

PARASITES & PLANTS

Let's keep learning on how to get healthier in the New Year ...

This newsletter will begin to look at macronutrients in general. The next few newsletter issues will be focusing in detail on macronutrients: proteins [March], carbohydrates [April], and fats [May]; after which I will be discussing micronutrients: vitamins, macro-minerals, and micro-minerals. In order to have success in treating any infection, getting adequate amounts of healthy macronutrients and micronutrients are critically important. Often we overly focus on the micronutrients (i.e., vitamins & minerals) that come from supplemental sources, while not focusing on consuming foods with high-quality macronutrients that are designed to provide these micronutrients, along with additional phytonutrients, such as carotenoids, polyphenols (such as, bio-flavonoids and lignans) often not found in supplements. While it may be necessary to rely upon supplements to obtain vitamins & minerals in the short term – and in some case, for the long term – vitamins & minerals are best obtained from food. When we obtain our micronutrients as nature intended, rather than consuming in supplemental form, whereby many are synthetic (chemical) versions that the body may or not be able to effectively use and in some cases may cause detrimental health effects, we will get better results. This discussion and related posts, videos, etc., will not be to promote any specific diet. I personally am beyond all the divisive nature of what has become dogmatic beliefs for many people. One things of note, any diet that eliminates or nearly eliminates any one macronutrient will not be sustainable or provide long term health benefits. Also the way that one *needs* to eat today, may be different from the why that one *needs* to eat tomorrow – be flexible and open to trying new foods. Lastly, another key difference between supplements and food ... food taste a lot better.

Please see my website for info on macronutrients & micronutrients at <http://www.iloveiodine.com/nutrients>

TIP OF THE MONTH: 😊
Eat real food.

Be flexible.
Open your mind.



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 2018. HOPE TO SEE YOU THEN!

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

DISCLAIMER: The information provided in this newsletter, on my website (www.iloveiodine.com), and in my YouTube videos is intended for educational purposes only. I (Tanya Bucci) am not a medical doctor. I do not treat or diagnose any disease and make no claims that the foods, herbs, supplements, and/or products that I discuss will treat, cure, or remedy any disease or health condition. Please consult your healthcare provider for medical advice.

YouTube UPDATES: Newly Uploaded & Upcoming

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

New Videos (Title & Length):

- Celiac, Gluten Intolerance, & Tapeworms - Connecting the Dots [38:35]

UPCOMING:

- Live Stream for Q & A scheduled for February 19th at 7:00 PM EST ... Details will be E-mailed
- Macronutrients: Proteins, Fats, & Carbs

Please  at <https://www.youtube.com/channel/UCJpZg5NMsQHMX15HaO8I-0Q> Thanks!

BLOG UPDATES: Newly Posted

Main Page of BLOG

- Updated to list new BLOGs

My Random Thoughts BLOG

- Genetically modified foods ... Safe or not? [2/2/18]

Homemade Natural Products BLOG

- Homemade Toothpaste [1/31/18]
- My Homemade Whipped Body Butters [1/31/18]
- All Purpose Cleaning Spray [2/1/18]
- How to Make Dry Shampoo [2/1/18]

Please see my website for what future blog posts that I will be writing at <http://www.iloveiodine.com/blog>

Many more posts in the works for the upcoming months. I will keep you updated.

Recipe of the Month:
Spiced Chia Seed Pudding
www.iloveiodine.com/chiaseed

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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



Macronutrients & Micronutrients

Nutrients can be divided into two categories:

1. Macronutrients
2. Micronutrients

Macronutrients:

1. Proteins
2. Carbohydrates
3. Fats

Protein – 4 calories per gram
 Carbohydrate – 4 calories per gram
 Fat – 9 calories per gram

Macronutrients (n.) – a type of food (e.g., fat, protein, carbohydrate) required in large amounts in the human diet.

THE USDA ALSO INCLUDES FIBER & WATER AS MACRONUTRIENTS.

Macronutrients provide the body with more than just energy in the form of calories. They supply micronutrients, rebuild the body, protect the body, provide fuel for brain functioning, and provide the muscles with energy.

Micronutrients (n.) – a chemical element or substance required in trace amounts for the normal growth and development of living organisms.

Micronutrients are needed only in minuscule amounts, but they are critical for human health. Thus, if one consumes macronutrients lacking in micronutrients, then poor health, disease, & early death will follow. According to the WHO, micronutrients enable the body to produce enzymes, hormones and other substances essential for proper growth and development. Micronutrients in refined sugar: ZERO. Micronutrients in soda: ZERO. Eating junk food is wasting opportunities to have a healthy body and mind. Eat real food and not refined, over-processed garbage, in order to have good health.

According to Health.gov¹, alcohol is a macronutrient – it is NOT!

Alcohol is detrimental to health.

Alcohol is a neurotoxin and damages your brain & nerve cells².

