



November 2006
Volume 1, Issue 3

Inside this Issue

- **Pomegranate Enters the World of Chemoprevention**
- **Food – The Vital Link**
- **Vitamin K and Prevention in Newborns**
- **Brendan Brazier – Professional Triathlete**
- **Tap Water – Friend or Foe?**
- **Introducing Felicetti Pasta**
- **Health Cooking with Wholesome Foods**

Dr. Heather Fox Ph.D.
Health Education Specialist
Saskatchewan/Manitoba
Account Manager
Ph. 306-566-9275
Fax. 306-566-9276
Cell. 306-527-8172



Dr. Heather Fox Ph.D.

November Newsletter

Pomegranate Enters the World of Chemoprevention

Published in Vista Magazine – Nov/Dec 2006

By Dr. Heather Fox Ph.D.

Pomegranate, and pomegranate extracts are finding a new place in health promotion despite a history of being one of the earliest cultivated fruits along with olives, grapes, figs and dates. History suggests that pomegranate trees began to be cultivated for their fruit sometime between 4000 B.C.E and 3000 B.C.E.

This rich, deeply coloured and delicious fruit has been considered a symbol of health, fertility, and rebirth across many ancient cultures. Years ago in downtown Toronto there was a small shop – one of the first juice bars in the country no doubt - specializing in fresh squeezed fruit juice. I would splurge periodically and buy their delicious ‘Millionaire’s Drink’ - fresh squeezed pomegranate juice selling then at more than twenty dollars a litre. And that was back when the litre was still in standard measurement and was actually a quart! Pomegranate has come a long way in popularity and affordability since then.

Pomegranate is now a leader in chemopreventive and chemotherapeutic natural products. In recent years the concept of chemoprevention has received as much attention as chemotherapy does in the fight against cancer. As defined by the National Cancer Institute in the United States, chemoprevention is ‘the use of drugs, vitamins, or other agents to try to reduce the risk of, or delay the development or recurrence of, cancer’. Pomegranate and pomegranate fruit extract has been

front and center of interest in this growing field.

In a study at the University of Wisconsin researchers found that pomegranate fruit extract (PFE) possesses strong antioxidant and anti-inflammatory properties. The study also established that PFE used against human prostate cancer was highly successful in inhibiting cancer cell growth.

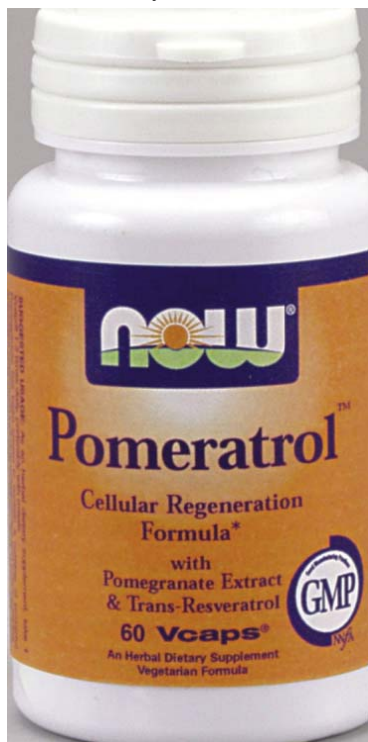


We know that even when a man is successfully treated for prostate cancer he is likely to have an elevated PSA or prostate-specific-antigen level in his blood after. The faster that level rises, the more likely he may be to see a return of cancer. A study completed at the University of California Los Angeles (UCLA) had patients drinking 8 ounces of pomegranate juice daily. These men had all been treated for prostate cancer and had elevated PSA levels after treatment. Researchers concluded that a significant number of patients had PSA rate increases slowed by as many as four times while they were drinking the pomegranate juice.

In another study completed at the Florida Atlantic University researchers reported that pomegranate extract had a significant inhibiting effect on certain human breast cancer cells. Meanwhile, an Israeli team of researchers headed by Dr. Ephraim Lansky, recently presented the results of two studies at an international conference supporting the

conclusion that pomegranate seed oil triggers a destructive mechanism in breast cancer cells. It is believed that pomegranate juice can be toxic to most estrogen-dependent breast cancer cells, while leaving normal breast cells largely unaffected.

