

February 2007

\$2.95

ENERGYTIMES

ENHANCING YOUR VITALITY THROUGH NUTRITION, HEALTH & HARMONY

A close-up photograph of two hands, one from the left and one from the right, with fingers curled together to form a heart shape. The hands are positioned against a dark, almost black background, which makes the skin tones stand out. The lighting is soft, highlighting the texture of the skin and the veins on the hands. The overall mood is warm and caring.

**GOOD
HEART HEALTH
STARTS
WITH YOU**

REGULATED PUBLISHER | www.energytimes.com

STREET 20 TWO ADDRESS ONLY
SEND MAIL TO P.O. BOX
P.O. BOX 1000
JAY'S GARDEN 20
JAY'S, NY 10000
(715) 894-7428

000390
JAN 2007
3000 10000 2007
PUBLISHED BY JAY'S 2007

**ANNUAL HEALTHY
HEART ISSUE**

**WAYS TO PROTECT
THE PUMP THAT
KEEPS YOU GOING**

IN SEARCH OF

S
age



A
llspice

BEEN TOLD YOU NEED TO CUT BACK ON YOUR SALT INTAKE BUT YOU'RE DREADING A LIFETIME OF DULL, BLAND FOOD? CHEER UP! WITH A WHOLE WORLD FULL OF AVAILABLE FLAVORING AGENTS, YOU NEED NEVER STARE LONGINGLY AT YOUR SALT SHAKER AGAIN.



L
emongrass



T
urmeric

SUBSTITUTES

BY LISA JAMES

Sugar and unhealthy fat are the dietary villains the media loves to hate, appearing in headlines so frequently that it's easy to forget about that other culprit: salt. Although vital to health in proper amounts, big food companies are now using this ancient condiment in dangerous excess. "Salt is a heavy, low-cost ingredient that adds bulk and reduces the cost of a

product," says Ian Hemphill, Australian spice exporter and author of *The Spice and Herb Bible* (Robert Rose). "Heavily salted manufactured foods tend to have the perception of having lots of flavor." Too much salt can push blood pressure upwards, which doesn't help the 65 million Americans who have pressure problems. In fact, the American Medical Association is now urging the

federal governments to limit the amount of salt that can be added to prepared foods. (To learn about supplements that support healthy blood pressure levels, see "Pressure Relief Remedies" on page 25.)

Whether you need to get your blood pressure under control or simply want to not feel like you're feeding off a salt lick, there is an answer to the low-salt/low-rise riddle... and it's as close as your kitchen cupboard.

Herbs and spices are Nature's way of saying "flavor." These plants have culinary histories going back thousands of years; today, when regional cuisines hopscotch the globe with regularity, all the world's tastes are increasingly available in the U.S. But exactly how do you employ these somewhat intimidating ingredients? "I always say that to use spices you do not need any special cooking skills," Hemphill claims. (If you're wondering, "herb" refers to the leaf of a plant used for flavoring, often fresh, while "spice" is reserved for other plant parts, such as bark, berries, buds, roots and seeds, that are almost always dried before use.)

First, a little cupboard cleanout is in order. Sweep your shelves clear of not only salt but also such related scoundrels as garlic salt or onion salt. Then take stock of your packaged goods, especially flavorings such as bottled sauces and dried bouillon cubes, many of which are sodium-intense. Finally, look at your spice containers: dust or rust indicates something you haven't used in a dog's age—and out it should go.

You're now ready to restock. Favored vinegars—such as balsamic, rice and red wine—and table wine (the cooking type has salt added) provide the basis for piquant marinades and sauces, as does freshly squeezed lemon juice. Add onion and garlic powders, along with peppercorns (and a pepper mill). Also keep plain sesame seeds on hand, and taste them as needed.

All in the Flavor Family

Selecting herbs and spices for your new-look pantry can feel a little

Mussels With Lemongrass Broth

Cooks in the US are coming to appreciate lemongrass for the citrusy tang it imparts to meat and seafood. But you have to respect its sharp, grass-like blades: Ian Hemphill recommends removing any upper sections that aren't tightly rolled and then peeling off several outer layers before slicing.

