

## Spice Things Up!

New scientific research shows that these  
five spices are good for your brain

*By Daniel G. Amen, M.D., AARP Magazine, May & June 2010*



*Susan Dougherty*  
2010 President

Being in the kitchen is a great adventure in creativity and now research suggests that using certain spices can actually be good for your brain. So, spice things up this summer and keep that brain going strong!

**Turmeric** - In India, where people eat curry almost every day, the Alzheimer's Disease rate is one-fourth the U.S. rate. Now researchers think they may know why. A University of California, Los Angeles study in mice showed that curcumin - the active ingredient in

turmeric, which gives curry that distinctive yellow color - broke up brain plaques of amyloid beta, the abnormal protein buildup that is a hallmark of Alzheimer's.

*Healthy way to dish it up* - For a brain-boosting chicken salad, add 2 teaspoons curry powder with 2 cups cubed chicken. Sauté in olive oil until cooked, then cool. Add raisins, diced apples, chopped almonds, chopped celery, and low-fat yogurt to taste.

**Saffron** - Got a case of the blues? Before popping an antidepressant, try eating more of this pungent herb. A 2007 University of Tehran study discovered that a twice-daily dose of saffron works as well as Prozac in treating mild to moderate depression.

*Healthy way to dish it up* - Add 1/2 teaspoon saffron to the water while cooking 2 cups of rice.

**Ginger** - A recent study found that more than 80 percent of migraine-prone patients with mild headaches who were treated with a combo of ginger and the herb feverfew staved off migraines. After two hours, 48 percent were pain free; for another 34 percent, the pain stayed mild. "If a headache doesn't go to a full-blown migraine, that's success," says Roger Cady, M.D., study author and director of the Headache Care Center in Springfield, Missouri.

*Healthy way to dish it up* - Stir 3 teaspoons grated ginger into 1 cup boiling water; steep for 10 minutes, strain and drink.

**Garlic** - Long touted for its heart-healthy benefits, garlic may also fight brain cancer. A 2007 student in the journal *Cancer* noted that garlic compounds eliminated brain cancer cells, leading some experts to predict that garlic-based treatments for brain cancer aren't far behind.

*Healthy way to dish it up* - Mix 1/2 teaspoon garlic powder or 1 to 2 cloves fresh garlic with tomatoes and basil for a cancer-fighting marinara.

**Cinnamon** - If you want to react faster during your next tennis game, chew cinnamon gum. Doing so, a recent study found, speeds the rate at which your brain processes visual cues. One reason the gum may help: cinnamon regulates blood sugar levels, and this helps you stay focused.

*Healthy way to dish it up* - Sprinkle 1 teaspoon cinnamon on oatmeal for a brain-healthy breakfast.

Most spices will last 6 to 12 months - if they're stored properly. The longer they sit in the cupboard, the more likely they will lose their health benefits. So always store spices in glass jars, says Phil Lempert (aka the Supermarket Guru) - and transfer those that come in plastic to glass.

Have a happy, adventurous and exciting July!

-- Susan

# 10 THOUGHTS ON WHOLE LIVING

*body+soul, March 2010, by Terri Trespicio*

1. Take the guilt out of pleasure. Sometimes the thing you want *most* is just what you need.
2. You can't force flexibility. It's about releasing and *opening* gradually.
3. Invest in *experiences*, not just objects.
4. Don't overthink: Some happy moments are best left *unanalyzed*.
5. Real intimacy is expressed not with more words but with *meaningful* ones.
6. Try a little less housework and little more *sleep*.
7. To find your strength, *push* past your comfort zone.
8. Rather than just beautifying your skin, *nourish* it.
9. Finding *answers* to your health issues won't come from feeding your fears.
10. Sometimes getting lost is the only way to figure out where you *really* are.

-- Submitted by Judith Clements --

## Welcome to NEW!

We are excited to have the following new NEW members who joined in June!

**Jane Walker Hardwick**, past president and member of NEW, has rejoined. She has new office at the LaMancha Business Center.

**Fleta Fenoglio** who found NEW through Betty - thanks, Betty!

**Mindy Auldin**, CEO of Vortexstreet Inc., and member of the wonderful What if Up Club.

**NETWORK**  
for enterprising  
*Women*



## The Sweet Sounds of Jazz!

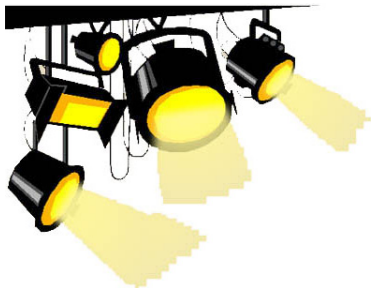
If you are a fan of jazz, then you won't want to miss the Fort Worth Library's Third Thursday Jazz Series! There are two more concerts this summer, so make sure you

mark your calendars to come hear some great music.

