

Spring 2009



## INTEGRATIVE NEWS

### ITPCC Kicks off Food-as-Medicine Program

February was the inaugural month of the new Food-as-Medicine Program, a unique event combining food tasting, medicinal ingredients and nutrition. For our kick-off month, we featured immune-boosting soups. During the week of February 9th, patients, family members and staff stopped by the outpatient center to try 4 immune-boosting soups. We used ingredients unfamiliar to many of the tasters such as shitake mushroom, ginger, and seaweed, yet children and their families were surprised that the recipes and ingredients were so delicious. Our vegetarian recipes are particularly high in phytonutrients, components of plant foods which help protect against cellular damage. All the recipes can be found on our website: [integrativetherapies.columbia.edu/meatless\\_mondays.html](http://integrativetherapies.columbia.edu/meatless_mondays.html). The most popular soup is featured in this newsletter. Next month's tasting, "Miso Healthy", will be the week of April 27th!

### Cancer Dancers Featured at LLS Event

The Cancer Dancers, a hip-hop dance troupe made up of survivors of childhood cancer and their siblings, danced at the "Black Tie, Black Jack" Leukemia and Lymphoma Society's Young Professionals Annual fundraiser. They danced in front of more than 600 people at an event that raised more than \$150,000! **Keep on dancing!!** [www.hopeandheroes.org/CancerDancers/](http://www.hopeandheroes.org/CancerDancers/)



### Money-Saving Healthy Brown Bag Lunch Ideas

With the economic crunch, a great way of saving money while improving your health is by bringing your own lunch to school or work. Here is a shopping list with 5 days worth of menu ideas for your brown bag lunch box for under \$15\*—That's less than \$3 per meal!

**Shopping List:** 1 loaf high fiber whole wheat bread, pita or wrap (\$2.50), 1 head Boston lettuce (\$1.50), 1 large beefsteak tomato or 2 Roma tomatoes (\$1.50), 1 cucumber (\$0.99), 1 tub hummus (\$2.99), 1 can of black beans (\$0.99), 1 can (6 oz) salmon or tuna (\$1.99), 1 avocado (\$1.50)

**Monday:** *Black bean sandwich:* Mash together 1/2 can rinsed black beans with olive oil, balsamic vinegar, salt and pepper. Serve on bread with lettuce, 1/2 sliced avocado, cucumber and tomato. **Tuesday:** *Salmon/Tuna-Lettuce wraps:* Mix 1/2 can tuna/salmon, olive oil, and diced cucumber. Season with salt and pepper. Wrap in lettuce leaves. **Wednesday:** *Hummus salad:* Top a bowl of lettuce with a scoop of hummus, chopped tomatoes and cucumber. Dress with olive oil and balsamic or red wine vinegar; eat with toasted whole wheat bread. **Thursday:** *Tuna/Salmon avocado sandwich:* mash 1/2 avocado with salt, pepper and herbs. Spread on bread and top with 1/2 can of tuna/salmon, lettuce, tomato and mustard. **Friday:** *Black bean stew:* Heat up 1/2 can of black bean with chopped tomato and hot pepper sauce. Thin to taste with water. Serve with toasted whole wheat bread... **BON APPETITE!!**

\*Prices are estimated.

### Staff

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*Research Coordinator / Chef*

### **ITPCC Publication Highlights**

Elena Ladas and Dr. Kara Kelly have co-authored a chapter in a new book which is fast becoming an indispensable resource for patients, medical professionals and integrative health practitioners.

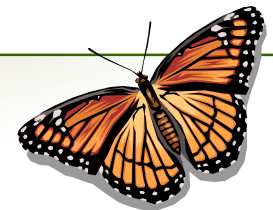
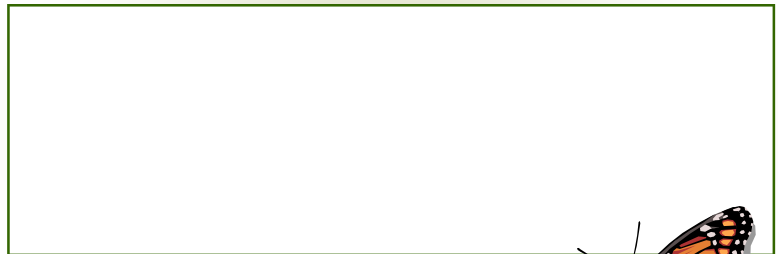
### **Congratulations!**

Ladas E and Kelly K. The Anti-oxidant Debate. In: Abrams D, Weil A, ed. *Integrative Oncology*. New York, NY: Oxford University Press; 2009:195-214.



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## Immune-Boosting Mushroom Barley Soup Recipe

**Nutritional and Medicinal Benefits of this Recipe:** Barley is an excellent source of soluble fiber, which can help to bind to fatty acids and lower cholesterol levels. In addition, soluble fiber helps control blood sugar levels and is beneficial for the diabetic patient. Shitake mushrooms, carrots and celery also have high amounts of antioxidants to help boost your immune levels.

**Traditional Chinese Medicine Dietary Therapy:** Both mushroom and barley, in TCM theory, tonify the body's *qi* (or energy), and are especially good at resolving symptoms of dampness, such as body heaviness, diarrhea, water-retention and swelling. Barley is considered a "cool" food, which means it can be useful to treat "hot" conditions like fever, dryness, or red rashes.

- 2 onions
- 4 carrots
- 1 cup dried sliced shitake mushroom caps (reconstituted in hot water to cover)
- 1 cup barley
- Salt, pepper, herbes de provence (or another dried herb like parsley or thyme, or you can leave it out)
- Fresh Dill
- 4 cloves garlic
- 4 stalks celery
- 2 cups sliced shitake mushroom caps
- Olive oil
- 5 cups boiling water

1. While the dried mushrooms soak, sauté the onions and garlic over medium heat in olive oil until they take on some color. Then, add the chopped carrots and celery.
2. A few minutes later, add the mushrooms—both fresh and reconstituted. Keep the soaking liquid from the mushrooms—it will be added later. Once the veggies take on some color, add the raw barley and sauté for a minute or so. Then, add a tablespoon of herbes de provence (or other dried herb), the soaking liquid from the mushrooms and the boiling water. Barley really eats up water, so be sure to add at least enough water to cover by a few inches.
3. Turn the heat down, cover and cook for 30-40 minutes. You can always add more water if the barley ends up soaking up a lot of water.
4. Taste and season with salt, freshly ground pepper and fresh dill...Enjoy!