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Summer 2016 Newsletter

DETOXING YOUR BODY FROM THE INSIDE OUT

by Echo Macdonald

Toxins

To say that we live in a toxic environment in the 21st Century is a bit of an understatement. We all experience pollution in many forms: air, water, soil, food sources, cleaning agents, cosmetics, the components of our interior environments (paint, rugs, fuel exhaust, synthetic materials), etc. How our bodies deal with toxins and how we can assist in that process is the topic at hand.

Toxins generally fall into two categories: organic (combined with some form of a carbon compound) and inorganic (metals and related substances generally found on the Periodic Table of Elements). Heavy metals are frequently attached to organic compounds. Within the class of organic compounds, there are those that are water-soluble and those that are fat or lipid soluble. The body handles these two types of substances differently. In general, it is the job of the liver to transform fat-soluble toxins to the water-soluble kind. Then it is the role of the kidneys to filter the water-soluble toxins from the blood and to either excrete or actively secrete these substances into the urine for removal from the body. Some fat-soluble toxins in the gut are emulsified by bile (produced by the liver) and are trapped by dietary fiber and then excreted through the feces.

Toxin Removal

In addition to the natural methods of detoxification described above, our bodies can enhance toxin removal in other ways. Any mucous membrane can function as a filter for removal of toxins. The use of Oil Pulling in the mouth, gastric lavage or emesis (removal of stomach contents), and enemas (water or oil-based) are effective methods of detoxification through the gastrointestinal tract. Our skin, the largest organ in the body, has the potential for detoxification through both our sweat glands and our oil glands. Bathing, soaking in the tub, whirlpools, exercising, saunas and massage all offer detoxifying benefits. The lungs and membranes of the respiratory tract offer another means of detoxification. With each breath, volatile toxic compounds are exhaled. Deep-breathing exercises improve not only the exchange of blood oxygen and carbon dioxide, they activate specialized alveolar macrophages (white blood cells) which function like mini vacuum cleaners to eat up inhaled dust, debris and toxins. In addition, we can secrete toxins through our tears and saliva. Our bodies also have a lymphatic circulatory system that produces lymph and lymphoid tissue. This system both bathes the cells of the body with lymph fluid and filters invading organisms and

toxic substances. Increasing water intake and the use of massage assist the lymphatic system in removal of toxins.

The best way to decrease the body's load of toxic materials is to limit exposure. An increasing awareness of what we are putting into and onto our bodies is the first step. The quality of the air we breathe, the water we drink, the food we eat, the cosmetics we apply, the synthetic substances we use every day (cleaning agents, painting supplies, petroleum-based products) represent areas to seriously examine.

Water and Exercise

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GARLIC-DILL ZUCCHINI PICKLES

It's that time of year when the zucchini harvest abounds. Why not plan ahead, use those zucchini and make some gifts at the same time? You can purchase the vinegar, garlic and spices right at the co-op!

Makes 8 pints.

3 pounds zucchini, sliced
4 cups apple cider vinegar
4 cups water
5 TBS pickling salt
16 garlic cloves, peeled (2 per jar)
2 tsp crushed red pepper (1/4 tsp per jar)
8 tsp dill seed (1 tsp per jar)
4 tsp black peppercorns (1/2 tsp per jar)

In a large saucepan, bring vinegar, water and salt to a simmer. Arrange sterilized jars on counter and dole out spices in each. Pack zucchini firmly into jars. Pour the brine into the jars, leaving 1/2 inch headspace. Use wooden chopstick to remove bubbles. Wipe rims of jars, apply lids and rings and process in a

So, if you want to help yourself to a healthier, less toxic state, here are some easy steps. Think about drinking more water. Try drinking two glasses of water first thing in the day. Make a pitcher of fresh, filtered water with slices of lemon, lime, orange or cucumber to entice you to drink 6-8 glasses of water each day. Increasing fiber in the diet with fresh fruits and vegetables helps to add bulk to the intestinal contents, thus assisting in the evacuation of gut toxins. You could do a weekend internal "Spa" treatment once a month with the addition of organic fruit and vegetable juicing. The fresh phytonutrients feed your cells with high quality energy for detoxifying, cleansing and healing. And if you are really adventurous, you could add to the internal "spa" treatments a cleansing enema, to assist the gut in toxin removal. For more information on this topic, check out the Gerson Therapy online.

