

JOEL FUHRMAN, MD

Soup: A high-nutrient diet essential

Soups, along with salads, are an essential part of my high-nutrient (Nutritarian) diet, and for good reason. Vegetable and bean soups and stews are nutrient-rich, flavorful and easy to prepare. They can be served as a complement to a meal or as the centerpiece. Soups can easily be cooked in bulk to provide several days' worth of leftovers, convenient to have on hand at home or to take along to work or school.

Soups and stews are warming, satisfying and satiating, and can widen your nutrient diversity. They can be made from a variety of fresh, frozen or even leftover ingredients and allow for experimentation in a pot, pressure cooker, slow cooker or even right in a Vitamix or other high-powered blender.

Since soups are gently cooked with a liquid base, nutrients are retained and some are made more absorbable. Many nutrients, like folate, other B vitamins, vitamin C and a range of minerals, are water soluble. Normally, with water-based cooking, like boiling, water-soluble nutrients are leached into the cooking water and discarded.

However, with soups, the liquid and the water-soluble nutrients are retained and consumed.

Cooking soup heats, moisturizes and softens vegetables and beans, which dramatically increases the potential digestibility and absorption of the nutritious compounds contained within them.

Recent studies confirm that the body absorbs more of the

beneficial anti-cancer compounds, carotenoids in particular, especially lutein and lycopene, from cooked vegetables as compared to raw vegetables.

Scientists speculate that the increase in absorption of these antioxidants after cooking may be attributed to the destruction of the cell matrix or connective bands to which these compounds are bound.

For superior nutrition, become an expert at making great soups.

Make your soups with some

of the G-BOMBS, like greens, beans, onions and mushrooms, which are some of the most nutritious foods on the planet and combine so well in a big pot for a super nutritious and savory meal.

Start your soups with a base of water, heating on the stove with your dried beans, as they take the longest to cook. Then add the fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth.

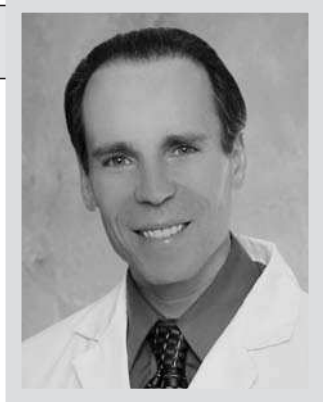
Then, add a bit of liquid to the blender, to blend the

onions, leeks or other members of the Allium family and your cruciferous leafy green vegetables into a smooth purée.

Always include some cruciferous vegetables into the mix, such as kale, mustard greens, collards, bok choy or cabbage.

Soups can keep well in the refrigerator for five days or longer in the freezer.

Soup's on! Quick, hot, tasty and nutrient dense-soups in all of their varieties are a great way to experience the pleasures of the Nutritarian diet.



Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

Serving our community for over 15 years.

WELLS
TREE & LANDSCAPE

541-999-5083

Tree Removal & Trimming
Brush Cutting & Maintenance

"Making Friends One Job at a Time."

licensed, bonded, insured CCB 183908

Oceanside Veterinary Hospital

John C. Bachmann, DVM
Lindsey A. Franz, DVM

Call Today to Schedule your appointment

Open Monday through Friday
8:00 a.m. - 5:00 p.m.

February is Veterinary Dental Health Month. To improve the dental health of your pets, Oceanside Veterinary Hospital will give a 10% discount on all dental services and products February 1 - February 29. Discounts for dental cleanings will apply during this period, and slots are limited, so call for your appointment today!

Dr. John Bachmann and his certified Veterinary Technician Elizabeth

541-997-9300

1739 West 22nd Street, Florence

WEST COAST REAL ESTATE SERVICES, INC.

- RESIDENTIAL
- LAND
- COMMERCIAL
- PROPERTY MANAGEMENT

JIM HOBERG
Broker/Owner

1870 Hwy. 126, SUITE A
PO Box 3040
FLORENCE, OR
FAX 541-997-7654

541-997-7653

VISIT US ONLINE AT
WWW.JIMHOBERG.COM

Jim Hoberg is a Florence native, and has been working in Real Estate since 1989. He has served as a Principal Broker for 20 years, and is the "founding father" of West Coast Real Estate Services, Inc. He has obtained several designations that require continuing education, which keeps him on the cutting edge of the industry and he is constantly looking for ways to expand his areas of expertise. Jim enjoys helping people find solutions to their real estate needs and discovering why Florence is such a great place to live.

the spotlight

A weekly roundup of shopping, saving, dining and doings around town.

A weekly roundup of shopping, savings and doings around town.

FLORENCE SAW SHOP & RENTAL CENTER

FLORENCE SAW SHOP HAS RENTAL EQUIPMENT FOR ALL YOUR JOBS..

BOBCAT / BACKHOE / SKID STEER / COMPACTOR / DINGO / EXCAVATOR / JACK HAMMER / TRENCHER / TRACTOR / SCISSOR LIFT / CHIPPER

TILE CUTTER / CHOP SAW / ASPHALT CUTTER / ELECTRIC MIXER / BLOWER

TROWELING MACHINE / AERATORS/ CHAIN SAW / WEED EATER

LAWNMOWER / PRESSURE WASHER / STUMP GRINDER / FLOOR SANDER

OPEN MONDAY—FRIDAY 8AM TO 5 PM
1550 HWY 101 & 9TH STREET 541-997-2653

GIZMO SAYS: COME SEE OUR BARK..... NO BITE!!!

GARDEN COMPOST

Top Soil
Mint Compost
(Other materials by order)

Coming in Spring... Organic Steer-Plus!

LEISURE EXCAVATING 4525 Hwy. 101
Florence
DEQ#37943 • CCB#192681
541-997-6300

THE OLD SCHOOL FURNITURE STORE
NEW FURNITURE AT OLD SCHOOL PRICES

Ashley Furniture
Quality, Style, Selection
#1 Brand of home furniture in the USA
Come choose your Sofa • Recliner • Loveseat Sectional
Special order the fabric you select from our many swatches.

Monday - Saturday 10-5 • HWY 101 & 6th Street
997-9424 FREE IN TOWN DELIVERY

The Old School Furniture Store
6th Street & HWY 101 541-997-9424

Dining Room Sets

Monday-Friday 10-5
Saturday 11-3
Sunday - Closed

Our Showrooms are full!
New furniture weekly!
Free Delivery!

Couches & Sectionals
Special Orders Accepted

Bedroom Sets & Mattresses

Recliners

Quality Furniture Affordable Prices

CYAN MAGENTA YELLOW BLACK