¹<https://health.gov/dietaryguidelines/2015/guidelines/appendix-6/#m>

²<https://pubs.niaaa.nih.gov/publications/10report/chap02e.pdf>

¹World Health Organization [WHO]. Nutrients – Micronutrients
<http://www.who.int/nutrition/topics/micronutrients/en/>

²Washington State University – MyNutrition – Nutrition Basics
<https://mynutrition.wsu.edu/nutrition-basics/>

³USDA – Macronutrients

<https://www.nal.usda.gov/fnic/macronutrients>

Micronutrients include:

- Vitamins
- Fat-Soluble
- Water-Soluble
- Macro-Minerals
- Micro-Minerals



WILD PLANTS

Plant of the Month: White Pine AKA Eastern White Pine, Northern White Pine
Family: Pinaceae AKA Pine Family

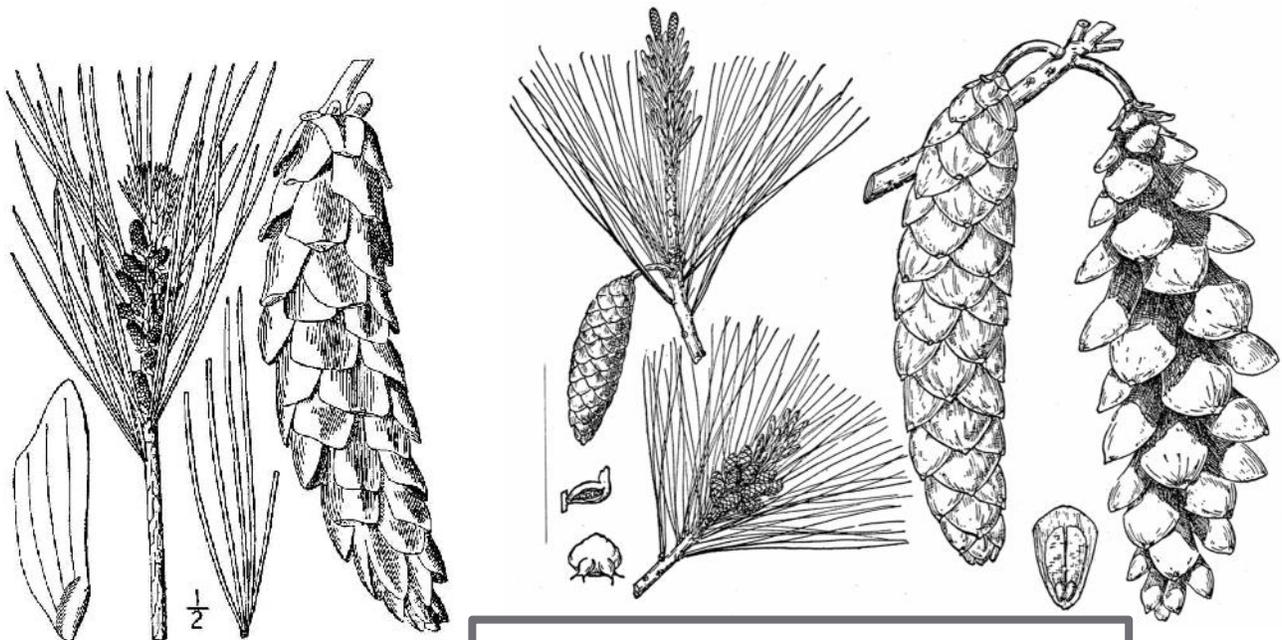
White Pine (*Pinus strobus* L.) is a year round food and medicine resource. The needles are rich in vitamin C and can be made into a tea to boost immune system and was used historically to prevent and treat scurvy. I also chew on the needles to extract the juice, often when I am out for a hike. The seeds (AKA pine nuts) are edible, but not easy to obtain from this species of pine. The pollen is highly nutritious with strong antioxidant & anti-inflammatory properties¹. It is purported to be very beneficial for those trying to boost their testosterone. Word of caution: If one is allergic to air-born pine pollen, then consuming it would likely cause a potentially serious allergic reaction. All pine trees contains oleo-resin, whereby turpentine can be derived. Turpentine consists of an average of 20% of the oleo-resin and is separated by distillation. This is not a simple process. Turpentine has been used for centuries for medicinal parasites.

¹ Lee, K.-H., Kim, A.-J. and Choi, E.-M. (2009), Antioxidant and antiinflammatory activity of pine pollen extract *in vitro*. *Phytother. Res.*, 23: 41–48.



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 information on how I use turpentine for treatment of parasites and fungus.



WHITE PINE (*PINUS STROBUS*)

Sargent, Charles Sprague *Manual of the Trees of North America* (Boston, MA: Houghton Mifflin Company, 1905). [Public Domain].
 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: 56. [Public Domain].
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