For the exercise enthusiasts, bumping up your cardio routine to cause more sweating is the way to go to help the detoxification process. Make sure that you can handle the exercise regimen first. And if you have access to and are comfortable with saunas, a good sweat goes a long way in helping the body to unload toxins.

Fasting

If you have ever tried fasting, you have probably experienced the benefits of giving the body a rest from the daily grind of nutrient processing we call eating. The energy we generally use in purchasing food, cooking it, (cleaning up after the cooking), chewing it, digesting it, utilizing the nutrients and then getting rid of the unwanted components is diverted toward detoxification and healing. The liver, instead of dealing with a new load of ingested toxins, goes into overdrive to modify and process the toxins already on board. One of the incredible aspects of fasting is that the benefits continue well past the fasting period. If one does a liquid fast, drinking water and non-caffeinated teas for 24 hours, with gradual reintroduction of a simple diet of liquids, fruits and vegetables for the next day, the body will eliminate the toxins it processed during the fast. You will notice improved overall well-being, clearer skin and an increase in energy despite the decrease in calories. Those who fast one day each week report increased health benefits and improved healing potential. It's like your body takes a sigh of relief, a holiday from its busy workload.

Oil Pulling

For those who are uncomfortable with fasting, a more appealing alternative is oil pulling. This is an ancient Ayurvedic medicine technique known as "gundusha" or "kavala" which involves the swishing around in the mouth of about one teaspoon to one tablespoon of oil (coconut, olive or sesame oil) for 5-20 minutes. The swishing of oil in the mouth and around the teeth moisturizes the gums, teeth, tongue and glands and pulls bacteria and toxins into the oil. The salivary glands are stimulated to release enzymes and toxins. Avoid swallowing this liquid, and spit it into the rubbish, not in the sink where it could cause the drain blockage. Follow this by rinsing with salt water then brushing and flossing the teeth. Accomplished on a regular basis, this technique is said to aid healing not only of oral conditions (bleeding gums, gingivitis, halitosis or bad breath, periodontal gum disease, mouth ulcers) but of systemic diseases and infections as well. Coconut oil is the preferred substance due to the presence of lauric acid, a natural antibiotic agent in coconuts. Essential oils that can be taken internally, in limited quantities, can be added to the oil to enhance either the taste (Lemon, Orange, Peppermint oils) or the medicinal benefit (Tea tree oil, Rosemary oil).

Herbs and Supplements

There are a host of natural herbs and supplements that either assist the liver, the kidneys or the gut in the removal of toxins. Dandelion, Burdock, Milk Thistle and Nettles are known for helping the liver and kidneys and can be found in detoxifying teas or as nutraceutical supplements in capsule form. Modified Citrus Pectin, (available in capsule form), and fresh Cilantro are known for their ability to assist in the removal of heavy metals from the body (Cadmium, Lead, Mercury). Increasing dietary fiber through fruit or vegetable smoothies, cooked or raw vegetables, beans, whole grains, nuts or fiber supplements helps to eliminate heavy metals and toxins as well.

Try one small change at a time. Make a goal to drink water instead of sweet tea, coffee or sodas. Get to know your body and how it feels when you take better care of it. You might really surprise yourself. As my sister always said, "Small strokes felled great oaks." Here's to your health!

PEPPERMINT ESSENTIAL OIL

by Debbie Hornsby

boiling water bath for 10 minutes. Promptly remove jars from the pot and let cool on counter top. Press gently on lids to make sure they have sealed; any unsealed jars can be stored in fridge and sealed jars can be stored in a cool, dry place for up to a year.