- | | | | |
|---|--|-----|------------------------------|
| 1 | tblsp oil | 1/4 | cup dry white wine |
| 4 | stalks lemongrass,
very finely chopped | 1/4 | cup chicken stock |
| 1 | tsp grated gingerroot | | 1 green onion, finely sliced |
| 2 | lbs mussels, scrubbed and
beards removed (discard
any that are already open) | | |

1. Place oil in a large stockpot over medium heat. Fry lemongrass and ginger for 5 minutes.
2. Increase heat to high and add mussels, wine and stock. Cover tightly and cook for 5 minutes, giving the pot a good shake every 30 seconds to move mussels around from top to bottom. After 5 minutes all the mussels should be open (discard the ones that aren't).
3. Spoon mussels and broth into large bowls and sprinkle with green onion.

Serves 2. *Analysis* per serving: 290 calories, 24g protein, 12g fat (7g saturated), 5g carbohydrates

Adapted from *The Spice and Herb Bible*, Second Edition by Ian Hemphill with recipes by Kate Hemphill (*Spice Bible*, 224 pp.)



overwhelming simply because there are so many. (Hemphill discusses more than 100 in his book, which provides much of the information in the following bullet points.) It gets easier once you realize that these flavors can be grouped into families. According to Hemphill, spices fall into five classifications:

- **Sweet**—Best known as the stars of the dessert table, these spices also complement savory foods well. The more popular ones include *allspice*, which goes well with tomatoes, cinnamon, used whole to infuse liquids with flavor and in ground form for mixing with other dry ingredients; and *saffron*, a great addition to root vegetables and winter squash.

- **Pungent**—These nose-rickling spices should be used sparingly. *Cardamom*, a popular curry spice, falls into this category, as do *cloves*,

which warm stewed fruit and mulled wine; *cumin*, tasty in vegetable casseroles and lamb dishes; and *ginger*, one of the few spices used both dried and fresh—gingerroot can smooth out the flavor in fish recipes.

- **Tangy**—The sourness of these spices helps balance out other flavors, especially sweet. This group includes *sourwood*, often used in tropical cuisines, and *black lime*, sun-dried whole lime that pairs well with chicken and seafood.

- **Hot**—These are the spices you add when you want to turn up the heat; use them judiciously. *Chili* is the best-known of the bunch, which also includes *horseradish*, another spice used in fresh form to complement cold meats, and *wasabi*, the whole seeds of which can enliven steamed vegetables and are fried in oil when making curry (cover the

DermaSilk.

The Anti Wrinkle Pill



FEWER WRINKLES IN JUST 2 WEEKS!



DermaSilk™ is a revolutionary age-defying supplement with clinically proven ingredients to reduce the appearance of wrinkles, fine lines, age spots and premature aging.

Reduces wrinkles and fine lines

Increases firmness and elasticity

Promotes collagen production

Increases hydration and skin density

Reduces age spots

Delivers beneficial skin-specific antioxidants*

Reduces puffiness under the eyes

Only for FDA-approved offer

For more information, call
800-886-9052

Available at participating local retailers.

