

Why is it so hard to resist those holiday party treats?

It could be that you are experiencing a reaction similar to drug addiction. Wheat and dairy products contain addictive morphine-like opioids that have been likened to drugs like LSD, while sweetness is a very addictive stimuli, "on the level of or greater than cocaine and possibly other drugs of abuse."



Holiday Eating

Why is it so hard to resist the cheeseball and other party snacks?

The morphine-like substances, casomorphins and gliadomorphins, which we derive from dairy and wheat respectively, are critical to our understanding of the power of these two foods in our health and well-being.

Casomorphins are formed during our attempt to digest casein, the glycoprotein that makes up 80-86% of the protein content of cow's milk (versus 0-2% of goat's milk). It is this same protein that can cause damage to the intestinal lining and a malabsorption syndrome similar to that seen in celiac disease, or gluten intolerance.

The gliadomorphins are derived from gliadin, one of the main proteins found in the gluten grains (wheat, barley, and rye). These foods are capable of damaging the lining of the intestinal tract and leading to the malabsorption of calcium, iron, iodine, B complex, C, and trace minerals (e.g. zinc, magnesium, lithium, boron, and more).

This malabsorption syndrome contributes greatly to the ill health of the brain (and immune system), setting the stage for the action of these food-derived opioids.

Both casomorphins and gliadomorphins are morphine-like opioids that have been likened to drugs like LSD. They can be very sedating and addictive and help to explain why 75% of the calories in the standard American diet (S.A.D.) come from wheat and dairy alone. Food addiction is a very real thing and these opioids play a huge role.

Sugars and artificial sweeteners are also addictive. Problems occur when sugars—chiefly sucrose and the chemically similar product, high-fructose corn syrup—are refined, concentrated, and consumed in large amounts. Without the protection conferred by an intact, natural food containing fiber and antioxidants, these refined sugars increase blood glucose and insulin levels rapidly after

consumption, increasing concentrations of triglycerides, inflammatory mediators, and reactive oxygen radicals. In contrast to whole fruit, intake of refined carbohydrate increases risk for diabetes, cardiovascular disease, and other chronic illness. Sugar-sweetened beverages may have an especially adverse effect on body weight because of the exceptionally low-satiety value of sugars in liquid form.

In a study giving rats the choice of cocaine or an oral saccharin solution, researchers found that most animals, including those with prior cocaine exposure, selected the lever that dispensed saccharin over the lever that dispensed cocaine.



Pumpkin Cheesecake

Gluten-Free Recipe (Vegan)

Serve this wholesome, gluten-free dessert at your holiday celebration. Warm up a fresh cranberry sauce just before serving for guests to spoon over their slices. Be sure to keep the cheesecake covered in the refrigerator until ready to serve. This recipe can be made up to a day ahead of time.

Crust:

1 cup superfine sorghum flour
 ½ cup arrowroot powder
 ½ cup pecans, finely ground
 1 to 2 teaspoons cinnamon
 ¼ teaspoon sea salt (link)
 4 tablespoons coconut oil (room temp)
 5 tablespoons water
 1 tablespoon maple syrup

Filling:

½ cup millet
 2 cups water
 1 cup cooked, mashed sugar pie pumpkin
 ½ cup raw cashews
 ½ cup maple syrup or agave nectar
 1 tablespoon fresh lemon juice
 1 teaspoon cinnamon
 ½ teaspoon ground ginger
 ¼ teaspoon ground nutmeg

Start by cooking the millet. Rinse millet in a fine mesh strainer under running water for a minute. Then place millet and the 2 cups of water into a small pot, cover, and bring to a boil. Turn heat to low and cook for about 45 minutes. Remove from heat.

To make the crust, preheat your oven to 350 degrees. Line your spring form pan with parchment paper. (Trace the bottom of the pan onto the paper to form the size circle you need, then cut with a scissors).



In a medium mixing bowl whisk together the sorghum flour, arrowroot, ground pecans, cinnamon, and sea salt. Add coconut oil and cut in with your fingers or a pastry cutter. Then add water and maple syrup. Quickly mix dough with a fork. Form into a ball. Press dough evenly into bottom of spring form pan.

Bake for about 15 minutes. Let cool completely.

To make the filling, place the pumpkin, cashews, maple syrup, lemon juice, and spices into a high powered blender. I use my Vita-Mix. Blend until smooth and creamy. Then add the cooked millet and blend again, scraping sides down as needed. Blend until very smooth. Pour filling into cooled crust. Spread the top if needed.

Let cheesecake set at room temp for about an hour then cover and transfer to the fridge until completely set, at least 3 hours or overnight. Remove cheesecake from spring form pan and slide off onto a platter for serving.

Source: www.NourishingMeals.com



New Years Cleanse with Dr E and Dr S. Info to follow later this month

Immune System Booster - This is a homeopathic alternative for prevention and treatment of colds and flus. We can make them specifically for Children or Adults and as injections or oral liquid boosters.

Holiday Closures -

The office will be open between Christmas and New Years for dispensary items but not for patient visits. If you have an emergency, please contact the office

*Thank you to all of our wonderful patients for a great year. We wish everyone the best of the holiday season
 Dr. Entner, Dr. Spooner, Lisa, Heather, and Dawn*