



A Grain of Salt

Special Edition Honoring the Founder of The Grain & Salt Society, Jacques de Langre

FALL 2000

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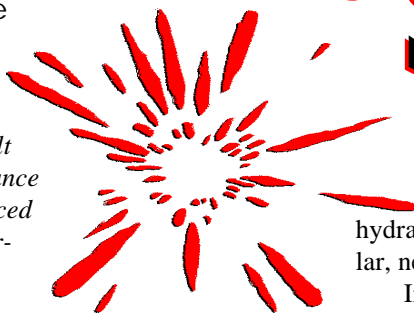
An Excerpt from the files of
Jacques deLangre

In 1964, Georges Ohsawa told Jacques de Langre about a special salt harvested in Northern France by craftspeople who practiced the ancient art of salt harvesting. Jacques went to France and tried the salt for himself. He believed that this salt, Celtic Sea Salt, was the salt that most benefitted the human organism. For the next two decades, Jacques researched the effect that salt has on humans. The following article is an excerpt from a larger work that details some of the reasons Celtic Sea Salt is such a special salt.

From the basic science of biology, we learn that salt plays a major role in human health. On the one hand, it feeds tissues nutritional mineral elements and, on the other hand, it dissolves, sanitizes and cleanses the toxic wastes from the organism. It is this latter function that makes salt such a healing substance. It is said in all classic biology textbooks: Salt is a cleanser of bodily fluids.

Most physiological and biological processes function correctly only when sufficient quantities of sodium are present; sodium intervention is evident at all levels of the organization of living matter from cell metabolism and

The Spark of Life



hydration up to the most complex muscular, nervous and cardiac activities.

In a healthy person, the quantity of salt retained in the tissues remains constant. Any excess sodium ingested is automatically eliminated through the kidneys. However, if disease is present, this elimination of excess salt is impaired, and excess salt deposits are created; or sudden loss of internal salt can occur. Addison's disease, pylorus blockage, ulcers and gastric cancers will create a critical loss of chloride ions, as well as a lowering of the sodium chloride in the digestive system with a shortage of available hydrochloric acid in gastric juices.

These losses of chlorine and sodium so perturb the cell's self cleansing functions that the blood becomes loaded with toxins. These deficiencies, in turn, act on the nervous system and create a chain reaction of new losses of sodium chloride, which in extreme cases can be fatal.

There are times when stress or a state

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A Personal Dedication to Jacques deLangre

by Meredith McCarty

When I first encountered Jacques at natural health seminars and summer camps in the 70s, I wondered what he did to cultivate such a healthy body and a kind and happy spirit. I always felt so good both on the inside and on the outside after Jacques' classes. And now, almost three decades later, I see clearly how Jacques' life influenced my own and so many others' lives in a profoundly positive and transformative way.

In the Do-In self-massage classes he taught, his enthusiastic nature was so contagious that before you knew

it, we students were poking our bellies while exhaling, and making all sorts of faces in order to stretch and massage the energy meridians and points on our heads and torsos. Jacques reminded me of Jack LaLane with a Belgian-French accent. Fit and smiling, he inspired us all to get to know our bodies in a more conscious, fun, and loving way.

Jacques learned about Macrobiotics, the study of living a lifestyle in harmony with Nature that became the foundation for the natural foods movement of today, from its father, George Ohsawa, in the late 1960's. What Jacques gave back to Macrobiotics was the broader understanding of the value of two of life's staple foods, naturally-

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IMAGINE THIS

An Interview with Robert Nissenbaum, founder and owner of Imagine Foods

Jacques and Yvette became involved in Macrobiotics and healthful foods in the 1960's, long before a person could buy tofu at the local health food store. Many of the people that Jacques and Yvette were friends with went on to create healthful food products.

One of these friends was Robert Nissenbaum, who became the founder of Imagine Foods. Imagine Foods manufactures Rice Dream, a non-dairy "ice cream," Rice Dream beverages, Soy Dream soy milk, and many other natural food products. Most recently, Imagine Foods introduced a line of organic soups and broths packaged in the aseptic packaging commonly used for soy and rice milks.

I talked to Robert about his memories of Jacques, and about how the natural foods movement has changed since those early days.

When did you first meet Jacques?

RN: I met Jacques at the French Meadow Macrobiotic Summer Camp in 1972. I have a very strong recollection of Jacques, barefoot and dressed in only a bathing suit, walking through the camp at the crack of dawn, banging on a frying pan, waking everyone up and telling them to come to his Do-In classes. The temperature in the mornings in the high Sierra was in the mid 40's and everyone, including myself, wore sweats. Jacques was very inspiring. I was impressed with his vibrant energy.

Why did you become interested in macrobiotics and natural foods? Did you have health problems?

RN: Mostly I became involved because of the philosophy. The philosophy underlying macrobiotics had a practical view that integrated the physical and spiritual worlds, something I felt missing in many other philosophies and religions. I didn't have any serious health problems, but like many people at that time, I had experimented with marijuana and some other drugs, and I was aware my health was deteriorating. Experiencing the energy level of someone such as Jacques was inspiring.

You say that Jacques was inspiring. How did he inspire you?

RN: I think Jacques' energy and encouraging personality inspired everyone he came in contact with to do more, to do better. Jacques was always busy accomplishing something. I remember him saying to me, "if you really need to get something done, ask a busy person to do it."

I have been active in the natural foods industry since the early days of macrobiotics. In the early 70's, I opened a natural food store and restaurant. Later on, I became in-



Do-in

Do-in is a method of self massage that originated in ancient China.

The main purpose of Do-in therapy is to either produce more, circulate, regulate,

or calm the Ki (pronounced "kee," often spelled Chi) energy within the body. According to Eastern thought, Ki is the force that holds living and non-living matter together. When it is present in the proper amount, it holds the cells of our body together. Proper Ki is required for all body and mind function.

The Do-in exercises and massage movements work with the Ki energy by stimulating the meridians. According to ancient Chinese tradition, Ki flows throughout a network of specific channels, called meridians. The Do-in exercises stimulate the meridians through many different strokes and movements, while also working with the breath. By combining movement, breath and massage, Do-in relaxes and rejuvenates the body. Jacques de Langre stated, in the book *Do-in 2*, that Do-in has often worked improvements on major physical defects and even on functional deficiencies." - S.M. 🙌

involved with a farm-based macrobiotic community. In 1980, we had a summer camp and all the primary macrobiotic teachers came, including Jacques and Yvette. This was before macrobiotics was considered a way to make a living, not that I think there is anything wrong with that. But all we did was pay their plane fare, and all the primary teachers of macrobiotics in the US showed up.

During this camp, Jacques was really excited about the art of making bread. I was one of the cooks and every morning Jacques would come to check the bread. He made me aware of the importance and pleasure of high quality naturally leavened bread. He had me so inspired about baking bread that I bought a Samap mill from him and decided to start a bakery. Jacques believed strongly in the importance of whole grain bread. He felt that the Japanese practice of eating mainly rice with most meals was very difficult and not appropriate for Westerners. And from my own experience, I agreed with him. Naturally leavened bread became an important part of my diet.

I started the small bakery, selling bread, cookies, and pastries. I quickly realized a few things. I saw that baking bread was going to be a hard way to make a living in the rural area where I lived. I also saw that, although people liked good bread, they really got excited when they saw the natural pastries. I could bake a tray of cookies and sell two cookies for the same price as a loaf of bread. During this time, I stayed in contact with Jacques. He was always encouraging. I remember that when I decided to close the bakery for various reasons, I thought, "Jacques is going to be disappointed."

