talked to the owner about his autumn planting plans and that the owner had told him the maze is so profitable that this year he's hired a company to come in a create a computerized maze design so that he'll have the very best twists, turns, and surprises in his maze. He's also contracted to have the path for the maze sterilized so that it will remain bare. Then he'll plant corn seeds over the entire areas. The sterilized pathways won't grow anything at all on them and the corn will come up only where he wants it to come up.

Logistically and profitably, it makes perfect sense. But I know what sterilizing the soil means. The pathways will be poisoned so that the soil is literally dead. And when October comes with autumn in the air and the signs are up promising good, clean family fun and the children and parents are running down those pathways, they'll be running through toxins and breathing in the poisoned dust they kick up as they race through the race to find the way out. And I know there's potential to cause harm to their little bodies later on in life just as there is potential to cause harm in the bodies of the parents and grandparents who are enjoying sharing in their fun.

As I thought about what Bill had told me, I didn't have the urge to run to social media and get on a digital soapbox, preaching at parents who simply want to enjoy time with their children. I wasn't angry with the farmer for choosing the bottom line over all else. I didn't consider it a sign that the world was coming to an end or that politicians are conspiring with lobbyists from chemical companies or cancer research facilities to increase the incidents of cancer thereby increasing the bottom line for shareholders with drug companies, medical providers and medical supply companies. I just thought it was sad.

Late in the afternoon, Bill called me out onto the porch to show me how well our "volunteer" passionflower vine (or maypop as we call them around here) that's winding itself through the rungs of our front porch is doing. In particular he wanted me to see a lovely but hungry caterpillar eating its way down on of the stems.

Bill and I have lived on this piece of land for about 20 years. In all that time, there hasn't been a single passionflower vine anywhere on the entire place--and I've looked! The vine that's on the front porch is the first one ever. And I went on the porch with Bill, and Dill, our dog, and Bill showed me the caterpillar and it is lovely; so lovely that I got my camera and caught a couple of pictures of it. With luck, it'll like the vine of the porch enough to stay in that area so that we'll get to see it go through its transformation from caterpillar to moth or butterfly.

And then I spotted several maypops getting a nice size to them. And finally, my eyes were drawn to a spot of purple, and there it was. A passionflower. Completely oblivious to sterilized soil and bottom lines, this breathtakingly beautiful flower seems to have only two purposes in life--to honor God by its very being and to bring joy to those who see it.

I know that my efforts at growing and eating organic foods, being cognizant of the source of a product, considering the ripple effect it has on God's footstool, and not supporting businesses that place money over what I consider to be basic human responsibility has very little impact on the world at large. But there's a passionflower vine growing in my front yard this summer. Maybe some plant professional has it classified as a weed. That puts it on the chopping block in some yards, but not in this yard. I'm so glad we practice organic methods out here because sometimes that means the weeds get out of hand and pleasant surprises show up. And I see what God has made. And it is very good.

THYME

In the last newsletter we mentioned that thyme, a member of the mint family, contains calcium, iron and manganese, works as an antiseptic and antibacterial agents. It also helps relieve respiratory troubles. Like mint, it is a perennial, and requires little maintenance. It can be used fresh, or easily dried for use in any number of dishes, particularly egg, bean and vegetable.



In ancient times, thyme was used for embalming by Egyptians. Greeks used it in their baths, and burned it as incense in their temples, believing it was a source of courage.

Thyme is one of the three herbs, along with parsley and bay leaf, included in the

Be sure to check out our classified section on our website. This is a wonderful and easy way to sell items, share bulk buying, share info. about your business, etc.! To submit online (our preferred method) [go here](#).

CO-OP NEWS

The remaining quarterly Membership meeting for **2015** will be Thursday **Nov 19th**. Board of Directors meet at 5:30 pm and the General Membership meeting is at 7 pm. If you have suggestions for topics or speakers please email info@upstatefoodcoop.com or call the Co-op.

New Friday hours at the Co-op are 10 a.m. - 2 p.m.

A Secretary (an officer position at 0% mark up) is needed. The Secretary takes minutes at the monthly manager meetings, quarterly general membership meetings, sends out the Weekly Update and all email communications to members & managers. Computer skills are required, including basic knowledge of Word and Excel; familiarity with Google Docs a plus. If you are interested or want to learn more please contact Theresa Pizzuto.

Input Wanted from Co-op Members: We have started a **monthly** Speaker's Forum on Health and Nutrition. We need your feedback! What topics would you like to know more about? Please email your ideas, suggestions to Echo Macdonald at echolini@gmail.com.

The Co-op now has printed business information cards. Please ask for some and pass them out when you tell your friends about us!

CO-OP UPDATES

New Gluten-Free products are in at the Co-op just in time for the holidays. Check out our G-F section, and contact Lynn Burkett at lynnburkett@bellsouth.net for suggestions on gluten-free products you would like to see at the Co-op.

New Consignment Items will be displayed on the third week of every month, starting in October. Check out

French "bouquet garni" used to season soups, stews and stock. It is also a key ingredient in the "herbes de provence" which typically can also contain savory, marjoram, rosemary, oregano and lavender. There are about 60 varieties of thyme, the most well known being French (common), lemon, orange and silver.