The evidence supporting the health benefits of pomegranate juice and extracts grows steadily. However, let's not forget the fact that the juice from this delicious fruit was called the 'Millionaire's Drink' for good reason that had little to do with the health benefits we appreciate today! It's not difficult to drink 8 ounces of pomegranate juice daily when it can be added to so many foods. It can be enjoyed in its own simple form, as part of your morning 'smoothie', poured on plain yogurt to contribute flavour and colour just to name a few. Clearly, when it comes to juice the best health benefits will come in the form of a juice not from concentrate and from an organic source. Whether you drink pomegranate juice for the pleasure of it, or you take advantage of quality pomegranate extract supplements – pomegranate is one of the richest additions to any diet.



Winner of the 2006 Alive 'GOLD' Award!



featured on the cover on food and diet. We are concerned with food for health.

This influx of information has resulted in extreme confusion for many people. We often don't know how to move forward to eat for optimal health. We have proponents of the high protein diet, the strong argument in favour of organically produced foods, vegetarianism, those who believe dairy foods are unhealthy, a range of weight loss dietary approaches that would baffle and confuse all but the most educated and even then there would be disagreement.

Do we drink red wine; does cheese make us sick or is it a better choice of protein than red meat; do vegetarians have an adequate source of protein in their diets; do eggs clog arteries; should we take vitamins; are carbohydrates the enemy?

It has become virtually impossible for any of us to eat without feeling as though we're somehow failing to do it right. Our sense of choice is impacted by global and environmental issues as well as by personal ones.

End

Food - The Vital Link

By Dr. Heather Fox Ph.D.

Excerpt from *The Organic Planet Cookbook* ©2006

There is more concern now than perhaps at any other time in history with the foods we eat. The media floods us with messages in all formats. We have television flashing commercials every three minutes, often with food or diet the focus. Television provides a constant source of spotlighted information on the newest trends and thinking on food, health and diet. Magazines in nearly every store front have at least one article per issue

Thirty-eight percent of total global grain production is fed to cattle, pigs, and chickens. It is far more efficient for humans to consume the world's grain resources directly than indirectly by eating meat and dairy products. Feedlot cattle take approximately 7 kilograms of grain to make 1 kilogram of meat. Pigs need roughly 4 kilograms of grain to produce that same kilogram of meat. Eggs and cheese require about 2.3 to 3 kilogram of output. Poultry and fish do a little better requiring about 2 kilograms per kilogram of live weight.

Those same animals use more land for growing the grain to feed them than what is used to produce grain for direct use by humans. Livestock also uses more water, adds more pollution to waterways and in general cause destruction of more native vegetarian and wildlife and their habitat than growing what would be necessary for human consumption. Fossil fuels are

needed to grow feed for animals and the environment is further polluted by the fertilizers and pesticides and animal waste going into both land and water systems.

Much of the meat found in canned beef products - including pet food - comes at the expense of the rainforest in Central and South America - 200 square feet of rainforest are lost *permanently* for each pound of beef produced from cattle raised on the cleared land.

This degradation of the land is beginning to threaten the world's ability to produce enough food to feed its people. Not only are we losing our resources, we are losing our ability to compensate for the losses. The world still produces enough food to feed its entire population of people today, yet the problem of poverty and hunger persists.

Many food choices are determined by sheer economics. However, the question of ethnicity or cultural tradition as well as geographical location must also be included.

North American cuisine has been highly influenced by the Northern European way of eating such as what we might see in countries like Germany, England and Ireland. The evening meal of pork or beef, potatoes, bread, cooked vegetables and a sweet desert is common. The bacon and egg breakfast is also typical of this ethnic background. The French typically make extensive use of cream, butter, eggs, herbs and wine. Even the popular Cajun style of cooking has its roots in French cuisine and was adapted to fit local preferences in the southern State of Louisiana.

People of Asian ethnic backgrounds will tend toward a lower end consumption of goods. Rice, grains in general and vegetables place high on the list of regular foods consumed on a daily basis for the typical Mexican diet as well.



Coastal communities will rely much more heavily on the bounty of the sea as a major food source. Rural people are able to exercise more control in the condition their food is grown under when they have a land base of their own than the urban dweller will, who is dependant on stores for everything they eat. Economics are far more significant to the poor who are able to make fewer choices regardless of where they live or what their ethnic background is.

The discussion of course would not be complete without including mention of religious groups and the distinct impact on food choices. For example, Jewish laws set forth an extensive set of dietary rules. Many people, on hearing the word **Kosher**, think of foods such as pickles, bagels, lox or matzo. Kosher is not a cuisine but rather a set of restrictions that Orthodox Jews place on the selection and preparation of animal derived foods. Religious commitment is the sole intent of those who keep Kosher.

