

Total Health Series

Ten Super Foods



What is your favorite super food?

Chef John

Cobblestone Press

Total Health Series

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Disclaimer

This e-book is about a personal journey in search of local super foods. If you have any questions about health issues or information herein consult with your health care provider before trying any suggested foods or menus in this e-book or any class taught using the menus or text material.

Any application of the material set forth in this e-book is at the reader's discretion and is her or his sole responsibility.

Cover photo

Chef John at Pike Place Market and Farmers' Market Seattle, Washington

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Preface

What is a natural super food?

Super foods are natural foods, which have survived the test of generations in the eastern and western world north and south

This book is not a medical book and does not imply that eating a super food will cure disease.

The ten natural super foods listed here are available in natural food stores, co-operatives and ethnic stores and some farmers' markets.

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Forward

The author traveled from Michigan to Maine, British Columbia, Brazil, China, and Thailand to learn stories behind local foods.

He brings back stories of super foods from friends and countries around the world

A salty sailor's sea vegetables in Maine and a native fisherman's sockeye salmon on Vancouver Island, B.C. tell a story.

Why do natives living by the sea prefer sun dried dulse and wild sockeye salmon?

What can we learn from native people?

- In Brazil, Thailand and Jamaica natives prefer young coconuts or “jelly” coconuts instead of mature coconuts.
- In Korea, a city is known for bi bim bop and the national dish, kim-chi. What is in kim-chi that makes it so special?

Can one super food enrich our daily diet?

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Ten Super Foods

Açaí Palm Berries

What purple berry found in palm trees in Brazil contains more antioxidants than blueberries?

Bee Pollen

What is higher in protein than meat or eggs?
What other foods does this insect produce?

Coconut Water

Which coconuts contain water with electrolytes needed to re-hydrate the human body?

Sun Dried Dulse

What has vitamin B6, potassium, iodine and iron and a natural (vegan) source of vitamin B12?

Greens

How can humans increase our energy levels?
How many greens does it take to feel energy?

Milk Alternatives

Which milk is easier to digest than cows' milk?
What are the local alternatives to cow's milk?

Food Enzymes

Why do Koreans prefer cultured raw cabbage?
What's similar or dissimilar in "white" kim-chi?

Nutritional Yeast

Why do cats and people like nutritional yeast?
What can we learn from a 24 year old house cat?

Sockeye Salmon

Why is wild caught sockeye salmon the preferred choice of Vancouver Island's native fishermen?

Chapter 1 – Açaí Palm Berries

Brazilian Amazon palm berries are “nature’s highest antioxidant fruit”¹
(Higher than pomegranates or blueberries)

Antioxidants reduce free radicals that can cause premature aging, heart disease, Alzheimer’s disease and certain cancers.²

When I travel to Manaus and Santarém Brazil, I enjoy açaí, as a purple fruit juice or fruit sorbet. Here in Michigan I enjoy frozen açaí in smoothies.

Diabetics will be glad....açaí is low in carbs (100 grams açaí has 7 grams carbohydrate³)

Natives climb palm trees to harvest açaí berries. Palm berries contain natural anti-oxidant benefits and are processed into açaí pulp or acai powder

Smoothies

Açaí fruit juice or frozen pulp⁴, is easy to blend with a ripe banana and fruit to make smoothies.

Dessert Treats

Frozen bananas with açaí or other fruit can make a creamy sorbet dessert in a blender .

¹ Bossa Novo açaí juice with agave tested by independent analysis by Brunswick Lab

² What are antioxidants? Bossa Novo açaí juice, www.bossanovausa.com

³ Sambazon® açaí pulp, no sugar, 7 grams carbohydrate, 2 grams protein (100 gram packet)

⁴ Sambazon® organic pure açaí (pasteurized) frozen 100 gm smoothie packets (4 per package)
See www.sambazon.com

Recipes

Açaí “ah sigh ee”

Purple Punch⁵ (Sugar Free)

I like to enjoy this purple fruit with anti-oxidants by blending acai pulp and watermelon in a blender

- Wash watermelon, cut slice, remove skin
- Chop rind, fruit; place in blender with seeds
- Add acai pulp (100 gm), 1 cup water, blend
- Serve purple punch with a leaf of fresh mint

Purple Ice Punch

Freeze acai watermelon juice in an ice cube tray

- Add purple ice cubes to punch or to glasses
- Serve purple punch with fresh mint leaves

Purple Fruit Smoothies

Add frozen acai palm puree to fruit for smoothies

- Blend palm berry puree with ripe bananas
- Blend with papaya, mango and ripe banana

Banana Dream (non dairy, vegan)

Açaí fruit banana dream is a purple desert treat!

