

# The gift of learning

by Ulla Jacobs



Reader response to my first article has me sharing some steps I took to clean up my diet.

I eliminated all the “whites” — flour, rice, sugar and bread products — for three reasons:

1. These highly processed products are denatured, having been stripped of most beneficial nutrients.
2. The whites, registering high on the glycemic index, elevate sugar levels in the bloodstream.
3. The body, in an attempt to remove them from the system, will use up valuable vitamins and minerals to accomplish this task.

You asked, “What alternatives are available?” Many of the items are now in supermarkets; all are available in health food stores.

For sweeteners I use unpasteurized honey (contraindicated for babies), pure maple syrup and whole cane sugar (Sucanat, also a fair trade product). Brown rice comes in many varieties such as short and long grain, basmati and jasmine. It takes longer to cook, but has much more flavour and packs a punch nutritionally.

Milk alternatives come in the form of soy, rice and coconut milks.

Spelt has become my favourite flour to use in bread and all other baking. It is an ancient grain, unlike wheat, which is a hybrid. I made the switch to spelt after reading *Eat Right 4 Your Type* by Peter D’Adamo, where foods are listed as highly beneficial, neutral and no-nos for each blood type.

I tried this diet for three months, avoiding things in the no-no column. During a visit I made to the acupuncturist, he asked me what I had done differently since my last visit. I explained the diet and duration of the trial. A pulse test revealed that all my major organs had settled down. They were at peace. Interesting.

While I found this way of eating a bit too restrictive, I was aware of its merits. A system in crisis could certainly benefit from foods that work well with the body, easing further stress.

A good way to cleanse the body is to work with the natural rhythm by eating only fresh fruit in the morning, until lunch. The digestion gets a rest, as the fresh fruit is absorbed within 20–30 minutes, allowing for a flushing action.

One of my favourites is a cantaloupe shake. Peel and deseed a cantaloupe and cut into chunks. Place in the blender and process. Provided the melon is ripe, the mixture will become light and frothy — delicious.

The trick with any melon is to eat it alone or leave it alone. Melons don’t interact well with other foods. Anyone with sugar metabolism irregularities, such as diabetes, should use caution.

We have all heard the phrase, “You are what you eat.”

Years ago, in line at the supermarket, the woman ahead of me proceeded to fill the counter with beautiful, fresh fruit. She bought pineapples, grapes, kiwi, apples, peaches and melons,

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and nothing else. I looked at her and immediately made the connection. She had the most vibrant, beautifully alive skin.

*share*

Food intake, while important to maintaining health, is not the only component. A holistic approach encompasses mind, body and spirit working in tandem; perhaps something to explore later.

Johanna, the publisher of *Island Gals*, sampled my muffins and commented that she did not get a sugar high or a bloated feeling afterwards. She asked me to share the recipe. For the sample she tried, I used maple syrup and dates and added a tablespoon of Caf-lib, a coffee substitute, for additional flavour.

## Good Morning Muffins

- |   |  |
|---|--|
| <input type="checkbox"/> 2 cups spelt flour               | <input type="checkbox"/> 1 tsp baking powder |
| <input type="checkbox"/> 1 cup boiling water              | <input type="checkbox"/> 1 tsp baking soda   |
| <input type="checkbox"/> 1 cup oats                       | <input type="checkbox"/> ¼ cup oil (olive)   |
| <input type="checkbox"/> 1 cup dates or raisins           | <input type="checkbox"/> 1 tsp cinnamon      |
| <input type="checkbox"/> 1 cup Sucanat or cane sugar      | <input type="checkbox"/> 1 Tbsp orange zest  |
| <input type="checkbox"/> ½ cup of molasses or maple syrup | <input type="checkbox"/> ½ tsp salt          |
|   | <input type="checkbox"/> 2 eggs, beaten      |

Preheat oven to 375°F. Grease muffin tin.

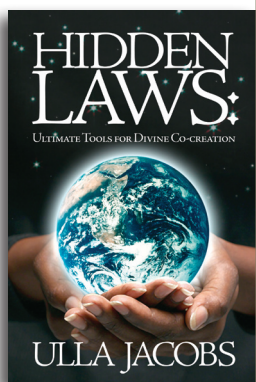
Stir together dry ingredients. Pour boiling water over dates or raisins. Stir in molasses, oil and orange zest. Add to dry ingredients all at once. Add beaten eggs and stir only until just combined.

Spoon into muffin tin. Bake for 20–25 minutes until firm to touch.

Ulla Jacobs has been a researcher for more than 35 years.

Favourite topics include healthy eating, baking, theosophy, universal law, mind/body connection, quantum mechanics and energy healing.

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Issue 1 of *Island Gals* found Kiki and Peaches facing the curse of middle age. Vowing to grab the bull by the proverbial horns, we decided to fight society's 40-something stigma to the end by taking on new and exciting challenges.



## Kiki and Peaches Try African Hand Drumming

by Kiki LaRue and Peaches McCobbler

First step was aliases that better reflect our true personalities, and Kiki and Peaches were born.

We decided to start slow with this new journey of rebirth by attempting hot yoga, which proved to be a little more than challenging, but we are happy to report that we have returned for more stretch, and even more heat.

But now it was time to crank it up a notch and get our party on.

Scouring the Internet over coffee, we Googled our three favorite words — fun, free, Victoria — and were pleasantly surprised that illegal activities were kept to a minimum.

After some investigation we stumbled upon Hand Drum Rhythms, which offers a free monthly workshop in African Hand Drumming, along with regular classes for all levels and ages.

We made our way to Fairfield United Church Hall, fully expecting a crowd of 10 young hippies sitting in a circle passing around something other than a cigarette, who would most likely motion to us that Bingo was down the street.

Instead, we were met with a full house of approximately 70 people of all ages, from mothers with young children to seniors. One woman who easily had 40 years on us rode in on her bicycle. We blended in seamlessly.

We were all given beautiful djembe drums in impeccable condition. Jordan Hanson, founder of Hand Drum Rhythms, gave us a brief introduction, and we were soon on our way to banging our drums like there was no tomorrow.

Jordan's instructions were clear and easy to understand, and he was interesting and animated, with a great sense of humour. His assistant Andrew was our guide. We followed his exaggerated gestures on even larger drums, and he did an excellent job of keeping us all on track. (And ladies, the fact that both men were easy on the eyes had us concentrated and focused — on keeping the beat, of course!)

We learned a series of different beats, practised each series at a comfortable pace, began to put the beats together, and the last 20 minutes of this workshop had 70 people in almost perfect unison, bringing the house down with a djembe drum concert. The church hall was shaking, and we're sure the Bingo players down the street must have been envious.

It was 90 minutes of pure fun, therapeutic drum thumping and soul-rejuvenating joy that we highly recommend.

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