

# Dehydrate2Store

## NEWSLETTER






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### SMOOTHIE TIME! *By Nancy of Dehydrate2Store*

My family is full of sweet teeth. Every time I visit my sister she is craving one sweet thing or another, so I have frequently find myself sharing with my family the wonders I have discovered in dehydrated food snacks. Not only do dehydrated snacks satisfy the sweet tooth of each of my family members, their health benefits make the snacks all the more sweet. I didn't fall far from the tree, and a personal favorite to satisfy my craving for sweets has always been smoothies! Yum!

#### Here is a simple smoothie recipe made with dehydrated fruit:

-  ½ cup Dehydrated fruit
-  2 cups Your favorite 100% Juice
-  1 cup Yogurt

(Makes 1 serving)

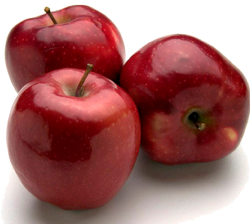
Break apart (or chop) the dehydrated fruit of your choice and place it in a bowl. Cover your fruit with 100% juice and place in the refrigerator overnight. Next, pour your fruit and juice into a food processor or blender, add the yogurt, and blend until smooth. Serve right away.



Some of my favorite combinations are dried apricots with orange juice, dried peaches with apple juice, dried blueberries with grape juice, and my all-time favorite raspberries with cranberry juice. You can also use Greek Yogurt for a thicker smoothie.

These smoothies can be a great, quick breakfast too. Just toss your favorite fruits in some juice at night and blend it in the morning, pour into a travel cup and go!





## THE HEALTH CORNER: FRUITS AND VEGGIES: A CANCER WEAPON?

-Steve of Dehydrate2Store, First Year Medical Student

### Helping The Cause by Always Giving "110%"

Next month is Breast Cancer  
Awareness Month. Learn how  
you can give to the cause on  
Page 3!

### SOURCES:

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2. American Cancer Society. *Statistics: Cancer Facts and Figures*. Atlanta, GA: American Cancer Society; 2002.
3. Aune, D., et al., 2012. "Fruits, Vegetables, and Breast Cancer Risk: a Systematic Review and Meta-analysis of Prospective Studies," *Breast Cancer Research and Treatment*, 134(2): 479-493.
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5. "Build a Healthy Base." *Dietary Guidelines*. Health.gov, n.d. Web. 8 Aug 2012. <<http://www.health.gov/dietaryguidelines/dga2000/document/build.htm>>.
6. Herber, D., Bowerman, S., 2001. "Applying Science to Changing Dietary Patterns," *J Nutr*, 131: 3078S-3081S.
7. Huong, L.D., et al., 2011. "Effect of  $\beta$ -Phenylethyl Isothiocyanate from Cruciferous Vegetables on Growth Inhibition and Apoptosis of Cervical Cancer Cells through the Induction of Death Receptors 4 and 5," *J. Agric. Food Chem.*, 59(15): 8124-8131.

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**Welcome to The Health Corner.**  
All Information Found Here is Backed by  
Published Scientific Articles and Data!  
"Feel Safe About What You Eat!"

**Note:** In The Health Corner we will never recommend medications, though we may speak of the health benefits of various foods or supplements. These benefits are to be enjoyed in moderation, and are not meant to treat serious illnesses. If you feel you have a serious illness, please consult a physician!

### Cancer

Cancer is the second leading cause of death in the United States, and is defined by an uncontrolled growth of abnormal cells in the body.<sup>8</sup> This often results in tumors. The accumulation and growth of tumors can result in a variety of symptoms depending on the location of the tumor. In addition, tumors deplete the body of nutrients and energy, and often cause fatigue, chills, and weight loss. There are numerous types of cancer, and numerous causes. The rapid and uncontrolled division of cancer cells is often caused by DNA damage. DNA damage can occur by: prolonged UV exposure, exposure to chemicals or toxins, random mutation during DNA replication or cell division, viruses, etc. This genetic damage is also often heritable, and thus one should be educated on their family history. The American Cancer Society (ACS) estimates that one third of deaths due to cancer can be linked to dietary factors.<sup>2</sup> In addition to the contribution of obesity to cancer development, a poor diet lacking in fruits and vegetables may also increase your chances. This is because many foods contain anti-cancer compounds that reduce your risks down the road. **My advice?** Eat a *healthy* and *diverse* diet, complete with the recommended daily servings of fruits and veggies (3-5 1/2-cup servings or more of each daily).<sup>5</sup> Also, schedule your standard screening exams (breast, testicular, colon, prostate, cervical) at

intervals recommended by your doctor.<sup>1</sup> Don't know what exams are recommended for your age group? Visit the URL of Source #1. Also, you should familiarize yourself with your family medical history and ask your doctor about other forms of cancer if they are common to your family.

