

THE natural buzz

Concord Food Co-op, Concord and New London - June Edition 2017

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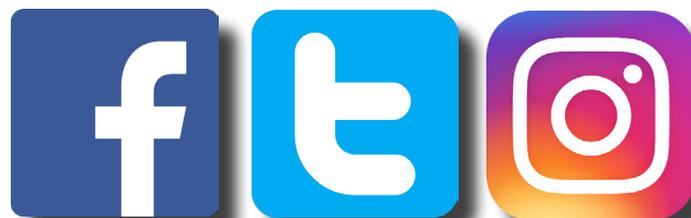
Spring into Healthy Giving is this Saturday!



Join us tomorrow, June 3rd, for an exciting street fair on Main Street in front of the Co-op! There will be food, activities, raffles, and more, all for the benefit of local nonprofits.

Missed our past issues?
Interested in reading some of the past editions of the Natural Buzz? You can find back issues at concordfoodcoop.coop/buzz

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Thyroid & Your Health

By Dr. Jacqueline S. Yang,
Naturopathic Doctor



Thyroid disease is a common condition seen in my practice.

Often people come to see me to help manage their thyroid and other times thyroid disease is found when I am searching for the root cause of a person's illness. Thyroid disease is preventable and can be managed through diet and lifestyle.

The thyroid gland is located in the front part of the neck and helps with metabolism, energy, and body temperature. It produces thyroid hormones, which then get distributed to the rest of your body. Low thyroid function (aka hypothyroidism) is when your thyroid becomes "sluggish" and does not produce enough thyroid hormone. This will then make it harder for your body to maintain healthy energy levels, to maintain a healthy metabolism, and to regulate body temperature. This is why the common symptoms are sensitivity to the cold, weight gain, water retention, constipation, dry skin, hair loss, and depression. Hyperthyroidism is the opposite. It is when the thyroid gland is overactive, producing too much thyroid hormone and presents with symptoms

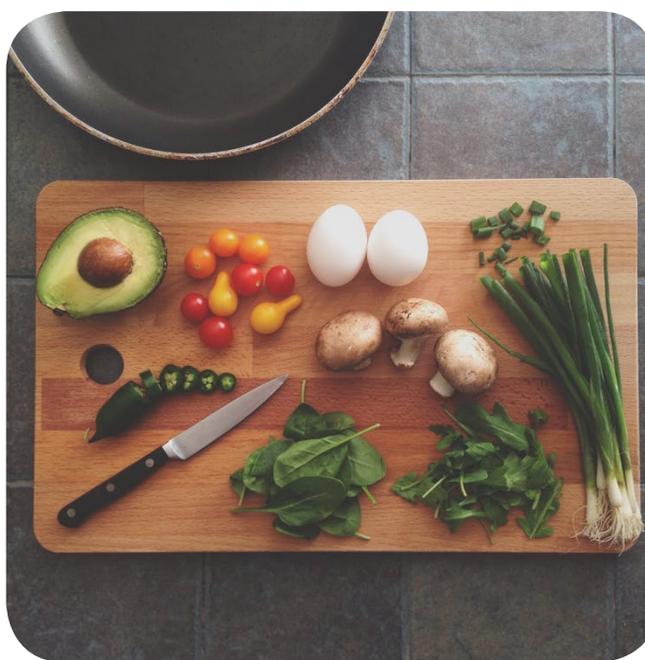
of increased heart rate, palpitations, weight loss, diarrhea, and anxiety. Hypothyroidism is more common and more prevalent, but it is often missed during routine doctor visits.

Subclinical hypothyroidism is when the symptoms of hypothyroidism are there, but hormone levels are normal. Since hormone levels are normal, in mainstream medicine, there is nothing to treat. This is one main reason why it is often missed. What ends up happening is the patient is told nothing is wrong and goes home with no explanation behind the chronic fatigue, weight gain/inability to lose weight, and hair loss. 5 years later this patient may go in for a routine visit and then show abnormal thyroid levels. By this time, the patient may have gained 30 pounds, the chronic fatigue worse, and the patient may have developed depression, insomnia, and skin conditions from chronic constipation. This could have been prevented simply through diet and lifestyle changes if implemented before labs were abnormal.