Similar rules applied to food are found in most other religious communities. During certain days of Lent, the period prior to Easter, many Christians eat only vegetarian dishes, giving up meat until Easter dinner. Eastern Orthodox Christians observe many fast days on which they consume no animal products at all. The Mormon faith allows no alcohol, coffee or tea. Many Seventh-Day Adventists consume no meat, but eat eggs and milk products and also shun alcohol, coffee and tea. Their doctrine advises them to avoid strong spices such as mustard or pepper and discourages between meal snacks.

With so many factors influencing our food choices at the best of times, and where we have the means to make food choices without financial consideration, its still little wonder we find the whole matter so stressful.

Clearly, the question of what we eat, how we eat, and why we eat is impacted by a whole complexity of issues. Food choices are anything but simple. Poverty, cultural pressures, availability of food, and not the least of these being health concerns all play host to the potential for a poor personal choices.

We are blessed with a global abundance of food sources. In fact, there is no need for hunger on the planet on the basis of insufficient food. We have enough food to feed everyone. Food is available in every conceivable texture, colour and flavour. We have our basic food sources and we as human beings also have become uniquely interested in flavour enhancements with culinary herbs for flavour and aromatic value, sweeteners, salt, different food textures and cooking styles for both dietary value and pleasure.



To restore a sense of healthy, harmonious living, perhaps one of the best starting points is to begin with what brings comfort, pleasure and vitality. This in no way means abandoning specific health concerns or the need to make responsible good choices. With all the rules put forth in the tens of thousands of claims, theories and treatments that are diet related, the one rule we may overlook is the simplest one. Eat what you want to eat.

Eat for the pleasure and joy of it. Eat as a celebration of life. Fully embrace all the goodness our food choices offer us.

End

Vitamin K as Prevention in Newborns

By Dr. Heather Fox Ph.D.

Vitamin K is a fat-soluble vitamin. The "K" is derived from the German word "koagulation". Coagulation refers to blood clotting, because vitamin K is essential for the functioning of several proteins involved in blood clotting. There are two naturally occurring forms of vitamin K. Plants synthesize phyloquinone, also known as vitamin K1. Phyloquinone makes dark green leafy vegetables the richest source of vitamin K in the North American diet.



In a joint position statement of the Fetus and Newborn Committee, Canadian Paediatric Society (CPS), and the Committee on Child and Adolescent Health, College of Family Physicians of Canada on the routine administration of Vitamin K to newborns, concerns regarding the danger such injections may pose to the newborn were discussed. There have been several concerns about intramuscular injection of Vitamin K voiced over the past decades.

Disputed claims include studies that concluded that infants faced a higher risk of cancer following routine Vitamin K injection, especially otherwise normal

infants who didn't suffer from Hemorrhagic disease in newborns. Additionally the position paper identifies concerns that the pain associated with the injection may itself impose some trauma to a newborn. Nevertheless, the CPS maintains that intramuscular injection of Vitamin K is recommended as standard protocol for the prevention of Hemorrhagic disease of the newborn.

Newborns are born with what is considered a deficiency of Vitamin K based on the fact that in the newborn levels are considerably lower than that of an adult. This explanation suggests that somehow this 'natural' deficiency is a natural 'flaw' in the health of every newborn. For those babies who do have hemorrhagic events, Vitamin K can prevent bleeding in many cases and offers a relatively harmless treatment option in the face of what the outcome may be otherwise. The risk affects a small portion of the population ranging from 0.5 to 2%, but it is a very real risk for those it does affect.

It has been argued that Vitamin K is not present in high levels in maternal breast milk; however it is present in colostrum. Consequently, newborn babies who are able to consume maternal colostrum may be at less risk of hemorrhage. Certainly it would follow that even with the lower levels of Vitamin K present in breast milk, if babies are permitted to nurse 'on demand' they will receive a more constant source of dietary Vitamin K than they would if fed 'on schedule' as has been the case in years gone by.

In an article published in the International Chiropractic Pediatric Association Newsletter by Linda Folden Palmer, DC, she proposes that critical cell division in the newborn that continues very rapidly in the first days of life are dependent on very finely regulated levels of Vitamin K and expresses concern when levels nearly 20,000 times the newborn level are injected.

Folden Palmer states that maternal supplementation either daily or twice

weekly for the first 10 weeks postnatal will have a positive effect on both breast milk and infant Vitamin K levels. This, she suggests, will support a more gradual rise in Vitamin K levels in the newborn with less risk than what may be associated with injections in large quantities. Without prescription, Vitamin K supplements are not readily available in Canada. However, supplements such as Alfalfa, Blue Green Algae and Spirulina would be preferred sources of supplementary Vitamin K from a whole foods source.



