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P.O. Box 1138, Clarcona, FL 32710 407-522-1502 <http://www.orlandoorganics.com>

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Study: Yoga May Help Keep Weight Off

The slow stretches and meditations of yoga don't burn calories like a run on the treadmill. But a new study suggests it might help people keep weight off in middle age.

Researchers found that overweight people in their 50s who regularly practiced yoga lost about five pounds over 10 years, while a group in the same age range gained about 13 1/2 pounds over the same period.

Middle-aged people of normal weight generally put on pounds over 10 years, but those who did yoga gained less weight than those who didn't practice yoga.

The link between yoga and weight loss has nothing to do with burning calories, said Alan Kristal, one of the researchers from the Fred Hutchinson Cancer Research Center who co-authored the study.

"Except for very strenuous yoga practices, you don't really burn enough energy to make any difference in terms of weight," said Kristal, who has practiced yoga for 10 years.

Instead, he thinks yoga helps keep people more in tune with their bodies and eating habits and aware of bad habits, such as eating because of stress, boredom or depression. "You become very sensitive to the feeling of being stuffed," he added.

The researchers collected data from 15,500 people between the ages of 53 and 57 who were asked about exercise, weight, health and diet histories. The findings, published in the July/August issue of *Alternative Therapies in Health and Medicine*, showed that those who

practiced yoga tended to avoid junk food and overeating because they wanted to respect their bodies.

Mary Imani, a yoga teacher at 8 Limbs Yoga Center, said it's difficult to eat heavily and do yoga. "It's hard to do certain movements when you've just had a slice of pizza," she said.

Gloria Supplee, a 59-year-old who has practiced yoga for five years, said yoga has seemed to help her maintain her weight. "Having your body in a balanced position, your body is more likely to desire nutrients," she said.



Gary Miller, who studies obesity and weight loss at Wake Forest University in North Carolina, called the research encouraging, but said it's difficult to prove a direct influence from a single study.

Most yoga fans say weight loss is just an added bonus from the disciplined form of meditation, controlled breathing and prescribed postures.

"Yoga does many things," said Kathleen Hayes, who has practiced yoga for four years and manages a yoga studio in Seattle. "It builds strength, flexibility and clarity."

At 54, she says it has helped her maintain her weight.

For the 47-year-old Imani, a yoga practitioner for nearly two decades whose weight has fluctuated since she became menopausal, "It's all about trying to find harmony and balance."

Harvest Blend Regular

- Broccoli
- Cauliflower
- Baby Carrots
- Yellow Onions
- Yukon Gold Potatoes
- Romaine Lettuce
- Green Bell Peppers
- Zucchini
- Fire Bright Nectarines
- Black Friar Plums
- Bananas
- Thompson Grapes
- Tommy Atkins Mango

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

You Don't Say

"It is possible to exaggerate and to be duped by gastronomic nincompoops who write of gourmets with a sense of taste so refined that they can tell whether a fish was caught under or between the bridges, and distinguish by its superior flavor the thigh on which the partridge leans while asleep." - Angelo Pellegrini, *The Unprejudiced Palate* (1948)

"To the goggling unbeliever Texans say - as people always say about their mangier dishes - 'but it's just like chicken, only tenderer.' Rattlesnake is, in fact, just like chicken, only tougher." - Alistair Cooke

"You needn't tell me that a man who doesn't love oysters and asparagus and good wines has got a soul, or a stomach either. He's simply got the instinct for being unhappy." - Hector Hugh Munro, *Writer* (1870-1916)

Recipes

Italian Cauliflower

- 1 lg cauliflower
- 2 tbsp butter
- 2 tbsp flour
- 1/2 tsp salt
- 1 c milk
- salt & pepper
- 1/2 cup grated cheese
- butter
- bread crumbs
- watercress or parsley

Wash cauliflower, put in salted water and cook until tender. Meanwhile, make sauce; Heat butter and flour, stir till foamy. Slowly add milk; add seasonings and cook till thickened. Keep warm.

Back to cauliflower; carefully remove it with a skimmer, so as to not break it. Put on a platter, flower side up. Pour on sauce, sprinkle with cheese, dot on butter, top with bread crumbs and bake for 20 minutes at 350°. Send to the table on the same dish. Garnish with watercress or parsley.

Cauliflower Salad Italia

- 1 small head cauliflower, separated into flowerets
- 1 cup imported Italian black olive, pitted
- 2 tbsp large capers, drained
- 6 flat anchovy fillets in oil
- 4 hard-cooked eggs, cut into fourths
- 1/4 cup olive or vegetable oil
- 1 tbsp red wine vinegar
- 1/2 tsp salt
- 1/4 tsp pepper



Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan. Add cauliflower. Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until crisp-tender; drain. Cool about 20 minutes to room temperature.

Place cauliflower on serving platter. Arrange olives, capers, anchovy fillets and eggs around cauliflower. Mix remaining ingredients; pour over salad.

Yukon Gold Potato Salad

- 2 sprigs rosemary
- 2 lb yukon gold potatoes
- salt and pepper to taste
- 3/4 cup olive oil
- 3/4 lb Italian provolone cheese
- 2 medium zucchini
- 5 roma tomatoes
- 1 green bell pepper
- 1 bunch parsley finely chopped

- 1 tbsp celery seed
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 1 tsp salt
- 1 tsp pepper
- 3/4 cup olive oil

Strip rosemary leaves and chop finely. Slice potatoes in wedges and toss with rosemary, salt, pepper and olive oil. Bake in pre-heated oven at 400 degrees for 15 minutes. Potatoes should be firm for tossing.

To prepare the vinaigrette, combine vinegar, mustard, salt and pepper in blender. Add olive oil in slow stream until emulsified. Toss roasted potatoes in vinaigrette.

Dice provolone into bite-sized chunks. Wash and dice zucchini, tomatoes and peppers into pieces half the size of cheese. Finely chop parsley. Toss cheese, vegetables, parsley and celery seed with potatoes until thoroughly combined. Serve in a large bowl or platter.

Zucchini Basil Muffins

- 2 large eggs
- 3/4 cup whole milk
- 2/3 cup extra virgin olive oil
- 2 1/2 cups white flour
- 1/4 cup sugar
- 2 tsp salt
- 1 tbsp baking powder
- 2 cups grated zucchini
- 2 tbsp finely julienned fresh basil leaves
- 1/2 cup freshly grated Parmesan cheese



Preheat the oven to 200°C/425°F. Make ready the muffin tins, by buttering them if they are not non-stick. Combine the eggs, milk and oil in a large bowl. Combine the flour, sugar, salt and baking powder in another bowl and add to the liquid mixture in batches, stirring to blend. Don't overblend! Add the zucchini and basil and stir to blend.

Fill each muffin cup about 1/2 full. Sprinkle the top with the cheese. Bake for about 20-25 minutes for regular size muffins, 15-20 minutes for the mini muffins, until the tops are golden brown and puffy. Serve while still warm.

Banana Mango Smoothie

- 2 frozen, ripe bananas
- 1 mango, peeled and sliced
- 10 ounces calcium fortified orange juice
- 1 cup low fat or fat free vanilla or mandarin orange yogurt

Cut banana into chunks. In a blender, combine all ingredients and blend until smooth. If the smoothie is too thick, thin with a little more orange juice. Pour into 4 glasses.