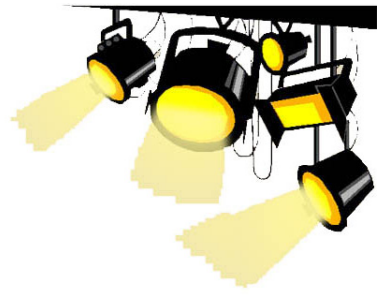
- **July 15:** Mack Goldsbury Quartet celebrates the sound of the Texas tenor sax. Saxophonist Mack Goldsbury has received two Grammy Award nominations. He also has performed in sessions with music legends Stevie Wonder, John Scofield, Joe Lovano and Tony Bennett. Joining Mack will be drummer Duane Durrett, founder of the Weatherford College Jazz Studies Program. This show promises to be a swinging romp through jazz classics – don't miss it!

- **Aug. 19:** Bruton & Price Swingmasters Quartet plays The Blue Side of Jazz

Concerts begin at 6:30 p.m. in the Gallery of the Fort Worth Central Library. For more information, please call 817-871-7705.



# Spotlight on the Spotlights



Many thanks to our spotlight speakers who gave us an opportunity to know more about them and what they do:

**April 2** – Brooke Bennett, one of our newest members did a great “show and tell” of the product her publishing company puts together to help neighbors be more connected and informed. We are looking forward to getting to know Brooke better this year and rejoicing with her in the birth of her daughter in July! Brooke’s franchise is in the SW Fort Worth area. If you are interested in having her help you with your neighborhood’s association publishing you can reach her at 817-600-2332 or [brooke@n2pub.com](mailto:brooke@n2pub.com).

**April 9** – Judith Wells gave some practical pointers on what to say to someone who is in an abusive situation get help. This is a passion of hers because she sees the devastation of domestic violence in her 325th family court. A great resource to give people struggling with abuse is The Women’s Center general hotline at 817-927-4000.

**April 16** – Judy Clements shared how she became inspired to connect with Mary Kay Cosmetics. She also handed out information about one of their new age-fighting products, Time-wise Replenishing Serum+C. If you would like more information on that product or any of the other wonderful products in the Mary Kay line-up, you can contact Judy at 817-207-9434 or [rjc1514@sbcglobal.net](mailto:rjc1514@sbcglobal.net).

**April 23** – Sandi Ross informed us of a new program, Tru-Gap, which pays the deductible should your home need a new roof. She has researched the Tru-Gap and Clayton Anderson, the company they use as a preferred provider, and is confident enough in their reputation and product that she brought flyers to pass out and encourage us to consider talking with the company about obtaining coverage. Their contact information is 817-477-9122 or [www.trugapprotection.com](http://www.trugapprotection.com).

**April 30** – Janet McNally-Brown passed out flyers for the Two Hands Farmers Market located at Elizabeth Anna’s Old World Garden and talked about her new passion for organic gardening. The information she presented on what is happening to our food supply because of big business (cf. Food, Inc.) was insightful and sobering. More information about urban gardening can be obtained by emailing [2hands@elizabethanna.net](mailto:2hands@elizabethanna.net).

**May 7** – Betty Poage briefed us on her business as a wealth manager. She kicked off her presentation with the Kentucky Derby winner, Super Saver. Betty actually chose him to win the race, saying that his name reminded her of many conversations she has with clients regarding the handling of their money. Betty’s fee-based practice emphasizes superior customer service and long-term strategic financial planning. She aspires to build meaningful, lasting relationships based on trust, integrity and a holistic approach to wealth management. She informed us that successful money management not only addresses optimizing your investments for your goals, but also optimizing your rates and terms for cash and liabilities, protecting the things you can not afford to lose, and diversifying investments according to tax structure. Betty can be reached at 817-348-8637 and her website is [www.ameripriseadvisors.com/betty.j.poage](http://www.ameripriseadvisors.com/betty.j.poage).

**May 14** – Taylor Stephens-Parker made us all (or maybe just me) wish for retirement as she talked about her recent experiences as an ambassador with Friendship Force Fort Worth. She delighted us with a bit of her “sparrow dance” and talked about one of her most recent trips to Japan. She also educated us on the mission of Friendship Force and encouraged us to get involved. More information on Friendship Force can be obtained through [www.fffw.org](http://www.fffw.org).

*July Birthdays*

Nina Carty July 3  
Mary Clark Smith July 20  
Judith Clements July 29

*The Network for  
Enterprising  
Women's monthly  
newsletter  
can be found on the web at  
www.networkfor  
enterprisingwomen.org*



~ MEETINGS ~

**Friday  
mornings  
at the  
'Ol South  
Pancake House  
at 7:30 a.m.  
1509 S.  
University**



**Newsletter Advertising Rates**

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Business card size ad  
for members

**1 month - \$12  
6 months - \$60**

July Convener  
of the Month

Kay Wright

**National Domestic Abuse Hotline - 1.800.799.SAFE (7233)**

**Network for Enterprising Women  
P. O. Box 101165  
Fort Worth TX 76185-1165**