



# ARBOR FARMS MARKET

2103 West Stadium - Boulevard Plaza  
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## Our March 2017 Newsletter for Healthy Living

### Vitamin D - A Wise Choice

Conventional health authorities claim getting a flu shot each year is the best way to ward off influenza. But where's the actual science backing up that claim? If you've repeatedly fallen for this annual propaganda campaign, you may be surprised to find the medical literature suggests vitamin D may actually be a FAR more effective strategy, and the evidence for this goes back at least a decade.

The hypothesis that vitamin D deficiency may actually be an underlying CAUSE of influenza was advanced in 2006. In 2009, the largest nationally representative study of its kind to date discovered that people with the lowest vitamin D levels indeed reported having significantly more colds or cases of the flu. In concluding, the researchers stated: *"The findings of our study support an important role for vitamin D in prevention of common respiratory infections, such as colds and the flu. Individuals with common lung diseases, such as asthma or emphysema, may be particularly susceptible to respiratory infections from vitamin D deficiency."* Since then, a number of studies have come to similar conclusions.



Most recently, a scientific review of 25 randomized controlled trials confirmed that vitamin D supplementation boosts immunity and cuts rates of cold and flu. Overall, the studies included nearly 11,000 individuals from more than a dozen countries. As re-

ported by Time Magazine: *"... [P]eople who took daily or weekly vitamin D supplements were less likely to report acute respiratory infections, like influenza or the common cold, than those who did not ... For people with the most significant vitamin D deficiencies (blood levels below 10 [ng/mL]), taking a supplement cut their risk of respiratory infection in half. People with higher vitamin D levels*

Among those with severe vitamin D deficiency at baseline, the NNT was 4. In other words, if you're vitamin D deficient to begin with, vitamin D supplementation is 10 times more effective than the flu vaccine.

Sensible sun exposure is the ideal way to optimize your vitamin D. Taking a vitamin D3 supplement is only recommended when you simply cannot

***"[P]eople who took ... vitamin D supplements were less likely to report acute respiratory infections...than those who did not."***

*also saw a small reduction in risk: about 10 percent, which is about equal to the protective effect of the injectable flu vaccine, the researchers say."*

The researchers believe vitamin D offers protection by increasing antimicrobial peptides in your lungs, and that "[t]his may be one reason why colds and flus are most common in the winter, when sunlight exposure (and therefore the body's natural vitamin D production) is at its lowest..." According to this international research team, vitamin D supplementation could prevent more than 3.25 million cases of cold and flu each year in the U.K. alone.

Another statistic showing vitamin D is a more effective strategy than flu vaccine is the "number needed to treat" (NNT). Overall, one person would be spared from influenza for every 33 people taking a vitamin D supplement (NNT = 33), whereas 40 people have to receive the flu vaccine in order to prevent one case of the flu (NNT = 40).

obtain sufficient amounts of sensible sun exposure. Most people cannot optimize their vitamin D levels by getting the recommended 600 IUs of vitamin D from fortified foods. The dose you need really depends on your current blood level of vitamin D. If it's very low, you may need 8,000 to 10,000 IUs of vitamin D3 per day in order to reach and maintain a clinically relevant level of 45 to 60 nanograms per milliliter (ng/mL).

The only way to know how much you need is to get tested at least once or twice each year by your health professional. If you've been supplementing for some time and your levels are still below 45 ng/mL, you then know you have to increase your dose further. If using an oral supplement, be sure to boost your vitamin K2 and magnesium intake, as these nutrients help optimize vitamin D levels.

Reference: Epidemic Influenza and Vitamin D, J.J. Cannell September 2006. *Epidemiology and Infection* 2006 Dec; 134(6):1129-40. *Virology Journal* 2008; 5:29. *Archives of Internal Medicine* 2009; 169(4):384-90. *British Medical Journal* 2017; 356:j6583. *Time* February 16, 2017.

