



Are You Tired of Feeling Tired?

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Have you wondered why so many people complain about being tired of feeling tired? It almost seems a normal condition – to be fatigued and to suffer from other conditions like PMS or hot flashes.

Would you be surprised to find out one of the reasons could be a simple lack of whole grain nutrients?

First, a bit of background: Each of our approximately 73 billion body cells is surrounded by a fatty membrane made up of critical oils - *lipids* and *sterols* – substances that keep the membrane supple. Without adequate amounts of those substances, the cell membrane is hard and sticky and prevents nutrients from getting into the cell and waste products from getting out. As a result, the cells' "energy production" is reduced and we are sluggish, moody, and sleepless. An investigation on chronic fatigue done at Presbyterian Hospital in California confirmed that lack of lipids and sterols resulted in low energy, glandular problems, thyroid disturbances, hormone imbalances, and premature aging.

With adequate amounts of lipids and sterols, on the other hand, the cell membranes are soft and permeable and support proper energy metabolism. The benefits include energy, mental clarity, stress reduction, a stronger immune system, fewer PMS symptoms, and glowing skin! A study at Texas A&M University found better absorption of nutrients, improved response to stress, better cardiovascular development, and an increase in energy levels.

So where do we get those lipids and sterols? In whole grains – unprocessed whole grains, that is. Today's typical grain based foods are *processed* to remove the good oils in order to prolong shelf life; without such processing, those oils would spoil breads and pasta quickly.

The key is that the grains containing the precious oils must be consumed "whole" – in their natural state. ("Whole grain bread" does not qualify because it, too, is processed.) In some cases, that means the grains must be soaked and boiled to prepare them for eating or use in recipes. Good whole grains include soy, kamut, spelt, millet, quinoa, oats, amaranth, and rye.

To bridge the gap between what we "should" and what we "do" eat, a good supplement is always a good idea. I recommend to my clients the **Tre en en** grain concentrates from GNLD.

Take the first step toward working on your wellness now instead of dealing with illness later: Get those whole grains into your diet.

Editor's note: I believe readers would benefit from a reference to recipes with instructions. Is it worth mentioning that quinoa, for example, boils up in ten minutes and is a great substitute for rice?

Personally, I mix brown rice and quinoa half and half – the rice provides the delicious chewiness and the quinoa supplies the nutritional boost.

QUINOA WITH VEGETABLES

¾ cup quinoa grains

8 – 10 oz of spinach (baby spinach works well) or collard greens or swiss Chard

1 red bell pepper

2 carrots sliced into coins

2-4 cloves of garlic

4-5 dashes of cayenne pepper

Sea salt or Herbamare

1 tsp of dulse flakes (optional)

Herb or chicken bouillon (low sodium)

Olive oil

Garnish with fresh herbs such as parsley or chives.

- Rinse spinach/greens well under running water
- Place quinoa in a bowl with some cold water. Rub the grains between your hands to remove the outer surface. Pour out the water. Add some more water and repeat. Repeat this several times until the water is fairly clear.
- Cut the mini carrots in half lengthwise.
- Cut the pepper in julienne slices.
- Rip the spinach off the stalk unless using baby spinach.
- In a saucepan/frying pan, add the quinoa grains, 1 ½ cups of water, chicken bouillon, salt and cayenne. Let it boil. Then simmer for 2 minutes.
- Add carrots, peppers and garlic. Let simmer another 3-5 minutes.
- Gradually add handfuls of greens and stir frequently to ensure all vegetables are cooking evenly.
- Once the water has almost evaporated add in 1- tbsp of olive oil and saute for 2 minutes.
- Add other spices as desired.
- Serve.

Be well,
Maryellen Vandenbrink, RNCP
*article reprinted with revisions