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# CULIGRAM

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Newsletter of The House of  
Culinary Inventions

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## Dear Friends,

I am about to emerge from my long, self-imposed exile which, as you know, was spent writing. I have been working on my book THE WONDERFUL WORLD OF YOGURT - or some such title (how to make it without gadgets, its nutritional and medicinal properties and about a hundred recipes).

In addition, I have been working on QUICK FIXES - another book that features all those quick and easy, delicious and nutritious recipes plus a section "What you should know about Food" which contains a lot of down-to-earth information about what is good about food and what isn't, along the way debunking a lot of myths - my particular concern.

I am also busy working on the script of a video tape. None of these things are available yet, much revising, editing, putting into shape and format have yet to be done. This is my first entrée into the world of publishing - so please be patient just a little longer.

## TALK ABOUT.....

In addition to the above I have also been busy giving talks. Apart from my regular monthly "double feature" with Dr. Todd Norton at **The Holistic Clinic**, I have given presentations at **The Department of Social Services** (organized by my faithful disciple Carole Landry), and at the **Public Library of Ottawa South**. It pleased me particularly that this one was aimed at teenagers and their parents, and I was delighted by the strong turn-out. Here is what one parent emailed me the next day ..... "Thanks again for Tuesday night's presentation. You've already had some influence. I'm soaking lentils at this very moment, ready to make your soup and my white bread-loving daughter is eating whole wheat, flax seed bread!" ...Ah, I do love influencing people!

In addition to my usual handouts at the talk I also reprinted a blurb I had downloaded from the internet which talks about soft drinks. ... You might be interested in its contents as well:

## PEPSI, COKE AND OTHER 'SOFT' DRINKS

Guess what's the pH for soft drinks, e.g. Coke? It is a whopping 3.4! This acidity is strong enough to dissolve Teeth and Bones!  
Our human body stops building bones at the age of about 30. After that, it'll be dissolving about 8 - 18% of the bones each year from the urine, depending on the acidity of food intake (acidity does not depend on the taste of the food, but on the ratio of potassium / calcium / magnesium etc. to phosphorus).

All the dissolved calcium combination will be accumulated and composted in the arteries, veins, skin, organs e.g. affecting the kidney functioning (kidney stone). Soft drinks do not have any nutritional value (in terms of vitamins & minerals). It has high sugar content, carbonic acid, chemical e.g. coloring etc. Some like to take cold soft drinks after each meal, but what's the impact? Our body needs an optimum temperature of 37 degrees Celsius for digesting enzymes functioning. The temperature of cold soft drinks is very much below 37 deg or even close to 0 deg. Celsius. This will dilute the enzymes & stress the digestive system, the food taken will not be digested but merely fermented! The fermented food produces gases, decays and becomes toxin, gets re-absorbed by the intestine, circulates in the blood stream and is carried to the whole body. Hence toxin is accumulated in other parts of the body, developing into various diseases. Think before you drink Coke/Pepsi (or any soft drinks) again.

Have you ever thought what you drink when you have an aerated drink? You gulp down Carbon-Dioxide, which nobody in the world would advise you to drink CO<sub>2</sub>. At a competition at Delhi University "Who could drink more Cokes?" The winner drank 8

bottles and died on the spot - too much CO<sub>2</sub> in the blood.

**Did you know that** soft drinks use chemicals in them that cause immense harm to you? Someone put a broken tooth in a bottle of Pepsi and in 10 days - it **dissolved!** Teeth and bones are the only human parts that stay intact for years after death. Imagine what the drink must be doing to your soft intestines and stomach lining.

The current issue of **ENERGY MEDICINE** - the publication for which I write a regular column - contains my article **Debunking Myths and Hype**. The previous issue contained lots of recipes. **Energy Medicine** is available free of charge at health food and bookstores, news stands etc.

## HOLISTIC CLINIC TALKS

Talks at The Holistic Clinic continue on a monthly basis (2211 Riverside).. Dr. Todd Norton, holistic chiropractor and nutritional counsellor, covers such subjects as women's health, allergies and food sensitivities, yeast infections, detoxification, nutritional supplements, etc., while I concentrate on the more practical aspects of nutrition with the help of a short video. A food sample is served. Seminars begin at 7.15 pm and are free of charge. However, we ask that you register by calling 521-5355. Upcoming talks will be held on

Tuesday - March 21

Tuesday - April 18

## Have you read ...?

**HOW TO GET WELL** by Paavo Ariola. This is not a recent publication but one which first appeared in 1974 (mine is the 1996 printing). It is written by a naturopath of wonderful good sense and covers subjects such as the therapeutic uses of foods, vitamins, food supplements, juices, herbs, fasting, baths, and other ancient and modern nutritional and biological modalities in treatment of common ailments. I found my copy at The Singing Pebble bookstore.