Thyroid disease, including autoimmune thyroid disease



(Hashimoto's and Grave's thyroiditis), can be caused or triggered by several different factors, such as nutrient deficiencies, high stress levels, toxicity, impaired or inadequate liver function, inflammation and oxidative stress, and drug interactions. All of these can be addressed with changes in diet and lifestyle. Dietary changes include getting adequate intake of important nutrients, such as selenium, iodine, vitamin B12, zinc, vitamin C, and vitamin E. This can be done by eating a good amount of vegetables each day. I recommend at least 5 servings a day (1 serving = ½ cup cooked, 1 cup raw), ideally 9-10 servings a day. That's the first dietary change to make. Once you are ready to make additional changes, move towards an anti-inflammatory diet. Lifestyle changes include reducing your toxic load. If you have an alcoholic drink each day, work on reducing it to every other day or none at all. Same goes for coffee and smoking. Other sources of toxins can be what you use at home. Start thinking about toxins in your skin care products (e.g. shampoo, conditioner, soap, perfumes/cologne/fragrances, makeup) and household cleaning products. Getting rid of candles that are synthetically fragrant and air



fresheners can be a big lifestyle change that can significantly reduce your toxic load.

Stress management is also important. Chronic stress is one of the leading causes of thyroid disease in my practice. If yoga and meditation are not your thing, start with thinking of a couple things that make you happy and make sure to have those or do those every day. We seem to be too busy these days that we forget or say we don't have time for the things that make us happy.

Join me in June to further discuss thyroid health and the dietary and lifestyle changes you can make to keep your thyroid healthy.

Dr. Jacqueline S. Yang, N.D., is a primary care naturopathic doctor. She believes in the importance of nutrition and the holistic approach to health care. She has pursued her education in advancing her knowledge and understanding in naturopathic, homeopathic, and oriental medicine. She treats patients of all ages at her own practice, New England Integrative Medicine.

Learn more about "Thyroid & Your Health" at the Co-op's FREE class on June 6th with Dr. Yang! [Click here to register online.](#)



Organics and Pollinators: Making Food Happen

By Claudia Broman,
*Reprinted from
strongertogether.coop*



A simple lunchtime meal could look drastically different without bees. We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears, and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of

the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing, and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic



farmers often grow more than one type of crop which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day, whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

- Support organic farms. By choosing organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.
- Buy untreated seeds and seedlings. Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.
- Support small, local farms. Small farms tend to be more diverse in



their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!

- Plant a garden for pollinators. Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as “bee-friendly” are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.

- Start a hive. Provide bees with nesting options in your backyard. The University of Minnesota offers a tutorial for how to build different types of homes for bees.

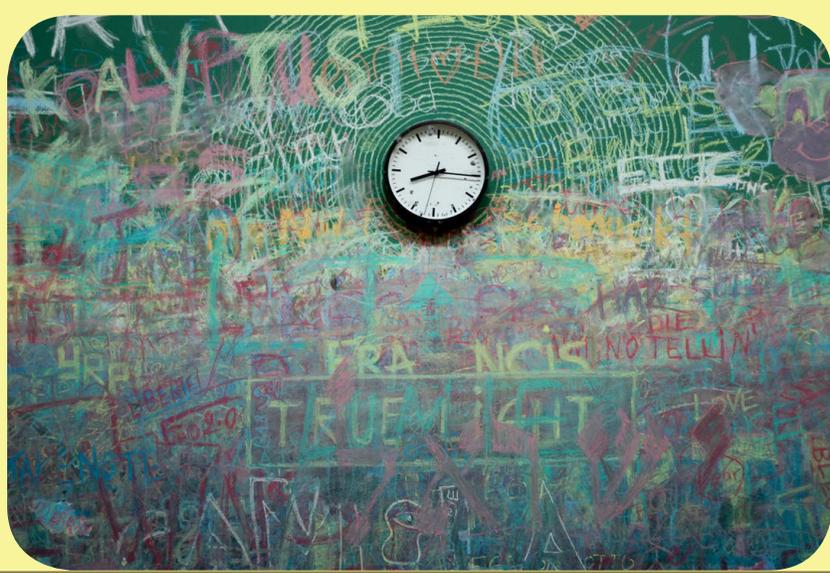
Learn more. Watch Queen of the Sun—a movie about the global bee crisis. Educate yourself and your friends with the help of The Xerces Society, a non-profit dedicated to the health of bees and other invertebrates.