HEALTH BENEFITS OF SPICES - CINNAMON

For millennia the human race has used spices on food. But spices can add much more than flavor. Rich in phytonutrients, spices also have other ingredients that aid in healing as well as protect against disease. Each month I will highlight one of the many life-saving spices right in our kitchen cabinet and available from the Co-op, with information from [Rethinking Cancer](#).



Cinnamon is the dried, fragrant bark of the cinnamon tree, believed to have originated in Sri Lanka. In ancient times, cinnamon was considered more valuable than gold. It was used medicinally by Egyptians to treat coughing and sore throats, rubbed into meats to inhibit bacterial growth, and for embalming purposes.

Today, studies have shown cinnamon helps control blood sugar. LDL and triglyceride levels in people with type II diabetes. It is recommended for helping to curb tobacco urges. It has been used in remedies for diarrhea and morning sickness. Some studies have found cinnamon helps to focus attention, reduce stress, and improve memory. It is a good source of manganese, fiber, iron and calcium.

Commonly used in dessert recipes, cinnamon is also used for lamb, ground beef, eggplant, curries, pilau and is included in the Indian spice blend, garam masala. Additionally, it flavors mulled wines, creams, syrups, coffees, chocolate drinks and teas. Try adding cinnamon granules and dried orange peel, both available in the bulk spice section of the Co-op, to coffee grounds while brewing to add a delicious flavor.

SUPPLEMENTS AND MEDICATION

Any conventional pharmaceutical medication can have side effects, which are disclosed when purchasing the product. Dietary supplements can have side effects too, as well as interactions with either prescription or over-the-counter medicines. Some well-documented negative interactions are:

- **Calcium** - can interact with heart medications, certain diuretics, and aluminum and magnesium-containing antacids.
- **Coenzyme Q-10 (Co-Q10)** - can interact with anticoagulants, blood pressure medication and chemotherapy drugs.
- **Echinacea** - can change how the body breaks down certain medications in the liver.
- **Ginseng** - can increase the risk for internal bleeding when taken with anticoagulants or NSAIDs and may cause side effects when taken with MAOI antidepressants.
- **Ginkgo biloba and Vitamin E** - can increase the risk of internal bleeding when taken with aspirin or anticoagulants such as warfarin (Coumadin).
- **Magnesium** - can interact with certain diuretics, some cancer drugs and magnesium-containing antacids.
- **Saw palmetto** - can interact with anticoagulants and NSAID pain relievers.
- **St. John's wort** - known to adversely affect selective serotonin reuptake inhibitor (SSRI) drugs (anti-depressant drugs), blood pressure medication and birth control pills.
- **Vitamin K** - can interact with blood thinners such as warfarin (Coumadin).

consignments for stamped holiday cards, and a sale on beaded anklets and scarves, great for stocking stuffers!

Knit with Meg on the third Thursday of the month from 11ish a.m. - 12ish p.m. after the manager's meeting at the Co-op. Bring your own project or just come. Meg will provide knitting needles and yarn and will attempt to teach basic stitches.

There are several pound bags of powdered kelp in the Herb & Spice Medicinal bins plus small weighed bags on the shelf.

All meats are stored in the (upper) freezer portion of the egg refrigerator.

Sale items change daily; shop often to check on new items.

Check the weekly co-op email for updates, discontinued items and current co-op news.

UNFI orders are placed every other Monday and deliveries are the following Thursday. Next deadline is **Mon Nov. 9**

at 2 pm for delivery on **Thu Nov. 19.**

Frontier products can now be ordered online for delivery to the Co-op. You will have access to the wholesale and sale catalogs. Contact Tiffany Thompson at tiffany_9@hotmail.com for sign-in information. Orders are currently planned to be placed on the fourth Friday of each month, with delivery expected the following Thursday.

Sharing Case Purchases: If you want only a half case of something and need another member to share a full case order, put it in our [classified section](#) for others to see.

Co-op FAQ Sheets: These information sheets are available on the Co-op website on the [orders page](#). (at the bottom left). Learn about ordering as well as general Co-op information.

CALENDAR NOTES

CO-OP HOURS:

Monday 10 a.m. - 2 p.m.
Tuesday 10 a.m. - 2 p.m.
Wednesday CLOSED
Thursday 3 - 7 p.m.
Friday 10 - 2 p.m.
Saturday 10 a.m. - 4 p.m.
Sunday CLOSED

**Remaining Holidays in
2015:**

(Co-op will be closed):

Thu Nov 26 - Thanksgiving

Thu Dec 25 - Christmas

Manager meetings:

Monthly on 3rd Saturdays at
9:00 am at the Co-op; everyone
is welcome. Remaining dates
for 2015 are: **Nov 21, Dec 19.**

APPRECIATIONS

A big thanks to Debbie
Hornsby, Meri Barrioz, Echo
Macdonald and Elian Evans for
researching, writing and editing
this edition of the newsletter.

Labels: [Newsletter](#)

[Newer Post](#)

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