

Good Health Naturally

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Autumn is the time to prepare with warming and nurturing foods and thoughts to keep you healthy throughout winter

Welcome to the Autumn 2008 edition of Good Health Naturally.

In this edition you will find the regular sections with articles on Weight Loss, Healthy Ageing, Pre Conception Health Care, Pregnancy and Breastfeeding, Children's Health, Super Foods and Practical Health Care. New sections have also been added, with the latest information on Cold and Flu Prevention and Emotional Wellbeing, and to help bring natural medicine into your kitchen, a fabulous new recipes section will feature both modern cuisine and old favorites for you and your family to enjoy together.

Natural Cycles is the feature for this season's edition, and what better time to start paying more attention to your own natural cycles than now with the change of seasons upon us.

A great big thank you to Lisa Mount, my naturopathic assistant who wrote and put together this edition of Good Health Naturally. If you've called on a Monday or Tuesday over the last few months, you'll have had the pleasure of talking with the lovely Lisa. Lisa's first baby is due at the end of June and I wish her all the best on her journey into motherhood.

Natural Cycles: Chinese Body Clock

Traditional Chinese Medicine (TCM) operates on the principles of Yin and Yang, the Meridian System or flow of energy through the body and the Body Clock, a twenty four hour day broken up into intervals during which each major body organ peaks in it's activities and functions.

The Body Clock is based on the concept that each major body organ has a two hour period of maximum activity when peak levels of energy or 'qi' circulate through that organ.

For example, three am to five am is known as 'lung time', when this organ experiences its peak energetic flow. Depending on whether your lungs are in good or poor condition, they will either re-

charge during this time, or if your lungs are in a poor state, signs and symptoms may appear, which would indicate a weakness in them.

For example you may notice that three am to five am is a prime time for your child's asthma to worsen, and in fact three am to five am is when a large majority of childhood asthma attacks occur.

In order to function at your peak, you need to become aware of this natural body clock and make an effort to organise your life and activities so that you can maximise your own energy flow.

Re-synchronising your body clocks may mean simple changes like getting to bed earlier or eating meals at slightly different times, or it

may require some more drastic changes if your signs and symptoms indicate that your body clock is really out of sync.

For shift workers, night workers and those that do a lot of interstate travel, it may prove rather difficult to honour your natural body cycle as your work commitments dictate your schedule.

It is still possible to support your body to adjust and cope with a different 'clock' so to speak. Herbal and nutritional medicine are very effective at offsetting any negative effects caused by an out-of-balance body clock.

Natural Cycles: What Time Is It?

5-7am: Colon O'clock.

Did you know that this is the best time to have your first bowel movement? It's also the best time to rise and start your day! If you don't move your bowels each morning,, especially if constipation is an issue, it's time to pay attention to your bowel health.

Five to seven am is when the colon experiences its greatest flow of energy and is primed to eliminate its contents from your body as effortlessly as possible. If this is not happening for you, try the following to help 'retrain' your bowel

- On rising, drink a large glass of warm water with lemon
- Sit on the toilet for five to ten minutes, or better yet squat on the floor for five minutes, then move to the toilet (squatting encourages elimination and helps the body 'recognise' that you are intending to pass a stool)

This is also the best time to exercise, as vigorous physical movement helps activate the energy or 'qi' and prepare the body for a healthy elimination.

7-11am: Stomach O'clock.

This time slot is the optimal time to eat breakfast, but not just any breakfast. Like the old saying 'Dinner like a pauper, lunch like a prince, breakfast like a king', breakfast should be the largest meal of the day, as this is the time when the stomach is most active, having the best chance of absorbing nutrients. Include a good amount of protein and good

quality fat in your breakfast, and opt for low GI carbs which will provide sustained energy.

11am-1pm: Heart O'clock

Studies have shown that the highest incidence of heart-related problems and mortalities occur between the hours of eleven am and one pm and eleven pm and one am. These time periods correlate with 'Heart' time on the Body Clock. So when the energy is high in the heart, someone with a blockage or heart condition may not be able to handle this increased energy, thus explaining the higher incidence of heart problems during these times. Alternately, someone with a healthy heart may feel particularly joyful and loving at this time, both emotions associated with the heart.

This is a good time to connect with others and relations are likely to flow a lot smoother in the middle of the day due to the high heart energy.

1pm-3pm: Small Intestine O'clock.

It's no coincidence that it is between one pm and three pm that people experience a slump in energy and reach for sugary snacks. If you are one of these people, learn to see this as a sign that your small intestine is screaming out for energy!

This may result from a poor choice of breakfast (not enough nutrients available for absorption come afternoon), skipping breakfast, or poor absorption.