In 'Birth as an American Rite of Passage' author Robbie Davis Floyd states 'Symbolically speaking, the standardization of the Vitamin K injection and indeed all the routine procedures performed on the newborn baby reinforce the messages to both baby and mother that nature is inadequate, that they are now dependent on organizations--that is, on techniques--for their lives and health.' While there may be merit in exploring the standardized procedures in terms of how they best serve the needs of YOUR child this must be balanced against understanding the perceived risk of trusting nature to provide mother and child with adequate resources to maintain health and assure a positive outcome.

Midwife Sara Wickham suggests that it's important to recognize that most babies who have Hemorrhagic disease have also suffered an unusually traumatic birth resulting in conditions such as coned heads. She argues that Vitamin K may reduce significantly the threat of hemorrhagic for these babies; however babies who do hemorrhage are

not doing so due to a Vitamin K deficiency necessarily.

Wickham suggests that other factors such as problems with the liver caused by the stoppage of bile can be the cause of hemorrhagic disease as reported in a study in 1998 by Von Kries. Wickham's position suggests that babies who have uneventful births are at low risk of hemorrhagic disease and questions if it is appropriate to inject these infants with Vitamin K based on the assumption that their own levels at birth are deficient. Once again, deficiency is defined only in relation to what the norm is for adult Vitamin K levels.

Ultimately, this decision belongs to the parent and should be made with the broad understanding of why Vitamin K has become the standard for preventive 'treatment' of a condition for which only a very small percentage of babies are at risk.

End

The wonder of life inspires us to continue our search for self knowledge, and understanding of our world. We witness the freshness of life with every renewed spring and every new child that is born. It is when this sense of our own place in the world is lost that we run into trouble.

COMING IN NOVEMBER Brendan Brazier



*For Location
Information Please
Contact Your Local
Health Food Store*

Brendan Brazier Professional Triathlete

Brendan Brazier is one of only a few professional athletes in the world who is vegan. He's a professional Ironman triathlete, bestselling author on performance nutrition and the creator of an award-winning meal replacement and energy bar formula called VEGA. He is also the 2003 and 2006 Canadian 50km Ultra Marathon Champion.

Brendan's professional athletic career began in 1998. Over the course of only a few years, his performance steadily climbed to the upper ranks of professional Ironman triathlon racing. In 1999 he finished 21st, the following year he placed 14th, then 11th, followed up by an 8th place finish in 2002. In 2003 Brendan won the National 50km Ultra Marathon Championships. Other results include 3rd place at the National Long-Course Triathlon Championships and both 3rd and 2nd in consecutive years in the Royal Victoria Marathon. Towards the end of 2003 Brendan was hit by a car while cycling, as a result could not race in 2004. He took advantage of the extra time on his hands and wrote a book that outlined the successful vegan diet that had helped him improve his athletic performance at an above-average rate. *THRIVE: A guide to optimal health and performance through plant-based whole foods* became a Canadian bestseller within five months. Brendan then partnered with a sport nutrition company and produced a commercial replica of his blended drink formula that had helped him achieve athletic success, he called it VEGA. VEGA launched in Canada in late 2004 and became one of the bestselling health food products on the Canadian market. It received the

Stress reduction through plant-based whole foods

- Learn how to perform better in any facet of life by reducing the debilitating effects of stress
- Based on Brendan's 2004 acclaimed Canadian bestseller, *Thrive*.

Prince Albert, SK
NOVEMBER 26 7:30 p.m.

Saskatoon, SK
NOVEMBER 27 7:30 p.m.

prestigious *Nutrition Business Journal* merit award. Presented for the first time ever to a product not yet on the US market, VEGA became known in the United States. In 2005 Brendan then launched his 100% raw whole food energy bar, again a commercial replica of what he made to support his intense training. Now in over 1200 Canadian health food stores, VEGA launched in the US in March of 2006. In January 2006 Brendan was nominated for a Manning Innovation award, one of Canada's most prestigious awards, for his innovative formulation.



