

The Benefits Of Sauerkraut

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P&D Correspondent

Two topics I never imagined I'd write about are fermentation and sauerkraut. A few months ago I would have scoffed at the idea that I needed to even know about these topics, much less make room for sauerkraut in my diet. However, if the Roman army found it beneficial to travel with barrels of sauerkraut to preserve intestinal health during long excursions, I guess I can make room for it in my fridge!

Recent scientific discoveries about the key role probiotics play in our health make it easy to see that foods with live probiotic bacteria can be a great addition to anyone's daily diet.

It's likely that fermentation was used centuries ago to preserve vegetables throughout the winter. Pickled vegetables were well known to early civilizations as healthy foods, with evidence that pickled cabbage was on the menu for laborers building the Great Wall of China (Natural News).

Fresh cabbage provides a high percentage of vitamin A and C and its anti-inflammatory properties and potential for combating some cancers are augmented in the fermentation process.

A study published in "The Journal of Agricultural and Food Chemistry" in 2002 brought sauerkraut to the attention of health researchers. It was found that the isothiocyanates produced by fermented cabbage helped prevent cancer growth.

According to "Natural Health News and Scientific Discoveries," "Sauerkraut provides a high density source of a wide range of beneficial live bacteria which assist in the digestive

process. Consuming a serving of sauerkraut can give your body as much of a health boost as many expensive probiotic drinks and supplements. However, most commercially sold sauerkraut has lost a large percentage of the beneficial bacterial organisms. To gain the most benefits from sauerkraut, you may want to purchase it freshly made, or learn to make your own."

If you're new to making sauerkraut (my mother was an expert), Sandor Ellis Katz's "Wild Fermentation: The Flavor, Nutrition and Craft of Live Culture Foods" provides great info. It gives details about the benefits of fermented foods as well as recipes.

There are also recipes on the Internet explaining how to make small amounts of sauerkraut in glass jars without a great deal of fuss. The key is to make sure you use a weight that keeps the cabbage below the surface of the brine and keep room temps under 80 degrees.

To get started you need cabbage, kosher or canning salt and either a jar or ceramic/crockery container (like a bowl). Use 1/2 tablespoon of salt for every pound of cabbage. Shred and "pound" the cabbage to elicit its natural juices. Mix in the salt. Make sure your container isn't filled to the brim as fermentation can cause the brine to bubble higher. If scum forms on top of the brine, skim it off. Taste the cabbage daily till its suitable, then cover and store in the fridge.

For step-by-step instructions, including photos, go to www.thekitchn.com (yes, leave the e out) and search for sauerkraut. Who knew Mom was so incredibly wise about sauerkraut?



SUBMITTED PHOTO

The ingredients for sauerkraut.

Henseler Joins Walnut Village

Dawn (Dracy) Henseler is excited to begin her role as a nurse at Walnut Village. Dawn's skills and experience ensure success in fostering a home-like environment with the benefits of community living.

As a long-time resident of Yankton, Dawn will be the perfect addition to Walnut Village. Dawn was raised on the family farm in central South Dakota until moving to Yankton at age 12 where she graduated from Yankton High School. Dawn earned a Bachelors of Art in Social Work from the University of South Dakota and chose to continue her education by earning a Bachelors of Science in Nursing from Mount Marty College in Yankton.

During nursing school, Dawn married Keenan Henseler of Yankton. Dawn worked as a registered nurse at Saint Michael's Hospital in Tyndall for approximately six years. Dawn and Keenan now have Kenzie (age 11), Kendall (age 3), and Karson (age 10 months).



Henseler

Ramblin's With Coach Rozy

An Introduction To Mark Roozen

MARK ROOZEN
For The Press & Dakotan



Mark ROOZEN

Welcome to "Ramblin's with Coach Rozy!" My name, as you can gather from the heading, is Mark Roozen, and most my clients, athletes, friends and foes call me Coach Rozy or simply Rozy. I've had other nicknames, but that one seemed to stick. The Ramblin part is what this column will be all about. Some of my thoughts, ideas, comments, suggestions and ramblings about fitness, health, performance, athletics, nutrition, the do's, the don'ts, information on what the experts say you should do, and at times what the experts say you shouldn't do, and on the same subject and topic as the guys that say to do it! Oh, and all those letters behind my name, all that means is that I owe a lot of money, sat in on a lot of classes, and was able to use them to get a bi-monthly column in the paper.