### Fruits and Veggies

The American Institute of Cancer Research estimates that if all Americans simply increase their intake of fruits and vegetables to five servings daily, cancer rates will decrease by as much as 20%.<sup>2</sup> This statistic not only stems from the high levels of fiber, vitamins, and minerals in fruits and veggies, but also from numerous other compounds that act in unique anti-cancer mechanisms. Countless research studies have been performed to examine this relation. These studies largely support that an increase in vegetable and fruit consumption results in decreased risk of various types of cancer.<sup>3, 4, 6, 7, 8, 9, 10, 11</sup> Overall, the progression and risk of colorectal, esophageal, gastric, oral/pharynx, breast, and kidney cancers are significantly lessened by an increase in fruits and vegetables. Liver, stomach, ovarian, and prostate cancers, however, were not improved by fruit and vegetable consumption in most studies.<sup>4</sup>











**How?** Different fruits and vegetables are loaded with different vitamins, minerals, fiber, and anti-cancer compounds! You have probably already heard of antioxidants and their abilities in cancer prevention. Just like antioxidants, many other compounds have mechanisms in the body by which they remove carcinogens, or even destroy cancerous cells themselves. Ever heard of  $\beta$ -Phenylethyl Isothiocyanate (PEITC)? I didn't think so! Recent studies have found that this compound, found heavily in cruciferous veggies (like broccoli, cabbage, turnips, mustard seed, rutabagas, cauliflower, etc.), is involved in a mechanism in the body that induces "death receptors" (DRs) that destroy cancer cells.<sup>7</sup> Not surprisingly, cohort studies show that an

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## SALSA TIME!

I love being able to prepackage meals and snacks to take camping with me. They are convenient, weigh less, and save space. Being able to use all dry ingredients is sometimes not possible, but in this case you can! Here is a salsa mix that is great to eat as a snack with tortilla chips or as an addition to meals, and is made with all dry ingredients. Just add water!

### What you will need...

-  ¼ cup dehydrated diced tomato
-  1 Tbsp. dehydrated dried onion
-  1 Tbsp. tomato powder
-  2 tsp. dehydrated diced jalapeños
-  ¾ tsp. lime powder
-  ½ tsp. sugar
-  ¼ tsp. dehydrated garlic powder
-  ¼ tsp. ground black pepper
-  1 pinch salt
-  ¾ cup water

(Makes 1 cup of salsa)



Mix all of your ingredients with the exception of the salt (salt slows rehydration) in a ziplock bag. Then add ¾ cup room temperature water, stir well and seal tightly. Let sit for 25-45 minutes to rehydrate, kneading the bag gently every 10 minutes or so. After rehydrated, stir in salt to taste and enjoy! If you want to speed up the rehydrating process use warm (not boiling) water instead of room temperature. Also, if you like your salsas on the spicier side, try using a tablespoon of jalapeños.

This recipe is great to prepare ahead of time in small vacuum-sealed bags. Simply add all of the dry ingredients (except the salt) into a vacuum-sealed bag. Next, you can add a small sealed packet of salt and an oxygen packet, then vacuum seal. You can take your convenient and lightweight dried salsa mix camping or backpacking for a healthy, delicious snack! Or, keep these packets in your pantry and cut one open and add water for a tasty quick party snack! If you want to add your salt directly into the dry mix before rehydrating you should allow an extra ten to fifteen minutes for rehydration.

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# DONATE

## To the Fight Against Breast Cancer

October is Breast Cancer Awareness Month! In observance of this special time, Dehydrate2Store will be collecting donations for the "Susan G. Komen for the Cure" breast cancer foundation. All donations will go toward breast cancer treatment, research, and awareness!

**How to Donate:** Donation is easy! Just visit [Dehydrate2Store.com/Shop](http://Dehydrate2Store.com/Shop) and under "\$1 Donation to Breast Cancer" click "Add to Cart." Once in your cart you can change the "quantity" to the number of dollars you want to donate. You can add donations to any purchase, and will not be charged shipping costs.

**Giving 110%:** I was always taught to give 110% toward everything I do. I have always lived by this principle, and now is no different. So, for everything you donate, Dehydrate2Store will donate an extra 10%!

110% of donations received will be sent to "Susan G. Komen for the Cure" on October 30<sup>th</sup>.

**For a World Without Cancer!**

**Note:** If you live in New York State you will be charged tax on your donation. No need to worry, you will be refunded the tax within 48 hours!

# SALES ON AMAZON



For all of you Amazon fans out there, Dehydrate2Store will be expanding the sale of our Shop items to Amazon.com!

**Why?** Many people like to use Amazon because of its safety and reputation, the ability to buy Amazon gift cards, and its system of item reviews.

Mainly, we are doing this in order to spread these helpful items to a wider market of people! It is important to have the right tools when dehydrating, and thus we feel it is our duty to help our viewers by

providing quality items at affordable prices!

One additional important quality of Amazon.com is that people can review the items they purchase. Although at Dehydrate2Store we test each and every new item for quality before we sell it, you may like to read some written reviews on products from other shopper just like you!

