

Cornucopia Newsletter

"let thy food be thy medicine, and thy medicine be thy food"
-Hippocrates

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Lynne's Corner

A word from the owner and founder of Cornucopia

It has been 34 years since the opening of Cornucopia Natural Foods in Sayville. Many of my first customers had long hair and bare feet back then, and much has changed since.

I started my store as a necessity to my own health. There were no health food stores in my area back in 1976 when I was diagnosed with

multiple allergies and imbalances pertaining to them. I got help from a wonderful holistic doctor (I think the only one on Long Island at the time). His name was Juan Wilson and I

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Try these tips to help you avoid those unhealthy cravings

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Gluten: a poison in disguise

By Naturopathic Doctor Steve Nenner. Find out why Gluten may be harming you.

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10% Any Maca
Product in the Store

1 coupon per customer
expires 9/30/2010



Product of the Month Maca

Maca is a plant native to the high Andes of Peru. Highly regarded by raw food enthusiasts and often grouped as a “superfood” because of its many health benefits.

Maca root helps rebuild weak immune systems, re-mineralize poorly nourished bodies, and increases energy & endurance.

- Increases Energy & Stamina
- Helps Rebuild Muscle
- Helps Regulate Hormonal Imbalances
- Reduces Anxiety & Stress
- Enhances Memory, Learning, & Mental Ability
- Improves Sexual Function in Both Men & Women

Raw Foods By

Generations of tradition have taught us that cooking the food we eat is essential, but this is not necessarily true when it comes to our fruits and vegetables. Recent scientific research has proven what the fringe health food nut has known for decades: raw is best.

When foods are cooked (heated above 120 degrees), a substantial amount of their vitamins, minerals, enzymes, and any helpful probiotics, which lie in the trace amounts of fruits and vegetables, are lost. Many nutrients are denatured when they are cooked, making them more difficult for the human body to absorb and use properly. But it's the loss of enzymes that are the most important issue.

Enzymes are the conduits by which all living organisms grow or decay. In edible plants many of these enzymes, which serve to move their life cycle forward, also serve to aid our digestive system in breaking them

down. Without them our bodies must produce additional enzymes for this purpose taking them away from other essential functions. Our bodies waste valuable energy and nutrients producing extra enzymes. A low-enzyme diet functions mainly in diminishing returns. A high-enzyme, high nutrient, calorically balanced diet is a substantially superior way to eat, and raw foods are the best choice to satisfy this. It's not to say that cooked food is worthless, but in it's raw state almost all foods are better for you. Principally, when one speaks of a raw food diet they are speaking of a vegan diet as well. While veganism is not for everybody, the benefits of including raw fruits, vegetables, nuts, seeds, oils, and sprouts is something everyone can enjoy.

Drew is one of our managers at the store and has been on a raw food diet for years.

Fun Facts

Did you know the following famous people in history were vegetarians??

- Albert Einstein
- Plate
- Isaac Newton
- Ghandi
- Bob Dylan
- Bob Marley

Deconstructing Cravings by Tina Annibell

Tina is a holistic nutrition counselor with a private practice in Sayville. She is certified by the Institute of Integrative Nutrition and the American Association of Drugless Practitioners. Besides just being an all around great person, she also works with busy people who struggle with their weight, energy levels, preparing healthy meals and feeling good in their bodies. She offers individual nutrition counseling, group workshops, and does the Cornucopia Store tours. To learn more visit or call 631-513-1162

The body is an amazing source of intelligence. It is always there for you, pumping blood, never skipping a heartbeat, digesting whatever food you put in it, and maintaining homeostasis. Is this reliable, intelligent bio-computer making a mistake by craving ice cream or a hamburger or chocolate? Are cravings due to lack of will power or discipline? I'd like to suggest that cravings are not a problem. They are critical pieces of information that tell you what your body needs.

The important thing is to understand why you crave what you crave. Perhaps your diet is too restrictive or devoid of essential nutrients. Perhaps you are living a lifestyle that is too boring or stressful. Your body tries to correct the imbalances by sending you a message: a craving. A craving for something sweet could mean you need more protein, more exercise, more water, or more love in your life. The key to stopping the sugar craving is to understand and deliver what your body really needs.