*The following are ingredients: Zinc Oxide, Vitamin E, Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Vitamin K, Vitamin A, Vitamin D, Vitamin F, Vitamin G, Vitamin H, Vitamin I, Vitamin J, Vitamin L, Vitamin M, Vitamin N, Vitamin O, Vitamin P, Vitamin Q, Vitamin R, Vitamin S, Vitamin T, Vitamin U, Vitamin V, Vitamin W, Vitamin X, Vitamin Y, Vitamin Z, Vitamin AA, Vitamin AB, Vitamin AC, Vitamin AD, Vitamin AE, Vitamin AF, Vitamin AG, Vitamin AH, Vitamin AI, Vitamin AJ, Vitamin AK, Vitamin AL, Vitamin AM, Vitamin AN, Vitamin AO, Vitamin AP, Vitamin AQ, Vitamin AR, Vitamin AS, Vitamin AT, Vitamin AU, Vitamin AV, Vitamin AW, Vitamin AX, Vitamin AY, Vitamin AZ, Vitamin BA, Vitamin BB, Vitamin BC, Vitamin BD, Vitamin BE, Vitamin BF, Vitamin BG, Vitamin BH, Vitamin BI, Vitamin BJ, Vitamin BK, Vitamin BL, Vitamin BM, Vitamin BN, Vitamin BO, Vitamin BP, Vitamin BQ, Vitamin BR, Vitamin BS, Vitamin BT, Vitamin BU, Vitamin BV, Vitamin BW, Vitamin BX, Vitamin BY, Vitamin BZ, Vitamin CA, Vitamin CB, Vitamin CC, Vitamin CD, Vitamin CE, Vitamin CF, Vitamin CG, Vitamin CH, Vitamin CI, Vitamin CJ, Vitamin CK, Vitamin CL, Vitamin CM, Vitamin CN, Vitamin CO, Vitamin CP, Vitamin CQ, Vitamin CR, Vitamin CS, Vitamin CT, Vitamin CU, Vitamin CV, Vitamin CW, Vitamin CX, Vitamin CY, Vitamin CZ, Vitamin DA, Vitamin DB, Vitamin DC, Vitamin DD, Vitamin DE, Vitamin DF, Vitamin DG, Vitamin DH, Vitamin DI, Vitamin DJ, Vitamin DK, Vitamin DL, Vitamin DM, Vitamin DN, Vitamin DO, Vitamin DP, Vitamin DQ, Vitamin DR, Vitamin DS, Vitamin DT, Vitamin DU, Vitamin DV, Vitamin DW, Vitamin DX, Vitamin DY, Vitamin DZ, Vitamin EA, Vitamin EB, Vitamin EC, Vitamin ED, Vitamin EE, Vitamin EF, Vitamin EG, Vitamin EH, Vitamin EI, Vitamin EJ, Vitamin EK, Vitamin EL, Vitamin EM, Vitamin EN, Vitamin EO, Vitamin EP, Vitamin EQ, Vitamin ER, Vitamin ES, Vitamin ET, Vitamin EU, Vitamin EV, Vitamin EW, Vitamin EX, Vitamin EY, Vitamin EZ, Vitamin FA, Vitamin FB, Vitamin FC, Vitamin FD, Vitamin FE, Vitamin FF, Vitamin FG, Vitamin FH, Vitamin FI, Vitamin FJ, Vitamin FK, Vitamin FL, Vitamin FM, Vitamin FN, Vitamin FO, Vitamin FP, Vitamin FQ, Vitamin FR, Vitamin FS, Vitamin FT, Vitamin FU, Vitamin FV, Vitamin FW, Vitamin FX, Vitamin FY, Vitamin FZ, Vitamin GA, Vitamin GB, Vitamin GC, Vitamin GD, Vitamin GE, Vitamin GF, Vitamin GG, Vitamin GH, Vitamin GI, Vitamin GJ, Vitamin GK, Vitamin GL, Vitamin GM, Vitamin GN, Vitamin GO, Vitamin GP, Vitamin GQ, Vitamin GR, Vitamin GS, Vitamin GT, Vitamin GU, Vitamin GV, Vitamin GW, Vitamin GX, Vitamin GY, Vitamin GZ, Vitamin HA, Vitamin HB, Vitamin HC, Vitamin HD, Vitamin HE, Vitamin HF, Vitamin HG, Vitamin HH, Vitamin HI, Vitamin HJ, Vitamin HK, Vitamin HL, Vitamin HM, Vitamin HN, Vitamin HO, Vitamin HP, Vitamin HQ, Vitamin HR, Vitamin