- Chop, freeze 4-6 ripe (speckled) bananas
- Blend bananas and fruit until creamy smooth
- Serve immediately and enjoy creamy taste

Your friends will not believe you made it!

Açaí (sweetened) and frozen pulp (sugar free) are available in natural food stores or food co-ops.

⁵ Acai (Brazilian purple palm berries) Tangmo (Thai watermelon) Acai Tango

Chapter 2 – Bee Pollen

A study of Russian centenarians found most of them were bee keepers⁶

Bee Pollen

Why is honey bee pollen a super food?

Bee pollen has protein, vitamins, minerals and enzymes which make it a rich natural food.

Comparison of the protein content of 100 grams of meat, eggs and cheese shows the bee pollen sample ranks above the traditional foods tested.⁷

Meat, Eggs, Cheese Protein and Bee Pollen Protein per 100 Grams

Meat (beef)	16.9 grams
Eggs	12.8 grams
Cheese	16 grams
Mixed pollens	19.7 grams

Murat, Felix, *Bee Pollen*, 37th Edition, 1985

Bee pollen is a food source of enzyme energy

- Test a few grains of pollen on the tongue
- After testing I taste one teaspoon of pollen
- Follow directions and/or consult nutritionist
- Note how your body responds to bee pollen
- Bee pollen can increase peristaltic action

⁶ Tsitsin, Professor V., The Bee Journal, April, 1946,

⁷ *Bee Pollen*, Felix Murat, 37th Edition, Weaver and Kuiken, 1951, pages 9 and 10

Bee Pollen

Bee pollen is offered as fresh pollen (requires refrigeration) or dried pollen (best if refrigerated). As heat destroys enzymes refrigeration is critical.

Color, Texture

Bee pollen is a natural food. It varies in color, texture and taste from the various flowering plants and tree blossoms from which bees gather pollen.

Pollen Gathering

Bees gather pollen to feed the bee hive colony. Pollen is collected with traps at the hive entrance.

Bee pollen is found in caps of the honey comb and in raw honey that is not heated or filtered.

Thus, raw honey with dark grains of pollen is preferable to heated, filtered processed honey.

Temperature

Fresh bee pollen is moist - requires refrigeration. Dried pollen heated 114+ degrees is not active.

Taste

Expect the taste of bee pollen to vary widely depending upon pollen collected by the bees.

Consult with a nutritionist if you have questions.

Amazing Bees

Bee dazzled? Busy bees offer all kinds of things. Bees offer us more than many flavors of honey.

Can you count the blessings honey bees give us?

- | | |
|-----------------------|-----------------------------|
| ○ Pollination | Gives us fruit |
| ○ Raw Honey | Sweet energy |
| ○ Honey Comb | Holds the honey |
| ○ Bee pollen | Secret super food |
| ○ Bee propolis | A natural antibiotic |
| ○ Bee stings | Ouch! Therapeutic? |
| ○ Bee's wax | Candles and salves |
| ○ Royal jelly | Turns bee to a queen |

Bee Keepers

Bee keepers are interesting people to meet. Ask a bee keeper what flowers the bees visited.

Did you know a New Zealand bee keeper named Sir Edmund Hillary and Norgay, a sherpa, were the first to summit 29,000 foot Mt. Everest?

For additional reading-

(Coming soon from Cobblestone Press)

Bee Products-Natural Super Foods, 20 pages

Learn more about bee pollen and bee products; antibiotic properties of bee pollen, enzymes, vitamins, minerals, allergy reactions, remedies.

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Honey

It is human nature to want pure, clear honey, which is likely to be heated, filtered and devoid of nutritional benefits except for sugar and calories.