Your body knows best and is always trying to create balance. However, products like refined foods, sugar, caffeine, alcohol and drugs (which have little or no nutritional value) are confusing to the body. They throw the body off-balance and can create serious cravings as your body tries to get what it needs to restore internal harmony. The more your food is whole and healthy, the easier it is for your body to stay in balance and provide you with a happier, healthier life.

No book or theory can tell you what to eat. Only awareness of your body and its needs can tell you. Of all the relationships in our life, the one with our body is the most essential. It takes communication, love and time to cultivate a

relationship with your body. As you learn to decipher and respond to your body's cravings, you will create a deep and lasting level of health and balance.

The next time you have a craving, treat it as a loving message from your body instead of a weakness. Try these tips to respond to your body:

- Have a glass of water and wait ten minutes
- Eat a healthier version of what you crave. For example, if you crave sweets, try eating more fruit and sweet vegetables. Or try a Lara Bar. The sugar comes from whole dates. The fiber from the dates and the fat in the nuts lower their "glycemic index" making them enter the bloodstream more slowly. This at least doesn't stoke the cravings-roller-coaster.
- Play the detective game. Ask yourself...What is out of balance in your life? Is there something your need to express, or is something being repressed? What happened in your life just before you had this craving?
- When you eat the food you are craving, enjoy it, taste it, savor it: notice its effect. Then you will become more aware and free to decide if you really want it next time.

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saw him on the Merv Griffin show (remember that??) and I decided to go see him. Well, I figured I was not the only one in our area to have needs of natural foods without coloring, preservatives, etc..., so I decided to open a store (as simple as that). Boy, was I naïve!! We made some wood shelves, bought some barrels, and as much food as we could from our savings.

Everything was whole wheat and honey back then (and Adele Davis ruled). A lot of hard work and perseverance and our store was able to grow.

We have seen many

changes in trends in healthy eating over the past years and it never ceases to amaze me how much more there is to learn. People are becoming more aware of the benefits of organically grown foods, and that seems to be more our focus these days. "Natural" has become a very watered down word, and reading ingredient lists are more important than ever.

And not all organics are created equal either. Some organics are being grown in China where regulation is not as strict. We are avoiding these products in our store. That is the reason for us dropping the Silk Soymilk products in our refrigerated section.

There is a great website

www.Cornucopia.org (NO it is not affiliated with us, just happens to be a coincidence. But we must admit they have a great name ☺), that is a watchdog for the organic industry. They do their own research and publish results online.

We have also joined a network of smaller retailers, like ourselves, throughout the country who strive to "up the bar" for industry standards on organics and natural foods. We all started out "mom and pop" stores and believe in what we are doing, want to share information, and provide the best products to our customers

-Lynne Dougherty

Adzuki-Shiitake Soup

1 cup dry adzuki beans, sorted, rinsed, and soaked overnight
 7-8 cups water
 1 carrot, diced
 1 medium onion sliced
 1 cup chopped bok choy, diagonally cut
 1-2 cloves garlic minced
 1 tablespoon sesame oil
 1 cup sliced fresh shiitake mushrooms, stemmed
 2-3 tablespoons white or yellow miso
 1-2 tablespoons tamari
 pinch of cayenne pepper

In a large pot, bring the beans and water to a boil. Cover and simmer 1 to 1 ½ hours or until almost tender. Saute the carrot and onion with the bok choy and garlic in oil until tender. Add the shiitake and cook until everything is almost tender. Add to the bean pot, adding more water or stock in necessary. Remove 1 cup broth from the soup pot. Stir the miso into the broth until it dissolves, then add back to the soup. Add tamari and cayenne, and adjust seasonings to taste.

Enjoy!!

Gluten: a poison in disguise by Dr. Steve Nenner

Warm bread baking in the oven, filling my childhood home with a loving aromatic embrace. We made bread by hand as children on Saturdays. Life was good as we sat around on those lazy, hazy Sunday afternoons and at homemade two inch thick slices of homemade cinnamon raisin bread bathed in butter.