This article was reprinted with permission from the website strongertogether.coop. [Click here to view the original article and read more like it.](#)



School's Out: Summer "Vacation" Self- Care for Educators

By Allison Lellos,
M.Ed



This time of year is bittersweet for educators: the end of another school year. The conclusion of the school year means a reprieve from the day-to-day grind and the beginning of "vacation". Vacation is in quotes because yes, teachers technically have a summer vacation just as their students do, but don't be fooled because teachers work year round. It's during this transitional time that educators witness and reflect on the fruits of their labor and are then promptly back at the chalkboard critiquing their work, planning for the next school year, and looking for opportunities to grow as educators for the sake of their students and school community. Teaching is a labor of love, 24 hours a day, 7 days a week, 365 days a year. So when do teachers have an opportunity to recharge their batteries as they continually work to mold the minds of

our future generations? Short answer: rarely or never.

Making time to recharge is good practice not just for new teachers or seasoned teachers; it is essential for every single educator. Now more than ever it is important for new teachers to learn how to find balance so as not to succumb to the ever-growing number of educators leaving the profession due to burnout. Seasoned teachers may get into a routine year to year that has not diligently included self-care, making it harder to suddenly incorporate after so long. So when can all these busy teachers find the time? As illustrated previously, for a vast majority of educators, time does not allow for elaborate plans to pamper and relax (even taking a sick day and the amount of preparation and planning it requires makes it almost not worth it!). But self-care is essential for survival, so to make it easier and more





manageable it needs to happen by way of small acts on a consistent basis (at the very least).

Educators: time for proper self-care and opportunities to recharge are possible, they truly are. However, the first step toward incorporating any sustainable self-care routine is deciding to make the commitment to yourself. We are notorious for putting everyone else first and sacrificing our own needs for others, but it's important to remember that deciding to put yourself first every once in a while is not selfish. By tending to your own needs you can continue to do what you do but better, and you can avoid maxing yourself out and approach every aspect of life feeling a bit more refreshed. With the school year wrapping up, now is the perfect time to start giving yourself permission to do this.



Small acts of self-care can go a very long way, so begin by determining what "small" things you really enjoy. Is it taking the dog for a walk? Snuggling with your partner? Reading a book? Creating art? Having a glass of wine? Whatever it may be, intentionally find time to incorporate them into your week. This does not mean multi-tasking your self-care with your obligations for work; you need to truly commit and give each of

these moments all of your attention.

You are your most important homework assignment. Acknowledge where you can make time to breathe and recharge, devote the time needed to restore the balance, and routinely practice the art of self-care. It is hard work, but you will be happier, healthier, and more effective teacher because of it.

Allison Lellos, M.Ed, INHC is a certified Integrative Nutrition Health Coach. She is the Health and Wellness Coaching Coordinator in the Weight and Wellness Center at Dartmouth Hitchcock Medical Center in Lebanon, and she provides health coaching services to individual clients throughout New Hampshire as well. Her passion is helping busy, driven individuals find peace and balance

by working with clients to identify areas of their lives that need more attention and nourishment.

Join Allison on June 21st for her free workshop, "School's Out: A Self-Care & Stress Relief Workshop for Educators" in Concord. You will feel rejuvenated with stress relief techniques, breathing exercises, journaling, and meditation.