A year or two later, I got very interested in making amasake at home, and developed the early prototypes for a rice beverage that later evolved into Rice Dream. I joined a neighbor who had started Imagine Foods as a tempeh business, and we made tempeh and amasake beverages and then later Rice Dream frozen dessert. Eventually, I moved the business to northern California because that's where most of the raw materials for Rice Dream were grown.

When I came to California, I wanted to call Jacques, but I felt a little hesitant to tell him I had stopped baking bread for a living and was making rice "ice cream." I remember going to eat in a small natural foods res-

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The Life & Times of Jacques de Langre

By Yvette de Langre

Jacques accomplished many things in his life, but the following are some of the events or turning points that had a profound effect on his and other peoples lives.

September 22, 1925	Jacques de Langre born in Clifton, New Jersey.
May, 1926	Jacques and family moves to Brussels, Belgium where his parents were from.
1945	Jacques enlisted in the US army, after the Americans liberated Belgium.
1946	Jacques was appointed to the Nuremberg Trials as a photographer.
June, 1947	Jacques and Yvette meet in Bad Nauheim, Germany.
March 9, 1948	Jacques and Yvette marry in Frankfurt am Main, Germany.
1948	Jacques and Yvette move to Los Angeles, California.
March, 1952	Yvette has an emergency appendectomy wherein the doctor discovers an ovarian cyst.
1953	Yvette is diagnosed with ovarian cancer, which prompts Jacques and Yvette to begin to research health food.
1958	Jacques wrote his first book, about 8mm movie making.
1960	Jacques, Yvette and two sons and a daughter move to Hollywood, California where Jacques opened a photography studio.
1963	Jacques and Yvette are introduced to the Macrobiotic diet. Yvette's ovary heals. Jacques experiences relief from asthma and fainting spells.
1964-1966	Jacques and Yvette attend lectures by Georges Ohsawa. Jacques and Ohsawa discover similar interests.
1964	Georges Ohasawa suggests that Jacques write a book about Celtic Sea Salt.
1966	Jacques and Yvette begin "Soba Night," an evening dedicated to the study of macrobiotics which included a dinner of soba noodles and vegetables.
1968	Jacques creates Happiness Press, a publishing company dedicated to printing manuals of health and philosophy and art.
1968	Jacques writes the <i>First Book of Do-in</i> .
1972	Jacques writes <i>Do-in 2</i> .
1974	Jacques films the video <i>Crystals of the Sea</i> about Celtic Sea Salt.
1984	Jacques writes and publishes <i>Seasalt's Hidden Powers</i> , which was translated in Japanese in 1993.
November 28, 1993	Jacques de Langre dies. His death was attributed to adult respiratory distress syndrome due to anoxic encephalopathy due to ventricular fibrillation cardiac arrest. (Jacques was born with a defective heart valve).

A letter from Philippe deLangre

Since my father's passing on, The Grain & Salt Society has been through many changes. We moved to North Carolina, expanded our product line and experienced success and failure. Through all this, we've always endeavored to continue in the spirit of my father. Many times, when faced with a decision or just in the process of a day, I think of my father. "Is this OK Dad?" I think, "Are you happy with what you see?" His smile is every present in my memories. In everything he did, my father always tried his best. He loved helping and teaching people. I hope we have continued to help and teach people in a way that pleases him.

For fourteen years before my father passed away, I lived in Florida with my wonderful, beautiful wife and children. I was a

yacht carpenter, doing what I thought was my life's calling. When life got tough, my father was always available, a phone call away. Looking back on those conversations, I realize that it was rare for my father to feel down, even when his heart was giving him trouble. He always saw the positive. He helped me to see the possible in what seemed impossible. He always told me how proud he was of me. His confidence helped give me confidence. Our conversations always gave me a boost. There have been many times that I have wished I could make one more phone call.

It has been six years since my father's death. The Grain & Salt Society is still here and thriving, thanks to the solid foundation built by my father. This issue of a grain of salt is dedicated to my father whose enthusiasm for healthy foods inspired many of leaders in the natural foods movement today. I hope that through this newsletter, Jacques de Langre will inspire you as well. 🙌

Bread from the Heart(h)

An Interview with Lynn Gordon, founder of French Meadow Bakery

by Selina de Langre

Last Spring, I attended the Natural Foods Expo in Anaheim, CA. This trade show is one of the primary shows for natural foods merchandisers and vendors. As you can imagine, I met many interesting people while at the show. One of these people was Lynn Gordon, part owner and founder of the French Meadow Bakery. I immediately liked this energetic and passionate woman who bakes bread the way Jacques taught her seventeen years ago. Adhering to the highest standards, Lynn uses no commercial baker's yeast and only organic grains. I was delighted to have the opportunity to speak with her.

SD: When did you first meet Jacques?

LG: In 1982, I met Jacques at the French Meadow Macrobiotic Camp. I knew Jacques was the master bread baker and I talked to him about bread, asking him questions. I mentioned that I was considering opening up a bakery. Immediately, Jacques and Yvette invited me to their house to learn the art of bread baking.

SD: Why were you interested in opening a bakery?

LG: At the time, I was teaching macrobiotic cooking classes to about 20 students in Minnesota. Every other week or so, I would order 4 or 5 boxes of naturally leavened bread for myself and my students from Ponce Bakery in California. We all wanted the bread with no yeast because that is the only type of bread one can eat on the macrobiotic diet. I felt there was a need for this sort of bread. I was still playing with the idea in my head when I met Jacques and learned that he taught people how to make naturally leavened bread.

SD: How did you come up with the name "French Meadow Bakery?"

LG: I thought up all kinds of names for the bakery, but decided to call it French Meadow because that's where the idea for my bakery was born.

SD: Once you opened your bakery, did you find that many people were interested in naturally leavened bread?

LG: Actually it was a struggle. There wasn't a large macrobiotic community in Minnesota. I couldn't have done it without Rich-

ard Revere, a student who was studying with Jacques. Richard came out to help me.

I found a bakery that let me use their equipment on their off-production time. By the time my bread was coming out of the oven, the production of the bakery was beginning. I would set the loaves on racks in my car and take them to my house to cool. When my kids got home from school, we would all bag bread. At first, I was baking 40 loaves, but soon the demand grew to 200 loaves.

About 3 months after I started baking, one of my students opened a bakery that almost put me out of business.

At the same time, I was running this bakery, I was traveling and educating people about the bread. From the beginning I have felt that it is important to educate the customer. Most people don't know that naturally leavened bread is more digestible, which means you absorb more of the nutrients. This is what Jacques taught me and what I have tried to teach others.

SD: Do you feel you survived the competition because of the education you've provided?

LG: That has been a key factor in our growth, although it's challenging to discover how to educate. It's difficult to say everything about this bread on the bag.

Another thing that helped me to survive was the decision to go national. Because of the competition, I realized that there were opportunities in mail order. People from across the country were hearing about us in cooking classes and through Jacques. I began to investigate the possibility of selling French Meadow Bread to the national market.

SD: Do you have a hard time finding people to work at your bakery?

LG: Yes. I usually have to re-teach the bakers and convince them to look at baking differently. I have to teach them to be intuitive, so that they understand how the bread changes with the season. All breads are at the mercy of temperature and humidity, but naturally leavened bread is even more so. And that's where the intuition must play a role in order to make that perfect loaf of

bread.

