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Food for HEALTHY THOUGHT



Saskatoon woman writes 'kitchen manual' to feed your brain as well as your belly

MANY of us take our health for granted. We're able to carry on as we please without a hitch — until the day we discover our health has been compromised in some way. And once that happens, it can be difficult to track down answers, especially where diet and nutrition are concerned. Finding answers was the problem that presented itself to Saskatoon's Paulette Millis back in the late 1980s. Unlike most people, she had suffered numerous health issues even as a child. But later in life, when she was diagnosed with a cluster of auto-immune diseases, she decided the prescribed treatments were too aggressive and took matters into her own hands. She started with what she was eating. And she took on a new career.



WENDY BURKE

"I got into this because I was very ill. I wasn't working, I was so ill," she says. "I started digging for information but I found it so confusing." With too much good and bad information out there, she felt like the proverbial chicken running around with its head cut off. She kept on the trail and used the information she turned up to alter the recipes she grew up with, making them into healthier meals. She had worked as a social worker but decided to seek training in nutrition. Her health and her professional life changed for the better. "I am a registered ortho-molecular health practitioner and a registered nutritional consultant. The term ortho-molecular health practitioner means we help to heal the body from the inside out and while food is one aspect, we also look at the whole body," she says.

Millis was sharing nutritional strategies with the clients she counselled and soon they were telling her that all the recipes and tips she was giving them as handouts needed to be organized into something a little less unwieldy. She pro-

duced a book called *Cook Your Way to Health* but as time went on she wanted to offer something more. What she developed was *Eat Away Illness: Strategies and Recipes for Healing* (Soul Food Publishing, \$38). But she says it is much more than a cookbook.

"I like to call it a kitchen manual that not only helps you on your way to health but also gives you recipes. The book is a holistic approach. It looks at the physical, emotional, mental and at the spiritual, but the majority of it is nutritional," she says. "I wrote *Eat Away Illness* so I could put what I taught in my classes into a book so people didn't have to come and take a class." The book struck a chord and the first printing

sold out. (It made the McNally Robinson bestsellers list for non-fiction last fall). Millis took the opportunity to make a few changes for the second printing. She added a lot of new information, and it reflects her concern about the ingredients found in some of the prepared gluten-free products on the market.

"I went gluten and dairy-free because a lot of people are being diagnosed with gluten intolerance. Everything in the book is gluten-free and if it's not, it has other choices," she says. "And this

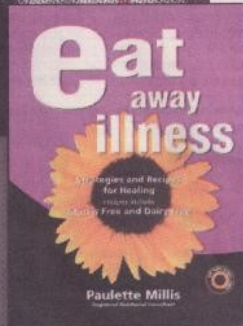
book doesn't have anything unhealthy in it. A lot of the gluten-free products out there now are made with white rice flour, tapioca starch, potato starch and lots of sugar. My book has no sugar and all the gluten-free products are very healthy."

If you're new to this kind of cooking, Millis says to just start at the beginning with the first topic and then read through. There are a lot of charts and how-to's and substitutions for newbies who need a little extra guidance. The layout is designed with recipes on the left side and useful health information on the right. Millis says she did it that way because she wanted readers to keep the coil-bound book at hand in the kitchen and not have it disappear into a bookshelf. She wanted to present the ideas in the book as a kind of hands-on education. And she is quick to point out that the information is meant for everyone, including those who don't have health issues.

I asked Millis when she knew she had fully recovered her health.

"When I knew that I could work 14 hours a day and feel totally energized, I knew I'd made it," she says. "I'm 64 now and I can outwork all my friends. You don't want to rely on anyone else for your health.

It's just getting back to simple foods and preparing them simply."



You can sign up for a two-day healthy living and eating workshop with Paulette Millis taking place on Feb. 6-7 at Organza Foods at 2A-230 Osborne St. Call 453-6266 at Organza to register. Spaces are limited. You can also get more information by visiting www.healingwithnutrition.ca

Continued
 Please see RECIPES D5

Recipes

Continued from D1

Here are three hearty recipes to try from *Eat Away Illness*.