In another world (that other world being my gut), a different story was taking place. A war was breaking out, as pointless and arbitrary as any war. The bread that tasted so good to my tongue was making contact with my intestinal walls, and wreaking havoc. Inside each grain of wheat is a protein called gluten. Gluten is also present in the grains barley and rye. Gluten is a slinky shaped protein that makes bread spongy.

By a tremendous bit of bad luck the protein we call gluten, looks to the body like it is a dangerous bacteria, and not just any bacteria. It's spiral size and shape (one nanometer spiral) makes it look like the bacteria that causes syphilis and Lyme disease.

We know well what the immune reaction to the Lyme bacteria can do to a patient or a loved one. No organ system is safe from the destructive inflammation. Likewise, doctors from an earlier generation were aware of these effects from syphilis infection. The damage from these diseases is caused by the powerful weapons of our body's reaction to their presence.

Our immune system is over reacting to gluten, and that causes all of our problems. Symptoms may not show until a lot of damage has been done, or an autoimmune disease or cancer is diagnosed. Gluten intolerance is the hidden epidemic of the 21st century, the equivalent of syphilis and Lyme disease when these diseases were misunderstood, misdiagnosed, and poorly treated. Gluten related disease is vastly under diagnosed in this country. It is diagnosed 40 times more often in Europe.

The reason that gluten is so confusing to our immune system is because it resembles these bacteria in size and shape. We know what the body is willing to do to itself in its attack on these bacteria. It will not only create tremendous inflammation, but create such destruction in attacking these bacteria that it will literally eat through muscle, tendon, bone, and nerve tissue. Destroying the function of these tissues and our health and happiness in the process. The immune reaction is so strong that our body is even willing to put our life in jeopardy.

In thinking about the effect of gluten on the insides of our body we have to remember that the insides are not just "inside" the body. When we are growing in the womb our bodies form three layers. These layers are basically the inside, middle, and outside.

However, the body is more interesting than that. The inner tube is called endoderm and while this inner tube is forming, parts go off in some interesting directions. Part of the endoderm goes up into the throat and becomes the thyroid gland! Here is a complete list of endoderm tissues. The endoderm forms: the liver, the pancreas, the urinary bladder, the lining of the urethra, throat, the lungs, the thyroid, the parathyroid, and of course, the stomach, small intestine, and the large intestine.

Gluten sensitivity must be considered with blood sugar issues, mood disorders including depression and anxiety, foggy thinking or low energy. Autoimmune disease like Hashimoto's disease and other autoimmune disease like colitis and Crohn's disease. All behavior disorders (including autism) are either caused or aggravated by gluten. Irritability in children is one of its first clues.

While the body is going after the gluten protein, it is destroying our own tissue, and even mistakenly going into attack against our own tissue in a frantic attempt to destroy anything that may be the invader. After the battle the body will clean up and do the repair work. The problem is that the attack never ends. We keep eating gluten and the immune system keeps attacking. Making antibodies against gluten but against our own tissues as well. Against our thyroid, against our pancreas, against our liver, against the lining of many of our other tissues and of course causing most cases of colitis and Crohn's disease.

In addition to all of this bad news there is also tissue running through the intestines called endomysium. This tissue runs throughout the intestines and includes blood vessels, nerve tissue and lymphatic tissue. For this reason it is possible to see and immune response to gluten show up anywhere in the body.

Undiagnosed gluten sensitivity can destroy the potential for lifetime health and wellness. Celiac disease is one kind of gluten sensitivity, but my own 15 years of ulcerative colitis taught me gluten has many ways of damaging the body.

To recover from gluten-induced illness, complete avoidance without exception is required. Thankfully we now have more resources for this than ever, in stores and on the Internet. It is a major life change, but one that can save your life.

~Steve Nenner



Steve is a A Connecticut State, Arizona and California Licensed Naturopathic Physician, Practicing under a New York State Nutrition Certification in Port Jefferson and Manhattan.

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Lorem Ipsum Dolor

Spring 2012



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Become a fan of
Cornucopia Natural Food
to see upcoming events,
get recipes, and other
great stuff!!

Upcoming In-Store Events

September 16th 7-8pm
Balancing your hormones Naturally
by dr. Anthony Caliendo

September 27 6pm
Store Tour with Tina Annibell.