3pm-5pm Bladder

5pm-7pm: Kidney

Three to seven should ideally be a time of good constant energy. In TCM, kidneys store the ances-

tral energy, or your 'energy reserves' or your batteries. When they are functioning at their peak we feel quite energetic come late afternoon. But for the vast majority of people, the opposite is more true.

Due to our modern stressful lifestyles and the overproduction of the stress hormone adrenalin, our kidneys are often low in energy, and as a consequence, at the time when we should be benefiting from our reserves of energy, our motivation and energy plummet because there are no reserves!

So if five to seven pm is not a strong time of day for you, ask yourself 'Where and when have I spent my energy reserves and what can I do to restore it?'. Adrenal restorative herbs such as Withania and Licorice restore the adrenal glands and boost kidney energy.

Vitamin C is found in the largest quantity in your adrenal glands, and becomes quickly depleted under stress, so increase your vitamin C intake by eating more berries, citrus fruits, raw milk & other C containing foods.

11pm-1am: Gallbladder

1-3pm: Liver

Ever wondered why you sometimes wake for no reason around two thirty am? Wonder no longer: your liver needs some attention!

At liver time, any congestion, sluggishness or toxic buildup in the liver may be experienced as pain or discomfort in the liver region during this time. Your liver is trying to tell you to that it is not able



"Dinner like a pauper, lunch like a prince and breakfast like a king"

Natural Cycles: What Time Is It? cont...

use its allocated time to rejuvenate as it's overwhelmed with trying to process things such as a poor diet, excessive alcohol and rancid, poor quality fatty foods or overmedication with prescription drugs.

Just prior to liver time is gall bladder time, often the time when people with gall bladder issues, including stones, will experience symptoms.

If you experience symptoms or wake during this time, try to work out whether it is your liver or gallbladder sending you a health

message. A good detox will help cleanse these very important processing organs and relieve the strain on them (and you may be able to sleep through the night!).

3am-5am: lung

This is when our lungs experience their peak energy flow. If you sleep through this time and don't experience any symptoms than your lungs are doing ok. If, on the other hand, you wake at lung time, especially if you wake with shortness of breath, asthmatic symp-

toms or coughing, pay some attention to your lungs, as they are not dealing with the increase in energy flow at this time.

It is especially important to ensure your lungs are in top shape as we head into the cold and flu season. Keep an eye out for chest symptoms or waking between three am and five am, and take it as a cue from your body to boost your lung health with perhaps a herbal formula, supportive nutrients such as good old fashioned cod liver oil and rugging-up.

"It is especially important to ensure your lungs are in top shape as we head into the cold and flu season"



Natural Cycles: Setting Up Your Ideal Day

Why not try to structure your daily activities more around the Chinese Body Clock and see if you experience a more sustained flow of energy, and better health.

Get to bed at a decent hour, rise at five thirty or six am, and go for a long brisk walk to start your day and activate your qi. Before you jump in the shower, spend ten minutes in the bathroom to retrain your bowels and reset your colon time.

Prepare yourself a good hearty breakfast somewhere between seven and eight o'clock, and have your morning snack before eleven o'clock (remember seven am-eleven am is stomach and spleen time).

Take the opportunity in your lunch break to experience some love and joy

-call a good friend and enjoy some hearty conversation energy. Or use the cooperative atmosphere to resolve any lingering issues you may have with work colleagues.

If you've set up your morning well, you should reap the benefits come afternoon, with sustained energy and motivation. Remember to keep an eye on your energy levels between three and seven pm to assess the state of your adrenal glands (Kidney qi). If you decide they are not in the best shape, you may need to employ some stress management techniques and dietary strategies to top up your energy reserve tanks!

Make dinner a smaller, lighter meal than either breakfast or lunch, with maybe a

soup, salad or boiled egg on toast. Try to get to bed between nine and ten pm, and have a pen and paper handy next to your bed to note down any symptoms or waking you experience during the night (remember to not the exact time).

Notice any patterns that start to emerge as you observe both your sleep and energy, and see if you can work out what health messages your body is sending you.

NB. Daylight saving: Six am daylight saving time is equivalent to five am body clock time.

Try starting your day with some outdoor exercise. It will activate your energy and set you up for a great day!



Weight Loss: Breakfast Controls Appetite and Boosts Metabolism



Breakfast Skippers Beware!

Skipping breakfast will put your body into 'starvation mode', where it holds onto every calorie it can once food is eventually consumed

It may seem a little odd to breakfast 'skippers' when they are told that eating breakfast will actually help them to lose any extra kilos and control their weight, but once they understand *how* body metabolism actually works then it's like the missing piece of the puzzle.

Studies have shown that eating breakfast daily that is high in protein and fibre actually results in people decreasing their overall intake of calories throughout the day. So a good breaky equals better food choices at lunch and dinner time, which makes sense when you think about it.