SD: Isn't it difficult to make a profit baking this sort of bread?

LG: Yes, it is. The costs of making naturally leavened, organic bread are much higher than the costs of baking bread risen with commercial yeast. Naturally leavened bread requires much more time and labor. We have one big room filled with hundreds of containers of the different leavenings for the different breads. Bread baking on such a large scale isn't easy to do, it's an art. You gotta be a little crazy to try it and you have to have love for that loaf of bread. Just like Jacques, that loaf has sustained me.

SD: Lynne Gordon, I applaud you. You made one of Jacques' visions happen.

LG: I want to say something about Jacques. He was so inspirational, he made everything seem possible. He did everything with such passion. He always gave me the courage and strength to go on. Nothing was impossible in Jacques' eyes. Jacques' spirit is in the French Meadow Bread. We won't compromise on the quality, we won't use yeast, and we won't take shortcuts.

SD: Thank you, Lynn, for sparing the time to do this interview and for your dedication to naturally leavened bread.

French Meadow Bread is now available from the Grain & Salt Society, see the inside pages for more information. 🙌

For a biblical approach to nutrition and health, visit: **christianity.com** and click on "cooking school." Our friend Chef Suze will post Jacques' bread recipe, along with many other wholesome recipes.

Jacques the Pioneer

by Sam Biser

Pioneers like Jacques de Langres aren't born, they are sent – by a Higher Power.

Nothing is by accident in this Universe, not the falling of a leaf or the birth of a pioneer. When a man has a Message for us to hear, as Jacques did, that Message is surely timed to the needs of a hurting Mankind. Jacques was sent to us when his message was *most* needed.

By the millions we are withering from the failure to understand a food *essential to our existence* in a physical body. That food is not the fruit of tree from the plains – but a gift from the giant lakes we call oceans. That divine gift from the deep is salt, not the salt debased by men who have sold out their brothers and sisters for bigger mansions – but the whole salt harvested by simple ocean farmers.

Jacques' message was the redeeming power of *real, whole* salt to save lives in physical jeopardy. The first thing a doctor does when you are ill in the hospital is to place you on a saline drip – a salt solution. Why wait until you are almost dead to be cured by salt? That was what Jacques tried to teach us.

Up in the mountains in many continents will you find goats who are beyond the reach of any predator. Every year, they will descend from the heights, come down to the lowlands – and risk death from larger animals – to get salt. For them, it's not a taste treat, it's survival of their species. Same for us.

Jacques knew it was his assignment from Above to come and teach us. The passion we felt from Jacques is the passion passed through to him by the One who gave him this Message to deliver.

We should be grateful today and into years of tomorrows for what Jacques taught us about living with salt – or dying without it. 🙌

Tips for Holiday Baking

by Sabrina Marie

As we near the holiday season, health conscious cooks everywhere begin to get nervous. The holidays are often the one time of the year when it's nearly impossible to maintain a healthy diet. But you needn't postpone your efforts towards a healthy diet during this season of celebration and joy. Veteran whole food chefs know there are tricks of the trade that make healthy baking easier.

One of the primary hurdles to leap when attempting healthy baking is finding an appropriate substitute for white sugar. Refined white sugar is a nutrient-free substance that has many ill effects in the body, including depressing the immune system and converting to saturated fat. Unfortunately, refined white sugar is a key ingredient in most desert recipes, supplying both sweetness and bulk. There are many sweeteners one can use to replace white sugar, such as maple syrup and stevia. But these sweeteners invariably require adjustments in quantities of other ingredients since liquid sweeteners do not provide bulk.

By far the easiest substitution for refined sugar is unrefined, evaporated cane juice. In *The Whole Foods Encyclopedia*, Rebecca Wood says:

Unrefined, evaporated cane juice is a natural sweetener that has all of sugarcane's minerals, vitamins, and nutrients intact. Today, unrefined, evaporated cane juice is marketed under its Brazilian name, *rapadura*. Rapadura is made by a simple technology. Juice is pressed from sugar cane and cooked to reduce its water content. Today's organic rapadura is then granulated at low temperatures. Rapadura is 82 percent sucrose; it is high in chromium, the nutrient that diabetics are deficient in. Like sugar, rapadura can ease spasms, relieve pain, give a sense of ease and

nurture, and, in the short term, boost energy. Because its vitamins, minerals, and micronutrients are intact, though, rapadura does not pass as quickly into the bloodstream as sugar does. If used in excess, however, it contributes to the same health problems as sugar.

The good news is that rapadura substitutes easily for sugar in any cookie, cake or pie recipe, just substitute measure for measure. Deserts baked with rapadura have a rich complex flavor that is not as sugary sweet as white sugar-sweetened deserts. The primary difference between sugar and rapadura is that the granules of rapadura are not as fine as white sugar granules. Particularly in cookies, the granules may not completely dissolve, resulting in a cookie with a crunch. To prevent this crunch, first grind rapadura in your blender or food processor for less than five seconds until the granules are fine. Or, when creaming with butter, ghee or oil, use a mixer on high setting to completely dissolve the granules.

Baking healthy is easy when you stock your kitchen with wholesome ingredients. Whole foods, such as rapadura and whole wheat flour, provide a variety of nutrients while processed foods, such as white sugar and white flour, provide nothing. For more hints on how to bake healthy, visit our webpage: www.celtic-seasalt.com.

*Rapadura sugar is now available from The Grain & Salt Society, see the product information section, under sweeteners, for details. For more information about whole food cooking ingredients, **The New Whole Foods Encyclopedia** by Rebecca Wood gives information about over 1,000 foods, including how to select, prepare and store. This book is also available, see the product information section under educational resources. 🙌*

2 PALUDIERS ONE ON ONE

by Philippe de Langre

Last Spring, I traveled to France, hoping to connect with some of the people that my father most respected, the *paludiers* (salt farmers). I looked for the paludiers who worked with my father.

First, I found Mr. Paulay. His photo is on the cover of *Sea Salt's Hidden Powers*, the book my father wrote. Mr. Paulay has spent most of his life in the *marais salents* (salt marshes). His house is located on the outskirts of the marais.

Talking to Mr. Paulay was easy. "I am retired but I still work twelve marais salents," he said. A marais salent (salt marsh) is about *how big?* and includes *how many?* clay lined ponds of lessening depths in which the water slowly evaporates. A paludier can expect one marais salent to produce *how much?* salt per year. The paludier will channel the seawater through the labyrinth of channels and ponds so that it will gradually warm and begin to evaporate. By the time it reaches the *ladure* (the pond where the salt crystals actually form) it is a concentrated brine. It becomes so dense that the brine can no longer suspend the minerals and the salt crystals form.

Mr. Paulay continued, "I'm used to working, I'm still in good shape. I don't want to sit around doing nothing. This is my passion. I have lived in these marais and this is where I will spend my days. Mr. Paulay is 71 and has been working the marais since 1951. He said, "There are a few paludiers older than me, I know of one who is 77."

I asked him what were the most important factors for making salt. He answered, "We need good weather to make salt. This year, the weather has not been good." During my stay in France, I learned that not only is good weather necessary to produce the salt but it is also needed to maintain the salt marshes. Each clay lined

basin requires yearly maintenance so that it continues to produce good salt. This spring, several strong storms have prevented the paludier from preparing and maintaining their marshes.

