

## OUT & ABOUT



Parsons

### Parsons to lead society

Marie Sue Parsons has been re-elected president of the Santa Barbara Genealogical Society. Ms. Parsons previously served two terms each as secretary and vice president of programs. She is a real estate agent with Coldwell Banker who works with her daughter, Stephanie Young. A fan of horticulture, she enjoys attending Horticulture Society and Orchid Society meetings. Other officers include Karen Ramsdell, president-elect; Bob Goeller, first vice president of programs; and Theresa Calvin, secretary.

—Charlotte Boechler

## OUR TOWN

### 'An Evening in Bloom'

"An Evening in Bloom," a fundraiser for Girls Inc. of Carpinteria, will be held at 6 p.m. Saturday at Westerlay Orchids, 3504 Via Real in Carpinteria. The gala will feature cocktails and hors d'oeuvres, a red-carpet photo reception, dinner buffet, hosted bar, live and silent auctions, live entertainment and dancing. Sharon Organista, longtime supporter of Girls Inc., will be honored. Co-chairs are Stefanie Herrington and Gail Persoon. Tickets are \$125. For more information, call 684-6364 or visit girlsinc-carp.org.

—Marilyn McMahon

## ON STAGE

### Westmont graduate writes plays

Westmont College is presenting plays written by Diana Lynn Small, a 2009 graduate, at the campus, 955 La Paz Road, Montecito. "Good Day," about a daughter returning home, will be performed at 7 p.m. Friday and Saturday and Oct. 22-24 at Porter Theatre. "Mad & a Goat," about a goat farm, will be staged at 9 p.m. Oct. 22-24 at the Black Box Theatre. Both plays contain mature content. Tickets cost \$12 for general admission and \$7 for students, seniors and children. To purchase, go to www.westmont.edu. Ms. Small will speak at a free forum at 6 p.m. Oct. 24 on Porter Patio. For more information, call 565-6000.

—Dave Mason

# Gutsy book

Santa Barbara colon therapist stresses detoxifying and eating well in cleansing plan

By **DAVE MASON**  
NEWS-PRESS STAFF WRITER

**G**ood health starts in your gut. Santa Barbara colon therapist Julia Loggins stresses that in her new book, "It Takes Guts to Be Happy! A 21-Day Cleansing Plan to Heal Your Belly & Recharge Your Life" (Vibrant Health Publishing, \$29.95).

The cleansing plan will boost your energy, Ms. Loggins, 60, told the News-Press at her kitchen table after preparing a dark juice with a bright orange froth, made from raw carrots, celery, parsley and spinach. Raw vegetable juices during several days of fasting is part of the plan, and Ms. Loggins said the diet is worth the effort.

"You're feeling good when you wake up in the morning," she said with a smile. "There's a natural sense of optimism and hope and mental clarity. That brain fog people get is eliminated. There's a sense of youthfulness, a kind of 'I can do anything'."

She noted 90 percent of the body's serotonin, a critical neurotransmitter, and 80 percent of the immune system are in the guts. Her cleansing plan is intended to clean the colon, which she said can hold up to 30 pounds of sludge, and rid the body of toxins.

For many, Ms. Loggins' plan may be no picnic. No sugar, honey, dairy products, wheat, fast foods, preservatives, sodas, alcohol, coffee or white potatoes, which are rich in sugar. Ideally, people shouldn't eat any meat, but if they feel they must, keep it organic. Fish should be wild-caught.

"We're just eliminating the foods our bodies would be happy never seeing again," said Ms. Loggins, who was married from 1990 to 2004 to Santa Barbara singer Kenny Loggins and shares his passion for a healthy lifestyle. Neither, you could say, have played footloose with their diets.

Her cleansing plan stresses organic vegetables, especially the green and leafy variety; organic fruits; beans; nuts; organic protein; protein powder; rice; peas; beans; nuts; whole grains; and hemp.

Please see **GUTSY** on A7



HELENA DAY BREESE / NEWS-PRESS

Santa Barbara colon therapist Julia Loggins prepares a juice from spinach, celery, carrots and parsley. She recommends consuming juices or protein-rich smoothies instead of solid foods during three days of her 21-day cleansing plan. It's outlined in her new book, "It Takes Guts to Be Happy!" (Vibrant Health Publishing, \$29.95).

# Research beefing up steaks, hamburgers with health omega-3s

By **ROXANA HEGEMAN**  
ASSOCIATED PRESS

**WICHITA, Kan.** — Health-conscious consumers might be persuaded to eat more beef if it is fortified with heart-healthy omega-3 fatty acids naturally found in salmon and walnuts, according to researchers and some ranchers who are feeding cattle flaxseed — even marine algae — with an eye to offering another wholesome dinner choice.