On April 27th of 2006 Brendan was invited as an “honourable guest” to present at a congressional briefing on Capital Hill in Washington DC. Brendan was summoned to share his expertise on the benefits of healthy food choices in an effort to arm policymakers with facts. The role a nutritious diet can play in the prevention of most chronic diseases currently plaguing Americans was the focal point. In an attempt to initiate appropriate and meaningful legislative action, Brendan presented to members of congress and their key staffers. He spoke of the direct link that exists between health and diet as well as touched on the economic benefits that can be achieved by reducing dependants on our over-stretched healthcare system. Legislative recommendations were made. Brendan was the only Canadian speaking at the briefing.

Brendan is currently working on a new book. A full-scale “diet” book based on the premise of *THRIVE*; it will contain about 75 balanced, plant-based recipes and a 12-week meal plan, published by Penguin, *The THRIVE Diet* will be available in March of 2007.

www.brendanbrazier.com

End

Tap Water - Friend or Foe?

From *'Your Water Your Health'* ©2005
By Dr. Heather Fox Ph.D.

All public water systems contain some level of unhealthy chemicals. Regulations in most locales only require periodic testing of about 90 chemicals. There are now more than 75,000 chemicals used in our society with over 1000 new ones being developed each year. Contaminant levels fluctuate throughout the year making it impossible to know the actual level of contamination in a central water system. So far over 2100 toxic chemicals have been detected in North America's water systems.

One Canadian jurisdiction provides for routine testing for only the following:

- Iron
- Alkalinity
- Magnesium and Manganese
- Potassium
- Total Dissolved Solids (TDS)
- Hardness
- Fluoride
- Sodium
- Conductivity
- Sulphate
- pH
- Nitrate and Nitrite (N)
- Chloride
- Calcium
- Turbidity

At best, what I hope to address with this article is a backdrop of insight into the importance of being aware of the potential for contaminants in our water. I also hope to impress upon the trusting public that it is impossible for water testing to identify anything but a miniscule number of contaminants such as those in the list above.

Those who live in an urban setting tend to trust rather blindly the water treatment and monitoring in their cities and towns. This is naïve at best and nearly every jurisdiction makes information available to the public as to where they can have their own tap water tested. Despite this, if you don't have a specific contaminant you can knowingly identify and ask to have tested for in water samples you provide - chances are that nothing will be 'detected'. Simply because nobody has asked for the test by name.

On a public website published by the City of Halifax, Nova Scotia the Halifax Regional Water Commission issues the following statement:

What To Expect From Your Drinking Water

The sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, springs and wells. As water travels over land surfaces or through the ground, it dissolves naturally occurring minerals and in some cases radioactive contaminants and can pick up substances resulting from the presence of animals or human activity. Contaminants that may be present in source water include:

- microbial contaminants such as viruses and bacteria;

- inorganic contaminants such as salts and metals which can be naturally occurring or result from storm water runoff;

- organic chemical contaminants including pesticides, herbicides, and

synthetic and volatile organic chemicals which are by-products of industrial processes and can also come from gas stations, storm water runoff and septic systems;

- radioactive contaminants which can be naturally occurring or a result of oil and gas production and mining activities.

To ensure that tap water is safe to drink, Health Canada prescribes guidelines which limit the amount of certain contaminants in water provided by a public utility. In our province, the Nova Scotia Environment and Labour has responsibility for regulating the safety of drinking water and the enforcement of the Canadian Drinking Water Quality Guidelines (view summary and supporting documents).

Although the bottled water industry is less regulated than municipal drinking water, Canada does have restrictions on labelling bottled water and has minimal quality requirements covered by the Food and Drug Act.

Drinking water, including bottled water, may reasonably be expected to contain at least minor amounts of some contaminants. The presence of contaminants, however, does not necessarily indicate that water poses a health risk. Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno compromised persons should seek advice from their health care providers about drinking water.

Despite the disclaimer that the presence of contaminants does not necessarily pose a health risk this is a very revealing statement and one that is clearly designed to prevent liability.

Introducing Felicetti A True Italian Pasta

A Complete line of 100%
Organic Durum Wheat Semolina
& Whole Wheat Durum Pastas



Is Pasta really a healthy food choice?

Pasta is a delicious, high protein addition and boasts a level on the glycemic index lower than that of even the best brown rice. When durum is milled, the endosperm (the tissue found in the seed) is coarsely ground into a granular product called semolina. Semolina made from durum is high in protein and used for premium pastas and breads. Whole wheat durum pasta is made from the entire Durum wheat kernel, including bran, germ and endosperm. Durum is the hardest of all wheats. High in protein, durum makes the best pasta. Most of the durum grown today is amber durum, the grains off which are amber-coloured and larger than those of other types of wheat. Durum has a yellow endosperm, which gives pasta its colour.