Mr. Paulay explained to me that cultivating salt is delicate, manual work. "I have to pay attention. I have to watch my marais salent constantly." Mr. Paulay learned the trade by spending four years with his teachers, whom he refers to as the "ancients." He said, "I listened to the ancients. I have followed their advice and seen that they are right."

Not all paludiers cultivate salt using the time-honored techniques of the ancients. Mr. Paulay spoke of a paludier who didn't

allow enough water into his marais. "He had thirty two *oeillets?* and produced half the salt I produced with twelve. And the salt was dirty. I told him, 'If you want to do the dishes, you need the water.'" Mr. Paulay explained that he learned from one of his teachers that you must allow plenty of water into the marais. "When he first told me this I said to him, 'But I won't have any salt tomorrow.' He told me, 'You won't have salt tomorrow, but the next day, you will have better salt and more of it.'"

Mr. Paulay showed me some salt from 1976. It was a much whiter salt than most I had seen. He explained that 1976 was a special year. They cultivated an abundance of salt that year. He explained, "When you make that much salt, it develops whiter. But that doesn't make it better."

The entire marais area spreads across *how many?* miles of land. The labyrinth of small clay square shaped basins looks like a patchwork quilt from above. I asked Mr. Paulay if one area of the marais was better than the other. He answered, "In some areas, the clay has a small amount of sand in it. When the salt forms, it picks up a little bit of the sand. When you use the salt, it cracks between your teeth. It's not poison and it's not the fault of the paludier. If I was to make salt in that area, it would be the same."

I learned much about the minute details of salt cultivation from Mr. Paulay. There are so many factors that must be taken into account: the weather, the condition of the marais, and the practices of the paludier. I could see that Mr. Paulay had a love affair with the marais salents. I asked him who would carry on his tradition. Mr. Paulay explained that of his six sons, only one had remained to continue the trade. "I have taught him my secrets, my technique, my *savoir-faire.*"

I also met with Mr. George Viaud, a paludier who once did business with my father. Mr. Viaud remembered the enthusiasm my father had for the salt. Due to their shared passion, my father and Mr. Viaud had become fast friends. At that time, Mr. Viaud was not producing enough salt to



supply my father. He sent my father to another paludier. Mr. Viaud recalled, "Your father only wanted the highest quality salt. When this paludier said, 'salt is salt,' your father went looking for another source."

I asked Mr. Viaud about his family. He told me, "My grandfather was a paludier. I was born in 1922, I grew up on the marais." Mr. Viaud showed me some photos of his maternal grandfather and mother putting salt into a little wagon. "They could only use the small wagon that would fit the narrow paths in the marais. They had larger wagons for the road." He showed another photo of his grandparents and his mother carrying salt on their heads.

Mr. Viaud also talked about how the stormy weather conditions were affecting his ability to properly care for his marais. "In the month of March, we usually clean the marais of all the vegetation that grew throughout the winter. We also have to repair any damages caused by winter weather. However, we cannot clean when it is raining because the clay that lines each pond becomes soft. If you walk on it, you damage everything."

Long ago, my parents told me that Viaud cultivated the best salt. I understood why when Mr. Viaud took me to his *salorge*, the large building where he stores his salt. There were two different shades of salt in almost equal proportion. At first, I thought the lighter salt was Flower of the Ocean. But it was the Light Grey! Mr. Viaud told me that when the wind blows from the West, the salt is a lighter color. When the wind blows from the East, the salt is darker. Most paludiers do not bother to separate the two shades of salt, in fact, Mr. Viaud believes he is the only one who does.

During my stay in France, I met many other paludiers. They all impressed me with their strength, skill and patience. Most paludiers are very sensitive to the nature that surrounds them. Clearly, cultivating Celtic Sea Salt requires a skilled hand and much patience. This patience is greatly appreciated by those of us who enjoy the finest salt in the world! 🙌

Be Reasonable!

Attaining a Balanced Diet

An Interview with
Shamim Daya, M.D.
by Sabrina Marie

In our Summer 2000 edition, we interviewed Dr. Shamim Daya about the therapeutic benefits of Chinese herbs. Due to the overwhelming response to this article, we talked with Dr. Daya again, this time about the basics of healthful eating. Dr. Daya is a medical doctor who believes that "food therapy" can assist the body in regaining a balance which promotes good health and well being.

There are so many dietary theories making headlines, it's hard for someone just trying to eat a healthy diet to know what are the basics of healthy eating. If someone is relatively healthy and trying to maintain good health, how should they eat?

Dr. Daya: First, we must understand that there is a specific psychology with food. The word "should" implies an effort which creates tension in the mind. So already, the process of healthy eating is endangered. People often feel they must try hard to change their dietary habits. Some people become obsessed with eating the perfect diet.

In fact, to eat healthy one must only espouse a respect for nature and for our basic physiology. This means choosing foods that are natural. By "natural," I mean foods that are not processed, refined or adulterated in any way. This ensures a diet that contains the necessary nutrients and fiber in the ratio and balance designed by nature. No matter how clever man is, nothing can beat the delicate balance that nature provides for us in natural foods.

What if someone is sick and wants to eat well to regain good health? Do different illnesses require different dietary restrictions?

Dr. Daya: Different illnesses are only a different manifestation of the same underlying imbalance in the basic physiological need of the body to keep the blood sugar levels stable at all times. When blood sugar levels are stable, the body constantly receives enough fuel for all its functions. So the simplest way to eat for any illness is to

concentrate on keeping the blood sugar levels steady.

In the Summer 2000 newsletter, you recommended eliminating sugar, wheat, dairy, caffeine and yeast. Does everyone need to completely eliminate these items, does simply cutting back benefit health?

Dr. Daya: One need only eliminate these foods for a short time, for example, two weeks. This gives the body a chance to experience what it is like without these foods which not only tend to be refined and processed but also are over-consumed in our world today. We also need to eat a wide variety of foods, so cutting back on the over-consumed foods helps make room to introduce different foods.

As you eat natural foods, you become more in touch with your body and feelings. You will instinctively know which foods to avoid simply from how they make you feel. For example, I avoid eating bread because it makes me feel full, bloated and extremely drowsy. However, occasionally when out to eat in a restaurant, I will have a piece of bread and it is not such a big deal. Also I avoid foods that contain refined white sugar because they now taste sickly sweet to me and they have a weakening effect on my immune system.

Again, this is where the psychology of food comes in. If you are forever feeling guilty because of something you are eating, then something is wrong. I would recommend reviewing your whole approach and attitude to healthy eating. Ultimately, my goal is simply to make people more aware of how the quality of their food can influence body and mind.

If someone "feels pretty good" do they need to change their diet?

Dr. Daya: One can feel good on the "outside," but what's going on "inside"? In some ways, having physical symptoms is good because these are your warning signals alerting you to remove certain insults before the body becomes too compromised.

Some people, in spite of insulting their bodies and disrespecting nature, do not have these warning signals. In such cases, I feel more concerned because when their adaptive or compensatory mechanisms do start

18th Century Gabars of the Loire River

Philippe deLangre

While in France, I was passing by the city of Angers and saw several traditional looking boats tied up on the cay of the river. To my surprise, I had stumbled upon the "Remontée du Sel de Guérande. This is the third annual re-enactment of the way salt was once transported and delivered along the Loire River. For nearly a month and a half, a small group of boats and their owners travel along the river, stopping at towns and educating about this part of French history.

