

Natural Healing Express Weekly

Column 334 Climate Change

For most of you that know me well, you are aware that I do not involve myself in frivolous conversations regarding politics, religion, genders and anything just for the 'argument'. It is just not worth wasting my time or yours. My focus is always, "what can be done" versus "who did it and how can we seek revenge?". With that said, I am writing my first article on Climate Change.

Again, I am not going to get into the who's or whys, I am just letting you know that from a nutritional point of view, the hotter the planet, the harder it becomes to grow food. And, food and nutrition, as per usual are my direction here. Even on a hotter planet, as humans, we will undoubtedly find a way to adapt. And we will find a way to grow food. It just might not be the ones you are accustomed to and enjoy. Here's a list of those foods that are already being affected by climate change.

Coffee – I know! this one is scary! As we move towards a more tropical climate, coffee bushes become of the current coffee bushes will become unusable.

Chocolate- like coffee, Cacao trees can sustain the heat, they just become less productive. Already in climate hot spots growing cacao, such as Indonesia and Africa, we are seeing yield decline.

Lobster – Lobsters love cold water. After speaking with an amazing fisherman, he told me that over the last 10 years, lobster herds, yes, herds have migrated northward quickly. He said even the waters off Maine are beginning to warm and at some point, Lobsters will run out of real estate.

Almonds – California raises the majority of almonds. It is a 4-billion-dollar industry there actually. In recent years, due to the drought, groundwater must be pumped in. Many growers cannot continue to afford to be able to do this on a continued basis, so almonds have gotten rarer. And the rarer a product, the higher the price. Just since I have been back to the Midwest, the price of almonds has risen over 75 cents a pound!

Wine- Now, here is where I get even more concerned! Most anyone can make wine. And you can make it almost anywhere you can plant a vineyard. You may have notice in recent years the number of boutique wineries popping up in our area. And kudos to these amazing souls working a treacherous business plan. It's not easy. They know already that too much heat for too long destroys the acidity of grapes. The result after processing results in a wine that tastes "cooked" or "warmed". Napa Valley, long time home of some of the best wine produced in our country is already expressing concerns.

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! 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 Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.moti

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