### What's Inside This Issue

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- Organic Produce CSA Subscription
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# Homer Organic Family Farms

## 2017 Produce CSA



### Our Farming Practices

Our farming practices will take you back to the 1930's. Our fields are plowed and worked with horses. Our large families provide many hands to do the hoeing and many other tasks that can only be done by hand. Food that was raised in the 1930's had much better flavor and many more nutrients because farmers were not dependent on the chemicals, pesticides and GMO seeds that most farms use today. Food that has been organically grown doesn't just taste better, but it's also better for you!

We want you to enjoy better health. It is important to know where our food is coming from. Everyone needs a farmer. Who or where is your farmer?

### About Us

We farmers (there are now seven participating farmers in our Homer Community) have been raising produce for several years, providing fresh vegetables for Farmers Markets and several of the Ann Arbor food stores. In 2008, we decided to begin a farm share program (CSA). Being a farm share member connects you directly to the farm your food is coming from. We usually offer a couple farm visits during the summer months. A farm visit will not only acquaint you with our farming community, but also offers a glimpse of the efforts made to provide you with good, clean, wholesome food.

We, being of the Amish faith, do not have phones, computers or email, so our communication needs to be by mail, at the farmers markets or through our friends at Arbor Farms. Of course, you are always welcome to come out to our farms.

We welcome you for a farm visit!

### What is a CSA Program?

By subscribing to a CSA you are investing in a share of the farmer's harvest. The CSA farm share program then provides you with fresh vegetables every week. The early harvest begins May 31st, continues throughout the summer, and ends October 12th (for a total of 20 weeks).

Not only are subscribers getting the freshest food, but they are also showing their support for the small farmer. The program works well for the farmers and members both. The farmer can plan how much to grow. The member knows they have a box of vegetables coming every week. It makes shopping quite simple. It broadens your eating habits, as you will try new things you've never had before. It can challenge the cook. A seed catalog to us is like a cookbook to you. Sometimes we like to try new items. So be our guest and enjoy the food.

### What might I see in my weekly box?

#### Early Season: June

Asparagus  
Leaf Lettuce  
Swiss Chard  
Sunchoke  
Kale varieties  
Collards  
Zucchini and Summer Squash  
Peas: Snap and Snow  
Asian Greens

#### Summer Season: July/August

Lettuce Broccoli Cabbage  
Radishes Beans Bell Peppers  
Rhubarb Cucumbers Hot Peppers  
Strawberries Zucchini Carrots  
Peas Tomatoes Sweet Potatoes  
Basil Potatoes Cantaloupe  
Green Onions Sweet Corn Onions  
Swiss Chard Summer Squash Egg Plant  
Asparagus Beets Garlic

#### Late Season: September/October

Remaining summer crops,  
Red Peppers  
Hard Squash  
Pumpkin  
Watermelon  
Spinach  
Cauliflower  
Late Greens  
And wrapping up the garden.

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**Subscribe Now-May 1st. Pick-up information & enrollment forms at Service Counter.**

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## Stress and Your Heart

**S**tress has enormous implications for your health. From an evolutionary perspective, the stress response is a lifesaving biological function that enables you to instinctively square off against an assailant, run away from a

predator or take down a prey. However, those of us living in the modern world are now activating this same biological reaction in response to activities and events that have no life-threatening implications whatsoever, from speaking in public to filling out tax forms and sitting in traffic jams.

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***“When stress triggers the amygdala, it activates inflammation... to create the conditions for a heart attack.”***

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The sheer number of stress-inducing situations facing us on a daily basis can actually make it difficult to turn the stress response off, and marinating in corrosive stress hormones around the clock can have very serious consequences for your health. Stubborn fat accumulation, high blood pressure and heart attack are just a few of the many health consequences associated with chronic stress.

Acute stress can also have potentially lethal consequences. 

There's no shortage of evidence showing that stress impacts your health. And, since your heart and mind are so closely interlinked, your mental state can have a particularly significant influence on your heart health. According to recent research, stress increases your risk of heart attack and stroke by causing overactivity in your amygdala. Known as your brain's fear center, this almond-shaped brain region, located in your temporal lobe, is activated in response to both real and perceived threats. Other recent research suggests the amygdala is also involved in the processing of other emotions, including positive ones, as well as the processing of emotional memories of all kinds. Still, its involvement in fear and threat detection is well-established, and one of its most basic jobs is to keep you safe by biochemically preparing you to fight or flee as needed.

