



Cuisine for Healing U.S. Registered Certification Mark

When you see our certification mark on a food item, it means that the ingredients used in the services provided have met the following requirements....

Will Not Contain:

- Hormones
 - As far back as the 1930s, researchers noticed that cows injected with material from cow pituitary glands (a hormone-secreting organ) produced more milk. They also realized then that estrogen helped cattle and poultry grow faster. In the 1950s, a synthetic estrogen called DES was used to fatten cattle and chickens, and then was phased out in the 1970s because it was found to cause cancer. Today, up to one third of all dairy cows in the U.S. are injected with a genetically engineered hormone called rBGH, or recombinant bovine growth hormone. Although the United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA) state that these hormones are safe, there are continuing questions, growing concern and controversy about the routine use of added hormones in food animals.

- Antibiotics
 - There is an increasing amount of evidence suggesting that the sub-therapeutic use of antibiotics in food animals can pose a health risk to humans. If a group of animals is treated with a certain antibiotic over time, the bacteria living in those animals will become resistant to that drug. The problem for human consumption is thought that if a person ingests the resistant bacteria via improperly cooked meat and becomes ill, he or she may not respond to antibiotic treatment.

- Conventional Herbicides, and Synthetic or Conventional Pesticides
 - Poisonous chemicals or mixture of chemicals that is intended to prevent, repel, or kill any pest. In agriculture, herbicides and pesticides are used to kill insects, weeds, or fungi. Many are known to pose significant, acknowledged health risks to people—including birth defects, damage to the nervous system; disruption of hormones and endocrine systems; respiratory disorders; skin and eye irritations; and various types of cancers.

- Refined Sugar
 - Sugar refining is the process of extracting out the sugar (sucrose) from the plant materials and then removing other unwanted materials from the extracted raw sugar. Studies suggest that steady intake of refined sugar can weaken the effectiveness of the immune system.

- Artificial Colors
 - Artificial food coloring agents, or color additives, are substances that added to foods to offset color loss, correct natural color variations, enhance naturally occurring colors or make foods more visually appealing. The Center for Science in the Public Interest points out that the three dyes used most frequently -- Red 40, Yellow 5 and Yellow 6 -- contain compounds that have been linked with cancer.

- Artificial Flavors
 - The FDA Code of Federal Regulations Title 21 defines artificial flavor/flavoring as "any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof." Artificial flavor includes all substances which are not derived from natural sources.

- Artificial Sweeteners
 - Artificial sweeteners, also called sugar substitutes, offer the sweetness of sugar without the calories. Studies on artificial sweeteners reveal carcinogenic effects in animal studies. Carcinogens are materials that promote the development of cancer.

- Preservatives
 - Preservatives can be fairly natural, like salt or sugar, or they can be complex chemicals manufactured in laboratories. Some of the food preservatives used to stabilize and protect foods can actually harm humans when eaten in excess, according to the consumer advocacy group, the Center for Science in the Public Interest (CSPI). According to CSPI, some food preservatives may encourage the growth of tumors. Studies have been proven in 3 different animal species.

- MSG
 - Monosodium glutamate (MSG) is a flavor enhancer commonly added to Chinese food, canned vegetables, soups and processed meats. Although the Food and Drug Administration (FDA) has classified MSG as a food ingredient that's "generally recognized as safe," the use of MSG remains controversial. For this reason, when MSG is added to food, the FDA requires that it be listed on the label.

- Hydrogenated or Partially Hydrogenated Oils (Trans Fats)
 - According to the University of Maryland Medical Center (UMMC), trans fatty acids are also called hydrogenated fats. When you add hydrogen to liquid vegetable oil (a process called hydrogenation) and then add pressure, it results in a more solid fat, like what is found in a can of Crisco. According to the National Institutes of Health (NIH), trans fat raise your LDL or "bad" cholesterol; levels and lower your HDL or good cholesterol levels. The Mayo Clinic says this combined effect increases your risk of heart disease, the number-one killer of men and women.

- Genetically Modified Foods
 - The term GM foods or GMOs (genetically-modified organisms) is most commonly used to refer to crop plants created for human or animal consumption using the latest molecular biology techniques. These plants have been modified in the laboratory to enhance desired traits such as increased resistance to herbicides or improved nutritional content. There is a possibility that introducing a gene into a plant may create a new allergen or cause an allergic reaction in susceptible individuals.

- Farm-Raised Fish
 - More than 40 percent of all fish consumed are raised on land-based or ocean-based aqua farms. When consumed as a regular part of your diet, farm-raised fish may increase your risk of cancer. According to the findings of a study published in the journal "Science" and reported by CBS News, farmed fish contain considerably high amounts of 13 potentially cancer-causing pollutants, including dioxins and PCBs.
- Soy Products
 - Soy is a low-fat, high-protein meat alternative, rich in phytoestrogens, which are very similar in structure to human hormones. These phytoestrogens bind to estrogen receptors in the body, stimulating estrogen production. Increased estrogen in the bloodstream can trigger or worsen estrogen-based cancers, like certain types of breast cancer. According to Web MD, many oncologists recommend their patients stay away from soy products completely because they fear the soy will encourage breast cancer cells to grow more quickly.

Will be:

- Ingredients Used will be Organic - when possible
 - Organic is as defined by *The USDA National Organic Program (NOP)*
 - Food products that contain 95-100% certified organic ingredients may use the USDA Organic seal.
 - Reflect National Organic Standards Board recommendations regarding which substances used in production and processing are allowed or prohibited
 - Prohibit the use of irradiation, sewage sludge, or genetically modified organisms (GMOs) in organic production
 - Prohibit antibiotic and synthetic hormone use in organic meat and poultry
 - Require 100% organic feed for organic livestock

Cooking not to include:

- Char-grilling
 - Food products that have been grilled to slightly burned, turning black. This form of cooking is proven to have carcinogenic (cancer causing) effects.
- Use of Plastics or Styrofoam
- Frying