Nature provides us with natural foods that man cannot duplicate. Raw honey is a natural food. Clear honey with no impurities is empty calories.

Let us not forget that the impurities in raw honey may be pollens. If this is true, do we want to accept the risk of small specs in raw honey?

Beeswax

Beeswax Candles

Beeswax is popular for slow burning candles, which are available at many farmers' markets.

The color of beeswax and its sweet smell is my choice instead of common petroleum wax candles

Salves and Creams

Beeswax with calendula blossom oil and goldenseal oil is a healing salve⁸ for dry skin.

Beeswax with comfrey, calendula and jojoba infused with olive oil, shyrax resin and lavender oil is a salve for "dry or cracking skin and eczema."⁹

⁸ Anne & Paul's Healing Salve, available from Anne & Paul at the Ann Arbor Farmers' Market in December or the PFC Food Co-operative, N. Fourth Avenue, Ann Arbor, Michigan

⁹ Creation Farm, Frankfort Michigan farmers' market (Saturday, year round), Elberta, Michigan Farmers' Market (Thursday, summer) and www.CreationSoap.com,

Chapter 3 – Coconut Water

Coconut water from young green coconuts has zero cholesterol, is fat free and is low in calories.¹⁰

Coconut water is considered a super food because it contains natural electrolytes, which are superior to typical bottled water or city tap water.

Coconut water contains the correct balance of water and electrolytes to rehydrate (the) body.¹¹

Coconut water is a popular beverage in Brazil, Thailand, Jamaica, Key West, Florida and other places where fresh young coconuts grow.

Look for green coconuts or bottled coconut water. Green coconuts can be drilled and a straw inserted to drink coconut water from the coconut.

Brazil

In Brazil, vendors chill coconuts on ice, drill the coconut and drain the coconut water into cups. (Coconut water is about \$1 to \$2 reais in Brazil)

I like daily cups of coconut water for hydration. As there is little hard coconut meat in a young coconut, it lacks the fat found in mature coconuts.

¹⁰ Harvest Bay® coconut water, distributed by A World of Healthy Foods, Hershey Import Co.

¹¹ Ibid, Harvest Bay® brand original coconut water with 100% pure Brazilian coconut water

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Coconut Water

Nutrition Facts¹²

Aseptic Tetra Pak 100% pure coconut water
Harvest Bay Coconut Water (Product of Brazil)

Serving Size 11 ounces, 330 ml

Calories 65

Daily Value (2000 calorie diet) %

Total fat 0 g 0%

Sodium 35 mg 1%

Potassium 660 mg 19%

Magnesium 35 mg 9%

Phosphorus 17 mg 2%

Total carbohydrates 16 g 5%

(Sugars 16 g)

Protein 0 g

Vitamin A 0%

Calcium 5%

Vitamin C 0%

Iron 0%

Fresh Coconut Water

Fresh coconut water is offered in some cafés, deli's,¹³ food co-ops and natural food stores.¹⁴

Look for green (jelly) coconuts in food stores.
In Jamaica, Brazil or Thailand try local markets.

¹² Harvest Bay® A World of Health Foods, Hershey Import Co., Edison, N. J.

¹³ Red Pepper Deli, 116 W. Main, Northville, Michigan, offers coconut water in smoothies

¹⁴ Karyns, 1901 N. Halstead Street, (Lincoln Park), Chicago, Illinois offers coconut water

Chapter 4 – Sun Dried Dulse

**Dulse is a sea vegetable rich in minerals
Dulse has more potassium than sodium
Dulse is a vegan source of vitamin B12**

Remedy for Cramps

At night I sometimes wake up with leg cramps. When I have leg or foot cramps I reach for dulse. Leg cramps and foot cramps caused by mineral deficiencies release quickly when I chew dulse.

Fresh wild Atlantic dulse is soft and chewable. When dulse becomes too dry it becomes crunchy. If dulse becomes too dry I put it under the faucet or drink a glass of water with the dulse.

Dulse is available from health food stores, food co-operatives and natural food stores. Look for natural dulse in 2 oz. packets and as dulse flakes (for smoothies) in 4 oz. re-sealable packets.¹⁵

I visited Maine Seacoast® sea vegetable facility in Franklin, Maine where I learned sea vegetables are harvested at low tide and sun dried on off shore islands before processing and packaging.

