

## June 2008 Newsletter: Nutrition Matters

**Tip of the month:** Take a look at the 8 minute video of the secret life of a blood cell from Harvard's Department of Molecular and Cellular Biology. It is stunningly beautiful and ineluctably humbling -- all that going on inside one tiny part of me!

<http://multimedia.mcb.harvard.edu/media.html>

### Mushrooms

**M**ushrooms have a mystery to them. They come from the Kingdom of Fungi – neither animal nor plant. They are reputed to have healing properties, psychedelic properties, and poisonous properties. Most of us think the ones we eat are delicious.



**W**hat, besides taste, would tempt you to eat mushrooms? Various researchers have credited them with providing fiber, antioxidants, vitamins, minerals, and protein. The shiitake mushroom (pictured here) is under investigation as an immune booster, especially for cancer patients, because of

lentinan, described in Wikipedia as: “an anti-tumor polysaccharide from the shiitake mushroom.”

**M**ushrooms in general are also a reliable source of potassium, important in partnership with sodium for water management in your body. Muscle cramps? Cook up a few mushrooms.

**A** cup of cooked shiitake mushrooms will also provide a quarter of your recommended daily amount of choline. What is choline? It’s an emulsifier that’s part of the B vitamin complex. According to Earl Mindell, it is one of the “few substances

able to penetrate the so-called blood-brain barrier, which ordinarily protects the brain against the variations in the daily diet, and go directly into the brain cells to produce a chemical that aids memory.” (*Earl Mindell’s New Vitamin Bible*, Warner Books, 2004.)

**S**o there are three reasons besides delectability for trying the recipe below: less cancer, fewer muscle cramps, and clearer thinking!

### **Recipe of the month:**

#### **Prep Time:**

Half an hour to soak dried mushrooms, unless you use fresh ones.  
5-10 minutes for cooking.

#### **Ingredients:**

Dried shiitake

Cooking oil: coconut, olive, canola, or any high heat oil of your choice.

#### **Directions:**

- Soak the dried mushrooms in water for half an hour and then squeeze dry by hand.
- Heat your pan or skillet to hot and coat the surface with your oil of choice.
- Add the mushrooms sans their stems. (Save for use in future broth, stock, or stew.)
- Sprinkle salt and, if you like, black pepper.
- Continue to sauté until “tender to the bite.”

**Read my monthly essay**  
**on the Cambridge Naturals website:**  
<http://www.cambridgenaturals.com>

#### *Forward to a friend?*

*Since it’s a pleasure to help friends become healthier, please forward this newsletter to any who might be interested in it.*

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