

# Life Balance INITIATIVE

A PUBLICATION OF GRAND TRAVERSE AREA CATHOLIC SCHOOLS

MIOSA, SCHOOLS OF  
DISTINCTION 08

Catholic High School  
HONOR ROLL  
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GRAND TRAVERSE AREA  
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## From the Desk of Chef Michael Bauer

### An ounce of prevention is worth a pound of cure!

Last month's LBI newsletter was devoted mostly to staying healthy through the flu season. I wrote about how nutrition can stave off disease. This month I will get into what a healthy P.H. level can do for optimal health!

P.H or (Power of Hydrogen) is a measuring tool to see how acidic or alkaline one's body is. 14 is alkaline and 1 is acidic. The human body's healthy range should be between 6.4 and 7.8. A constant imbalanced P.H. level affects every cell in our body. By consuming too many acidic forming foods, bacteria allergies, toxins, tumors, and cancer have the proper host to thrive! This is good for disease, but not for us. When parasites, cancer, and other acidic toxins are exposed to an alkaline diet, they will die.

### Diet Do's and Don'ts

A proper alkaline diet suggests taking in at least 80% alkaline foods per day suggesting raw green vegetables, fresh fish, fruits, and lots of water. Stay away from processed foods, refined sugars, red meat, white flours, caffeine and alcohol.

Practice relaxation to avoid emotional stress. A good way of doing this can be accomplished through meditation or prayer. Also, exercise can help as long as you don't over do it. This can cause the body to become acidic.

Drink plenty of water. Water is crucial and is considered the chemistry of life! Without it, people and all plant life could not survive. The suggested amount is 8 to 10 glasses a day. To be more specific, follow this formula: Take your body weight and divide by 2 and convert to ounces. An example for me is 190 lbs divided by 2 = 95 lbs. Convert 95 lbs into ounces and I need 11.9 glasses of water a day.

Remember, low P.H. levels in the human body lead to disease and death of tissue. Proper P.H. levels promote optimal health, discourage disease and help the body heal faster. For these reasons, it is important to raise the body's P.H. levels in order maintain good health and well-being. Remember, you are what you eat!

On behalf of the entire team at Dining Services, I wish you good health and wellness throughout the holiday season and throughout the year. It is a pleasure serving you and your children each day.



Bon appétit

*Chef Bauer*

## Enjoy this Special Recipe of the Month



### **Poached Pear Salad** (featured at Gladhandler's Main Event)

#### **Poaching liquid for Pears (6 pears)**

½ gallon water

½ gallon apple sauce

2 cloves

¼ cup lemon juice

2 Tablespoon salt

¼ cup sugar (Can use a sugar substitute)

Take 6 pears and cut in half lengthwise

Use melon ball or spoon and take core out

Place in poaching liquid and poach pears for 10 minutes at low heat or until done

### **Blue cheese mousse**

In a bowl combine:

8 oz. crumbled blue cheese

4 oz. finely chopped toasted walnuts

4 oz. chopped dried cherries

½ white onion – caramelized

¼ teaspoon- nutmeg

½ teaspoon – cinnamon

### **Honey mustard dressing**

In blender add:

¼ cup honey

¼ cup Dijon mustard

1 cup- rice wine vinegar

Mix ingredients and slowly drizzle in oil- If dressing gets too thick thin out with small amount of water.

Season with salt and pepper

Take vinaigrette and toss with mixed greens. Stuff poached pears with blue cheese mousse. Place poached pears on top of dressed mixed greens and serve.