

Health Digest

Practical Techniques for a Better Life

January 2023

Program

6:00 – 6:05	Welcome	Martina van der Velde
6:05 – 6:10	Bible Thought	Pastor Dan Mc Grath
6:10 – 6:50	Cooking Demonstration: Basic Techniques for Legumes	Chef Miguel Larcher
6:50 – 7:05	Break (to get Food Samples)	
7:05 – 7:20	Simple Remedies: Treatments for Colds – Part 1	Margit Toppenberg
7:20 – 7:35	Gardening: Microgreens	Miriam Schmidt
7:35 – 7:45	Get Up and Move	Harold Paulraj
7:45 – 8:00	Health Teaser: Prevention of Infectious Diseases	Martina van der Velde

Drawing for 3 prizes

Though this is a free event, donations are welcomed and appreciated to cover some cost. Thank you!

Beans

Beans are a wonderful way to add high-quality, plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are versatile enough that you may never tire of them. Dry beans stay fresh longer when stored in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking. Follow these steps when preparing beans:

1. Check beans for rocks and shriveled or broken pieces, then rinse.
2. Soak for six hours or overnight, with water covering four inches higher than the beans. Small and medium-size beans may require less soaking—about four hours should be enough.
Note: If you've forgotten to presoak the beans, you can bring them to a boil in ample water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and better digestibility.
7. Cover, lower the temperature, and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.

1 cup dry beans	Cooking time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Black-eyed peas	60 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima beans	60-90 minutes
Mung	60 minutes
Navy	60-90 minutes
Pinto	90 minutes
Split peas	45-60 minutes

*do not require soaking

All times are approximate. Cooking lengths depend on how strong the heat is and how hard the water is. A general rule is that small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.

Digestibility

Some people have difficulty digesting beans and legumes. They may develop gas, intestinal problems, irritability, or unclear thinking. Here are a few techniques for preparing and eating legumes that will alleviate most problems.

- Soak beans for several days, changing the water twice daily, until a small tail forms on the beans.
- Use a pressure cooker. This also cuts down on cooking time.
- Chew beans thoroughly and know that even small amounts have a high nutritional and healing value.
- Avoid giving legumes to children under 18 months because they have not developed the gastric enzymes to digest them properly.
- Experiment with your ability to digest beans. Smaller beans like adzuki, lentils, mung beans, and peas digest most easily. Pinto, kidney, navy, black-eyed peas, garbanzo, lima, and black beans are harder to digest. Soybeans and black soybeans are the most difficult beans to digest.
- Experiment with combinations, ingredients, and seasonings. Legumes combine best with green or non-starchy vegetables and seaweeds.
- Season with unrefined sea salt, miso or, soy sauce near the end of cooking. If salt is added at the beginning, the beans will not cook completely. Salt is a digestive aid when used correctly.
- Adding fennel or cumin near the end of cooking helps prevent gas.
- Adding kombu or kelp seaweed to the beans helps improve flavor and digestion, adds minerals and nutrients, and speeds up the cooking process.
- Pour a little apple cider, brown rice vinegar, or white wine vinegar into the water during the last stages of cooking. This softens the beans and breaks down protein chains and indigestible compounds.
- Take enzymes with your meal.

Indian Lentils Soup (by Chef Miguel Larcher)

7 c water	½ c diced carrots	¼ t fennel seed
1½ cups dry lentils	½ c diced celery	1 ½ t kosher salt
1 small bay leaf	½ c diced onion	2 T yeast flakes
2 pinches sage	½ t turmeric	2 t chicken style seasoning
3 cloves	2 t cumin	Fresh cilantro (optional)
2 T olive oil	½ t coriander	

Cook lentils with bay leaf, sage & cloves until tender. Sauté onion, carrot & celery for 2 minutes, then add coriander, cumin, fennel seed & turmeric. Add chicken style seasoning and nutritional yeast flakes. Add the mixture to the cooked lentils. Simmer for 10-15 minutes. Add some chopped cilantro at the end.

Southern Smoked Black Beans (by Chef Miguel Larcher)

2 c dry black beans	Seasoning:	2 t fresh oregano
1 c leeks minced (optional)	1 bay leaf/2 cloves/ ½ t sage	2 t smoke paprika
½ c onions diced	2 T yeast flakes	1 t cumin
1 stalk celery minced	2 t chicken seasoning	1 T chipotle peppers in adobo sauce chopped
½ bell pepper diced	1 t fresh sage	1 t kosher salt
½ c carrot diced	2 clove garlic crushed	3 T olive oil
	1 T fresh thyme	

Soak beans overnight, then drain and rinse beans. Cover beans with water, and cook with slow heat with the bay leaf, cloves and sage. It will take about 45 minutes to one hour. Make sure that the beans are tender, and that there is always enough water while the beans are cooking. Sauté onion, carrots, celery, leeks in olive oil with bell pepper, until tender. Then add garlic, smoked paprika, cumin, chipotle and the rest of the seasoning. Cook for 1 minute. Add the cooked black beans. Add water if needed. I like my beans a little soupy. Cover and cook 20 to 30. minutes on very low heat cover.