Having a high protein (satisfying), high fibre (filling) breakfast early in the day means that by 10am you aren't reaching for a high sugar, high fat snack- such as pastries, soft drinks, chips & muffins, to raise your drastically low blood sugar levels. You have already addressed your 'overnight fast' and the resulting low blood sugar

levels at breakfast and so are much more likely to select a smaller, healthier option like yogurt or nuts and seeds to maintain your blood sugar until lunchtime comes around.

Unlike breakfast skippers, someone who eats a high protein, high fibre breakfast has done two very important things. Firstly they have kick-started their metabolism by providing the body with fuel- as opposed to skipping breaky and putting the body into starvation-mode where it holds onto every calorie it can once food is eventually consumed. Secondly, they have raised their blood sugar levels from the 10 or so hours of not eating and so need only to *maintain* this throughout the day.

They are much more likely to select foods that are lower in both sugar and calories & generally healthier, to maintain the energy they already have, unlike the breakfast skippers who will be reaching for a quick sugar fix to provide them with instant energy.

A final and very important point on breakfast: your first meal of the day needs to be both high in fibre and high in protein, with some good quality fats. These components together will create a satisfying and filling meal and help to stabilise blood sugar levels. A high carbohydrate breakfast without any protein, fibre or fat will initially raise your blood sugar and provide you with energy, but come nine or ten o'clock your blood sugar levels will be in much the same state as the breakfast skippers because carbohydrate will cause a fast spike & subsequent drop in your blood sugar levels rather than raising them slowly as protein does.

Good breakfast choices include poached eggs on whole-grain toast such as the 'Bürgen' varieties, homemade muesli with nuts & yoghurt or a smoothie with berries and either an egg or a protein powder recommended by your naturopath.

Healthy Ageing: What's Your Real Age?

When you tell someone how old you are, do you feel older or younger than your chronological age? If someone asked you instead 'How old are your body cells?' what answer would you give them? The answer is what's known as your biological age, and it is fast becoming a focus for both practitioners and patients as people begin thinking about their health in a more proactive way.

Bioimpedance Analysis, or VLA, is a tool which measures the key biological markers of ageing and calculates your biological age. This is composed of your lean muscle mass, fat mass, waist measurement and your

cell quality. And it will indeed be 'older' or 'younger' depending on your diet, lifestyle, exercise and stress management skills.

When you take a look at what determines your biological age, it is clear that you can indeed create 'younger' cells by attending to your body composition (building more lean muscle and losing excess body fat) and by improving your cellular health.

Some very effective strategies to improve cell health include cleaning up your diet and supplementing it with things like Essential Fatty Acids (which

make up the membrane of your cells) and B vitamins (which are needed for energy production).

When looking at your VLA report and biological age, it is important to identify the *causes* of a higher biological age, as there may be underlying inflammation, toxicity or a nutrient deficiency affecting cell health.

In these cases, detoxification, supplementation or herbal treatment can be used to effectively deal with the causes of poor cell health and improve your biological age and- more importantly- your quality of life.

Ask to have your biological age assessed at your next appointment.

Good Nutrition and Lifestyle Can Help Slow Down the Ageing Process...Now That's Something to Celebrate!



Children's Health

EFA's for Happy Kids

A recent study looked at links between low intakes of Essential Fatty Acids (EFA's) and behavior in children and made the following observation: 'Subjects with lower compositions of total omega 3 fatty acids had significantly more behavioral problems, temper tantrums, and learning, health and sleep problems than did those with higher proportions of omega 3 fatty acids.'

So it is vital your kids are getting the right *amount and ratio* of beneficial fats in their diet. Children with poorer diets and/or behavioral issues need to be supplemented with Essential Fatty Acids.

EFA's include EPA and DHA, and both play important roles in regulating moods, behaviour and learning. DHA in particular has been shown to improve learning ability in children. ADD & ADHD are con-

ditions where EFA supplementation has proved beneficial in decreasing aggression and improving learning, behaviour and mood.

Good food sources of EFA's include oily fish, avocados, nuts and seeds. Although fish is a great source of both EFAs and quality protein, much of our seafood supply is becoming contaminated by things like mercury.

To ensure your kids are receiving a plentiful supply of EFA's, supplementing their diets with a purified, concentrated fish oil supplement is a wise idea.

Quality is a big issue when it comes to fish oil supplements, and you can bet your bottom dollar that a cheap product equals a poor product. For children, I use an orange-flavoured liquid supplement, because as any

parent will know getting kids to actually take their medicines is often the trickiest part and as they just love the orange taste, getting kids to take their EFAs is a breeze.



Children with low levels of omega 3 EFA's had more behavioral problems, temper tantrums, learning, health and sleep problems...

Preconception Health

Detox To Boost Fertility

When couples can't fall pregnant, one of the first things to consider is detoxification or 'removing the obstacles to cure' – a cornerstone of naturopathic medicine. An individual's exposure to dietary, environmental and other sources of toxins is examined, and herbal and nutritional medicines along with a clean, organic diet will remove toxic accumulations in the body.

