

ROCK
ROCK
ROCK

CONCERT

yes.....

a

ROCK
CONCERT

with

the
EDMONTON
SYMPHONY
ORCHESTRA

and

the
PRIVILEGE

tuesday

oct 17

8:30 pm

JUBILEE
AUDITORIUM

TICKETS

\$ 2 ea.

at mike's

all proceeds

to

WCF

mmm....good....

the compleat health food nut

■ Peel everything, even apples (unfortunately nutrients are lost). Invest in a blender and juicer and make your own baby-foods and fresh fruit and vegetable juices. Get acquainted with herbs and grow your own in a window box (parsley, dill, sage, chives and mint are good for a start.)

■ Stay away from powdered fruit crystals, fruit-ades, fruit "drinks," cool-aids and pop of all kinds. They contain artificial colouring agents and some artificial flavouring agents.

■ Stay away from processed cheeses. Kraft is a billion dollar corporation whose products are extremely refined and therefore full of additives. However, Kraft cheddar cheese is an excellent source of protein. If you can find the white, uncoloured kind use it. The orange colour in cheddar is an additive. Alberta cheddar cheese from Bruderheim, is sold at some supermarkets and at some health food stores. Some European hard cheeses such as Norwegian, Dutch, Danish, German and French still seem to be relatively untouched by the chemist's hand.

■ Make your own yogurt from fresh milk and yogurt culture (available from health food stores), add your own fresh fruit, sugar or honey. Natural yogurt is white, not fluorescent purple or pink! So-called natural yogurt in supermarkets is preserved with potassium sorbate. There is as yet no proof that this additive is harmful but why ingest it when you can avoid it?

■ Stay away from cooking oils that are preserved with butylated hydroxyanisole, butylated hydroxytoluene and propyl gallate. Cold pressed oils are the best to get, they have not been heated and the vitamin content not destroyed. Refined vegetable oils are usually without Vitamins A,E and lecithin and linoleic acid. Vitamin E has recently been used to treat heart disease patients and it also helps severely burned patients. Vitamin E is reported to have the amazing capacity to stop or reduce the formation of scar tissue. The reason that heart disease is the leading killer on this continent is possibly due to the tremendous consumption of foods fried in over-processed useless oils.

BAKERY PRODUCTS
SWEETS CEREALS AND GRAINS

Cut down on your consumption of "empty" refined starches and sugars. Learn to use whole grain cereals, unbleached whole wheat flour and wheat germ which is rich in B vitamins. The commercial baking industry uses more preservatives, artificial colours and flavours and destroys more nutrients than possibly any other industry around.

Start making your own bread with any whole grain flour. Bake a cake from scratch using a whole grain flour, real eggs, real butter and fresh milk. Learn to cut down on the use of refined sugar in tea and coffee. If you want candy for special treats, make your own using fresh wholesome ingredients, e.g. fudge, peanut brittle, etc. Most health food stores contain abundant supplies of whole grains, noodles and macaroni products, unpolished rice, raw nuts and a large selection of soy products. They also have a variety of dried fruits preserved with honey instead of sulphur dioxide. Dried fruits are an excellent candy substitute for children. A. Ruder, S.T.O.P.

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ILLITERATE. Write for help. Box 902. Edm.

why?

And we sit and do nothing
And wonder, why?
Then we sit and discuss it
Wonder why
Doesn't somebody do something
About all those people,

And we sit and talk
More about it
And wonder why;
And we sit and do nothing
And wonder, why?

Canadian Mental Health Association
Ruth at 422 - 6137

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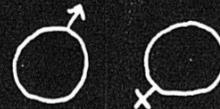
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