Felicetti whole wheat pasta is also high in fiber with 7gm. per serving, and 2gm. per serving of the white pasta. Many people are concerned with gluten sensitivity when considering a wheat pasta. However, over cooking may account for much of the sensitivity. Over cooking pasta breaks down the fiber and makes the gluten more readily available. Cooking pasta à la denté preserves the benefits of fiber and reduces gluten sensitivity.

Why eat Felicetti Pasta?

As you read above, Felicetti pasta is exceptionally high in fiber. The pasta is 100% certified organic using only the best durum wheat semolina and whole wheat flour available. Often, people are willing to pay a great deal for their organic pasta but forget to ask an important question about quality.

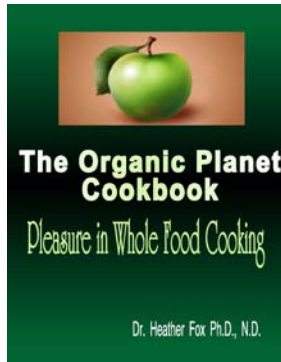
While there are many other pastas on the market using high quality grain in their manufacture, virtually all pasta on the market today is made using a Teflon® 'die' (the mold used to pasta it's shape) process. We began hearing years ago from companies boasting their pasta didn't 'stick' when cooked. The production of pasta made by pushing the dough through a Teflon® 'die' process makes a very smooth shaft of pasta. Of course rinsing the pasta with water once it's cooked also keeps it from sticking.

Using a Teflon die process allows for the pasta to be manufactured or extruded at a rate many times faster than it could be using a bronze die process. Consequently, almost without exception the pasta on your grocer's shelf has been made using a process that exposes the dough to this controversial substance. Felicetti Pasta is one of the ONLY manufacturers in the world still using a bronze die process exclusively.

Felicetti pasta is extremely affordable, wonderful tasting, and nutritious. There isn't a better choice in pasta anywhere!

HEALTHY COOKING With WHOLESOME FOODS

From *The Organic Planet Cookbook*
©2006 by Dr. Heather Fox Ph.D.



Mediterranean Olive and Avocado Tomato Pasta Sauce



- 8 fresh whole tomatoes cut coarsely or 1 large can of Roma tomatoes
- 1 small can tomato paste
- OR Basic Tomato Sauce (see recipe)
- 1 large onion chopped fine
- 2 large cloves garlic crushed
- 1 fresh ripe avocado
- 1 cup can sliced black olives
- 2 cups fresh spinach chopped fairly fine
- splash of red wine of your choice , optional
- 1 pound Felicetti® whole wheat spaghetti, uncooked
- fresh grated Parmesan cheese
- 2 tablespoons butter or NOW® brand coconut oil

PREPARATION:

1. In a heavy skillet - preferably stainless steel - heat butter or oil on medium high heat and toss in onion and mushrooms. Cook till transparent and mushrooms are browned and then add garlic. Cook for another minute or two.
2. Pour tomatoes, tomato paste (or Basic Sauce) into pan with onion and garlic. With a small dessert spoon or melon spoon, scoop bite size pieces of Avocado into sauce. Add olives. Heat sauce to a simmer and then put on low heat. Add spinach and wine and continue to cook until spinach is soft. Don't over cook.
3. While sauce is cooking, bring large pot of water to a boil to cook pasta. When boiling add noodles and cook till just tender. Again, don't over cook!
4. When pasta is done, drain and rinse with water to prevent sticking. Serve in bowls with generous amounts of sauce and a sprinkle of parmesan cheese if desired.

Creamed Crab and Spinach Soup

- 6 ounces crab meat (up to 8 ounces) or imitation crab
- 2 cups fresh spinach leaves coarsely chopped
- 3 tablespoons butter or NOW® brand coconut oil
- 1/2 cup chopped onion
- 2 tablespoons unbleached white flour
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 2 cups 6 cups Purely Bulk® mock chicken soup base no MSG reconstituted
- 2 cups half and half or milk substitute of your choice

PREPARATION:

1. Slice crab; reserve liquid.
2. Melt butter in large saucepan. Add onion; sauté until tender. Blend in flour and spices. Gradually add chicken broth, stirring constantly; heat to boiling. Add chopped spinach and allow to simmer until spinach is wilted and tender. Do not overcook. Purée half of soup with spinach in blender or food processor. Add half-and-half, crab liquid and crab. Heat thoroughly. Do not boil. Soup can be served chilled.

End

Courtesy of Your Local Health Food Store