

PARASITES & PLANTS

Let's keep learning about macro-nutrients, focusing on carbs...

A carbohydrate (AKA saccharide) is a biomolecule consisting of carbon, hydrogen and oxygen atoms. Less technically speaking, carbohydrates provide the body with glucose, which is converted to energy that is used to support physical activity and other bodily functions (including feeding your brain – neurons run on glucose and cannot burn fat, although your brain needs healthy fats as well). Carbohydrates serve other functions beyond supplying energy, including providing dietary fiber that helps with regularity, feeding our gut flora, supporting our immune system, etc. Carbohydrates can be categorized as sugars, starches, fibers, glycogen, etc. Carbohydrates can also be characterized as four chemical groups: monosaccharides (sugars), disaccharides (sugars), oligosaccharides (e.g., fructo-oligosaccharides AKA oligofructose), and polysaccharides (starches, glycogen, & fibers). Most dietary fibers – either soluble or insoluble – are polysaccharides that our bodies cannot digest. High glycemic index (GI) carbohydrates quickly enter the bloodstream as glucose, which is inherently neither good nor bad. One gram of carbohydrate contains approximately 4 calories. *Continued below, on page 3, and on my website.*

Please see my website for info on macro-nutrients & micro-nutrients at <http://www.iloveiodine.com/nutrients>

Simple Carbohydrates: Sugars that consist of just one or two molecules (monosaccharides or disaccharides, respectively). Simple carbs provide a rapid source of energy. Simple Carbs: fruit juices, fruits, sugars, soda, honey, maple syrup, candies, many processed foods, etc. Go with fresh fruits, maple syrup, & honey!

Complex Carbohydrates: Typically starches that consist of long chains of sugar molecules (polysaccharides). Complex carbs provide sustained energy and longer periods of feeling sated. Complex Carbs: potatoes, yams, vegetables, legumes (pulses), and whole (unrefined) grains, shellfish, animal livers, etc.

TIP OF THE MONTH: 😊

Sit down to eat.

SHORTEST DISTANCE
BETWEEN 2 POINTS =
THE TRUTH!

Parasite [noun]: an organism that lives in (or on) another organism (its host) and benefits by deriving nutrients at the host's expense.



CURRENTLY SCHEDULING TALKS FOR WINTER 2018. HOPE TO SEE YOU THEN!

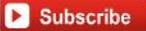
Please send inquiries using the contact form at <http://www.iloveiodine.com/contact.html>

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YouTube UPDATES: Newly Uploaded & Upcoming

Please see my website for a list of all videos at <http://www.iloveiodine.com/youtube.html>.

Please  at <https://www.youtube.com/channel/UCjpZg5NMsQHMX15HaO8I-0Q> Thanks!

BLOG UPDATES: Newly Posted

Main Page of BLOG

- Updated to list new BLOGs

Nutrients: Macro-nutrients & Micro-nutrients BLOG

- Carbohydrates [4/30/18]

Healthy Living BLOG

- How To Make Homemade Nut Milks ... [4/14/18]

GMOs, Dirty Dozen, etc. BLOG

- Genetically Modified Foods ... Safe or not? [4/1/18]
- Dirty Dozen ... A Story in Pictures [4/9/18]

Thyroid Health BLOG

- Hypothyroidism [4/3/18]
- My Favorite Iodine Sources [4/24/18]

Recipes BLOG

- My Baking: Recipes & Products [4/27/18]

Please see my website for what future blog posts that I will be writing:

<http://www.iloveiodine.com/blog>



Recipe of the Month: Japanese Knotweed Muffins

<https://www.iloveiodine.com/wildplantrecipes.html>

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AVAILABLE FOR
CONSULTATIONS

Volume I of my eBook (46 pages) "Wild Edible Plants in the Washington, D. C. Metro Area" featuring over a dozen wild edible plants is available for a minimum donation of \$1 through PayPal at www.PayPal.Me/iloveiodine

Please see the excerpt at www.iloveiodine.com/eBook – Volume II is scheduled to be released in Spring 2018.

Thanks for reading! Peace & Love! Tanya



CARBOHYDRATES

Soluble fiber: Dissolves in water to form a gel-like material that can be very soothing to the digestive tract and helps to lower excess cholesterol and regulate glucose levels. Sources: oats, peas, beans, apples, citrus fruits, carrots, barley, etc.

Insoluble fiber: Promotes the movement of material through your digestive system and increases stool bulk. Sources: nuts, seeds, beans, (sprouted) whole grains, vegetables, fruits, etc.

