

Sandi's Kitchen and Garden Notes ~

Angiogenesis, a Medical Revolution

There are now more and more researchers and doctors who are *scientifically demonstrating* Mother Nature's single-minded *tour de force* in re-balancing the body for health and survival.

Those fallen sunflowers in my garden whose stems merely bend toward the sunlight *and continue to grow*, are my constant reminders that life-force-energy is beyond remarkable. There exists a most awesome will-to-live in nature that exemplifies the fact that our bodies also, WANT TO HEAL. And... what we put into our bodies does have an effect (either positive or negative) in maintaining this innate wonder.

Just this past month I came across Dr. William Li's on-line video (presented by TED Talks) titled "Can We Eat To Starve Cancer?" <http://www.youtube.com/watch?v=B9bDZ5-zPtY>

For those who aren't able to view this talk on line, the answer was an astounding "YES!" Dr. William Li's 24 minute presentation speaks to the fact that "YES, foods can and do restore the body's natural control of angiogenesis.

Angiogenesis, the growth of new capillary blood vessels in the body, is an important natural process in the body used for healing and reproduction. The body controls angiogenesis by producing a precise balance of growth and inhibitory factors in healthy tissues. When this balance is disturbed, cancerous tissues/tumors grow without restraint. Antiangiogenic therapies literally starve cancerous tumors of their blood supply by interfering with their process.

As Dr. Li points out, there are foods (and especially EATING A VARIETY of foods) that help to restore the body's natural control of angiogenesis.

Dr. Li shared research that showed how, for example, drinking either Jasmine or Sencha teas inhibit tumor angiogenesis. The 'Wow' came to my lips when his research demonstrated how drinking *a blend* of these two teas is *even more potent* than either one alone. "This means there is food synergy," Dr. Li announced.

"Mother Nature has laced a large number of fruits and vegetables and herbs with naturally occurring inhibitors of angiogenesis. I could make a meal using some of these more powerful foods," Dr. Li insists.






Just imagine eating foods that boost the body's defense system, suppressing those blood vessels that are feeding cancers. So let's get to it. Below is a partial list of Dr. Li's super foods. This month I suggest recipes that both feature ingredients from this list and are growing this season. (What recipes can you make to include these?)

Green tea	Red grapes	Lavender	Strawberries
Red wine	Pumpkin	Blackberries	Bok Choy
Sea cucumber	Raspberries	Kale	Turmeric
Blueberries	Soy beans	Parsley	Oranges
Ginseng	Garlic	Grapefruit	Maitake mushroom
Tomato	Lemons	Licorice	Olive oil
Apples	Grape seed oil	Pineapple	Nutmeg
Dark chocolate	Cherries	Artichoke	...

How can I use these ingredients? Let me count the ways.....

<p>Cashew Cream Drizzle (6-10 servings)</p> <p><u>Ingredients</u> 1 cup raw cashew butter 1/4 cup honey (local honey is best) 1/3 cup lemon juice 1 Tablespoon lemon zest</p>	<p><u>Directions</u> Mix all ingredients together in a bowl and stir until they are well blended. Serve as a drizzle over fruit</p>
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‘Mixed Pieces’ Medley *(chop suey variation)*

Serves 4 to 6 ~ Make enough to enjoy for tomorrow’s lunch

Ingredients

1 Tablespoon sweet mirin seasoning (sweet white wine)
1 teaspoon Mrs. Dash, Chinese 5 Spice, (fennel seeds, cinnamon, cloves, star anise, ground black pepper), or any oriental seasoning
1/4 cup vegetable broth (more if necessary)
1 onion (or 3 shallots) chopped
1 red bell pepper, chopped large
1-2 Tablespoons fresh ginger root, chopped
1/2 teaspoon turmeric powder
1-2 carrots, matchstick slices
2 stalks celery, chopped
4-6 Maitake mushrooms, chopped
1 box of tofu, diced
2 garlic cloves, chopped
1 can water chestnuts, drained
4 bunches bok choy (or 1 bunch kale)
1 large handful of bean sprouts.

Directions

Prepare all your vegetables before turning on the heat. Place the seasonings and broth in a covered iron frying pan or wok and heat. Add the onion, bell pepper, ginger root, carrot, and celery and cook for 5 minutes. Next add the tofu, garlic, and water chestnuts and cook for about 5 more minutes (until the tofu is heated and the carrots are tender). At this point add chopped bok choy and cover quickly. Cook only for about 2-3 minutes, just until the leaves are wilted. Take off heat. Add bean sprouts and replace the lid. The bean sprouts will warm quickly in the time it takes you to call everyone for dinner! Serve over a bed of hot quinoa (or rice) with a side of fresh snap peas.

Super Easy Salad For Days! Serves 2-4

Ingredients

2 cucumbers, chopped small
2 tomatoes, chopped small
2 cloves of garlic, chopped small
1/2 red onion, chopped small
1/4 cup fresh parsley, chopped
1/4 teaspoon peppermint, dried
1/4 teaspoon spearmint, dried
2 Tablespoons Olive oil
Salt and pepper to taste

Directions

Mix all prepared ingredients and toss. Eat now or let marinate and eat over the course of days! Refrigerate when not munching! (Substitute fresh mints for dried = way yummers!)

Sir Isaac’s Baked Orbs Serves 5-10!

Ingredients

1 1/2 cups water
1/2 cup small pearl tapioca
1/4 cup honey or agave nectar
1 teaspoon cinnamon
1 pinch of salt
8-10 apples depending on size
dried raisins or cranberries
Fresh berries in season

Directions

Heat oven to 450F. In 12” skillet mix water, tapioca, honey, cinnamon and salt. Core apples place in mixture. Stuff apples with raisins, sprinkle with cinnamon. Bake for 20 minutes with skillet on top of cookie sheet to catch drips. Serve topped with fresh fruit and Cashew Cream Drizzle.

FLASH: Exciting news in line with Dr. Li’s message: Food for Life Nutrition and Cooking Classes...

Preventative Nutrition for Optimum Health & Weight Loss

Last November I was honored with being initiated as a Food for Life, Nutrition and Cooking Instructor through The Cancer Project, Washington, D.C. This non-profit organization’s mission is to spread the results of 20 years of scientific research regarding the **foods to put on our plates to prevent cancers from growing**, and/or to **survive cancer WELL** after suffering the ravages of this dreaded disease (and other chronic conditions).

If you’re looking to prevent cancer (or other chronic illnesses), if you want to learn how to survive cancer well, if you know of someone who has cancer, if you want to learn more about preventative, healthy life-styling this class is for you and anyone you know who would enjoy easy, tasty health-promoting cuisine.

I will be teaching two Food for Life (4-classes) series. You can learn more about these classes or register on line at www.cancerproject.org/classes or **if you would like to receive an additional Grey Bears’ 20% discount, you will need to contact me by email or phone to register.** There are a limited number of spaces, so early sign up is encouraged. (This series partially funded by The Cancer Project is offered at an exceptional price.)

Tuesday nights: Aug 31, Sept 7, 14, 21 Bauman College, 3912 Portola Drive, Santa Cruz, 6-8pm \$250 \$90.

Thursday nights: October 7, 14, 21, 28 Whole Foods Market, 911 Soquel Avenue, Santa Cruz, 6-8:15pm \$250 \$90.

A number of past participants have related the powerful effects of taking this class with a friend.