Gabars were the boats used during the 18th century to transport a wide array of goods along the Loire River. This was the main way that Salt was distributed throughout France.



Gabars were inspired by the grand boats of the Vikings. Constructed with oak framing and fir planking, these flat-bottomed crafts were strong and flexible, capable of withstanding considerable impacts. The cross frames (or ribs) were made from the crooks and curved roots of oak trees utilizing the strength of the natural curve of the grain.



River life was tough. Drowning was common. The average life expectancy of a river mariner was in the fourty's.



Children from local schools (9 to 14 year olds) were gathered on the cay. They were obviously excited and anxious to learn about these strange looking crafts. Lionel MOISON (who looks like he just came in from the 18th century) had the children riveted with his story like discourse and demonstrations on the life and times of the mariners and their ancient crafts.

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Heading down the river, the mariners sometimes used poles to guide the boats as the current moved them along. The boats were propelled by a single square sail. They had a difficult time going up river when the wind weren't blowing in the right direction. So at times the boats were pulled up the river by men (usually convicts) or horses from the banks of the river.

IMAGINE THIS

Continued from page 3

restaurant in San Francisco, and running into Jacques and Yvette. Jacques greeted me very warmly. I told him sheepishly that I wasn't in the bakery business any longer and I was manufacturing Rice Dream. He told me he knew all about Rice Dream and that he and Yvette were buying it. Yvette especially loved it. He kept saying, "it's great that you're doing this."

Tell me more about how you developed Rice Dream.

RN: For a number of years, I wanted to develop and manufacture healthful natural foods products. One day, thumbing through some books, I came across a Japanese recipe for making traditional amasake. In Japan, they drink amasake (sweet sake) as a festive holiday drink. It's fermented for one or two days, so it's almost alcoholic. I was curious about it, so I made some for a New Year's Eve celebration. It was very strong, and I didn't like it very much. But after more experimentation, I discovered I could make it milder and somewhat milk-like utilizing much shorter fermentation times at the right temperature. At that time, there was no soy milk or other dairy alternatives available in natural food stores. In fact, there were few ready-made natural food products.

For the next year or two, I kept experimenting with amasake, making it at home almost every day. When I joined my neighbor in the tempeh business, we started making and selling the amasake drinks I had been working on. They had a short shelf life, and we didn't have a way to package it to make it last very long. I learned about aseptic shelf stable packaging which had just come to the US from Europe, but we could not afford to get involved with it. We made amasake and sold it refrigerated locally. We also froze it and sold it to a distributor in Colorado. A person I worked with there told me, "You should try to make an ice cream out of this." I was pretty strict in my macrobiotic dietary outlook at that time. I did not think that frozen sweets were generally part of a macrobiotic diet, so the idea did not interest me much.

Over the next couple of months, I kept thinking about it. I went to a potluck and everyone was very excited about an "ice cream" substitute a neighbor of mine made with rice cream cereal blended with fruit and some grain sweeteners and then frozen in a hand cranked ice cream maker. I did not think much of it. I thought, "If this is what people really want, I'm sure I could make something that tastes a lot better and is still relatively healthy." Even though I was sort of philosophically opposed to frozen sweets, I could see that it would be a good thing for people who wanted alternatives to dairy products.

I had never made ice cream before in my life. I started experimenting using the amasake. We went out and bought some old equipment, piecing together a small ice cream production shop, and then started making samples. People who lived nearby would hear about it. They would rush over to our small shop to try the samples. Over the next year, we had developed a product and took it to a natural food trade show. All the big natural food distributors wanted it. I came home and started to figure out how to manufacture it on a much larger scale. I thought that living on a farm in a small town in Missouri was probably not the best location for this. Fate led me to California, the source of our raw materials, and the rest is history. Imagine Foods became one of the leading natural

products companies.

Do you think if you were to start your company today you would have the same success as you had starting it in the early 1980's?

RN: The natural foods industry is very different today. It's become very difficult and complex due to the growth and mainstream acceptance of natural products. That is a good thing in many ways, but the natural products industry is now "big business". Imagine Foods is one of the few companies that started in the 1970's and 1980's that has not been bought out by a mainstream food company. Of course, there are still small companies that get started and succeed on some level if their products and marketing strategy are very good.

Is there any reason why you haven't followed the trend to sell out?

RN: I still really enjoy what I do, the work on products and working with people. We have a great, talented group of people these days at Imagine Foods. The market is complex and competitive, but we have been fortunate to find people with a great deal of experience in the commercial food industry who also have an interest in natural products. They love working at Imagine Foods after coming from a large corporate atmosphere. Without finding good people like this, we could not operate in the business climate that exists. In a way, it's not as much fun as it once was, since it is so commercial and competitive. But in other ways, the business is still fun and challenging. The growing mainstream acceptance of better quality food was the original goal and that goal is being reached.

The standards of the natural food industry have changed. In the early 1970's, when I helped start a natural foods restaurant, we allowed no sugar or coffee and were completely vegetarian (although we used some dairy). After a few years, I realized that not everyone could, should or would follow a diet like that. I began to think that it was better to serve a wider variety of foods so that more people could be included and exposed to healthy eating.

The natural foods industry today is continuing to compromise in order to attract a wider variety of people. I remember fondly when you could go into a natural food store and not be too concerned about sugar or other questionable ingredients in the products. When "organic sugar" was introduced to the marketplace just a few years ago, suddenly "sugar" became very acceptable. Before that time, buying products without sugar had long been one of the main reasons for shopping at a natural foods store. I don't see this as a positive change. But today, the variety of people who shop in natural food stores have a wider variety of needs and desires. The changing standards, the increased competition, and the fact that many natural food companies are now owned by major mainstream food companies are all factors that have transformed the natural foods industry in this way. But that is okay. We all just need to read labels and make our own choices. In general, the variety and quality of natural foods has gotten better and better.

How has your macrobiotic background affected your career in the natural foods industry?

RN: The dietary application of macrobiotic principles provides a very good compass which I use in creating food products. I understand the balance between salt, spices, and sweet taste, for example. When I create foods that might be considered to be "outside" macrobiotic guidelines, the basic principles still help me make the best products, even if I'm making something with chocolate.

I try to incorporate all I can from macrobiotic philosophy into my product line. The foods I make are not the foods a person would generally eat if they had cancer. They are what I call "transitional"

The Spark of Life

Continued from page 1

of infection demand an extra supply of salt. When this happens, the salt reserves of the body are drained out to strengthen the defense mechanism of the body. In such cases, the trouble begins by an extraordinary call for salt in the troubled isolated area, this, in turn, depletes the overall internal stock and can perturb the body's regulating mechanism of salt as well.

Traumatic shock caused by wounds, burns, surgical interventions, infections such as pneumonia or malaria, as well as nervous disorders such as encephalitis can all create excessive salt demand and craving.

Edema, an abnormal swelling of skin tissues, hoards most of the salt in the epidermis thus causing an internal shortage that handicaps vital functions.

To solve all the above illnesses, one simply has to look to the sea, witness the high level of health of its creatures and compare its composition to that of human body fluids. Dehydrated seawater contains over eighty elements, most of them required for maintenance of the human biology. Consuming whole, unprocessed sea salt supplies the human organism with sodium chloride that is balanced with more than eighty minerals. However, refined table salt and all of the so-called sea salts sold in health and natural food outlets have none of these elements left. Even in the "natural" salts, refining, washing or boiling has stripped away almost all traces of these minerals.

