

Natural Healing Express Weekly

Column 412 Steak

I was at a conference in Los Angeles one afternoon listening to a speaker go on and on and on about the dangers of red meat. As I looked around the crowd, I saw some folks nodding their heads in agreement and then I noticed one gentleman shaking his head in disbelief. His behavior captivated me. He was attempting to take in the valuable parts of the lecture, but one could tell the speaker was quickly losing credibility when speaking on the dangers protein over abundance. Then, somewhat randomly or perhaps reactionary, the speaker finished off any chance of retribution when he brought up his version of the ultimate nutritional no no – The Mecca, the BIG Kobosky, The end all, steak. Yes, he attacked steak. Even innocent filets and world renowned New York strips were on the no fly list.

From that point forward, it became the entertainment equivalent of a volleyball game. The speaker would serve up a “we should all really be vegetarians” followed by the carnivore in the room raising his hand and asking “have you ever even heard of Nebraska? And a why do you believe that?” At the end of the day, not much really got proven or resolved and I left with my usual “Buffet Style” method of consumption for these conferences - Take what appeals to me, learn what makes a difference and I leave the rest behind – without conflict.

On the matter of steak, I treat it the same way as alcohol. For some people, it is best to just have total avoidance. Sometimes, there are very good medical reasons for a person who is having a tremendous amount of cardiovascular or digestive issues to not consume steak or red meat. Some people just cannot handle it. However, to offer a theory of complete avoidance to everyone isn't reasonable, especially here in God's country. We are in the Midwest and many of us are involved in agriculture. Eating what we grow comes naturally to us. With that said, a steak every once in a while for our family is a treat. The key is watching how much butter and other garnishes are served with it. And, honestly, if you are dining out, the Log Cabin located in the Galena is our absolute favorite. One simply has to try it sometime.

However, if you are able to cook at home, The Florentina is a terrific way to go. It's called a T-Bone which is cooked the way that put Florence, Italy on the map. Hope you enjoy.

The Florentina –

Ingredients – 4 T-Bone Steaks, (cup approximately ¾ inch to an inch thick). ¼ cup of Olive Oil, salt and pepper to taste. 3 lemons cut into wedges.

Prepare charcoal grill, making sure coals are extremely hot. Trim fat from steaks. Coat with lightly with olive oil. Place Steaks on Coals, salt and pepper to taste. Cook for three minutes, squeeze one wedge of lemon juice, flip over and cook other side for 3 minutes, squeeze juice. This should present a medium rare, yet crusted steak.

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 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express