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
- Daily Managers & Cashiers to work weekly &/or as subs
- Communications Mgr
- Newsletter writers to write short articles for quarterly newsletter
- Bulk packagers
- Building maintenance (carpentry, plumbing, etc)

CLASSIFIEDS

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

Serve on the BOD: We are currently looking for two members that would be interested in filling open positions on the Board of Directors. Meetings are generally once a quarter (more frequently when the board is working on projects). Term is for two years and it's a nice group of people to spend an evening with while serving the Co-op. Five percent reduction in mark-up for service.

For more information, please contact Tina Starwyck at cell/text 864-506-5794 or email, windchasedeerhounds@yahoo.com; or see any current board member; or pop in for a visit at the next board meeting on October 20th at 5:30 pm at the Central-Clemson Library.

Peppermint is easily one of the most versatile herbs on the planet, with a multitude of oral, topical and microbial benefits. A hybrid of spearmint and water mint, the medicinal use of peppermint has been found historically in European medicine, Japanese and Chinese folklore, Greek mythology, and even in Egyptian tombs.



Mix up a container of a carrier oil (like coconut) and add a few drops of peppermint essential oil to help:

- release tight muscles
- sooth achy joints
- relieve rashes, acne & insect bites (mix with lavender essential oil)
- repels insects
- reduces inflammation
- relieves headaches (apply sparingly to temples and forehead)
- reduce fever (apply to back of neck)
- helps heal and relieve sunburn
- relieves nausea (rub behind your ears)
- thickens and nourishes hair (add just the essential oil to your shampoo)

Mice hate mint, and you can apply a few drops to a cotton ball and place in cabinets to ward off mice. Or plant some mint around the perimeters of your house.

Information compiled from DrAxe.com . Click here for more info and recipes Dr. Axe Peppermint Info

Aura Cacia Peppermint Essential Oil can be ordered at the Co-op through Frontier, and is great for topical use. There are also several types of diffusers available.

VITAMIN EFFICACY

According to a Q & A post from ConsumerLab.com, a question was asked about the effectiveness of vitamins, minerals and nutritional supplements with exposure to high temperatures, particularly when ordering online in the summer.

The answer posed that they can definitely degrade faster when exposed to excessive heat, light, oxygen in the air, or humidity.

Vitamin A, B-12 and C are inherently less stable than some others (niacinamide, Vit E), so keep them out of the heat. Also, be careful with humidity with water soluble vitamins like C and B. Fat soluble ones such as A, D and K hold up better, however are susceptible to damage from light.

As far as fish oils and seed oils, known for their Omega-3 and 6 fatty acids, it is not the heat as much as the exposure to oxygen in the air that causes rancidity due to oxidation. This does occur faster as the temperature increases.

Probiotics are very sensitive to heat as well as to humidity. Creatine, S-AMe and Betaine Hydrochloride are susceptible to breakdown by moisture.

Minerals and trace elements are relatively stable in heat, as well as glucosamine and chondroitin.

Most manufacturers are aware of stability issues and add extra ingredient (overage) so that products still provide 100% of the listed amount by the "Best By" date. They also list on the label information with advice how to best store the product. Unless specifically stated, storing supplements in the refrigerator is not recommended unless your home is very warm because each time you open the container, moisture is introduced and may condense. An exception to this is if the supplement is in a sealed container that you are not planning to open for a period of time.

A general rule of thumb is to store supplements in their original container, and if included, with a desiccant (drying) packet. Ideal temperature storage should be no higher than 73 degrees F; do not store in the bathroom or warm areas of the kitchen (i.e. near the dishwasher or stove/oven). Don't leave supplements in the car, and try not to order by mail during hot weather.

Monthly Senior Discount

Day: The Co-op now offers a 5% discount to all seniors age 65+ on the third Saturday of each month. The next senior discount day is **Saturday, August 20th**. To receive the discount **please inform the cashier BEFORE you begin your transaction; the discount will not be available after you have already checked out**. Your markup will be reduced 5% for that day and no markup can go below 0%.