Natural Celtic Grey Sea Salt is not washed or boiled and contains all of the eighty original vital elements in their original ocean percentage and concentration. The one important exception is the magnesium salts which have been reduced by the hand-harvesting process from 6% or 7% down to about 1/2 of one percent by a natural flow process.

While natural, sun-dried salt may at first look light grey in color, unwashed salt obtained by the industrial method yields very crude (dirty) dark gray salt which defi-

nately does require washing. Industrial salt making is designed to obtain a 99% pure chemical: sodium chloride. It utilizes polluted bay water, stagnant ponds and, after it has been exposed for two or three years to pollutants, the crude salt is gathered by bulldozers from concrete-lined basins. Only about 8% of all of the industrial salt produced is used for food; the rest goes for industrial and chemical uses. All of it is totally refined.

It is evident that an alternative natural food salt is required, but the claims and the labeling of the various "natural salts" are hard to verify unless you personally investigate the salt farming area and the honesty of the salt farmer. The actual mineral content of so-called sea salts are not based on biological requirements of humans.

What the Trace Elements of Sea Salt Do for Us

Sodium chloride forms the bulk of seasalt (about 84%). However, even in completely unbalanced mine salt, sodium chloride never occurs in pure form. In Celtic Sea Salt, a multitude of essential major and trace elements are in its crystals. These elements are of utmost necessity for the maintenance of our health and mental equilibrium. Here is a partial list of these minerals, their function in human metabolism and their concentration in natural Celtic Sea Salt:

Elements and their Functions:

Sodium : 33%

Essential to digestion and metabolism, regulates body fluids, nerve and muscular functions.

Chlorine: 50.9%

Essential component of human body fluids.

Calcium: 0.13%

Needed for bone mineralization.

Magnesium: 0.44%

Dissipates sodium excess; forms and hardens bones, ensures mental development & sharpens intelligence; promotes assimilation of carbohydrates, assures metabolism of vitamin C & calcium; retards the aging process and dissolves kidney stones.

Sulfur: 0.82%

Controls energy transfer in tissue, bone and cartilage cells; essential for protein compounds.

Silicon: 0.05%

Needed in carbon metabolism & for skin and hair balance

Iodine: 0.000045%

Vital for energy production, mental development, ensures production of thyroid hormones; needed for strong auto-defense mechanism (lymphatic system).

Bromine: 0.0032%

In magnesium bromide form; a nervous system regulator and restorer; vital for pituitary hormonal function.

Phosphorus: 0.00046%

Essential for biochemical synthesis & nerve cell functions related to the brain; constituent of phosphoproteins, nucleoproteins & phospholipids.

Vandium: 0.000321%

Of greater value for tooth bone calcification than fluorine; tonifies cardiac & nervous systems, reduces cholesterol, regulates phospholipids in blood; a catalyst for the oxidation of many biological substances.

Most natural sea salts so labeled come from the sea, but origin is no longer valid since it is the processing that drastically alters the original mineral balance by either washing, boiling or kiln drying the crude salt. Quite often, a "natural" sea salt consists of a totally refined salt that has simply been re-labeled. The latter kind is what natural food suppliers generally offer as sea salt.

Georges Ohsawa traveled the world over and studied many different salt-making operations and techniques, both traditional and modern, and taught many biologists and professors about the biological importance of the trace elements and overall composition of food salt. After many comparisons, he very clearly saw the superiority of sun-dried Celtic Sea Salt. He was very emphatic when he pointed out that the Celtic method removes only the excess of magnesium salts, reducing that element from 6% to 7% originally present in seawater crystals down to 1/2 of one percent in the moist crystals of Celtic salt. The process was, in his opinion, superior to the traditional Japanese methods which either dangerously retained all of the magnesium salts or washed them all away. Ohsawa stated that Celtic Sea Salt "is the only kind of salt that macrobiotic people should use."

Celtic Sea Salt has been traditionally made for over 2,000 years. It consists of a sensitive handling of a moving flow of the brine (it is stagnant in most traditional meth-

Continued on the next page

ods elsewhere in the world), plus the use of successively shallower ponds, selective draining of part of the mother liquor at an intuitively-selected moment, coupled with the sun-drying of the crystals as they form on the salt flats (forced gas or steam heat is not used). Skillfully performed by craftspeople, it is the only method that yields a totally healing, rejuvenating salt.

The Importance of Moisture in Celtic Sea Salt

Any untreated, natural whole salt will stubbornly hold onto part of its original water unless kiln or vacuum-pan dried. Even by drying naturally in the sun, a thin layer of grey salt crystals will not give up all of its moisture. The more trace and macro-nutrients the salt contains, the less it will allow moisture to be released. The most water-hugging minerals are the magnesium salts, particularly magnesium chloride. During the industrial refining process, pure sodium chloride is isolated; the "impurities," such as magnesium, are precipitated and sold for the manufacture of ammunition, light metal alloys, anti-knock gasoline compounds, etc.

In Celtic salt-making, the optimum balance of the magnesium compounds is achieved by draining off a large part of the magnesium-rich bitterns at the moment the salt begins its crystallization. If this is not done or if it is performed untimely, the salt actually contains more magnesium salts than sodium chloride! When ocean water is simply dehydrated, such as the dark gray salt found deposited on seashore rocks or obtained by the boiling and desiccating of seawater, an excessive magnesium content occurs automatically. The resulting salt is toxic.

There are many vestiges and ruins of ecological salt flat operations in many other countries, most of them developed and initiated by the seafaring Celtic people. Except for a few salt farms in Portugal and some in Morocco, the only coastline that is still relatively unpolluted and whose cottage industry is thriving is the Brittany coast. The Grain and Salt Society selected Brittany as the least polluted seacoast and the Celtic method as the best for harvesting of natural salt after the following considerations:

1. This coastline has almost no industry and no large cities.
2. The prevalent wind dries and crystallizes

the salt very rapidly, thus minimizing the accumulation of particulate matter.

3. The deep offshore drop and continental shelf create upwellings that bring minerals from the great ocean depths; the resulting salt contains rare trace elements in a very energetic mix.

4. There are abundant and varied beds of seaweeds, micro-algae and sandy shore salt-worts that contribute to the biologically rich make-up of the shore, and therefore of the salt, throughout the salt flats.

5. The superior philosophy, industrious and spartan way of life, manual dexterity as well as intuitive understanding of what human salt must be, has guided and still inspires literally a hundred succeeding generations of salt makers. We are assured of a salt made with honesty, dedication and deep sensitivity.

A Word about Pollution

No one today can claim that any part of the ocean or shore is not polluted. For centuries, the waters of every sea have been used as receptacle for sewage and other effluents from cities and factories. People have thought that these wastes would rapidly be diluted, sanitized and dispersed. In ancient times, sewage from human and animal origins were only a slight threat to the pristine quality of seawater, in fact, it was believed that waste matter may actually enhance the symbiotic profile of the planet. With the phenomenal increase of industrial and municipal sewage, we have squandered these powers of absorption to the point that the sheer bulk of human waste is now non-biodegradable material that has greatly impaired the quality of coastal waters. Our highly industrialized world no longer gives us the option to find unpolluted oceanic waters. We can only offer some solace as follows:

When Jacques Loeb (an M.D. and biologist renowned for his discoveries on parthenogenesis) did his protoplasm experiments, he placed the protoplasm in distilled water and it lived. When pure (refined) sodium chloride was added, it acted as a deadly poison. One can assume that pure sodium chloride is not a medium fit for life, human or otherwise.

