**Turtle Lake Refuge**

**The Research of My Internship**

**My engaging and fascinating journey at Turtle Lake Refuge and exploring its environment of veganism.**

**Key Ingredients**

**Chokecherries:**

**Nutrients:   
-Beta carotene  
-Potassium  
-** **Quercetin  
-** **regulates the levels of blood cholesterol and platelets (blood cells needed to form clots)  
-Vitamin C  
Effects and Medicinal uses:  
-** **Cancer prevention particularly lung cancer and reduction in the risk of heart disease  
-** **Regulates levels of blood cholesterol and platelets (blood cells needed to form clots)  
-Aids Immune system  
-Aids digestive and respiratory problems**

**Wild Mint:**

**Nutrition:  
-Potassium  
-Iron  
Effects and Medicinal uses:  
-Control heart rate and blood pressure  
-Soothing for skin issues, rashes and burns  
-Blended and used as shampoo and conditioner  
-Promotes digestion  
-Solves headaches  
-Anti anti-pruritic properties to aid bee/wasp stings  
-Better memory retention (Chew mint gum!)  
-Freshens breath**

**Acorn:**

**Nutrition:  
-Good source of fiber and protein  
-Vitamins B12, B6, thiamin and niacin  
Effects and Medicinal uses:  
-Tooth ache  
-Sore throat  
-Treats hemorrhoids**

**Dandelion:**

**Nutrition:  
-Antioxidants  
-Fiber  
Effects and Medicinal uses:  
-Prevents skin diseases caused by microbial and fungal infections  
-Strengthens bones  
-Cancer prevention  
-Lowers cholesterol  
-Aids digestive system (Soothes upset stomach and prevents intestinal gas.)**

**Oregon Grape**

**Nutrition:  
- Isolated berberine (Inhibits bacteria to attach to human cells)  
-Berbamine (Inhibits growth of liver cancer cells)  
Effects and Medicinal uses:  
-Helps diarrhea  
-Soothes skin irritation   
-Helps urinary tract infections  
-Helps those with Psoriasis**

**Licorice:**

**Nutrition:  
-Flavoroids: glabridin, liquiritin and chalcones  
-Amines: choline, asparagines and betaine**

**Effects and Medicinal uses:  
-Anti-depressant (Monoamine Oxidase Inhibitors)  
-Menopause and menstrual cramps**

**Microgreens**

**Buckwheat:**

**Sunnies:**

**Peas:**

**Wheatgrass:**

**Raw Veganism**

**Veganism is a lifestyle choice offering several benefits physically and environmentally. Those who identify as vegan do so because of the healthy perks as well as a form of activism for animal rights. Because of the diet of raw fruits and vegetables, raw veganism offers plentiful rewards not found in other diets. A huge example is the anti-aging effects. Raw plants are high in anti-oxidants, which slows the process of oxidization by ridding free radicals. Oxidization is the chemical reaction in which a material gives up an electron when the material combines with oxygen. Free radicals is a substance affected by oxidization and loses an electron. Anti-oxidant provides the free radical an electron to become stable again. Another benefit of raw veganism is its fight against chronic diseases such as cancer by providing more protective ingredients.**

**One problem arises, however. Turtle Lake Refuge serves raw vegan food and sells raw vegan products. There’s a sign that promotes the raw vegan lifestyle, stating that nutrients is lost after cooking food above 172**° **F. (insert picture) This is partly true. Some nutrients remains in uncooked food while some nutrients is released in cooked food. For example, not cooking beets maintains more all of its folate. (Helps new tissue and proteins form) However, cooking tomatoes breaks down cell walls releases five-fold the bioavailability of the antioxidant lycopene.**

**Lastly, using anecdotal evidence, raw veganism manifests an interesting connection with a person and their food consumption. I have read stories of people’s mood and sense of place improve. They felt as if their depression and stress were lifted. Before and after pictures of the veganism diet resulted in cleared, flawless faces, lost weight, and current faded scars. After eating at least two vegan lunches a week, I personally noticed my skin looking clearer and more polished. And Katrina Blaire, as happy as ever, lives a raw vegan life, promoting her rewarding lifestyle happily to anyone willing to listen.**