Special Order Assistance:

Ordering assistance is available between noon and 2:00 pm on Mondays at the Co-op. If you need help with placing a special order for UNFI or one of our Direct Order Companies, call the Co-op at 864-868-3105 or stop by to speak with Lori Pierce or Theresa Pizzuto.

For assistance via email, contact Theresa at theresa.pizzuto@gmail.com

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.

Health Discussion: Discuss health issues at the Clemson Library the 2nd Tuesday of every month at 7 pm. For

further info contact Gary at 864-843-2584 or Lori at 864-843-2584.

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

Calendar - Click [July Calendar](#) to see a monthly calendar of deadlines and deliveries.

New items - Split Creek Farms raw goats milk, feta, cheeses and fudge. Please place orders in the **Farm Cart** section of the order binders.

Available in the freezer section are grass fed beef, ground bison, bison burgers and hot dogs.

Packaged goods include Ancient Harvests Lentil-Quinoa pasta and Bob's Mill garbanzo bean flour.

Gluten-Free: New from

USES FOR MINT

Have copious amounts of mint in your yard? Try adding a sprig to a cool glass of water; squeeze a lemon wedge for extra flavor. Here's some more great ways to use it, taken from Mother Earth News.

Mint Splash: Steep a handful of fresh mint leaves (peppermint is especially good) in a pint of hot water for about 10 minutes, then strain through a sieve. Let cool, chill, and when you need a lift, sprinkle yourself or apply with a cotton ball--you'll perk up! This liquid lasts for up to a week.

Mint Rinse: Prepare mint water above and add it to your bath water for a tingly wash, or use the solution as a final rinse after shampooing. It's also good as a mouthwash, an after-shave lotion, or a soak for tired feet.

Breath Purifier: Simply chew a sprig of your favorite mint.

Tea: Steep 1-1/2 tsp of dried, or 3 tsp of fresh, chopped mint leaves in a cup of hot water. Sweeten to taste (try honey), then sip slowly, breathing in the fragrance, and think of green field warmed by the summer sun. For iced tea, chill and serve over ice.

Minted vegetables: During the last two minutes of cooking, add 2 TBS of fresh chopped mint (or 1 TBS dried) to each quart of peas, green beans, carrots or cauliflower.

Zesty Salad: Toss together two cups each of lettuce and lamb's quarters, two or three scallions (include the green part), a couple of sprigs of fresh chopped marjoram or lemon thyme and three TBS of fresh, chopped mint. Serve with your favorite oil and vinegar dressing. Makes four servings.

Mint-Cheese Spread: Add a few minced mint leaves to cream or cottage cheese, mix well and spread on crackers.

Minted Fruits: Add chopped mint to applesauce, baked apples or fruit compotes. For a morning eye-opener, blend mint with orange juice.

Mint "Sniff": Bruise a mint leaf, raise it to your nose, and inhale. Realize peace and tranquility!

ReasonToBake.com, are spicy ginger, chocolate chip and cranberry cookies made in nearby Transylvania County, NC. Contact Jackie Caldwell at jc6m@caldwellcentral.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. The 2016 Consignment Schedule is available at the cashier counter.

All meats are stored in the (upper) freezer portion of the egg refrigerator. There currently an ample supply of eggs.

Honey in Bulk is available, as well as jarred honey.

Sale items change daily; shop often to check on new items and look for the red sales price sticker.

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 Aug 1** for purchase on **Thu Aug 11th**.

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 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
2016**

(Co-op will be closed):

Mon Sep 5 - Labor Day

Thu Nov 24 - Thanksgiving

Manager meetings:

Monthly on the 4th Saturday of
each month at 9:00 am at the
Co-op; everyone is welcome.

APPRECIATIONS

A big thanks to Debbie
Hornsby, Echo Macdonald, and
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writing and editing this edition
of the newsletter.

Labels: [Newsletter](#)

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