Veggie garden loaf with quick tomato sauce

This is a vegetarian main course that will feed the whole family.

15 ml (1 tbsp) olive oil
125 ml (½ cup) chopped onion
125 ml (½ cup) grated zucchini
250 ml (1 cup) sliced steamed carrots
250 ml (1 cup) steamed broccoli flowerets
175 ml (¾ cup) uncooked oatmeal (use hemp hearts for gluten-free)
250 ml (1 cup) cooked grain (millet, buckwheat for gluten-free)
45 ml (3 tbsp) oat bran (omit for gluten-free)
175 ml (¾ cup) shredded cheese: cheddar or use vegan for dairy-free
125 ml (½ cup) tomato sauce (for tomato-free use broth with Tamari or miso)
1 egg
1 egg white
1 ml (¼ tsp) Celtic sea salt
1 ml (¼ tsp) sage
2 ml (½ tsp) dried thyme
50 ml (¼ cup) chopped parsley
90 ml (6 tbsp) grated Parmesan cheese (soy for dairy-free)



1. Preheat oven to 190C (375F)
2. In a small skillet, heat olive oil and sauté onion until translucent, about 5 minutes.
3. In a large bowl, combine zucchini, carrot, broccoli, oatmeal or hemp hearts, grain, oat bran, cheese and onions.
4. In small bowl beat together tomato sauce, or broth mixture, egg and egg white, seasonings and Parmesan.
5. Combine tomato sauce mixture with the vegetable mixture and the onion mixture. Mix thoroughly.
6. Turn mixture into a 9 x 5 oiled loaf pan.
7. Bake 30-35 minutes, or until firm. Let stand 15 minutes before slicing. Serves 6.

Chili beans

This is a large meatless entrée. There's enough here for company.

1 large onion chopped
1 sweet red pepper chopped
1 large clove garlic, minced
cold-pressed olive oil to sauté vegetables above
1 litre (4 cups) chopped tomatoes
1 ml (¼ tsp) basil
1 ml (¼ tsp) oregano
15 ml (1 tbsp) cumin
2 ml (½ tsp) paprika
1,250 ml (5 cups) cooked beans such as kidney, pinto, lima,
Celtic sea salt to taste



1. Sauté onions, pepper and garlic in olive oil until transparent.
2. Add tomatoes and simmer until tender.
3. Add herbs, and cooked beans and simmer or bake ½ to 1 hour at 190C (350F)
4. Add Celtic sea salt to taste and serve.

Beef and vegetable soup

Here's a healthy winter soup that makes a hearty starter or a main course.

1.5 kg (3 lbs) organic beefy bones or short ribs
45 ml (3 tbsp) cold-pressed olive or coconut oil
50 ml (¼ cup) apple cider vinegar (helps to release and dissolve calcium out of the soup bones)
2 litres (8 cups) vegetable broth
750 ml (28 oz) can tomatoes
2 medium onions sliced
3 cloves garlic chopped
a piece of sea vegetable such as wakame or kombu
22 ml (1½ tsp) Celtic sea salt
500 ml (2 cups) slice carrots
250 ml (1 cup) sliced celery
175 ml (¾ cup) diced green pepper
400 ml (1½ cups) finely sliced cabbage
75 ml (1/3 cup) hull-less barley (or use brown rice for gluten-free)
50 ml (¼ cup) chopped parsley



1. In a large stainless-steel or glass Dutch oven, brown the bones in oil.
2. Add apple cider vinegar, broth, tomatoes, onions, garlic, sea vegetable and salt.
3. Simmer, covered until tender, approximately 2 hours.
4. Remove the meat from the bones and skim off the fat. Soup can be refrigerated overnight at this point to allow fat to rise to the top for easy removal.
5. Add all the vegetables and barley or rice and simmer for about 1 hour. Stir in parsley before serving.