Et, voila

Garbanzo Beans and Dumplings (by Chef Miguel Larcher)

2 c dry garbanzo beans	2 T olive oil	1 scotch bonnet pepper, whole optional
10 c water	2 T yeast flakes	
3 cloves, whole	2 t chicken-style seasoning (vegan)	Dumplings
1 bay leaf	1 t fresh sage	2-1/2 c (300g) unbleached white flour
½ c onion, diced	2 clove garlic, crushed	200ml water
1 stalk celery, minced	1 T fresh thyme	3/4 t (2g) salt
½ bell pepper, diced	1 t kosher salt	
½ c carrot, diced		

Soak beans overnight, drain, and rinse. Then add 10 cups of water, clove and bay leaf. Cook on low-medium heat for about 1-2 hours or until tender. In a skillet sauté onion, garlic, celery, and carrots in olive oil until tender. Add seasonings. Cook for 2 more minutes, then add mixture to the chickpeas and dumplings. Finally, add whole scotch bonnet pepper for fragrance and a slight hint of heat. Cover and cook 10–20 more minutes.

Dumplings

Add flour and salt to a bowl, make a well in its center and pour in the water. Knead dough until it is smooth and elastic, but not sticky or tacky. Take out a small piece of the dough and roll it round between the palms of your hands. Place the balls into your bean.

HOT FOOT BATH

Definition:

The *Hot Foot Bath* consists of immersion of the feet, in hot water, (100° to 104°) for 15-20 minutes to increase and equalize blood circulation throughout the body. The Hot Foot Bath is one of the best overall body decongestant treatments.

When to Use:

- To warm body (generally or to prepare for a cold treatment)
- To enhance other treatments (i.e., intensifies body heating in fomentations)
- To assist in prevention of illness (stimulates immune function)
- To aid in relaxation
- To help stop a nose bleed (draws blood away from nose)
- To relieve congested areas through reflex action such as the:
 - Head (headache, nasal congestion)
 - Lungs (cold, asthma, bronchitis)
 - Pelvic organs (menstrual cramps)

Equipment:

- Container large enough for feet with water covering ankles
- Pitcher—to take out and add water with
- 2 Towels
- Washcloth
- Cold water in small pan
- Double sheet and/or blanket
- Water thermometer (optional)

Steps to Follow:

- Put water in large container; the farther up on the legs the water comes, the more effective. (start at about 100°)
- Assist placing feet in water (may be too hot if feet are cold)
- Drape both patient and container with sheet/blanket
- Add hot water as needed to increase temperature as tolerated
- Continue treatment 15 to 20 minutes
- Keep head cool with cold washcloth or hand towel around neck
- Complete with cold or ice water over feet briefly
- Dry feet thoroughly
- Allow 30 minute rest period

Cautions & Considerations

Patient may be sitting or lying down.

Use extreme caution when treating impaired circulation & nerve sensation (not over 104°) (They cannot tell if it is too hot.)

Water temperature should never exceed 110° F.

Be careful when adding hot water not to burn feet; have patient move feet to one side and move water with your hand between their feet and the hot water.

Keep patient warm upon completion

Tips on doing treatment on yourself:

It is easy to just sit on the edge of the tub with a foot bucket. Add whatever temperature of water you need from the tap.

Real Life Experience

Hot foot bath for sinus headache

Pete was visiting to learn about what happens at live-in lifestyle centers. He was skeptical of all the amazing improvements he heard that happen to health guests. When he got by himself with Mike, the hydrotherapist, he told him that he had had a sinus problem for 25 years with chronic pressure and headaches. Mike told him how to do a hot and cold treatment to his sinuses in his room that evening.

The next day Pete came up to Mike and said, "It didn't work, so I went to bed." He paused. "10 or 15 minutes later my sinuses began to drain until there was no more pressure or headache." A simple application of water sure made a believer out of Pete.

Steam Inhalation

Definition:

Steam Inhalation consists of breathing in water vapor (steam) from gently boiling water. It can be breathed in through either the nose or mouth.