HS, Vitamin HT, Vitamin HU, Vitamin HV, Vitamin HW, Vitamin HX, Vitamin HY, Vitamin HZ, Vitamin IA, Vitamin IB, Vitamin IC, Vitamin ID, Vitamin IE, Vitamin IF, Vitamin IG, Vitamin IH, Vitamin II, Vitamin IJ, Vitamin IK, Vitamin IL, Vitamin IM, Vitamin IN, Vitamin IO, Vitamin IP, Vitamin IQ, Vitamin IR, Vitamin IS, Vitamin IT, Vitamin IU, Vitamin IV, Vitamin IW, Vitamin IX, Vitamin IY, Vitamin IZ, Vitamin JA, Vitamin JB, Vitamin JC, Vitamin JD, Vitamin JE, Vitamin JF, Vitamin JG, Vitamin JH, Vitamin JI, Vitamin JJ, Vitamin JK, Vitamin JL, Vitamin JM, Vitamin JN, Vitamin JO, Vitamin JP, Vitamin JQ, Vitamin JR, Vitamin JS, Vitamin JT, Vitamin JU, Vitamin JV, Vitamin JW, Vitamin JX, Vitamin JY, Vitamin JZ, Vitamin KA, Vitamin KB, Vitamin KC, Vitamin KD, Vitamin KE, Vitamin KF, Vitamin KG, Vitamin KH, Vitamin KI, Vitamin KJ, Vitamin KK, Vitamin KL, Vitamin KM, Vitamin KN, Vitamin KO, Vitamin KP, Vitamin KQ, Vitamin KR, Vitamin KS, Vitamin KT, Vitamin KU, Vitamin KV, Vitamin KW, Vitamin KX, Vitamin KY, Vitamin KZ, Vitamin LA, Vitamin LB, Vitamin LC, Vitamin LD, Vitamin LE, Vitamin LF, Vitamin LG, Vitamin LH, Vitamin LI, Vitamin LJ, Vitamin LK, Vitamin LL, Vitamin LM, Vitamin LN, Vitamin LO, Vitamin LP, Vitamin LQ, Vitamin LR, Vitamin LS, Vitamin LT, Vitamin LU, Vitamin LV, Vitamin LW, Vitamin LX, Vitamin LY, Vitamin LZ, Vitamin MA, Vitamin MB, Vitamin MC, Vitamin MD, Vitamin ME, Vitamin MF, Vitamin MG, Vitamin MH, Vitamin MI, Vitamin MJ, Vitamin MK, Vitamin ML, Vitamin MM, Vitamin MN, Vitamin MO, Vitamin MP, Vitamin MQ, Vitamin MR, Vitamin MS, Vitamin MT, Vitamin MU, Vitamin MV, Vitamin MW, Vitamin MX, Vitamin MY, Vitamin MZ, Vitamin NA, Vitamin NB, Vitamin NC, Vitamin ND, Vitamin NE, Vitamin NF, Vitamin NG, Vitamin NH, Vitamin NI, Vitamin NJ, Vitamin NK, Vitamin NL, Vitamin NM, Vitamin NN, Vitamin NO, Vitamin NP, Vitamin NQ, Vitamin NR, Vitamin NS, Vitamin NT, Vitamin NU, Vitamin NV, Vitamin NW, Vitamin NX, Vitamin NY, Vitamin NZ, Vitamin OA, Vitamin OB, Vitamin OC, Vitamin OD, Vitamin OE, Vitamin OF, Vitamin OG, Vitamin OH, Vitamin OI, Vitamin OJ, Vitamin OK, Vitamin OL, Vitamin OM, Vitamin ON, Vitamin OO, Vitamin OP, Vitamin OQ, Vitamin OR, Vitamin OS, Vitamin OT, Vitamin OU, Vitamin OV, Vitamin OW, Vitamin OX, Vitamin OY, Vitamin OZ, Vitamin PA, Vitamin PB, Vitamin PC, Vitamin PD, Vitamin PE, Vitamin PF, Vitamin PG, Vitamin PH, Vitamin PI, Vitamin PJ, Vitamin PK, Vitamin PL, Vitamin PM, Vitamin PN, Vitamin PO, Vitamin PP, Vitamin PQ, Vitamin PR, Vitamin PS, Vitamin PT, Vitamin PU, Vitamin PV, Vitamin PW, Vitamin PX, Vitamin PY, Vitamin PZ, Vitamin QA, Vitamin QB, Vitamin QC, Vitamin QD, Vitamin QE, Vitamin QF, Vitamin QG, Vitamin QH, Vitamin QI, Vitamin QJ, Vitamin QK, Vitamin QL, Vitamin QM, Vitamin QN, Vitamin QO, Vitamin