In this study, inflammation levels as well as brain and bone marrow activity of 293 participants were measured. All of the participants were over the age of 30, and none had a diagnosed heart problem. By the end of the obser-

vation period, which lasted between two and five years, 22 participants had experienced a serious cardiac event such as heart attack, stroke or angina (chest pain). Based on brain scans, the researchers were able to conclude that

those with higher activity in the amygdala were at an elevated risk of a cardiac event.

As it turns out, there appears to be a significant correlation between amygdala activity and arterial inflammation (which is a risk factor for heart attack and stroke). This was confirmed in another much smaller sub-study involving those with a history of post-traumatic stress disorder (PTSD). Here, levels of C-reactive protein were also measured, showing that those reporting the highest stress levels also had the highest amygdala activity and higher levels of inflammatory markers. In short, people who are highly stressed have higher activity in the amygdala. This in turn triggers inflammation, which is a risk factor for heart disease. These findings are not concrete proof of causation, however, and need to be validated through further research. That said, previous studies have shown that activation of the amygdala can trigger arterial inflammation by triggering immune cell production in the bone marrow.

As reported by The Huffington Post: *"A healthy amygdala can help to protect the brain against stress, while an amygdala that's hyper-excitable as a result of chronic stress or other factors can amplify the stress response. The new study shows, for the first time, how an overactive amygdala can cause heart attack and stroke. When stress triggers the amygdala, it activates bone marrow and inflammation of the arteries to create the conditions for a heart attack. 'Our results provide a unique insight into how stress may lead to cardiovascular disease,' Dr. Ahmed Tawakol, a Harvard cardiologist and the study's lead author, said ... 'This raises the possibility that reducing stress could produce benefits that extend beyond an improved sense of psychological well-being.'"*

Stress can also promote or trigger a heart attack in other ways. For example, studies have shown that as your

stress level rises, so do your level of disease-promoting white blood cells, and this is yet another way by which stress can lead to atherosclerosis, plaque rupture and myocardial infarction. During moments of high stress your body also releases norepinephrine, which researchers claim can cause the dispersal of bacterial biofilms from the walls of your arteries. This dispersal can allow plaque

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deposits to suddenly break loose, thereby triggering a heart attack. A sudden release of large amounts of stress hormones and rapid elevations in blood pressure may even trigger a heart attack or stroke even if you don't have a heart problem.

Many have gotten so used to being wound up into a stress-knot, they don't even realize the position they're in. So, the first step is to recognize that you're stressed, and then take steps to address it. Common signs and symptoms of stress include: sleeping poorly, trouble falling asleep and excessive tiredness; having a "short fuse"/being quick to anger or losing your temper; feeling overwhelmed, sad or irritable; frequent crying or quick to tears; lack of appetite or overeating; binge drinking, and headaches and/or general aches and pains. When your amygdala is triggered by a real or perceived threat, your body is prepared for fighting — not thinking! After all, thinking is of little use when facing a man-eating foe. However, in today's world, critical thinking and deep breathing are really what's required when facing a stressful situation.



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## \$2 OFF

**your next purchase  
of \$15 or more at  
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## Homer Organic Family Farms 2017 Produce CSA

**Duration: 20 weeks/  
May 31 - October 12**

**Cost: \$400**

**Share Size: 1/2 Bushel box**  
(2-person size, about 9-10 lbs  
will vary w/ seasonal contents)

### Subscriber Information

**Name(s)** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**City/Zip** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Choose your Pickup Time:** (circle one)

**Wednesdays @ 7:30AM**    or    **Thursdays @ 2:30PM**

Picking up your box within one hour of designated time will yield the freshest produce. All pickups will take place in a designated area in front of Arbor Farms, outside the store and under our canopy to protect from the elements as much as possible. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Please note that boxes not picked up within 36 hours will be donated to Food Gatherers.

**Choose your Payment Schedule:**

\$400 paid in full

\$200 now, remaining \$200 by May 28th