



JOEL FUHRMAN, MD

Some whole grains are better than others

in risk of colorectal cancers.

Also, in review of 16 other studies, they concluded that every 10 grams of fiber consumed daily provided a 12 percent reduction in colon cancer risk. So it's the refined grains that could increase one's risk of colon cancer. Studies have already linked refined grains with higher rates of breast cancer too.

The most favorable way to consume grains is with the grain remaining intact.

Examples of intact grains are brown and wild rice, wheat berries, barley, quinoa and steel cut oats. Cooking these grains in water is the most healthful way to prepare them, which also prevents the forma-

tion of acrylamide, a potentially toxic compound.

Intact whole grains can be eaten for breakfast with fruit and seeds, or with tomato sauce and onions with lunch or dinner. Whole wheat pasta also has a fairly favorable glycemic load, but bean and lentil pasta are even better, when you consider the resistant starch content and glycemic benefits of beans.

Too much grain, even too much whole grains, can make your diet sub-optimal.

The reason for this can be:

1. If you eat too many grains, you may not eat enough beans, green and yellow vegetables, which are more micronutrient dense.

2. Most brown rice is con-

taminated with arsenic-containing agricultural chemicals, which can find its way to your plate.

3. Many whole grains breads, cereals and crackers are dry cooked and can be browned, forming a toxin called acrylamide, which is potentially harmful. High acrylamide intake is associated with several cancers.

4. Whole grain pastry flour can still have an unfavorable glycemic load because it is ground so fine. Many studies have linked high GL foods to increased risk of colorectal cancers.

Among carbohydrate sources, beans are superior to whole grains with respect to their micronutrient density,

glycemic effects, and fiber and resistant starch content.

For example, barley has a GL of 12, and a fiber-plus resistant starch content of 35.2 percent; black beans have a GI of 5 and fiber-plus resistant starch content of 69 percent.

Fiber helps to prevent colon cancer by reducing the contact between dietary carcinogens and intestinal cells via increasing stool bulk and accelerating transit time. Resistant starch, similar to fiber, is a carbohydrate that is not broken down by human digestive enzymes.

Fiber and resistant starch act as prebiotics, fueling the growth of healthy bacteria (probiotics); healthy bacteria in gut the ferment fiber and resist-

ant starch, forming short chain fatty acids that have a number of anti-cancer effects.

Eating beans, peas, or lentils at least twice a week has been found to decrease colon cancer risk by 50 percent.

In summary, intact whole grains are healthful natural foods that contain beneficial phytochemicals. For optimal disease protection, I recommend eating beans every day, avoiding refined grains, and primarily eating whole grains intact and cooked in water (rather than as breads or pastas).

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

DENTURE SERVICES INC.

LOCALLY OWNED AND OPERATED
Open 4 days a week!

Here to serve your denture needs:

Dentures
Partial Dentures
Immediate Dentures
Implant Dentures
Relines & Repairs Same Day

Monday-Thursday
10am - 2 pm

524 Laurel St.
541-997-6054



William Foster LD
Sherry, Office Manager

"As a denture wearer myself,
I can answer your
questions and address
your denture concerns."
~ William Foster, LD

Financing: Citi Health Card
12 Month no Interest



Yachats to host 'sixth-ever' Agate Festival

YACHATS — Rock hounds in Yachats are gearing up for the "sixth-ever" Agate Festival, which will be held Saturday and Sunday, Jan. 14 and 15, from 10 a.m. to 4 p.m. each day.

The event is free to the public.

Yachats is internationally known for treasures uncovered by winter storms and winds, making January a prime time for agate hunting. Nearly 30 vendors from throughout the state, as well as from



COURTESY PHOTO

Visitors to last year's Agate Festival visit with vendors that come from as far away as Washington and northern California with collections of stones and agates.

Washington and northern California, will be on hand to display and sell rough specimens and finished artistic creations of minerals, gems, crystals and fossils.

The show will take place at the Yachats Commons, at Highway 101 and West Fourth Street, in the heart of town. In addition to rocks and agates, there will be speakers, demonstrations and fun activities for all ages.

On Jan. 14, at 11 a.m., Marli Miller, a geological sciences faculty member at the University of Oregon since 1997, will speak. She is a geologist, photographer and author of the new second edition of *Roadside Geology of Oregon*.

Her work showcases the state's splendor while also helping enthusiasts understand geologic processes at work.

She will be available to sign her book at the festival.

At 1:30 p.m., "Ranger Cameron," who has been an enthusiast of beach rock-hounding for more than 12 years, will discuss all the geological treasures that can be found on area beaches.

The speaker on Jan. 15 will be Chris Landau, a geologist trained in South Africa. He has used geology and dowsing to find water wells, as well as creating geological maps, geomagnetic maps, and aerial photographs.

Landau understands how and why the dowsing rod works for almost everybody.

He moved to Florence in 2015, and offers dowsing classes in places such as Cook's Chasm and Thor's Well.

His presentation will begin at 11 a.m.

Guy DiTorrice, well known locally as "The Oregon Fossil Guy," will speak on Sunday at 1 p.m.

He conducts fossil finding tours along the central Oregon coast and is an engaging speaker who appeals to audiences of all ages.

For the first time, there will be a special display of fluorescent minerals, whose vibrant colors are only visible under ultra violet light.

The festival will be offering three separate drawings for valuable baskets of fine prizes from many local merchants. Proceeds from the raffle will be contributed to the Yachats Fire Department, and will be dedicated toward the purchase of needed equipment.

Since the festival began in 2012, the January event has been a big success, drawing visitors from throughout the north-west and beyond.

For more information, visit www.yachatsagatefestival.com.



CONCEAL CARRY
PERMIT CLASS
Oregon-Utah
Valid in 35 States

Wednesday, January 25th
1pm & 6pm

Walk-ins Welcome

Florence Event Center, 715 Quince St.

OR/Utah-valid in WA \$80

or Oregon only \$45

FIREARMTrainingNW.com ~ FIREARMTrainingNW@gmail.com

360-921-2071

Siuslaw News Photo of the Week: By Cynthia J. Wright



SUBMIT PHOTOS (JPEGs) BY EMAIL TO EDITOR@THESIUSLAWNEWS.COM BY NOON ON THURSDAYS

Breakfast • Lunch • Dinner
"Growlers Filled Here"

Full Service Lottery • Full Bar • 20 Beers on Tap

Open 7 days a week
beachcomberpub.com

541-997-6357
1355 Bay St. • Old Town

GIFT
CARDS

Est. 1936



...need a friend?

Meet Butch

Hey, the name's Butch. I came here as a kitten with my brothers and sister. I'm the last one to get adopted but ever since I went to the big kids' room, I've been getting more social every day! I get along great with other cats and I go bananas when I smell wet food. Soon I will be someone's best friend and partner in crime.



If you would like to meet Butch or any of his friends, please visit us at:

OREGON COAST HUMANE SOCIETY

2840 Rhododendron Drive • Florence • 541-997-4277

www.oregoncoasthumane.org

This message brought to you by:

Siuslaw News + **shoppe**
Keep it local.



www.shoppelocal.biz

