

# The SCD Sojourner

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Pumpkin & Coconut Milk Soup



*Inspiration for your  
journey to health on the  
Specific Carbohydrate Diet*

## New Recipe: Pumpkin & Coconut Milk Soup

Serves 4-6

*The subtle and delicious tastes of Thailand are what will call you to this creamy and hearty soup. If you don't have a pumpkin, substitute fresh or frozen butternut squash.*

### Ingredients:

- 4 c. cooked, pureed pumpkin or other winter squash\*
- 2 c. water
- 1/2 -inch piece fresh ginger, peeled
- 1 strip of lemon peel
- 2 green onions, finely sliced (white part only)
- 1-1/2 c. legal coconut milk
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 lime, peeled for garnish and squeezed



### Directions:

In a large saucepan, combine pumpkin, water, ginger, lemon peel and green onion. Bring to a boil, reduce heat and simmer for 10 minutes to blend flavors, stirring occasionally. Remove ginger and lemon peel.

Turn off heat and add coconut milk. Season to taste with salt and pepper; heat through without allowing soup to boil. Taste and adjust seasonings; squeeze in lime juice to taste.

To serve, make a little swirl of additional coconut milk on each bowlful if desired, and garnish with a sprinkle of lime zest.

\*not canned

[printable recipe](#)

It's 2013! We hope you had a great 2012 and Holiday season. We enjoyed time together with family and friends this Christmas, and also planned some ways to make my life easier now that I have three boys five and under! One of the strategies I'll be using this year will be making the same delicious meals each week using the Easy Menu Packet which is now offered on our website. Read on to learn how they can make *your* life easier too! Have a great January!

~Erin

# Coconut... the Super Nut!

Coconut Milk is so tasty, and thankfully we can enjoy it on the SCD! Look for brands with coconut milk, water and possibly a preservative ONLY. Coconuts are actually large nuts and have lots to offer! Several other coconut products, such as coconut oil, pure coconut water, pure coconut cream, **unsweetened shredded coconut**, and palm kernel oil, can be used by SCDers after being on the diet for a few months and after symptoms have subsided. Evidence is showing that coconut may provide a wide range of health benefits. A couple of resources where you can read more about the benefits of coconut are:



<http://www.coconutresearchcenter.org/>  
and <http://www.pca.da.gov.ph/tol.html>  
and for a site where coconut products are sold: <http://www.tropicaltraditions.com/faq.htm> .

One coconut product that I was hoping would be legal but it's NOT is coconut aminos, which some people use as a soy sauce substitute. My husband researched it and said that it contains the wrong kinds of sugars, so don't use coconut aminos!

According to the Coconut Research Center, medical science is now confirming the use of coconut can be effective in the following areas:

Coconut kills flu, herpes, measles, SARS and other viruses. It kills bacteria that cause ulcers, throat infections, urinary tract infections and other diseases. Coconut kills fungi and yeasts that cause candidiasis, athlete's foot, thrush, diaper rash and other infections. It also has been found to boost energy, improve digestion, reduce inflammation, support tissue healing and it serves as a protective antioxidant.

Maybe coconut is something we should be trying to find ways to include in our diet!

# New: Easy Menu Packet



*Make your life a little easier with our handy Easy Menu Packet!*

## Do you sometimes feel overwhelmed?

I know I do! Lately, the task of raising three boys ages 5, 3, and 8 months along with all the household duties like cleaning, shopping, organizing, and planning and cooking healthy well-balanced meals for everyone has been running me ragged!

And unlike most other mothers, I can't just run through any drive-thru for lunch for myself, buy prepared meals, or go to one of those dinner preparation kitchens to prepare a bunch of frozen dinners ahead of time.

My sister gave me the brilliant idea of getting through this demanding time of motherhood by just making the same thing for dinner every week. Bingo!

So my mom and I sat down, thought of some of our family's favorite meals with some alternate variation possibilities, and then she put it all together into an easily usable format for me to use every week.

There is a laminated magnetic sheet for my refrigerator that contains the meals listed out for five+ days of the week, plus ideas of what to do to prepare better for the meals if I have time for a cooking morning. Then there is a laminated sheet that contains the recipes so I can just set it up on my counter and follow the recipes. And lastly, there is a wonderful pad of shopping lists so all I have to do before going shopping is to tear one off and stick it in my purse!

We thought that this is going to be such a help to me that you could benefit from it too. So we've added it to the website to order. We hope you'll enjoy it!

Learn more about the  
Easy Menu Packet and  
order one for yourself by  
[clicking here.](#)



*New Recipe:*

[Hot Artichoke Dip Printable Recipe](#)

## Hot Artichoke Dip

***Be sure to get some of this creamy rich dip before it disappears completely! It's delicious.***

1 bag frozen artichoke hearts  
(about 3-1/2 cups of chopped artichoke)  
3/4 c. SCD legal mayonnaise  
5 oz. widely shredded Parmesan cheese  
4-5 cloves garlic, chopped

Preheat oven to 350 degrees.

Place artichoke hearts in a medium

saucepan and cover with water. Bring to a boil and simmer 8 minutes. Drain thoroughly and roughly chop.

Combine artichokes, mayonnaise, Parmesan cheese and garlic. Place in an ovenproof serving dish and bake for 20 minutes, or until cheese is melted and dip is bubbly. Serve warm with veggies for dipping.

Note: A naturally occurring and safe chemical reaction may turn the garlic green.



*I have fond memories of many delicious artichokes served with meals growing up. We still love to boil them, and dip the meaty part of the leaf in melted butter. Yum!*

*Artichokes are also a healthy food choice. They are rich in folic acid, Vitamin C, Vitamin K, Potassium, Copper, Iron, and a variety of antioxidants.*



Vitamin D is available in eggs and milk, fruits and vegetables. Our diet is naturally rich in Vitamin D!

## Benefits of Vitamin D

Lately Vitamin D has been getting a lot of attention. Vitamin D is important in a number of roles in our bodies, including boosting immunity, preventing some forms of cancer, increasing calcium absorption, reducing inflammation, and promoting healthy neuromuscular function. It is now well known that most people aren't getting enough of this important vitamin in their diet, though research varies on how much a person should take per day. An interesting opinion I recently ran across comes from Dr. John Cannell of the Vitamin D Council, who suggests that you take 1,000 IU per 25 pounds of body weight. A person who weighs 150 pounds, for instance, would take 6,000 IU per day as a starting dose ( $150/25 = 6$ ,  $1,000 \times 6 = 6,000$ ).

I personally take Vitamin D-3 from Trader Joe's, which you can order at our Amazon Store by clicking on it at the bottom of this page about [supplements](#) on our website.