Certification

Maine Seacoast® dulse is tested for chemical, heavy metal and bacteriological pollution.

¹⁵ Maine Seacoast Sea Vegetables, Franklyn Maine, www.seaveg.com

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Nutrition Facts¹⁶

**Certified Organic Dulse¹⁷
(Wild Atlantic Sea Vegetable)**

Serving Size 1/3 cup, 7 g

Calories	18	
		% Daily Value
Total fat	0 g	0%
Cholesterol	0 g	
Sodium	122 mg	5%
Potassium	547 mg	16%
Magnesium	35 mg	9%
Phosphorus	17 mg	2%
Total carbohydrates	3 g	1%
Dietary Fiber	2 g	9%
Sugar	0 g	0%
Protein	2 g	3%
Vitamin A	2%	
Calcium	6%	
Vitamin C	0%	
Iron	19%	
Riboflavin	10%	
Niacin	1%	
Vitamin B 6	42%	
Vitamin B 12	23%	
Magnesium	6%	
Phosphorus	3%	
Iodine	243% (high)	
Fluoride	15%	
Chromium	9%	
Zinc	2%	

¹⁶ .Maine Coast Sea Vegetables, Franklin, Maine 04634 www.seaveg.com

¹⁷ Certified by OCIA International. Meets OCIA Organic Standards for harvesting and handling.

Chapter 5 – Dinosaur Kale

Chimpanzees have “strong natural immunity to AIDS, Hepatitis C, cancer and other fatal human illnesses.” Victoria Boutenko¹⁸

Have you ever seen a pet dog or cat eat grass? Canada geese eat grass, poop and then fly away. Is there something in greens that is essential? What’s missing in the Standard American Diet?

In comparing the Standard American Diet (SAD) with the wild diet of chimpanzees she notes that chimpanzees consume fruit, greens and blossoms with a lesser amount of pith, bark and seeds.¹⁹

So, am I or you going to eat grass? Probably not. Some raw food followers drink wheat grass juice. The wheat grass taste is too strong for most of us. The alternative to green juice is green smoothies.

Alternatives

Basic Green Smoothie

Blend 1 apple, 2 bananas, 3 leaves of kale with two cups water and a spoonful of raw honey.

As humans are not likely to munch on greens a blender is handy to have for blending smoothies.

¹⁸ Boutenko, Victoria, Green For Life, Raw Family Publishing, 2006,

¹⁹ Ibid. page 16

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Dinosaur Kale

Dinosaur kale is my favorite along with spinach, collard greens and baby greens. Iceberg lettuce is pale compared to kale.

Kale is known by many names including:

- Kale
- Curley Kale
- Dinosaur Kale
- Lacinato Kale
- Red Kale
- Russian Kale
- Chou Frise Lacinato
- Chou Vert Frise
- Chou Frise Rouge

Super Salad

Chop kale, spinach, chard or whole baby greens
Add $\frac{1}{4}$ cup dried cranberries or cherry tomatoes
Add $\frac{1}{4}$ cup of raw walnuts, pine nuts or pecans
Toss salad with a $\frac{1}{4}$ cup of olive oil or canola oil

Super Smoothie

Ingredients

- 1 cup strawberries (fresh or frozen) or
- 1 cup blueberries (fresh or frozen)
- 2 ripe organic bananas (fresh or frozen)
- 3 leaves of dark green kale (fresh, organic)

Directions

Blend strawberries or blueberries with bananas, chopped greens and 2 cups of water to make a super dinosaur kale or spinach smoothie. Yum!

Chapter 6 – Local Milk

Milk from 10,000 cows is not the same as local farm milk from cows or goats

Factory Farms

Today's farms may have up to 10,000 cows with confined cows being fed silage on conveyor belts.

Factory farms are not your grandfathers' farm.
If I could have milk, I prefer milk from local farms.

Local Farms

As a young boy in Wisconsin I grew up around cows. After morning milking the cows were led to pasture on green grasses in the field.

Cows chewed their cud, digested grass in their three stomachs and dropped big plops of cow pie. Cows lick salt blocks for minerals (Kids did too).

