

San Fernando Valley

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el **SOL**

del Valle de San Fernando



Let's Go Green!

Healthy Kids - Healthy Planet

June 21 & June 22

The *Nopaltilla* Makes its U.S. Debut At Let's Go Green Healthy Kids, Healthy Planet Family Festival

The healthful green tortilla, *Nopaltilla* will make its U.S. debut at the *Let's Go Green Healthy Kids, Healthy Planet Family Festival* June 21 and 22 at 1240 Truman Street in San Fernando. Samples will be passed during the festival.

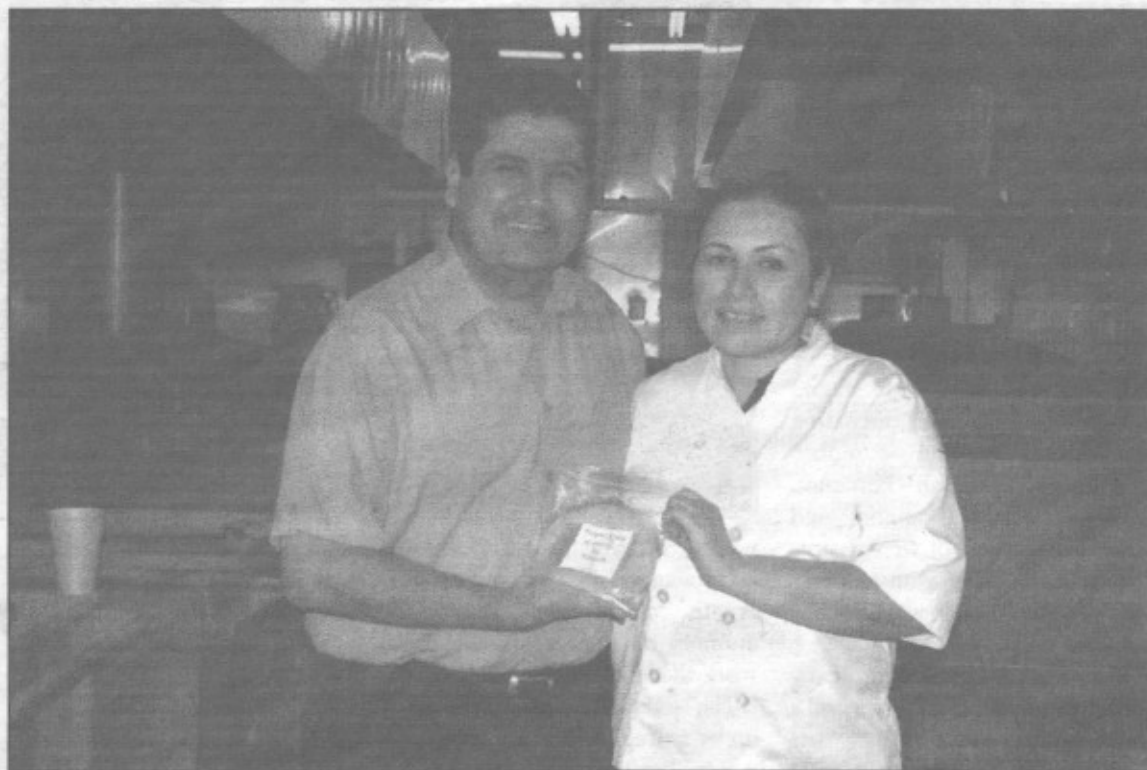
Scientist and cancer specialist Alonso Arellano is the maker of the *Nopaltilla*™.

Understanding the health benefits of the nopal (cactus), Arellano, a cancer specialist is producing this food for the U.S. market. While similar products have existed in Mexico, the *Nopaltilla* is the first branded product of its kind in the United States.

As people in this country continue to have an increase of heart disease, diabetes, obesity and other life threatening disease, Arellano is pleased to present a food product that contains a natural plant that supports good health, and unlike other high fiber foods, the *Nopaltilla* is delicious.

"Our product is organic and the benefits are numerous," said Arellano.

The benefits of the nopal (cac-



tus) have been underutilized, especially in the United States and corn tortillas, already a healthy staple is boosted and becomes a salvo in the world of nutrition with both corn and cactus, these traditional staples combined together, create a powerful

whole food with tremendous medicinal benefits.

"The Nopal has been used for thousands of years, but it's only until very recently in this country that science has started the work to confirm what native people have always known. The fresh

nopal (cactus) benefits the heart, digestion and circulatory system," said Arellano. For centuries Indigenous people in Mexico have thrived on these foods. The nopal (cactus) with its natural dietary fiber, vitamins A, B2, B3, C, minerals and amino

acids not only helps to detoxify and support the liver but helps the body overall."

Arellano said simply by replacing the type of tortilla, the tortilla de Nopal will improve our eating habits without getting rid of our most treasured food staple, the tortilla.

Arellano is currently a Medical Physicist at Kaiser Permanente in Los Angeles, working in the radiation and oncology department. Arellano works in the field of Radiosurgery to eradicate brain tumors. Born in the State of Michoacan in Mexico, it has always been his goal to help to improve the health of others. He is part of a time of scientists and physicians that dedicate their knowledge and love for science and medicine to the treatment of patients that are combating cancer. Arellano is also an entrepreneur who has opened and operated several restaurants, a bakery and a tortilla factory. He believes in community involvement and along with his sons, has planted many trees during Earth Day in his community.