

Natural Healing Express Weekly

Column 292 Salad Bars

This week, as we are once again travelling to the race track in Indianapolis, we are eating on the road. One of the things I have tried to educate folks about is that it is VERY ok to eat out and enjoy yourself. Just be smart and take on those certain desserts with moderation in mind. It is summer and many folks are taking vacations, and, vacations are meant to be enjoyed. Unless you are like us and somehow find yourself taking a van load of kids on an educational tour of the East Coast. Then, well, it may not be as fun as the adults would like it to be!

Soon, very soon, I hope to meet that quite helpful pool boy from those Belize timeshare infomercials. "Why, yes, I would have another margarita while I sun myself." And who doesn't want to ride a horse into the sunset with their sweetheart? Well, until you figure out the horse is a retired racer and you don't have any idea where the closest hospital may be, but I digress.

Anyhow, sometimes the closest thing you can get to eating "healthy" on the road is attempting to find a few salads bars along the way. You know, those ones with fresh greens and fruit ? Once you find that salad bar, your choices determine your destiny. So, what can you get that hits the spot and still helps that belt fit? Most salad bars put out iceberg lettuce which has ZERO nutritional value. So, don't even put it on your plate. Go for the spinach, which is a SUPER FOOD! If spinach doesn't show up solo, hopefully you can get it with the mixed greens, it's better than nothing. If iceberg is the only choice, then it's time to make room for so great fruit. Pour on the strawberries, grapes and melon. All are super foods with anti-oxidant and anti-inflammatory qualities.

If there is spinach or mixed greens available, I kindly suggest topping it with lots of cucumbers. Cucumbers are wonderful for gut issues, cooling the body and all in all provide great nutrition. Another suggestion is black olives which provide much needed oils for the body. They aid in digestion and offer support in for circulatory issues as they increase good cholesterol.

One salad bar item I get asked about quite frequently are raisins. Are they really good for me? Well, yes and no. Most raisins these days have gone through some sort of preservative process, so no, I don't suggest those. However, if you are in a market where you can get raisins with zero preservatives or organic, then go for it.

I am also a major fan of cauliflower. Cauliflower is wonderful source of Vitamin C and Vitamin K. It also contains protein and manganese.

I also suggest including a protein. Most salad bars offer several choices, chicken, beef, bacon, garbanzo beans, hard boiled eggs – just choose your favorite.

And, if you are a cheese lover, go for the feta cheese. It has the most nutritional value and the least amount of fat. Now, let's talk dressings. The wisest choice is vinegar and olive. However, if you have a favorite and you want to make your salad scrumptious, go ahead and indulge. A tablespoon here and there isn't going to hurt anyone. And to top it off, I recommend sunflower seeds. Seeds do a fantastic job in the gut helping to eradicate nasty items that get lodged in the "bendy" places of the intestine. So, have a happy salad bar experience and eat healthy this summer. Your body and your travel mates will thank you.

Enjoy.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and

Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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