In the evening my friend and I opened the gate and led the cows up the road to the milking barn. The farmer hand milked without milking machines.

The big bull stayed chained to a stake in the field. One day after a heavy rain, the big bull got loose. We boys and the cows, just moved a little faster.

As a boy I loved to go to the creamery. I liked the smell of milk, steam, cream and the evaporator. Our milk was in bottles with paper caps, butter was pale, but real, and the rich cream was thick.

Milk Alternatives

For persons who don't want factory farm milk from 10,000 animals, local dairy farms offer a choice.

Look for milk from local farms at food stores.²⁰
Local milk is likely in a glass bottle, not plastic.

If cow's milk is not available from local farms, goat milk is a healthy alternative choice.

Whether conventional or organic milk-

- goats are believed to be cleaner animals
- goats are less likely to be given antibiotics
- goats are not likely to be fed hormones.

Grazing goats are more likely to have healthy milk than dairy cows raised in confined herds.

I have allergies so I avoid cow's milk products.
Goat milk presents me no digestive problems.
Taste varies, but my body knows nourishment

Now I know why my father liked goat cheese.
We ate Norwegian cheese and local cheeses.
Try goat cheese at Norwegian Smorgasbords.

²⁰ Peoples Food Co-op, N. Fourth Avenue, Ann Arbor, Michigan offers milk from local farms.

Chapter 7 – Kim-Chi

The secret of kim-chi is the enzymes, which are essential for pre-digestion. This reduces the body's need to use up limited body enzymes for digestion.

Kim Chi is a traditional cultured Korean food
Kim Chi contains enzymes for digestive health
Kim Chi is best kept refrigerated and not heated

Traditional Kim-Chi (spicy)

Traditional kim-chi is prepared with raw cabbage and other Asian vegetables with red chili pepper. Cultured in a covered container for 7 to 10 days each kim-chi batch develops distinctive flavors.

White Kim-Chi (mild)

White kim-chi is mild made without chili peppers is available in some Korean cafés and restaurants.

Super Food Benefits

Widely consumed in Korea, kim-chi offers health benefits of lactobacillus and enzymes not found in fried or boiled foods cooked over 114 degrees.

Store bought kim-chi may have preservatives. I always read the labels to avoid preservatives.

I regularly eat kim-chi at least once a week. The benefits of kim-chi are healthy digestive enzymes, which are missing in many foods.

Kim Chi

Select a medium size crock with a lid
Wash and thoroughly rinse the crock
Stainless steel pots with a lid will work

Choose one large or two small cabbages
For color try traditional and purple cabbage
Chop the cabbage and place in the crock

Add thin slices of fresh or frozen ginger²¹
Slice a daikon radish and add to the crock
Chop 2 or 3 hot peppers of your choice²²

Place a weight (small crock lid) to compress
the cabbage and vegetables in the crock.
Do not add water or vinegar and do not heat.

Warm weather kim-chi is ready in 5-7 days.
In a cool kitchen kim-chi takes 7 to 10 days.
Open the lid and taste the zip of the kim-chi

Once the kim-chi is cultured transfer to
clean glass jars and keep refrigerated until
ready to serve as a topping or side dish.

**Just two or three bites of kim-chi before
a meal replenishes my body's enzymes.
Thank Korea for Kim-Chi, my super food.**

²¹ My step-mother Helen taught me to freeze ginger root. Frozen ginger root is easy to shave into thin slices to add a bit of kick to wake up the taste buds with out overpowering other flavors.

²² Ground hot pepper can be substituted for fresh pepper. For white mild kim chi omit pepper.

Kim Chi

Serving suggestions

Add a teaspoon of kim-chi to your favorite lunch sandwich to create

- kim chi burgers (meat or vegan)
- kim chi hot dogs (beef or tofu)
- kim chi Reuben (corned beef or seitan)

**Add a bit of zip (enzymes) to your life
A rich source of lactobacilli and enzymes
The heat is natural, no cooking required**

Restaurant suggestions

Kim-chi is a traditional Korean food.
Visit Korea or a Korean restaurant for traditional kim-chi or white (mild) kim-chi

Bi bim bop is another Korean specialty served in a bowl with meat, tofu or egg and (raw or cooked) vegetables on rice.