QP, Vitamin QQ, Vitamin QR, Vitamin QS, Vitamin QT, Vitamin QU, Vitamin QV, Vitamin QW, Vitamin QX, Vitamin QY, Vitamin QZ, Vitamin RA, Vitamin RB, Vitamin RC, Vitamin RD, Vitamin RE, Vitamin RF, Vitamin RG, Vitamin RH, Vitamin RI, Vitamin RJ, Vitamin RK, Vitamin RL, Vitamin RM, Vitamin RN, Vitamin RO, Vitamin RP, Vitamin RQ, Vitamin RR, Vitamin RS, Vitamin RT, Vitamin RU, Vitamin RV, Vitamin RW, Vitamin RX, Vitamin RY, Vitamin RZ, Vitamin SA, Vitamin SB, Vitamin SC, Vitamin SD, Vitamin SE, Vitamin SF, Vitamin SG, Vitamin SH, Vitamin SI, Vitamin SJ, Vitamin SK, Vitamin SL, Vitamin SM, Vitamin SN, Vitamin SO, Vitamin SP, Vitamin SQ, Vitamin SR, Vitamin SS, Vitamin ST, Vitamin SU, Vitamin SV, Vitamin SW, Vitamin SX, Vitamin SY, Vitamin SZ, Vitamin TA, Vitamin TB, Vitamin TC, Vitamin TD, Vitamin TE, Vitamin TF, Vitamin TG, Vitamin TH, Vitamin TI, Vitamin TJ, Vitamin TK, Vitamin TL, Vitamin TM, Vitamin TN, Vitamin TO, Vitamin TP, Vitamin TQ, Vitamin TR, Vitamin TS, Vitamin TT, Vitamin TU, Vitamin TV, Vitamin TW, Vitamin TX, Vitamin TY, Vitamin TZ, Vitamin UA, Vitamin UB, Vitamin UC, Vitamin UD, Vitamin UE, Vitamin UF, Vitamin UG, Vitamin UH, Vitamin UI, Vitamin UJ, Vitamin UK, Vitamin UL, Vitamin UM, Vitamin UN, Vitamin UO, Vitamin UP, Vitamin UQ, Vitamin UR, Vitamin US, Vitamin UT, Vitamin UY, Vitamin UZ, Vitamin VA, Vitamin VB, Vitamin VC, Vitamin VD, Vitamin VE, Vitamin VF, Vitamin VG, Vitamin VH, Vitamin VI, Vitamin VJ, Vitamin VK, Vitamin VL, Vitamin VM, Vitamin VN, Vitamin VO, Vitamin VP, Vitamin VQ, Vitamin VR, Vitamin VS, Vitamin VT, Vitamin VY, Vitamin VZ, Vitamin WA, Vitamin WB, Vitamin WC, Vitamin WD, Vitamin WE, Vitamin WF, Vitamin WG, Vitamin WH, Vitamin WI, Vitamin WJ, Vitamin WK, Vitamin WL, Vitamin WM, Vitamin WN, Vitamin WO, Vitamin WP, Vitamin WQ, Vitamin WR, Vitamin WS, Vitamin WT, Vitamin WY, Vitamin WZ, Vitamin XA, Vitamin XB, Vitamin XC, Vitamin XD, Vitamin XE, Vitamin XF, Vitamin XG, Vitamin XH, Vitamin XI, Vitamin XJ, Vitamin XK, Vitamin XL, Vitamin XM, Vitamin XN, Vitamin XO, Vitamin XP, Vitamin XQ, Vitamin XR, Vitamin XS, Vitamin XT, Vitamin XU, Vitamin XV, Vitamin XW, Vitamin XY, Vitamin XZ, Vitamin YA, Vitamin YB, Vitamin YC, Vitamin YD, Vitamin YE, Vitamin YF, Vitamin YG, Vitamin YH, Vitamin YI, Vitamin YJ, Vitamin YK, Vitamin YL, Vitamin YM, Vitamin YN, Vitamin YO, Vitamin YP, Vitamin YQ, Vitamin YR, Vitamin YS, Vitamin YT, Vitamin YU, Vitamin YV, Vitamin YW, Vitamin YX, Vitamin YY, Vitamin YZ, Vitamin ZA, Vitamin ZB, Vitamin ZC, Vitamin ZD, Vitamin ZE, Vitamin ZF, Vitamin ZG, Vitamin ZH, Vitamin ZI, Vitamin ZJ, Vitamin ZK, Vitamin ZL, Vitamin ZM, Vitamin ZN, Vitamin ZO, Vitamin ZP, Vitamin ZQ, Vitamin ZR, Vitamin ZS, Vitamin ZT, Vitamin ZU, Vitamin ZV, Vitamin ZW, Vitamin ZX, Vitamin ZY, Vitamin ZZ.

