

Pine Nut Oil for Digestive Health

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Maintaining your digestive system can be tricky business. Many additives and trans fats -harmful fats that have been proven to increase the risk of coronary heart disease - are running rampant in our foods. The result can be devastating on your poor, aching stomach and long-suffering intestinal tract. But there are natural ways to help your body counteract these unnatural additives, allowing you to promote and maintain good digestive health. Adding natural, beneficial oils to your daily diet will help you find the path back to good health – without having to sacrifice a thing. (And they taste great, too)!

For example, you can buy **pine nut oil** online, at stores such as [Wellness Resources](#) - or buy a bottle from your local market that sells health products. Pine nut oil is an antioxidant, and can also boost your metabolism – an essential factor if you’re trying to shed those extra pounds during the holidays!

By the spoonful

One way to add pine nut oil into your diet is by taking it as you would any liquid medicine – by the spoonful. If you’re suffering from gastritis, peptic ulcers, or other kinds of digestive concerns, the recommended dosage is three teaspoonfuls a day, taking one teaspoonful 30 to 60 minutes before every meal. If you’re interested in maintaining good digestive health, it’s recommended that you take 1 teaspoonful per day, 30 to 60 minutes before a meal.

In your cooking

Add Extra Virgin pine nut oil in cooking, when you would normally add olive oil. Some recipes are:

Simple Tomato Sauce

4 Tablespoons of olive oil
4 Tablespoons of Extra Virgin pine nut oil
3 cloves of garlic
¼ cup white wine or lemon juice
1 16 oz. can of crushed tomatoes
2 teaspoons basil
2 teaspoons oregano
2 whole bay leaves
¼ cup Parmesan cheese
2 teaspoons molasses
salt and pepper to taste

Heat oils, and add garlic, stirring constantly so that it doesn't burn. When the aroma of the garlic is strong, add the white wine or lemon juice, and simmer an additional 5 minutes. Add the remainder of the ingredients, and simmer about a half an hour or so, stirring and tasting periodically and adjusting the ingredients according to your taste. Add sausage or meatballs, if desired, and simmer for an additional hour or so. For a vegetarian version, try adding chopped black olives and artichoke hearts (*not* the marinated kind) the last five minutes before serving. Spoon sauce on top of your favorite pasta, or sauteed polenta.

Sauteed Polenta

1 tube of pre-cooked polenta
2 Tablespoons olive oil
2 Tablespoons Extra Virgin pine nut oil
¼ cup Parmesan cheese
salt and pepper to taste

Cut the tube of polenta into thin disks, and set aside. Heat the oils in a saute pan, and when hot, add the polenta disks in one layer. Cook for 5 minutes on each side. Top with cheese and season to taste. Serve immediately with a sprig of fresh parsley, or top with your favorite sauce.

Cream of Mushroom soup

2 Tablespoons olive oil
2 Tablespoons Extra Virgin pine nut oil
1 Tablespoon of butter
2 Tablespoons flour
2 shallots, chopped
2 cups button mushrooms, sliced
1 cup milk
1 cup chicken or vegetable stock
1 teaspoon nutmeg
salt and pepper to taste



Heat the oils and add the butter. When butter is melted, add the flour and make a roux (a mixture of oils and flour that makes a paste, which is the basis for sauces and soups; good for thickening.) Add shallots and saute one minute more. Add mushrooms, salt, and pepper, and cook until softened, stirring occasionally. Add nutmeg, broth, and milk, and simmer about 15 minutes, stirring occasionally. Do not bring to a boil. Taste again, and add seasoning as necessary. Serve immediately with crusty bread. Delicious!

Things to consider...

- **Maintain** your good digestive health by continuing to add Extra Virgin pine nut oil to your diet, either by adding it when cooking, or taking 1 teaspoonful every day.
- **Do your baking** with Extra Virgin Pine nut oil. You can use it in cakes, brownies, or cookies. You can even make your own nut butter, using fresh almonds, peanuts, pine nut oil, and salt. Just add the ingredients to your blender or food processor, and spread onto sliced bread.
- **Consult your doctor** if you have gastritis, ulcers, or digestive concerns. Foods are invaluable in helping you maintain your health, but you must also include a health professional in your plan for fitness.

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