

# Nutrition – Nature’s Way

## EdibleWildFood.com

EdibleWildFood.com is thrilled to launch our first-ever newsletter. There are many exciting things “growing in the fields” for us this year and this newsletter is the first.

Being a subscriber to our monthly newsletter gives you valuable nutritional information to help you live a healthy life. In addition to wild edibles, this newsletter will include information on sprouting, juicing, eating raw food as well as promoting the value of eating locally grown fruits and vegetables.

Nutrition for the body externally is another exciting feature that will appear in our newsletter. Well, instead of talking about it – here’s an example.

Exfoliation is amazing for our skin. Let’s use St. Ives as the example; after all, they use the words, “Naturally exfoliate to reveal smooth, radiant skin”. If that doesn’t sound good enough then the joboba beads and apricot extracts are sure to get you hooked. What they do NOT tell you is that the second ingredient of this product is SLS (Sodium lauryl sulfate). According to the Environmental Working Group’s Skin Deep Cosmetic Safety Database, SLS is a moderate hazard that has been linked to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. SLS is what gives you the “bubbles” to make you think you are getting clean and is found in many personal care products.

Want to exfoliate with actual nutrition? It’s easy. Get some plain yogurt and either add some organic coffee grounds (or crushed apricot shells) into it. (Nutritional values are on page 3.)

### Weed of the Month Purslane



- Loaded with vitamins A, C, E, and co-enzyme Q10
- Contains more Omega-3 than any other leafy vegetable plant
- 100 grams of fresh purslane leaves provides approx. 350 mg. of omega 3
- Rich source of riboflavin, niacin, carotenoids, iron, calcium, magnesium, potassium and manganese
- Protects the skin against environmental damage
- Mild, sweet-sour flavour with a chewy texture
- Preferably eaten fresh in a salad or add to a sandwich
- Is considered a vegetable in other countries

## February is Heart & Stroke Month

Awareness programs are in full swing to educate people on how to prevent heart attacks and stroke. Diet is one of the key factors to help prevent heart disease. Eating raw fruits and vegetables is important because cooking destroys many of the nutrients your body needs. The vitamins, minerals and nutrients important to a healthy heart include: vitamins A, C, & E, calcium, magnesium, selenium, copper, potassium and omega 3 essential fatty acids.

EdibleWildFood.com has an awareness program you've likely not seen before – to help prevent heart disease and lower your risk of stroke, eat weeds! O.K., not just any weeds, eating wild edibles loaded with the vitamins mentioned above are the ones to target – and if you go out to collect your wild edibles then the exercise and fresh air is an added bonus. (However, it is winter so storing this information until spring is a good thing.) Before getting into [edible weed](#) health benefits let's look at three everyday items to help your heart.

**Cayenne Pepper** – Heat things up this month and every month with the power of cayenne. It is a good source of magnesium and potassium, manganese, riboflavin, niacin, iron and a very good source of vitamins A, C, E, and K.

**Garlic** – Garlic has a plethora of medicinal uses, but for heart health it can lower the bad or LDL cholesterol levels. Garlic can also reduce the triglyceride and blood pressure levels. It is a great source of vitamin C, selenium, and calcium.

**Cinnamon**- Get some cinnamon bark and make yourself a tea because it reduces high cholesterol levels as well. Cinnamon has an anti-clotting effect on the blood, contains calcium and has many other health benefits.

### Edible Weeds for Heart Health

**Alfalfa** – Rich in vitamins A, C, E, calcium, copper, magnesium, and potassium.

**Chicory** - Good source of vitamins A, C, E, calcium, magnesium, potassium and copper.

**Lamb's Quarters** – This edible weed is loaded with potassium, magnesium and omega-3.

**Plantain** – Contains vitamins A, C, calcium, magnesium, potassium and selenium.

**Purslane** – The leaves are very rich in omega-3 fatty acids, essential to a healthy heart.

**Red Clover** - Contains calcium, magnesium, potassium and vitamin E.

**Stinging Nettle** – There is an abundance of vitamin A, C, and E as well as calcium, and potassium.



[Purslane](#)



**Alfalfa**



### Nutrition for Your Skin

Nutrition for the skin is just as important as nutrition for nurturing the inner cells of your body. Exfoliating (and guys – this is for you too by the way) rids your skin of dead skin cells and impurities leaving your skin radiant and feeling soft – especially when using wholesome ingredients.

Plain yogurt – Low fat or whole-milk yogurt contains lactic acid which softens the skin and hydrates. (This may help in reducing wrinkles.) Yogurt has anti-bacterial and anti-fungal qualities so it aids in cleansing the skin. **If you have dairy or alpha and beta hydroxyl-acid allergies do NOT use yogurt!** Yogurt has many healthy enzymes and adds natural oils to the skin. It can diminish pore size and can improve the overall skin texture giving a healthy glow to your skin.

Coffee – Coffee grounds, fresh or used, (preferably organic) can be added to yogurt to make an exfoliating scrub. Containing lots of [antioxidants](#), coffee can help neutralize the effects of free radicals that damage the skin – this lessens the effects of premature aging. Caffeine is a vasodilator meaning it will slightly constrict blood vessels in the skin providing a tighter and firmer appearance.

Apricot shells – It's hard to determine whether ground up apricot shells contain the same health benefits as the seed it encases. If so, then it contains [vitamin B17](#) (laetrile) which is used in alternative therapies in treating cancer.

Add a teaspoon of either coffee grounds or apricot shells to 2-4 tablespoons of plain yogurt, stir and start exfoliating. Be sure to store this in the fridge and write on the container you use, the expiration date of the yogurt.

*Well, that's it for this month. Thank-you for subscribing and I hope you continue with me on my wild edible journey – your support is greatly valued. Remember though, I am not an expert. I thoroughly research and present to you what I feel is good stuff to know. Always be sure to do your own research to ensure the safety of everything you choose to put in or on your body – especially if you are on any medications.*



Yogurt & Apricot Shell Exfoliant



Exfoliant Apricot Shells