pan or you'll be sweeping them up from all over the kitchen).

• **Amalgamating**—The relative mildness of these spices belies how important they are in spice blends, where they help pull all the more strident flavors together into our enjoyable taste. Hemphill especially praises *coriander*—"a little extra coriander can save a blend from ruin"—but says you shouldn't forget other members of this moderate family, such as *fennel seed*, which imparts a licorice-like flavor to soups, stews, breads and salads;



paprika, the perfect accompaniment to meat and eggs that can also mix down powdered dill; and *nutmeg*, a prime ingredient in spice blends from Morocco to India to Malaysia.

Herbs have their own grouping:

• **Mild**—*Parsley* is the most commonly used item in this category, which also includes *basil*, a cucumber-scented herb best sprinkled on salads or mixed with cream cheese (cut the hairy leaves finely for the best texture), and *chervil*, which subtly enhances the taste of other herbs.

• **Medium**—*Chives*, a mildly oniony herb best known for topping potatoes, is good in egg recipes and white sauces. *Basil*, which lends a lemon-mint flavor to poultry and fish, is another medium herb.

• **Strong**—*Basil* is a favorite in both Italian and Thai cuisines, is a strong herb, as are *dill*, a good match for chicken, seafood and vegetables; *celery*, especially spearmint, as an accompaniment to not only lamb but chicken and pork as well; and *savoyage*, a French cooking favorite.

• **Pungent**—*Garlic* and *onions* are classic pungent herbs; this group also includes *bay leaf*, best used in such

long-cooking recipes in soups, stews, and casseroles; *rosemary*, a natural in meat dishes and casseroles; *sage*, found in many bean recipes; and *thyme*, which enhances the flavor of tomato and potato dishes.

Hemphill suggests starting with "a small selection of spices that have many applications, such as coriander seed, paprika, cumin, allspice, turmeric, cardamom and cinnamon." Then move onto blends; Hemphill recommends using amalgamating spices and mild herbs as the base followed by, in increasingly smaller amounts, sweet spices and medium herbs, tangy spices and strong herbs, and pungent members of both groups, cupped off by smidgens of hot spices. Prepackaged blends are another option; buy small amounts to see which blends work best in your favorite dishes.

Proper storage is vital. When buying fresh herbs, look for bright foliage that isn't limp or yellow and stems that are crisp. If you place the stem ends in a cup of water and cover the leaves with a clean plastic bag they should last about a week in the fridge (change the water every couple of days). When shopping for dried herbs and spices, "never buy cardboard, cellophane or low-barrier plastic packs," Hemphill warns. Jars are better, but he recommends high-barrier zip-packs: "You can squeeze the air out of these packs before resealing." Store them in the pantry, away from heat and light.

There's an herb or spice for every dish; bind them, and you'll have so much fun that you can kick the salt shaker straight to the can. ■

ETip

Make Thyme to Calm a Cough

Are you plagued by coughing fits? Then reach for thyme, which has been used as an expectorant for centuries. Just crush some leaves of this pungent herb, mix into a rich vegetable or chicken broth and enjoy!