Bi bim bop contains rice (white or brown), and choice of vegetables plus some protein.
Ask for kim-chi as a side dish for a little zip²³

²³ Kim Chi is featured at Kosmo, Kerrytown Market Shops, 407 N. Fifth Ave., Ann Arbor, MI

Chapter 8 – Food Enzymes

**Super foods contain enzymes
Let enzymes predigest foods
and give yourself more energy**

Benefits

Adding enzyme foods to the every day diet reduces the need for digestive enzymes and allows the body more metabolic enzymes.

See Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, 1985, page 25.

Illustration

Edward Howell, the father of enzyme nutrition, illustrates enzyme nutrition with a banana.

- **Green bananas are about 20% starch**
- **When ripe enzymes digest the starch speckled bananas become 20% sugar**

As enzymes predigest a speckled banana, this gives the body more enzymes for metabolism instead of using up enzymes to digest starch.

If our digestive system has less work to digest starch then our bodies can have more energy. Thus, I prefer ripe, spotted (organic) bananas.

Chapter 9 – Nutritional Yeast

**Our cat, Yumi Shu, liked nutritional yeast.
Yumi Shu lived a full life of 24 years.**

Dried nutritional yeast is a blood iron builder.
Nutritional yeast is a source of B vitamins.

When I had anemia I was advised to take
ferrous gluconate to increase low iron levels.
I now prefer foods to increase iron blood levels.

Among the super food choices for iron I add
nutritional yeast to my personal super food list.

FOOD SOURCES OF IRON mg/100 grams

1 T	Nutritional yeast	18.2 mg
2T	Molasses, crude	7.9 mg
2 T	Dried apricots	4.9 mg
1 Cup	Oatmeal	4.5 mg
2 T	Almonds (raw)	4.4 mg

Brewers yeast is an active yeast culture.
Nutritional yeast is consists of dried flakes.

I like to sprinkle nutritional yeast on salads
or other foods instead of traditional toppings.

What ever choices we make, food sources of
minerals and vitamins are my super food choice.

Chapter 10 – Sockeye Salmon

Native fishermen on Vancouver Island, B. C. prefer Sockeye Salmon²⁴ over other salmon.

Why is Sockeye Salmon preferred by some indigenous First Nation fishermen?

This salmon eats plants-not small fish. As a “largely vegetarian” salmon “it’s less likely to accumulate toxins”²⁵

I recall camping on Vancouver Island in British Columbia off the coast of western Canada.

A First Nation member of a fishing family taught me about sockeye salmon, his favorite fish.

He introduced me to sockeye salmon prepared on a wood plank over a wood fire on the beach.

Times Change

Sockeye and other ocean fish are being depleted. Where can we get natural fish oils for vitamin D and protective omega oils with anti-oxidants?

When wild fish are depleted fish is farm raised. Farm raised salmon depends on processed food, which can result in a less healthy human diet.

²⁴ Native fishing family, Tin Wis ocean beach, Vancouver Island, British Columbia, Canada, NA.

²⁵ Hsu-Leblanc, Elisabeth, “Farmed v. Wild Caught, The amount of toxins in fish may depend on how it was raised”, *Taste for Life*, March, 2004, pages 29-30.

Hawaiian culture favors Lomi Lomi Salmon Why to Hawaiian's prefer Lomi Lomi Salmon?

**Lomi Lomi salmon is best wild caught.
This salmon is traditionally served raw,
which requires only the best fresh fish.**

Jamaican, Japanese, British Columbian, Hawaiian and other native fishermen depend upon wild fish.

Whole cultures can be lost due to over fishing

- Drag nets catch protected species of fish
- Fish traps left adrift reduce future catches
- Dams on rivers disrupt salmon spawning.

Fish Restoration is possible and necessary

- Protected fish species can be released in order to replenish the fishing stock.
- In Japan fish traps of part bamboo can let fish escape, if a fish trap is not timely pulled.
- In some cases hydro-power dams blocking salmon migration may need to be removed.

People depend upon fish as a source of protein.

“As a person I support sustainable fishing.”

“My choice is wild fish, farmed or neither.”