Plant-based foods contain both soluble and insoluble fiber, in varying amounts of each type, so don't get too bogged down in this ... just eat a wide variety of real food!

In sugar derived from sugar cane or sugar beets, fructose reacts with glucose to make the disaccharide sucrose; whereas in honey, fructose and glucose do not bind together.

According to the Mayo Clinic: "Another way to get more fiber is to eat foods, such as cereal, granola bars, yogurt, and ice cream, with fiber added." SIGH ...no mention of fruits and vegetables. Cereal and granola bars are not healthy foods ... they are denatured, processed foods with little nutritional value. Eat real food! By the way, the added fiber is usually "inulin" derived from chicory root ... *another reason to go foraging*. Also recommended is "adding crushed bran cereal, unprocessed wheat bran or uncooked oatmeal to muffins, cakes and cookies" – a good way to increase anti-nutrients in the diet ... ugh.

"*Dietary Fiber* consists of nondigestible carbohydrates and lignin that are intrinsic and intact in plants. *Functional Fiber* consists of isolated, nondigestible carbohydrates that have beneficial physiological effects in humans. *Total Fiber* is the sum of *Dietary Fiber* and *Functional Fiber*. Dietary fiber consists of non-starch polysaccharides and other plant components such as cellulose, resistant starch, resistant dextrins, inulin, lignins, chitins, pectins, beta-glucans, and oligosaccharides."

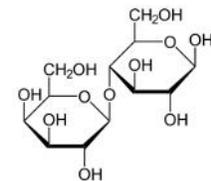
[Dietary Reference Intakes for Energy, Carbohydrate, fibre, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids \(Macronutrients\) \(2005\), Chapter 7: Dietary, Functional and Total fibre". US Department of Agriculture, National Agricultural Library and National Academy of Sciences, Institute of Medicine, Food and Nutrition Board.](#)

-Glucans (beta-glucans):

- Type of insoluble fiber found oats, barley, seaweeds, and "medicinal" mushrooms, such as reishi, shiitake, chaga, and maitake.
- Source of soluble, fermentable fiber (aka prebiotic fiber) that "feeds" microbiota within the large intestine.
- Increases fecal bulk and producing short-chain fatty acids as byproducts with wide-ranging physiological activities, like boosting immune system.

Animal products – that is, meat, dairy, & eggs – contain no fiber. Eggs contain essentially zero carbohydrates, but milk naturally contains lactose (disaccharide containing glucose and galactose units) – a simple carbohydrate.

SHELLFISH CONTAINS CARBOHYDRATES ...EXPLAINS THAT SWEET TASTE.



LACTOSE

WILD PLANTS

Plant of the Month: Japanese Knotweed AKA American Bamboo, Mexican Bamboo

Family: Polygonaceae (Smartweed-Buckwheat)

Japanese Knotweed (*Polygonum cuspidatum* syn. *Fallopia japonica* L.) is a very aggressive invasive species; hence, do the environment and your health a huge favor: eat as much of this plant as possible.

Medicinal Benefits: Excellent source of Vitamin C and resveratrol, which is a very potent anti-parasitic agent^{1,2}.

Edible Uses: Eat as a salad green or steam the young leaves when they are reddish to shiny green. The older, dull green ones are too tough, but can be juiced or blended. The rhizomes are edible as well. The young stalks are edible and can be used like Rhubarb to make baked goods like muffins and pies, as well as to make jams.

¹Mallo, N., Lamas, J., & Leiro, J. M. (2013). Hydrogenosome Metabolism Is the Key Target for Antiparasitic Activity of Resveratrol against *Trichomonas vaginalis*. *Antimicrobial Agents and Chemotherapy*, 57(6), 2476–2484. <http://doi.org/10.1128/AAC.00009-13>.

²Pais-Morales, J., Betanzos, A., García-Rivera, G., Chávez-Munguía, B., Shibayama, M., & Orozco, E. (2016). Resveratrol Induces Apoptosis-Like Death and Prevents *In Vitro* and *In Vivo* Virulence of *Entamoeba histolytica*. *PLoS ONE*, 11(1), e0146287. <http://doi.org/10.1371/journal.pone.0146287>



Harvest leaves
& shoots in the
Early Spring.

This information is intended for educational purposes only. **Please do your own research and do not eat or use any wild plants based solely on this information or any one source.**

Please see my website for photographs of over 75 wild plants that have edible and/or medicinal benefits.



USDA-NRCS PLANTS Database / Britton, N.L., and A. Brown. 1913. *An illustrated flora of the northern United States, Canada and the British Possessions*. 3 vols. Charles Scribner's Sons, New York. Vol. 1: 676.
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