People have long been told they can decrease their risk of heart disease by eating more omega-3 fatty acids, the kind salmon get from algae. It inspired researchers at Kansas State University: Could the steaks and hamburgers from cattle fattened on algae pass on those healthy fats?

Separately, some Texas grocery stores are selling beef products fortified with omega-3 through flaxseed, a trial run so successful that orders have quadrupled since it began seven months ago. And a nationwide study shows consumers would be willing to pay \$1.85 a pound more for enriched steaks and 79 cents a pound more for enhanced ground beef, Kansas State agricultural economist Sean Fox said.

Algae contains the omega-3 type fatty acids known as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which nutrition experts say people should consume at least



ASSOCIATED PRESS

Meat scientist Bob Danler prepares a sample of ground beef for testing at GreatO Premium Foods in Manhattan, Kan.

250 mg per day of both because of their protective effects on the heart; DHA is also associated with infant brain development. A third omega-3 type is alpha-linolenic acid (ALA), which is abundant in flaxseed.

Ground beef from cattle that eat grass, a

natural source of omega-3s, contains about 20 to 30 mg in a 5-ounce serving. That increases to at least 200 mg per 5-ounce serving when cattle are fed algae or flaxseed rations, Kansas State researcher Jim Drouillard said.

Other omega-3 fortified foods are commercially available — such as eggs, bacon and chicken. Yet salmon is king, providing 10 times the amount of omega-3s than enriched beef products — at least 2,000 mg in a 5-ounce serving.

All told, it may not raise consumer prices more than 15 to 20 cents a pound extra according to Bernie Hansen, founder of GreatO Premium Foods. He said the added costs of fattening livestock on flaxseed-based rations would be mostly offset by the lower costs of raising animals that are healthier and need fewer antibiotics.

The Manhattan, Kan.-based company, which for 14 years has researched how to produce omega-3 enhanced beef using flaxseed at an economically viable price, is test-marketing its fortified ground beef in 50 HEB supermarkets in Texas. When the trial began almost seven months ago, HEB was ordering about 100 cases every two weeks, each containing a dozen 1-pound packages of the omega-3 enriched beef. The response from shoppers was so good that within six months HEB increased its order to 400 cases, Mr. Hansen said.

## As kombucha sales boom, makers ask feds for new alcohol test

By **KRISTEN WYATT**  
ASSOCIATED PRESS

**DENVER** — A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around, dozens of producers are resisting and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to impart health benefits. And it's hugely popular. Sales of kombucha jumped nearly five times between 2013 and 2015, to about \$600 million a year, according to retail analysts at Markets and Markets.

The tea's fermentation process dates back centuries, but its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 percent — is too low to intoxicate people, pointing out that many fruits naturally ferment on shelves to about the same level. But federal authorities over the years have sent kombucha makers letters threatening fines when tests indicate that kombucha on store shelves is too alcoholic.

Kombucha tea naturally walks the line of what federal authorities consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 percent alcohol if it is aged and not refrigerated. That's about a quarter as strong as a Bud Light, which is 4.2 percent alcohol, but still is too alcoholic to be sold to minors.

The latest federal intervention in the kombucha market came late this summer, when fine letters went to an undisclosed number of kombucha makers nationwide, said bureau spokesman Tom Hogue. He declined to specify how many brewers' products failed alcohol tests, or how many producers have been fined. "What we're concerned about here is that when a consumer picks up a product, they know the product is alcoholic," Mr. Hogue said.

The letters have kombucha brewers on edge.

"It's almost like a witch hunt," said Tom Nieder, founder of Companion Kombucha in St. Louis. He hasn't received an enforcement letter, but said brewers are fighting comparisons to alcohol or other drinks.

Kombucha is one of many fermented foods enjoying a renaissance. From kimchi (a Korean pickled cabbage dish) to kefir (fermented milk with a yogurt-like tang), fermented foods deliver "good bacteria" to the digestive system. Some fermented drinks — such as pulque, a milky agave drink native to Mexico that often is about 3 percent alcohol — have always been sold as alcoholic beverages.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume (often listed as ABV on alcoholic beverages) doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast.

Information for Out & About, Our Town or On Stage items should be submitted at least two weeks before the event to Life Section, P.O. Box 1359, Santa Barbara 93102-1359 or emailed to life@newspress.com