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FROM OUR READERS

Living in the Okanagan, we are lucky enough to enjoy so many varieties of apples these days that I often don't know whether an apple is best for eating or cooking. I've cut out your chart on apples so that I'll know what varieties to look for and what to do with them. Thank you for providing such useful information.

Joyce Murphy  
Penticton, BC



SEPTEMBER 2009

A STICKY ISSUE

Dear Editor:  
I have read many useful articles in *alive* magazine over the years that have shaped my decisions on health.

Yet I have to shake my head sometimes when I read your magazine. On one page advice is given—in this issue for instance, to avoid nonstick cookware (on page 46)—and on another page an ad or a recipe—in this issue a recipe (on page 151)—walks a different talk. The recipe [for Seared Portobello Mushrooms] tells the readers to use a nonstick frying pan.

How about being consistent, walking the talk?

Thanks again for the good information. I will use my old cast iron frying pan for that recipe, and I am sure it will work just as well as a nonstick one.

Marie Roulleau  
Victoria, BC

DANDELION PRECAUTIONS

Dear Editor:  
I read your article in the May 2009 issue called "The top 10 healing herbs" and noted that under "Cautions," none were listed.

I currently take dandelion tea and on my package label there are several precautions listed. Perhaps you should point these out to your readers.

Clifton Small  
St. John's, Newfoundland

Dear Clifton,

Thank you for bringing this to our attention. Indeed, we did some further research and found that dandelion is generally considered safe, but there are some individuals who should use dandelion with caution.

This information is provided by the University of Maryland Medical Center ([umm.edu](http://umm.edu)):

If you have an allergy to ragweed, chrysanthemums, marigold, camomile, yarrow, daisies, or iodine, you should avoid dandelion. In some people, dandelion can cause increased stomach acid and heartburn. It may also irritate the skin if applied topically.

People with gallbladder problems and gallstones should consult a health care provider before eating dandelion.

#### Possible Interactions:

Dandelion leaf is a diuretic and may increase the excretion of drugs from the body. If you are taking prescription medications, ask your health care provider before taking dandelion leaf. If you are currently being treated with any of the following medications, you should not use dandelion preparations without first talking to your health care provider:

**Lithium**—Animal studies suggest that dandelion may worsen the side effects associated with lithium, a medication used to treat bipolar disorder.

**Antibiotics, quinolone**—One species of dandelion, *Taraxacum mongolicum*, also called Chinese dandelion, may decrease the absorption of quinolone antibiotics (such as ciprofloxacin, ofloxacin, and levofloxacin) from the digestive tract. It is not known whether *Taraxacum officinale*, also known as common dandelion, would interact with these antibiotics in the same way. As a precaution, dandelion should not be taken at the same time as these antibiotics.

**Antacids**—Avoid antacids and other medicines that lower stomach acid.

Editor

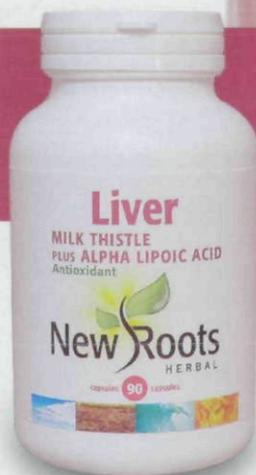
## CORRECTION

In our On the bookshelf review, "The scoop behind the beans" about *Coffee Doi Chaang* (page 153, September 2009), the website to order copies of this book is incorrect. The correct website is [doichaangcoffee.com](http://doichaangcoffee.com).

## What do you think?

*alive* loves to hear your opinions. Drop us a line and let us know your thoughts about what you've read or about your experiences and successes with natural health products. Together we can build a healthier future.

Contact: [editorial@alive.com](mailto:editorial@alive.com)



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