## GRAINS -LEGUMES - WHATSITS - CURRY WITHOUT TEARS (\$199)

### GET THAT POISON OUT OF YOUR SYSTEM

Spring is a good time to detoxify - to get rid of all sorts of toxins and other waste matter that have accumulated in us over the winter months, and which place enormous stress on our various organs. In plain language, one can't really maintain good health without getting rid of the stuff. And in this day and age of chemical overload in our food supply, in the environment, stress levels that are reaching breaking point - well, something has got to give.

There are many ways of achieving this, with daily dry brushing, with colonic irrigations and a whole host of other means. You could also brew yourself a good liver cleanse. Here is the recipe. Take a good swig of it every day. I do so first thing in the morning, but there is not specific time for its effectiveness.

#### Liver Tonic\*

*Mix together 1 ounce of chopped dandelion root with 1 ounce each of cinnamon bark, senna leaves, caraway seeds and ginger root. Add to 3 pints of water. Gently boil until liquid is reduced in volume to about half. Remove from heat, strain and cool. Store in the refrigerator. Add a little hot water before drinking it. (\*Jude's Herbal Home Remedies, 1995, Llewellyn Publications, Minn).*

### **Interested in Herbal Medicine?**

Why not treat yourself to a certified course in Herbal Medicine I given by Dr. Gerhard Schmidt, DN, nd, BSc, MH - covering such areas as: An Introduction to Herbal History - Plant identification - Bio-Chemical and Medicinal constituents including preparation of herbal medicines - how to treat acute and chronic health conditions - detoxification - immunity and herbal medicine - and much more. **Monday nights** (except for holidays) for 12 weeks - commencing **April 3**, Tuition \$195 plus GST. For information and registration call 226-1280.

## SCHEDULE OF CLASSES

Wednesday 6.30 pm - April 5 - 12 - 19 - 26  
Thursday 9.30 am - April 6 - 13 - 20 - 27  
Thursday 6.30 pm - April 6 - 13 - 20 - 27

Wednesday 6.30 pm - May 3 - 10 - 17 - 24  
Thursday 9.30 am - May 4 - 11 - 18 - 25  
Thursday 6.30 pm - May 4 - 11 - 18 - 25

These classes cover just about everything you ought to know about food - what is good for us and what isn't, and why. Packed with information you probably don't find elsewhere in this format, you will receive an introduction to grains and legumes, how to cook and turn them into any sort of meals, from breakfast to main meals to dessert. Fruits and vegetables including the now famous "Whatsits" are featured; how to use herbs and spices, tofu, nuts and seeds, and so on.

Debunking nutritional myths and giving you the facts - not what food companies would like you to believe. Extensive written notes. Preparation and tasting of quick and easy, delicious and nutritious recipes including beverages. Samples to take home.

### **YOGURT WORKSHOPS (\$65)**

Saturday 9.30 am April 29  
Saturday 9.30 am May 20

### **OTHER WORKSHOPS (\$65 each)**

As you know there are many other workshops on the "back burner" and, time and interest permitting, these could be held in the few remaining days at the end of May. It is important, however, that people enrolling in these have taken Pckg.# 1. Examples:

THE REGULARS - SOUPS & STEWS - SALADS AS MAIN MEALS AND SIDE DISHES - BEANS 200 - OR BLACK IS BEAUTIFUL - PASTA FIXINGS STUFF IT1 - A TOUCH OF LATIN AMERICA - and others.

These courses focus more solidly on meal-making (since all the relevant information and skill building were covered in Package # 1) - using a wide range of vegetables (the emphasis is on easy-to-get and inexpensive ingredients) and how to turn them into scrumptious dishes. Enjoy vegetables and other ingredients that you may actually dislike and suddenly find delectable. I try to make you more creative (and usually succeed!) - enlarging your culinary and nutritional horizons.

### **Multicultural influences in meal preparation and consideration of diets to meet specific health needs are an integral feature of all the courses.**

**Is Email your bag?** Are you still receiving Culigram by snail mail but are also reachable by email? Then please do let us know so that we can send it to you electronically. You never know, this might save a few trees in the long run.

### **HOW TO CONTACT - THE HOUSE OF CULINARY INVENTIONS**

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