[Click here to sign up!](#)



Warm Weather Cooking

By Barbara Bonsignore,
Author of Cooking with Compassion



Carrot Burgers

- 5 medium carrots, cut into chunks
- 1 large onion, chopped
- 1 medium zucchini, diced
- 1 green pepper, diced
- 2 garlic cloves, minced
- 2 Tbsp. tamari soy sauce or Bragg Aminos (health food stores)
- 1 tsp. garlic powder
- ½ tsp. dried basil
- 1 tsp. paprika
- 1 tsp. dried oregano
- 1 tsp. dried parsley
- ¼ cup almond butter
- 1 ½ Tbsp. tahini (sesame butter)
- 1 cup whole wheat pastry flour

Sauté carrots, onion, zucchini, and green pepper in water just until tender. Add more water as needed. Mix in food processor until well blended. Add remaining ingredients.

If burgers do not hold together, add more flour. Flour hands and shape into patties. Preheat oven to 350 degrees. Place burgers on baking sheet lightly oiled with olive oil. Bake for 10-12 minutes, until brown. Turn and bake on other side until brown. Makes 8-10 burgers, depending on size. Serve on toasted whole wheat buns with your choice of toppings. May also be grilled outdoors (aluminum foil might be helpful so burgers don't fall through grill).



For a printer-friendly version of these recipes, [click here.](#)

Corn Skillet

- 2 cups corn kernels (2 cups frozen, thawed corn kernels)
- ½ cup water
- 2 large onions
- 1 large grated carrot
- 1 medium green bell pepper, chopped
- 2 tsp. tamari soy sauce or Bragg Aminos (health food stores)
- 2 Tbsp. chopped fresh parsley
- Chili powder and cumin (to taste)
- ½ tsp. dried dill weed
- ½ cup soy milk
- 1 recipe nutritional yeast “cheese”

Sauté vegetables (except corn) in ½ cup water in large skillet stirring constantly until all are tender. Add more water if mixture dries out. Add corn at this point. Stir in all remaining ingredients, mixing well over low heat until mixture is heated through. Serve topped with salsa for each serving. Top each serving with salsa if desired.

Nutritional Yeast "Cheese"

- ½ cup nutritional yeast flakes (Red Star)
- ¼ cup whole-wheat pastry flour
- 1 ½ cups water or vegetable broth
- Garlic powder, tamari soy sauce, or Bragg Aminos (health food stores) (to taste)

Put all ingredients into small saucepan. Stir constantly over medium heat until mixture is smooth and thickened. Season to taste with garlic powder and tamari. If reheating, add water as needed to reach desired consistency.

Vegetable Slaw



- 1 small head of cabbage
- 1 green pepper
- 2 medium carrots
- 1 small onion
- 2 Tbsp. sunflower seeds
- 1 Tbsp. lemon juice
- 2 ½ Tbsp. tamari soy sauce or Bragg Aminos (health food stores)
- 1 Tbsp. vinegar
- 2 tsp. dried parsley (or 2 Tbsp. fresh parsley)
- 1 ½+ cups tofu mayonnaise (Nayonnaise) to taste
- 2 Tbsp. salad or Dijon mustard

Shred vegetables in food processor. Place in large bowl. Add remaining ingredients. Toss to mix well. Serve at room temperature or chill 2-3 hours before serving. Sprinkle with paprika. Serves four generously; or five not-so-hungry people.



The secret is out!