In the ocean, sodium chloride is combined with potassium salts, calcium salts, strontium, bromine and over 70 other trace substances. These not only effectively neu-

tralize the poisonous effects of pure sodium chloride but further endow the ocean with a powerful antiseptic property. It is because of the highly complex salt mixture of the seas that there is still some quality of life left on this planet. There are no other sources for this highly sanitizing elemental mixture; neither land areas nor outer space can provide an alternative.

The mass of all the ocean waters, which makes up 85% of the planet's water resources, is on the order of 855,000,000 cubic miles. Its power for sanitizing and diluting 165 million tons of solids in constant movement and eternal renewal is immeasurable. There are no other places to turn for cleansing our earth's wastes and toxins. Thus, we must accept the ocean and use it as it stands; its mineral salts still offer the highest level of protection against pollution and radiation. 🙏

[Editor's note: The subject of pollution continues to be a concern. In fact, it was one of the primary reasons that I spent so much time in France last Spring. The fact is that we live in a world where pollution has infiltrated our land, our air, and our water. Interestingly, the process used to produce Celtic Sea Salt actually filters out pollutants while preserving mineral content. Analyses taken of water prior to entering the salt marsh and of water at the heart of the salt marsh, show that this ancient method of producing salt actually removes modern day pollutants. As concerns over pollution grow over the years, the paludier have put in place an effective filtration system.

I have the utmost faith that Celtic Sea Salt is the salt of life. I have been to the marais (salt marsh) and seen the beauty of the ecosystem, I have seen the clear brine teaming with brine shrimp and little crabs. I have felt the vibrant life in the air of the marais. The method, the clay, the fifteen foot tides, the climate and the unique ecosystem of the marais clearly all combine with the skill of the paludier to produce the world's most exceptional salt. - P.D.]

In memory of

JUNSEI YAMAZAKI YAGI

April 12, 1920 - June 1, 2000

Junsei Yamazaki Yagi was a student of Georges Ohsawa in Japan. Junsei came to the United States in 1963, at the invitation of the Georges Ohsawa Foundation of New York. Kazuko, Junsei's wife, was trained by Lima Ohsawa in Japan before coming to the United States in 1968. Kazuko married Junsei in 1970.

In 1983, Junsei and Kazuko moved to Orland, California. Junsei was a poet and a believer in hard work and natural foods. At 63 years old, Junsei began planting rice and Ume plum trees on his land. He planted more than 400 Ume plum trees. Junsei and Kazuko made miso and Umeboshi plums by hand. Many who tasted his Ume plums believed that Junsei's plums were the finest in the world. Junsei died of a stroke on June 1, 2000. We dearly miss his sincere presence.

Importing News

by Marquita Moore

Finding and offering the best products for our customers has never been an easy task. Throughout the history of The Grain and Salt Society there have been problems getting product in the country. In the early days, importing a salt that was unrefined and not stripped of its valuable minerals was difficult because Celtic Sea Salt did not meet the Codex definition of a table salt. The standards were set with the good intention of ensuring salt was clean and fit for human consumption but often hindered importing our uncharacteristically gray crystal salt.

Lately it is Marine Matrix products which have come under close scrutiny. Almost a year ago, the FDA detained a shipment of Marine Matrix Nasal Wash for 3 months until it could be proven the filtered seawater in a pressurized container was not a medical device. After that (and costly legal fees), we began the task of applying labels over existing text so that the packaging would comply with FDA standards.

Most recently, the FDA detained Marine Matrix Hypertonic Beverage. After

examination, "detained" meant the goods were finally in our warehouse but were officially "held" and not to be sold. The fact that the filtered sea water beverage is packaged in pharmaceutically prepared glass ampules surely attracts attention. We eventually ran out of product we could sell and had to tell some customers we could not fill their orders. To get the product released, no less than six new labels have been added to the package in an attempt to describe the product or cover up existing words or phrases. The product is now deemed to be a Dietary Supplement by the FDA and falls under the guidelines for this category.

We do applaud the efforts of the FDA and U.S. Customs to monitor herbs and supplements entering the country as we have personally seen both excellent and poor quality herbs. We carry on in spite of these obstacles to bring the best products possible to our customers and new packaging is in the works. In the meantime, add-on labels will allow us to continue to offer the products you want and trust. 🙌

A Personal Dedication to Jacques deLangre

Continued from page 1

leavened whole grain bread and unprocessed sea salt. This was the beginning of what was to become The Grain and Salt Society. Until then, Macrobiotics was based on brown rice and many Oriental vegetables, beans, and seasonings.

Jacques spoke to the authenticity of whole wheat and rye breads for the well-being of people of European descent. He taught us the best method for making sourdough breads that rose beautifully and tasted exquisite. Having been brought up in a family that loved Wonderbread, I took Jacques' bread classes several times to jog my brain into a new understanding and a subsequent respect for the holistic process. Years later, I recorded all he taught in my video *Whole Grain Sourdough Breads*.

I remember after bread classes, Jacques would bring out the finished loaf, holding it as though it were a baby and a guest of honor. Slicing it ever so thinly, he would guide us to savor every bite and to chew it well so we could taste the increasing sweetness. He received great joy and fulfillment from this work and loved communicating it.

Jacques reported to us after his annual visits to the traditional salt flats in Brittany where the artisans harvest the precious Celtic Sea Salt by hand with long wooden rakes as has been done for centuries in this pristine (and government-protected) part of the French coast. When I researched the salts used in the natural foods community for my most recent cookbook, *Sweet and Natural*, I was reminded of all Jacques taught me so many years ago. The laboratory analyses of Celtic Sea Salt proved it to be the best of all. By using small amounts of the best quality salt, we learned to remineralize our bodies on a meal-to-meal venue where we could linger and discuss the issues of health and healing while the

dough was rising or when the bread was baking. Jacques would share the research he was currently involved in, translating articles on fermentation and health issues from German and French.

I'm so thankful for the wonderful gifts of good information combined with great spirit that Jacques shared with me and his other students and friends. Through my cookbooks and bread video, and in lectures and private counseling on what I call Healing Cuisine, I can see that Jacques' inspirational teaching still lives and breathes today. Here's to you, Jacques, with gratitude!

Meredith McCarty is the author of the award-winning Sweet and Natural-More than 120 Naturally Sweet and Dairy-Free Desserts, Fresh from a Vegetarian Kitchen, and the Whole Grain Sourdough Breads video, all available from The Grain & Salt Society. Formerly the associate editor of Natural Health magazine, she currently resides in the San Francisco Bay Area. Visit her website at healingcuisine.com. 🙌

Macrobiotics?

The macrobiotic diet is a way of eating that encourages an understanding of the cycles of nature and of human life. Founded by Georges Ohsawa, macrobiotics means large view (macro) of life (biotics). The principle that underlies the diet is that there is a natural universal order affecting all of life. Thus, how you eat can affect how you feel and how you think. Meredith McCarty says, in *American Macrobiotic Cuisine*, that “to cook macrobiotically is to serve the physical, mental, emotional and spiritual health of yourself, your family and friends as integral parts of the larger whole.