I've been blessed to have the opportunity to implement what I call T.I.M.E. into what I do as a coach and trainer. T.I.M.E. stands for TEACH, INSPIRE, MOTIVATE and EMPOWER. Over the years I've had the chance to teach folks looking to just get fit, lose weight or change their fitness path. I've also been able to work with athletes from youth to high level professional athletes and Olympians. During that time I've been able to inspire and motivate folks to

reach higher levels of success in their path to higher levels of performance — at where ever they are at. The greatest thing that can happen is when we can empower others to take that knowledge and inner drive, and keep pushing themselves to get better, even when you aren't around. And that's the reason for this column.

The whole working out, training and pushing yourself to look right, feel right, do right, be right and all you can be is a confusing path at times. With this column we look to answer questions that you might have (we want to hear from you and have you tell us what you want to know about), give you some information that gets you to question the way you are doing things with your path for health, wellness and performance, or inspire you to start on the path to improve your health, your wellness and your performance.

It's easy to say that I don't have all the answers, because I know I don't — there are times I don't even know the questions. What I have been lucky with over my years in this business as a strength coach and performance spe-

cialist, is that I've had the good fortune to meet a lot of really great people. Folks that are the leaders in their area and considered experts in the field of performance and fitness. What that means to you, the reader, is that if we don't have the answers to your questions, we'll make sure to find them for you. If there is a "hot" topic that we need the latest and greatest information about, we can get it. Use us as your fitness and training resource for education, information and empowering you to take your performance to new levels.

No matter if you're just thinking of starting a training program, your a "weekend warrior" looking to stay healthy and injury free, in a competitive sport at any level, or an athlete looking to take your game to the next level, Ramblin's with Coach Rozy is here for you. Drop us an email with a question to roozyroozen@gmail.com. If we use your question or comment, you'll be like a super hero and your identity will be kept a secret. If you don't want us to use it in the paper, just let us know that too. We'll help get you an answer and email you back or even give you a call.

We look forward to be able to give you T.I.M.E., and be there to help guide you to new levels of whatever area you look to improve in. Make it a great summer, and we look forward to hearing from you soon.

Dr. Oz & Roizen

Seeking The Least Pesticide Residue

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

When the Wicked Queen offered Snow White a poisoned apple, she had no idea it was the fruit most frequently contaminated by pesticide. That's what the Environmental Working Group's 2014 examination of pesticide in fruits and veggies revealed: 99 percent of apples had residue from at least one pesticide. And some other fruits (less frequently) registered residue from 13 or more!

Pesticides from produce plus garden and household products are linked to cancers, decreased cognitive function, ADHD and behavioral problems in children. But you can reduce exposure for your kids and yourself.

The EWG's list of the "Clean 15" highlights produce with the LEAST pesticide residue.

The fruits include: cantaloupe, grapefruit, kiwi, mangoes, papayas and pineapple. They offer fiber, potassium, vitamin C and folate. Plus, mangoes and papayas may help control blood sugar.

The veggies include asparagus, avocados, cabbage, cauliflower, eggplant, corn, frozen sweet peas, onions and sweet potatoes. Asparagus delivers vitamin B-6, calcium, zinc and magnesium; avocados help stabilize blood sugar; cabbage and cauliflower (cruciferous vegetables, like broccoli) protect the heart, brain and digestive system; eggplant, including the skin, offers anti-inflammatory powers; corn is fiber-rich and packs folate, thiamin and phosphorus; peas dish up vitamins A, B-1, B-6, C and K; and sweet potatoes have 400 percent of your daily dose of vitamin A!

You can go organic for all produce, but it's not necessary. The benefits of nine servings of fruits and veggies daily far outweigh the risks of eating non-organic produce. And remember: Wash your produce well, including whatever you peel.

GET NUTS FOR NUTS

In "The Nut Job," a bad-mannered squirrel named Surly (he's very surly) plans a heist of a nut store run by gangsters. When chaos ensues, it takes a brush with death from the overreager cartoon character to learn that nuts are all about goodness — to be shared with others.

That's a lesson everyone could benefit from, because nuts can help you stay healthy inside and out. And you don't have to worry about their fat content (good fats!) or calorie count (just stick with a small handful a day).

Here's the top three — and what one serving a day can do for you.

Walnuts (as well as almonds) are a seed. They're rich in gamma tocopherol, are the only nut with an appreciable amount of omega-3, and have 2.5 grams of alpha-linolenic acid per ounce, which may promote heart and prostate health. Some animal studies indicate that eating walnuts may slow the growth of cancer cells. Others have found that it can protect blood vessel walls from damage.

