

Newsletter - May 2016

Products

Gerolsteiner Sparkling Mineral Water

Gerolsteiner Sparkling Mineral Water is one of my favorite sparkling waters because it tastes good and it is high in minerals. One glass contains 8% of our calcium needs and 6% of our magnesium needs. It is also low in sodium. It is available at Trader Joe's, Wholefoods, ShopRite, Albertsons, Kroger and many other stores.



Recipe of the Month

Low Amine/Benzoate, can be made to be low in Salicylates if you delete the herbs

Sparkling Herb and Lime Spritzer

Yield: about 6 cups

Ingredients:

- ¾ cup agave syrup
- 1/3 cup small sprigs thyme, plus 2 large sprigs for pitcher
- 1/3 cup small sprigs rosemary, plus 2 large sprigs for pitcher

- 1/3 cup small sprigs sage, plus 2 large sprigs for pitcher
- ½ cup lime juice, plus 6 wedges
- 3 large sprigs basil
- 1 liter chilled Gerolsteiner sparkling water

Directions:

1. Heat 1 cup plain water to steaming in a medium saucepan. Remove from heat; stir in agave syrup and 1/3 cup each small thyme, rosemary, and sage sprigs. Let stand about 1 hour, stirring often to release flavors. Strain syrup into a large pitcher, pressing out liquid. Stir in lime juice.
 2. Place the large thyme, rosemary, sage, and basil sprigs into the pitcher, crushing them lightly with your hands. Pour in sparkling water and 2 cups ice.
 3. Place one lime wedge in each glass. Pour in spritzer. Make ahead: through step 1, up to 1 day, chilled airtight
-

Thoughts

The US diet is generally low in magnesium and very little now comes from drinking water. Some interesting studies around the nation and the world regarding water and magnesium:

1. The drinking water in Salt Lake City, a region with a low heart attack death rate, was compared to the water in Washington, DC, a region with a high heart attack death rate. The Salt Lake City drinking water contained a higher level of magnesium.
2. Norway has found an association between magnesium in drinking water and a lower risk of hip fractures.
3. A study showed that higher intakes of dietary magnesium were associated with a lower risk of colorectal tumors.

How Much Water Do You Need?

Your water need depends on your diet, weight, activity level and environment. If your diet is water rich with lots of fruits and vegetables, then you need less drinking water. If you are very active and you live in a dry climate, then you need more water.

One formula is to take one-third of your body weight in pounds and drink the equivalent number of ounces of water daily. For example, a 150-pound woman would need 50 ounces of water daily, or about 6 8-ounce glasses of water.

To see if you are hydrated you can look at your urine color. Your urine should be a light straw color, or the color of a light manila folder but remember it can be darkened by medications, supplements (especially the B vitamins) and foods such as beets, asparagus and blackberries.