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June Calendar



For event details visit www.concordfoodcoop.coop/calendar

Concord Store

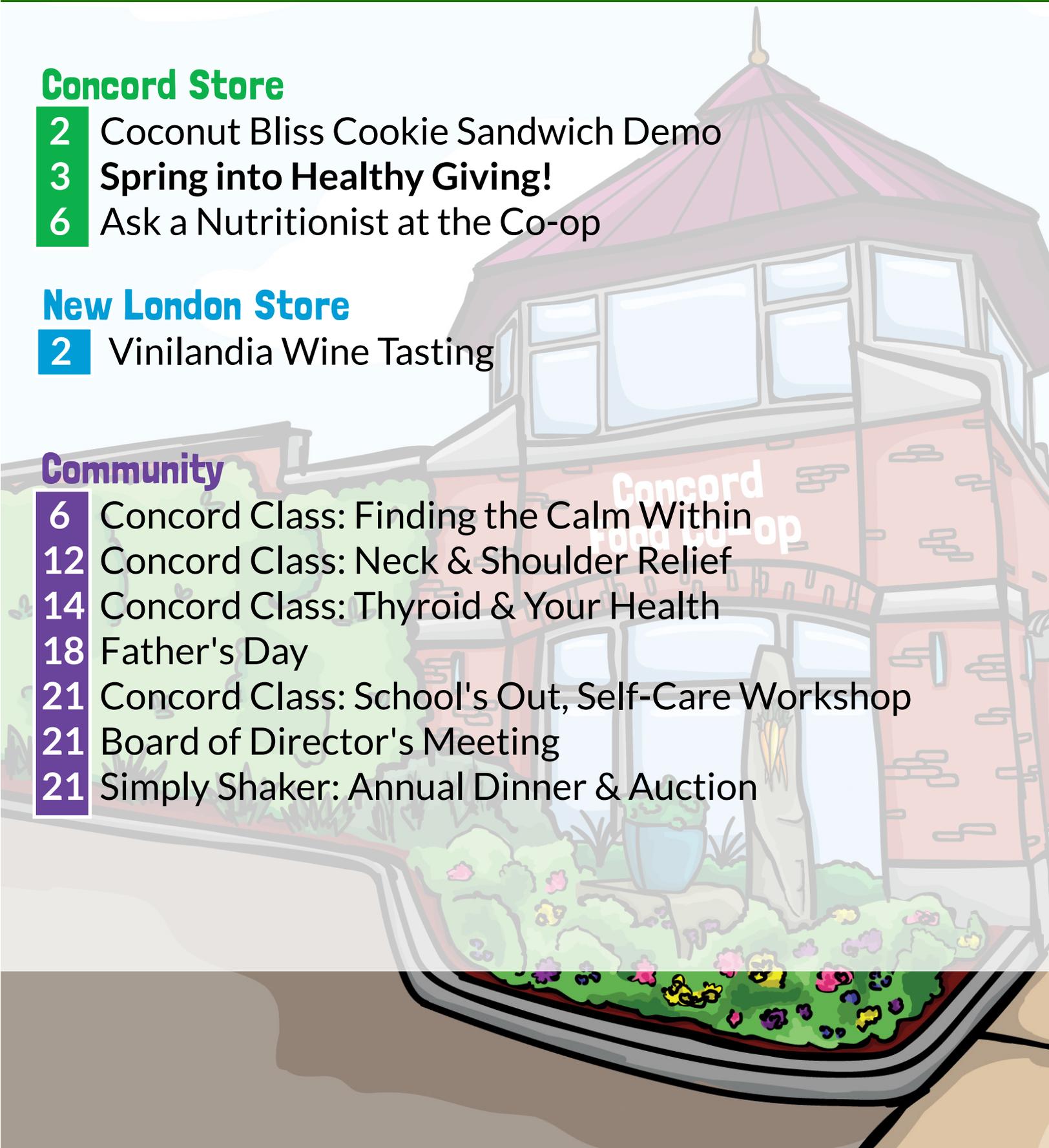
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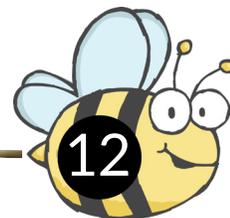
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603-225-6840

Monday - Saturday: 8 am to 8 pm
Sunday: 10 am to 6 pm

*Concord Food Co-op
of New London*

52 Newport Road, New London
603-526-6650

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