Pistachios are a fruit! Eating them daily seems to help lower LDL cholesterol levels, improve blood sugar control, reduce blood pressure and lower the risk of lung and other cancers.

Almonds can help people with Type 2 diabetes and metabolic syndrome avoid complications. And they act as a pre-biotic, helping healthy gut bacteria thrive. That's good for your immune system.

Rule of thumb? Don't go too nuts — 14 shelled walnut halves, 49 shelled pistachios or 24 shelled almonds equal one serving; just what you want daily.

THE BEAT GOES ON

Whether you're a flamboyant Buddy Rich-type (self-proclaimed "The World's Greatest Drummer") or a reliable gatekeeper of rhythm like Ringo Starr (James Brown said you could set your watch by him), if you're a drummer, you're not like everyone else. But you already know that.

Research shows that being a talented drummer indicates a natural intelligence and exceptional knack for problem-solving. Drummers even seem to have a larger volume of white matter in their brains, facilitating communication between the left and right sides. But (being generous of nature) it turns out that when drummers lay down a rhythmic beat, it actually can boost the natural intelligence of listeners, too! That's because they create rhythms that are in tune with the innate tempos of your heartbeat and brain waves.

So it's no surprise that research has found that both playing and listening to

rhythms in sync with your body can improve brain wave frequency and cerebral blood flow, help heal damaged brains, boost students' grades and improve cognitive function in the elderly.

So are there drums in your future? And should you encourage your kids to play drums? Well, there doesn't seem to be a downside to learning how the beat goes on, but there is an old proverb: "If you have an enemy, give his children drums." So you might consider — for yourself or your kids — learning the rhythm guitar or piano. They lay down a groove a little more quietly, and impart many of the same benefits to player and listener.

THE RIGHT TREATMENT FOR PRESCHOOLERS WITH ADHD

Bart Simpson, Roadrunner and the Minions of "Despicable Me" display impulsive, unfocused behavior associated with attention deficit hyperactivity disorder. And while their shenanigans are amusing for a lot of folks, for the 6.4 million kids ages 4 to 17 who've been diagnosed with the disorder, ADHD-triggered behavior is not fun! It makes it hard for children to establish friendships and almost doubles their risk for serious physical injuries.

That's why the American Academy of Pediatrics established best practice guidelines for the treatment of young sufferers. For preschoolers, the AAP warns about the risks of prescribing anti-ADHD medication right off the bat. Instead, they suggest "parent- and/or teacher-administered behavior therapy as the first line of treatment." Only when that approach fails and moderate to severe behavior problems persist should meds be considered — and then the only med that should be used is methylphenidate (such as Concerta and Ritalin).

But, unfortunately, 20 percent of docs say they use medication as their first-line treatment, not behavior therapy. And a third of specialists prescribing meds to preschoolers with ADHD say they choose a drug other than what's recommended: Almost 20 percent prescribe amphetamines and 19 percent choose non-stimulants.

If your preschooler is diagnosed with ADHD, find a program that provides behavior modification training for your child — and you. If your doc

wants to medicate your preschooler right off the bat, say "No, thanks," and find a specialist who follows recommended guidelines.

SNACK ATTACK ON INSULIN RESISTANCE (AND THERE'S NO FOOD INVOLVED!)

Fortune cookies may not predict your future, but occasionally they offer good advice. One of the most common messages? "Now's the time to try something new." With that, we agree! And the place to start? Say good-bye to snacking on cookies (they contribute to obesity, diabetes, heart disease and a lousy sex life) and hello to snacking on exercise! Taking a quick bite of physical activity throughout your day can help keep blood sugar steady and reduce insulin resistance.

Almost 90 million North Americans have prediabetes and are insulin resistant. That means your body can't use the insulin it makes to control your higher-than-normal glucose levels, putting you at increased risk for cardiovascular disease, high blood pressure, and nerve and eye damage. But a new study shows that multiple, brief periods of activity, including short bursts of high-intensity effort, are a very effective way to control blood sugar. (If you don't lower your glucose levels within 10 years, half of you with prediabetes will develop full-blown Type 2 diabetes!)

Here's how to create really good fortune: Before breakfast, lunch and dinner, enjoy an exercise snack for just 12 minutes. Take a bite of walking, jogging (outdoors or on a treadmill) and using light weights or exercise bands. For best results, during your 12-minute sessions, rev up your intensity by munching on one-minute bursts of super-charged activity; for 60 seconds work up a sweat, then cool down for 60 seconds; repeat for the duration of the snack attack. Now that's sweet!

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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