Dehydrate2Store will be spreading to Amazon.com within the next few weeks, so I encourage you to check us out, purchase items if you like, and leave a

friendly review!

As always, these items will still be processed and packaged by the Dehydrate2Store team, so you will still receive the benefits of our fair and understanding return policy, our friendly customer service, and of course, all of the free gifts we give with our orders each day!



## SALSA TIME!

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You can also dehydrate store-bought salsa (directions below), but isn't it fun to say that you made something from scratch?

### Dehydrating Store-Bought Salsa

Spread salsa evenly on a parchment paper-lined tray. Dehydrate at 120-125 °F until dry. When the salsa has become tacky (not gooey), remove the

parchment paper and flip over your salsa. When dry, the salsa will be similar in consistency to fruit leather. You should then run it through a blender or food processor to turn it into small pieces. After the salsa has been broken into pieces, store it in a glass jar with an oxygen pack. Do NOT vacuum seal, as it will turn your salsa into a big hard lump. Rehydrate using a 1:1 volumetric ratio of warm water to dried pieces.

I very highly recommend using the homemade recipe with all dehydrated components to create a dry salsa mix

because it will have a longer shelf life, and will be healthier since there are no preservatives and less processing involved in the making of the ingredients for your dry mix than the ingredients contained in store-bought salsa. Also, you get to pick the quality of your ingredients and save money!



## SHOP ITEM: LIFESTRAW!

If you have not yet heard of the "LifeStraw" I strongly encourage you to check it out! This nifty device is a must-have for your home storage!

Sleek and compact, the LifeStraw filters water directly as you drink. Simply place the LifeStraw into any water source, and drink through the open end like a straw. The water is instantly



- > Removes 99.9% of bacteria & protozoa
- > Filters 1000 liters
- > Ultralight

filtered like magic! The LifeStraw removes 99.9% of bacteria and protozoa, and filters up to 1000 liters. This compact device is not only a lifesaver during any emergency where clean water is scarce, it also makes a great lightweight tool to bring camping or hiking!

**To learn more, watch a demonstrational video, and purchase the LifeStraw, visit:**

[www.dehydrate2store.com/lifestraw.html](http://www.dehydrate2store.com/lifestraw.html)





# THE HEALTH CORNER: FRUITS AND VEGGIES...

CONTINUED

increase in cruciferous vegetable consumption is correlated to reduced cases and slowed progression of various types of cancer (especially colorectal cancer).<sup>7,8,9</sup>

## Dehydrating Fruits and Veggies

Luckily for you, nearly all fruits and veggies can be dehydrated and stored for up to 30 years of more while maintaining those cherished cancer-fighting compounds!

To learn how to dehydrate your vegetables visit:

[http://www.dehydrate2store.com/helpful\\_tips/#TIP78](http://www.dehydrate2store.com/helpful_tips/#TIP78)

To learn how to dehydrate your fruits visit: [http://www.dehydrate2store.com/helpful\\_tips/#TIP18](http://www.dehydrate2store.com/helpful_tips/#TIP18)

Also, you can simply type what you are trying to dehydrate into the Search Bar on our home page (top, right)! This will show you all of the Helpful Tips, Videos, and Recipes related to that item!

## Storing Fruits and Veggies

For long-term storage (up to 30 years or longer) fruits and veggies should be vacuum-sealed in vacuum bags with oxygen pack(s). The vacuum bag should then be placed into a Mylar bag and *heat*-sealed. Store this bag in a cool place. The vacuum bag and oxygen pack(s) remove oxygen, and the Mylar bag keeps out light, water, and rodents.

## Balance is Key

It is important when building your pantry to include a wide variety of fruits, vegetables, grains, and other foods. Numerous health complications can be evaded by simply having a balanced and

well-rounded diet. It is important to consume a variety of vitamins, minerals, and nutrients via a balanced diet to perform at your peak level!

## SOURCES:

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## CONTESTS

Don't forget to enter in our adult or kids contests to win some great prizes! You could win a \$50.00 credit to the Dehydrate2Store Shop page, and your child can win a \$25 gift card to Toys R' Us.

### To enter is easy!

Kids: Draw a picture relating to dehydrating! Draw the

Dehydrate2Store logo, your parents dehydrating, your favorite dehydrated food, or whatever reminds you of dehydrating. Be creative! Then include your name and age along with your drawing.

**Adults:** Take a photo of anything relating to dehydration. Your favorite recipe, your family eating dehydrated foods, or anything you can think of. Creativity is key!

### Mail your photo or drawing to:

Dehydrate2Store  
3430 Sweet Home Rd.  
Amherst, NY 14228

### Or email to:

[contests@dehydrate2store.com](mailto:contests@dehydrate2store.com)

### Before 9-30-12.

We will choose one drawing and one photo and post them, along with your first name and city, in the October and November 2012 Newsletter, respectively.

**Good Luck!**