If I buy fish I ask the fish monger or fish market-

“Where is the fish from? Is it wild or farm raised?”

“Is the fish a protected species? Country of origin?”

Summary

Ten Super Foods

Where ever you travel you are likely to find super foods. Learn all you can about local foods from native people. This list is just beginning. What can you add to the list?

Acai Palm Berries are known for antioxidants

Bee pollen is a concentrated source of protein

Coconut Water offers electrolytes for hydration

Sun Dried Dulse has minerals and vitamin B12

Dinosaur Kale in smoothies taste best with fruit

Goat Milk is likely more digestible than cows' milk

Kim Chi is a cultured food with nature's enzymes

Digestive Enzymes in super foods offer energy

Nutritional Yeast is a source of iron and B vitamins

Sockeye Salmon is a First Nation members favorite

Email your super food nominations to
Chef John at cobblestonepress@aol.com

Where to Find Super Foods?

**Wherever I live or travel my first choice is a farmers' market.
Look for local farmers' markets in cities, towns and villages.**

- Ann Arbor's farmers' market is open year round on Saturdays.
- Elberta Village farmer's market is open summers on Thursday.
- Frankfort's farmers' market is open year round on Saturdays.

Acai palm berry juice or frozen pulp is found in natural food stores.

Bee pollen is found in natural food stores and some farm markets.

Coconut water is found in green (jelly coconuts) in food stores.

Dulse is offered by Maine Seacoast Sea Vegetables, Franklin Me.
Ask your local food co-operative for dulse in bulk or prepackaged.

Dinosaur kale and greens are available in natural food stores.
Greens can be purchased in season at local farmers' markets.

Look for Goat Milk and Nutritional Yeast in natural food stores.

Kim Chi is offered at farmers' markets in Ann Arbor and Frankfort.
Read the labels on store bought kim chi to avoid preservatives.

Sockeye Salmon is available as fresh fish or prepackaged.
Ask for lomi, lomi salmon in Hawaii or at Hawaiian gatherings.

Whether I am in Anchorage, Auckland; Bangkok, Manaus,
Munich or Seattle, I like to shop first at local farmers' markets.

Farmer's markets offer basic foods as well as some super foods.
Let us live simply and fully with local natural foods and friends.

Total Health Series

**COBBLESTONE PRESS
mini-books & e-books**

Total Health Series

Ten Steps to Health	\$10
Ten Super Foods	\$15
Ten Foods to Avoid	\$10

Adventure Series

(new titles coming soon)

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About the author



Ten Super Foods is gleaned from a 20+ year journey. I was diagnosed at age 46 with high PTH, low calcium and anemia. This diagnoses led to parathyroid surgery.

As I took responsibility for my own health I learned that I could have more energy if I made better food choices. I learned from friends, books, classes and world travel.

Traveling in Thailand, China and Brazil shopped in public markets and ate in local cafes at public markets. I lea foods and happy smiles are common languages.

I enjoy local café's in Japan serving umboshi plums. In Brazil I walk to a mercado by the Amazon River and enjoy lunch at a café with local and vegetarian foods.

Wherever I travel I shop at local public markets. In my travels I learn the local foods which I call super foods. I want to share what I learn by writing mini-books.

Chef John
Ann Arbor, Michigan

Total Health Series

New Titles Cobblestone Press LLC

Food Is My Medicine

The Natural Food Lifestyle



Food is My Medicine by Chef John Revised edition coming soon

Learn how the author overcame anemia, leg cramps, bone problems and low energy with simple natural foods and a blender.

He finished a marathon; climbed a 14,400 ft. peak, biked on New Zealand's North Island and continues adventure travel at age 70+.

Price: \$20 Mail orders add \$2

Total Heal Series

Ten Foods To Avoid



by

John A. Rasmussen

Cobblestone Press
Ann Arbor, Michigan

Ten Foods to Avoid by Chef John

What is being served in school cafeterias? Mothers will want to read this new mini- book in our Total Health Series©. Learn healthy alternatives to the Standard American Diet.

The author, who once ate sugar sandwiches, identifies 10 foods to avoid or eat less often.

Price: \$10 Mail orders add \$2

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If you like our mini-book series tell a friend.

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