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**Calm
Focused
Joyful**

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Food and Nutrition

Cuisine du Cochlea
by
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We dwell in a deluge of din. Unaccustomed to silence, we forsake peace and yet wonder why everything is so stressful. Our aural landscape is filled with bombast as we struggle for inner calm. Measurements have shown that our collective hearing has diminished noticeably in the last 25 years, and there is more than enough blame to go around. From the metal-on-metal cacophony of industry to the overamplified hectoring of advertising, unwanted sound abounds.

Many otological studies have found that, in addition to external influences, there may be a link between vitamin/mineral deficiencies and hearing loss. Vitamin A, long associated with good eyesight, is also crucial to the inner ear. Zinc, on the other hand, is frequently cited as an important mineral in ameliorating tinnitus, while magnesium may have an effect on reducing the damage done by overexposure to noise hazards.

**Noise levels above
75 decibels deplete
the system's magnesium.**

Vitamins and Minerals That Are Beneficial To The Ear (and some of the foods that contain them)	
Vitamin A	carrots, yellow fruits and vegetables, dried apricots, peppers, dairy products, green leafy vegetables
Vitamin B3 (Niacin)	nuts, eggs, dairy products
Vitamin C	citrus fruits, broccoli, peppers, parsley
Vitamin D	dairy products, sunflower seeds
Vitamin E	green leafy vegetables, wheat germ, nuts, seeds
	cabbage, cauliflower, broccoli, watermelon, soy products

Glutathione (a combination of amino acids)	
Copper	brown rice, legumes, almonds, black pepper, whole grains
Iodine	green vegetables, pineapple
Magnesium	miso and other soy products, legumes, seeds, almonds, brown rice, dried fruits, whole grains, dark green vegetables
Zinc	peanut butter, legumes, turmeric

Thus, with best sonic wishes, we present a menu for fortifying the ear and stimulating the palate, beginning with the vibrancy of legumes.

Chick Pea Appetizer

- 3 cups cooked chick peas
- 1/2 cup cooked soybeans
- 1 diced medium yellow onion
- 2 finely chopped garlic cloves
- 1 teaspoon turmeric
- black pepper
- 1/4 cup chopped parsley
- 1 tsp olive oil
- 1/2 cup diced cauliflower florets
- 1 large whole wheat pita, cut into 3" triangles

Mix the chick peas, soybeans, onion, and garlic together with the olive oil in a bowl. Add parsley and grate the pepper onto the mixture. Stir. Let sit for 1-2 minutes. Add cauliflower. Top with turmeric. Serve with pita.

Now that the taste buds have started jumpin', we'll dive into a delightful, iron-rich spinach salad.

Spinach Salad

- 1/2 lb fresh spinach
- 1/2 cup chopped almonds
- 2 clementines, sectioned
- 4 tbsp sesame oil
- 1 tbsp white wine vinegar
- 1 tsp soy sauce
- 1/2 tbsp peanut butter

- 1/2 carrot, unpeeled and shredded
- 1/2 cup chopped hard-boiled egg yolks
- 1/2 cup shredded cabbage
- 1/4 cup grated parmesan cheese
- black pepper
- wheat germ
- coriander

Rinse and gently tear the spinach. Toss together with almonds, clementines, carrot, egg yolks, and cabbage. Mix oil, vinegar, soy sauce, and peanut butter together in a small bowl and pour on as dressing. Garnish with pepper, wheat germ, and coriander.

Various studies have concluded that repeated exposure to noise levels above 75 decibels depletes the magnesium in one's system. Whole grains and dark green vegetables are excellent sources of this mineral and form the core of our next recipe.

Brown Rice and Vegetable Melange

- 2 cups water
- 1 cup brown rice
- 1/2 cup olive oil
- 1 medium broccoli bunch, cut into florets and diced stalks
- 1/2 cup miso broth
- 1/4 cup cashews
- 1/4 cup sunflower seeds
- 2 medium zucchinis
- 1 large yellow squash
- 3 finely chopped garlic cloves
- 4 diced scallion stalks
- 1/2 lb green beans
- 1/4 lb pea pods
- 1 small red pepper, sliced into thin strips
- turmeric
- cumin
- black pepper

Bring water to a boil. Reduce heat to simmer and add rice, which will take 35-40 minutes to fully cook. In a large skillet, heat the olive oil until it begins to sizzle. Reduce heat and add broccoli, zucchini, garlic, green beans, and red

pepper. Add miso broth after approximately 5 minutes. Continually stir, liberally garnishing with turmeric, cumin, and black pepper. Gradually add the scallions, pea pods, cashews, and sunflower seeds. After 10 minutes, or when the vegetables have begun to brown, remove from heat and drain any excess broth.

Cucumber, Celery, and Yogurt Side Dish

- 1 sliced medium cucumber
- 2 celery stalks, sliced into sticks
- 1/2 pint plain yogurt

Place the yogurt in a bowl and center it on a medium plate, arranging the cucumber and celery in a circle. As a dip, this combination will serve to refresh the palate and to reinforce the absorption of magnesium.

Watermelon, Pineapple, and Dried Fruit Dessert

- 3 cups cubed watermelon
- 2 cups cubed pineapple
- 2 cups dried apricot
- 2 cups dried banana

This simple flourish provides not only sweetness but vitamin A and glutathione as well. Furthermore, it adds a delightful warmth to the evening and gets along quite nicely with orange-spiced tea.

While the vitamins and minerals in these foods may not stop the 2 a.m. car alarm, the constant barrage of beeps and bass tones, or the whiny circular saw, they will nonetheless offer delicious assistance in strengthening your sense of hearing.

Savor the silence.

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