When to Use:

- To reduce upper respiratory congestion
- To relieve dry or irritated upper respiratory membranes
- To relieve coughing
- To ease difficult breathing such as in croup or asthma
- To loosen thick, dry upper respiratory secretions

Equipment:

- ✓ Source of steam, (example: steam vaporizer or electric skillet)
- ✓ 2 hand towels and one bath towel
- ✓ Sheet (if for bed tent)
- ✓ Umbrella (for bed tent)
- ✓ Eucalyptus oil or cut pine needles in water (Optional)

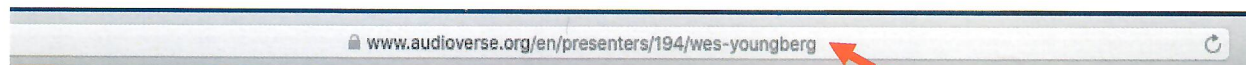
Steps to Follow:

- 1) Gently boil water just enough to make light steam rise.
- 2) Add eucalyptus oil, or cut up pine needles as natural medication, if desired.
- 3) Drape towel over head; lean over the steam source—far enough above so unheated air can get under the towel.
- 4) For bed patient, make a steam tent by draping a sheet over an umbrella over patient.
- 5) Breathe slowly and deeply as tolerated.
- 6) Periodically remove the towel to breathe unheated air.
- 7) May want to put a moist, cold hand towel around neck so head doesn't get over heated
- 7) Continue as tolerated for up to 15-20 minutes.
- 8) Wipe face with cold, wet cloth and dry face well.
- 9) Rest for half an hour, or at least don't go out in cold until face is back to normal temperature.

Cautions & Considerations:


- Treatment should not be given to small children or elderly if they do not tolerate heat well; or give mild, short treatment.
- Make sure steam is not concentrated to one area to avoid burning.
- Make sure plenty of fresh air is available by leaving one side of the tent open.
- If you are doing this to a bed patient, make sure to change bed linen afterwards if it is damp.
- Only inhale steam to patient's tolerance and pleasure.

Prevention of Infectious Diseases – Resources



Q Search

PRESENTER



Wes Youngberg

23 TEACHINGS

DESCRIPTION

Wes Youngberg, DrPH, MPH, FACLM is a clinical nutritionist and lifestyle medicine specialist and author of his new book "Goodbye Diabetes – Preventing and reversing disease naturally". He is an assistant clinical professor for the Schools of Medicine and Public Health at Loma Linda University, and a founding director and Fellow of the American College of Lifestyle Medicine.


He spent 14 years on the island of Guam as Director of the Guam SDA Clinic Wellness Center, is co-author of the WIN Wellness health evangelism materials, and sees patients at the Youngberg Lifestyle Medicine Clinic in Temecula California. He has recently filmed "Diabetes Undone", a comprehensive series of internet video modules produced by Life & Health Network.

RECENT


Wes Youngberg on COVID-19

Part 7 of 7

Simple Home-based Strategies for Prevention and Management of COVID19



Dan Houghton




Wes Youngberg

1h 6m


Wes Youngberg on COVID-19

Part 6 of 7

COVID19 Updates: Part 1



Dan Houghton



Wes Youngberg

1h 2m

Different remedies, including Iodine

Vitamin D



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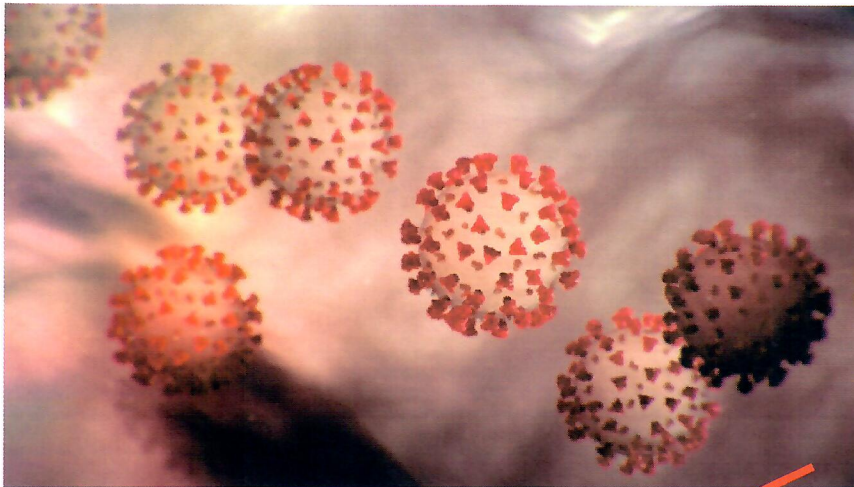
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Immune Protocol for Optimizing Your Immune System if Exposed or Infected with a Respiratory Virus.

DATE
March 27, 2020

POSTED BY
wesyoungberg



Updated by Dr. Wes Youngberg on 5/20/2020

Download 18 page Immune Protocol

This protocol is the personal immune optimizing protocol of Dr. Wes Youngberg and his family. It is based on his 40 years of study into the principles of health and healing as well as 30 years of professional practice as a Lifestyle Medicine Specialist and Clinical Nutritionist. This protocol is constantly being adjusted based on experience and new studies and has broad application for supporting the immune system in the event of exposure to any infection or pathogen including the common cold and seasonal flu.