

Natural

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day, gulping down Gasic's dreaded high fructose corn syrup that's a staple of soft drinks and myriad food-like products.

Too many pills

There is no pill for the problems those products are suspected of prompting, though more and more prescriptions are being written to treat chronic pain, fatigue, headaches and other members of the industrial disease class. Gasic said he prefers medication to immediately attack symptoms, but with a goal to diminish the role of drugs in a long-range plan encompassing lifestyle traditions.

"I think medicine is starting to embrace some of the principals of homeopathic medicine as well," he said. "Typically, we need to get into the details of their diet. We need to achieve balance between using the right medicine and allowing the patient to take control of their health."

Taking control is key to Heard's approach, something she practiced before she preached. In 1966, Heard said more than 20 doctors before being diagnosed with fibromyalgia, a neuromuscular disorder characterized by chronic pain and fatigue, and connective tissue disorder. Migraine headaches, irritable bowel syndrome and arthritis beset the 1966 Pine Tree alumna. Depression was not far behind. Heard's personal mission for her own walk across Target led to the Institute for Integrative Nutrition in New York City.

"Within two months of changing my diet, all of my severe arthritis pain was gone," she said, noting she doesn't remember the last time she was ill. "That's what happened to me, and I never looked back."

Holding a master's degree in science from Columbia University, in strategic communications, Heard started her holistic nutrition service in New York. She, also known as Artemis, returned in recent years to her hometown.

"People in this area, they don't know what I'm doing," she said. "I've been trying so hard for two years, knocking on doors."

She also has taken a bite out of several community projects including the Downtown Longview Farmers Market that opened this past summer and continues Saturdays. Heard will speak in January during Longview Regional Medical Center's Healthy Women Seminar Series. She also conducts cooking demonstrations for civic groups, churches and other local audiences.

Heard is quick to point out she's no doctor, and her clients all have regular docs. "Even when I sat down with Danielle, I was very skeptical," said Brenda Buck, a client since March 2008. "But, I was in such a desperate place. I had gone through several very different things. I was just becoming chronically ill. So I thought, what, really, do I have to lose?"

Journaling

Heard asks clients to keep a diet journal, two or so weeks recording everything going through the lips and over the gums (took out stomach, here it comes).



Michael Cavazos/News-Journal Photo

Danielle Heard is a 1966 Pine Tree High School graduate who started Artemis in the City in New York.

"I wasn't eating nutrient-dense food," Buck said. "I was putting a lot of things in me thinking I was getting what I needed. And I had to realize it was not what I needed. I had to rework my thinking. ... It was a big leap, because I really had no connection whatsoever to what I was eating and what I was feeling."

The working mother of two learned a new menu. "There were some foods that I didn't know existed," she said. "Adzuki (beans), yeh, or some of them I still can't even say."

Buck can say she hasn't been sick in 18 months, "not even a cold." Finally, Longview native John Gillespie said eating what Heard accurately calls living food reversed a puzzling health trend of gout, high blood pressure and depression. Consulting his childhood friend from his Colorado home, Gillespie said Heard guided him to a food epiphany.

"It really woke me up about what I can do, just to fuel my system with the right food," Gillespie said, noting a 82-pound weight loss to 160 pounds. The gout is gone, and Gillespie's blood pressure is healthy, a little more than two years after he radicalized his diet.

"I definitely tell people I've been healed," he said. "There is help. You've got to get beyond our traditional Western way of thinking. This summer, I've been mountain biking. I've been horseback riding. I have gotten my life back."

He described his new diet — no fast food or restaurant fare, raw or seldom-cooked

dishes — as simplicity on a plate.

"I'm simply eating fresh," he said. "It's not brain surgery; don't eat anything that you haven't fixated yourself."

Adzuki Beans with Kombu

1 cup dried adzuki beans soaked 4 cups water
1 piece of kombu cut into small pieces
1 teaspoon Sea Salt

Rinse the dried adzuki beans well and place them in a bowl. Cover with filtered water and let soak for a minimum of 6 hours. It is best to soak the beans overnight. If soaking overnight, keep them in the refrigerator and change the water once or twice.

Drain and rinse the soaked adzuki beans. Add the beans to a 2 quart sauce pot with 4 cups of filtered water and the sea salt. Cut the Kombu into small pieces with scissors and add to the pot.

Bring the pot of beans and Kombu to a boil then turn the heat down to medium low. Cover the pot and cook the beans for approximately 60 minutes or until the beans are firm but soft and done. Throughout the cooking time, periodically check the beans to make sure they have water and stir occasionally. Add more water and cook longer if necessary. Taste the beans and adjust sea salt to your own taste.

Once done, turn the heat to low or off and serve hot. Adzuki beans are great as a side dish or a main entrée with brown rice, steamed greens and other vegetables.

Serves: 6

Source: Danielle Heard/
www.artemisintehcity.com

Grapefruit & Avocado Salad with Candied Pumpkin Seeds & Cilantro Lime Dressing

Salad
2 grapefruits supremed (peeled and inner skin removed)
1 1/2 lb. Fennel Bulb washed and sliced thin
5 ounces baby spinach, washed, stems removed
4 ounces Chevre goat cheese
1 avocado sliced thin
Candied pumpkin seeds
1/2 cup raw pumpkin seeds
2 tablespoons maple syrup
1/2 teaspoon cinnamon
1/4 teaspoon vanilla
Pinch of sea salt
Cilantro lime dressing
1/2 cup olive oil
1/4 cup fresh Lime Juice
1 tablespoon honey
1/2 teaspoon ground cumin
1/4 teaspoon ground coriander
1/2 teaspoon sea salt
1 tablespoon fresh cilantro, chopped

Preheat oven to 325 degrees. Supreme the 2 grapefruits. Place the grapefruit segments into a bowl and place in the refrigerator until ready to serve.

In a mixing bowl, add the maple syrup, cinnamon, sea salt, vanilla and stir together well. Pour in the raw pumpkin seeds and coat well with the maple syrup mixture. Line a half-sheet baking tray with parchment paper and spread the candied pumpkin seeds onto the tray. Place into the oven for 5 minutes then remove and stir. Place the pumpkin seeds back into the oven for approximately 2 more minutes then remove. Once cool break the pumpkin seeds into cluster pieces and set aside in a bowl.

Wash and dry the baby spinach and fennel bulb well. Remove stems from the spinach leaves. Cut the top leaves of the fennel bulb off and remove the thick outer layer of the bulb. Slice the fennel bulb into large slices. Place the baby spinach and sliced fennel into a food bowl. Keep them cool in the refrigerator until ready to serve.

Next make the cilantro lime dressing. Place the olive oil, lime juice, honey, ground cumin, ground coriander and sea salt into a high speed blender and blend the ingredients together well. Add the chopped cilantro and lightly blend a few seconds. Pour the dressing into a serving container and place in the refrigerator until ready to serve.

Once ready to serve, toss the baby spinach and fennel in a bowl with the amount of dressing you prefer. Plate individual servings on salad plates and top with the grapefruit segments, avocado slices, crumbled chevre goat cheese and candied pumpkin seeds.

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Source: Danielle Heard/
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