In this philosophy of food and of life, the concepts of “yin,” meaning “expansiveness” and “yang,” meaning “contractiveness,” are applied to different foods to help create a balanced diet. Some foods are extreme “yin,” such as sugar, while other foods are extreme “yang,” such as meat. Other foods, such as whole grains and vegetables exist more in the middle of the yin-yang spectrum. Eating the foods that exist on the extreme ends of the spectrum results in a cycle of craving. For instance, eating a lot of sweets will produce a craving for contractive foods such as meat, cheese and eggs. A person may find themselves caught in this cycle. On the other hand, eating the less extreme foods minimizes cravings and enhances health.

The philosophy of macrobiotics encourages one to strengthen their link with the environment. Fresh foods that are in season and grown locally are preferred over frozen foods that are out of season and grown across the country. Whole grains, beans, miso, and sea vegetables are some of the staples of a macrobiotic diet. Many people have claimed a macrobiotic diet helped them to cure cancer. For more information about macrobiotics, The Grain & Salt Society carries several helpful books, including *The First Macrobiotic Cookbook*, by Georges Ohsawa. - S.M.

Be Reasonable!

Continued from page 7

to fail, they tend to experience very sudden and serious symptoms. We need to be reminded that illnesses never really appear overnight. On the other hand, one does not want to spend all one’s time and energy chasing minuscule symptoms and becoming obsessed by our health and bodies!

If a person gets all the vitamins and minerals they need from supplements, why does it matter what they eat?

Dr. Daya: Supplements are exactly that – they are for *supplementing* what we eat because the soil may be depleted in certain nutrients and other modern concerns. People need to be more cautious about taking lots of supplements, especially if they have not first had their nutrient levels tested. It is easy to take supplements and over-correct a deficiency which creates another imbalance. Nothing can really beat the intelligence of nature that provides for us in the exact combinations and ratios that the body needs. Also, a person may not absorb all the nutrients present in the supplements.

What are the essential “do’s” of a healthy diet?

Dr. Daya: For psychological reasons, I try to avoid using the words “should” or “must” or “never”. If you are in tune with nature, you will naturally gravitate towards more wholesome foods, such as whole grains, fresh organic vegetables, cold pressed oils and nuts and seeds. But it would be so instinctive that you wouldn’t have to think about it or make any effort towards achieving the “healthy diet.”

What are some healthful ways to season foods?

Generally speaking, whole foods need little seasoning. Celtic Sea Salt, tamari, miso, flax oil and homemade dressings from lemon juice, olive oil, garlic, ginger, mustard, etc. can all be helpful in creating more palatable meals but also allowing for greater variety.

If we know what foods are healthy, why do so many nutritionists and doctors disagree?

Dr. Daya: Basically, I think health professionals often disagree on the constituents of a healthy diet because they get lost in the details. They forget the simplicity of the basic principles of good health. There will never be one system or one theory that will

suit or help all people. However, simple and basic principles, such as keeping the blood sugar levels steady, benefit all people.

What is your opinion about the low carbohydrate, high protein diets that are currently so popular and claim to assist in weight loss?

Dr. Daya: In general, I agree with the concept of cutting back or avoiding the “starchy” carbohydrates, such as pasta and bread. However, I disagree with the extremes implied in the “high protein – low carbohydrate diet.” The body never really likes anything extreme. An excessively high protein consumption can have ill effects in the long run. One always wants to strive for balance.

All carbohydrates are not the same. High glycaemic foods, such as sweets, breads, and pastas, are broken down to sugar very rapidly. Moderate and low glycaemic foods, such as vegetables and whole grains, are broken down to sugar slowly and steadily. There is a complete list and a more comprehensive explanation of the glycaemic index in my Food Therapy video and booklet. Basically, a person benefits most from avoiding the high glycaemic carbohydrates and consuming the fiber-rich moderate and low glycaemic carbohydrates. Also, one needs to always include some healthy fat in each meal so that there is a balance between protein, carbohydrate and fat.

Do you have any suggestions on how to save time in the kitchen while preparing healthy foods?

Dr. Daya: I give a lot of tips in my Food Therapy video, but basically I advise investing in a slow cooker, a rice cooker, a steamer and a juicer for easy and quick preparation of healthful foods.

Where there is a will, there is always a way around a difficult situation. A small amount of planning and organization, such as we apply to other aspects of our lives, will aid in creating a healthy foods kitchen. As always, we need to be aware of the relationship between ourselves and our habits, such as healthy eating. If we can learn to relax mentally, we would not make excuses for not eating healthy, nor would we make too much of a big deal about improving our eating habits. 🙏

About The Grain and Salt SOCIETY®

It all started with health! And a man with a passion to help people. When Jacques DeLangre learned about the profound importance of grains and real whole, living salt, he dedicated his life to researching and teaching good health. Jacques founded both Happiness Press and The Grain & Salt Society to share information, ideas and good recipes.

Today, in *A Grain of Salt*, we strive to continue Jacques' legacy: we research issues of health and good food, and share this information with our readers.

If you believe in good salt, good food and good health, join us in good company.

Junior Membership

50% discount on all varieties of Celtic Sea Salt®, a subscription to *A Grain of Salt*, our quarterly publication and "members only" specials.

One Year Membership \$15.00
Two Year Membership \$25.00

Charter Membership

50% discount on all varieties of Celtic Sea Salt®, 10% discount on most other products offered by the Grain and Salt Society®, a subscription to *A Grain of Salt*, our quarterly publication and "members only" specials.

One Year Membership \$30.00
Two Year Membership \$50.00

NOTICE

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Chocolate Chip Cookies

Preheat oven to 350°
2 tbsp flax seeds*
4 tbsp water
2 1/4 cup whole wheat pastry flour
1 tsp baking soda
1 tsp Celtic Sea Salt*
8 tbsp ghee*
1/2 tsp grated orange peel
1 1/2 cup rapadura*
1 tsp vanilla
1 cup grain sweetened chocolate chips*
1 cup walnuts

1. In a blender, puree flax seeds with water until thick and viscous.
2. Whisk together flour, baking soda, and Celtic Sea Salt.
3. In a separate bowl, blend ghee with rapadura. When creamy, add flax seed mix, grated orange peel and vanilla.
4. Add dry ingredients all at once, blend until just mixed then fold in chocolate chips and walnuts.
5. Using a tablespoon, spoon onto a cookie sheet.
6. Bake at 350° for 25 minutes or until bottoms are lightly browned.

Recipe from Open Sesame Cooking, by Sabrina Marie.*

Mixed Baked Squash, Southern Style
3 cups mixed summer and winter squash (yellow, patty pan, and butternut), hard seeds removed and squash cut in bite-size chunks
2 ounces fresh tofu (about 1/3 cup)
1 tsp tamari*
1/8 tsp rosemary
1/8 tsp coriander*
3 tbsp water
1 tbsp green onion tops, sliced

Preheat oven to 450.

Oil a 1-quart casserole or baking dish. Mix squash chunks and transfer to casserole. Prepare a tofu "cream" by blending tofu, tamari, rosemary, coriander and water. Pour "cream" over squash. Cover dish and bake until squash is tender, about 40 minutes. Uncover and return to oven until top is browned, about 10 minutes more. Garnish with sliced green onion tops.

Recipe from Fresh from a Vegetarian Kitchen, by Meredith McCarty.*

an asterik (*) denotes those ingredients available from The Grain & Salt Society.



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