In terms of fertility, toxic overload can affect ovulation or stop it all together, decrease sperm quality and quantity, and interfere with the reproductive hormones responsible for a healthy menstrual cycle.

Do you need a detox? The answer is usually yes. Even if you are eating an organic diet and leading a healthy lifestyle, we are all exposed to environmental pollution. Depending on your signs and symptoms, you may

only need a small spring clean to maintain your good health, or a more thorough detox may be indicated if your fertility is being affected.

The following signs and symptoms may indicate the need for a detox: constipation, diarrhoea, bad breath, headaches, skin complaints, frequent infections, aches and pains, low energy, allergies and generally feeling behind the eight ball. Some of these are considered 'normal' by many people and it's not until they encounter more serious consequences that they start paying attention.

Testing urine and hair samples is helpful as they identify various toxins (such as heavy metals) in the body, and give specific information about what the source of toxic exposure may be. Specific nutrients can then be given to eliminate these toxic substances. Subsequent tests can show

how well a detox program is working and motivate people to make long-term dietary and lifestyle changes.

When embarking on a detox, it is important to do so under the guidance of a professional as a detox that is too intense or sudden may 'shock' the body, causing more problems. A slow, steady release of toxins from your body tissues is a better way to go, and can be achieved through powerful 'antioxidant' nutrients and herbs as well as through diet and lifestyle modifications.

For couples are experiencing difficulties falling pregnant, often 'removing the obstacles to cure', is all that's needed to allow the body to return to its natural state of health and fertility.



Detoxification is one of the first things to consider if you are experiencing fertility problems

Pregnancy and Breastfeeding

Massage Benefits Mum & Bub

Regular massage during pregnancy is effective at treating physical discomforts, and helps to maintain emotional wellbeing. Therapists who specialise in pregnancy massage are trained in the unique anatomy and physiology of pregnant women and are familiar with their needs at different stages of pregnancy.

Special positions are used to accommodate the growing woman, with comfy pregnancy pillows and bolsters supporting the body, allowing for deep relaxation and release.

Massage during your pregnancy can go a long way to keeping physical discomforts at bay, which may otherwise take the joy out of the nine month experience. Back pain, sciatica, shoulder tension, headaches and leg cramps are very common in pregnant women, and often worsen towards the end of pregnancy as the weight of the baby places greater

demands on the mother's body, and lower back. Making massage part of your antenatal care from the outset can prevent these problems from occurring and will help you to get maximum enjoyment from this special time.

Improved emotional wellbeing and mental functioning are additional benefits of regular massage. Massage releases endorphins (your feel-good hormones) which create a sense of wellness and peace, and these effects also get passed on to your growing baby. In addition, the increased blood flow and improved circulation will help to clear your head and maintain your mental functioning, including memory and concentration- two things which can sometimes be affected during pregnancy!

Regular massage can also be a part of your labour preparation, as the more relaxed and calm you are mentally, and



supple and relaxed physically, the smoother your labour will be. You may even like to teach your partner or support person a few of your favourite massage techniques so that they can perform these for you during the actual labour to help you relax and recuperate between contractions.

So why not book in your pregnancy massages at the outset of your pregnancy, as you would your antenatal checks, with one every month at the beginning, and then more often towards the end of your pregnancy. It's a positive and healthy way to reward both yourself and your baby at the end of each month for all the hard work that's been done!

Super foods

Ginger

When buying ginger, the fresh root is best.

Avoid any with dry or wrinkly skin, mould or soft spots.



Ginger is a warming herb that is widely used by both herbalists and cooks world-wide. It has a special action on the upper respiratory tract and its ability to prevent cold and flu make it an essential ingredient in any winter kitchen.

Pain Relief: Its natural anti-inflammatory action make it a great home remedy for the treatment of pain, Eg. menstrual pain, migraines and arthritic pain.

Circulation: Its warming properties increase circulation, so use it in the kitchen as we come into autumn and the flu season. Buy it fresh and add it to soups, broths and stir fries, and add a few slices to your winter juices to increase circulation and ward

off the winter bugs.

Digestion: A natural digestive stimulant, it helps get your digestive juices flowing. It also helps relieve gas pains associated with IBS. Try sipping a cup of ginger & lemon tea whilst you're preparing meals.

Anti- nausea: Ginger can prevent and treat nausea. Used in cooking, teas, or taken medicinally as capsules or a liquid is very effective for preventing motion sickness (take some tea or capsules before the big trip as a preventative) and has also proved a god-send for pregnant women with morning sickness: here, sip slowly as a tea regularly throughout the day.

Fresh is Best: As the levels of active ingredients can vary widely

in dried ginger preparations, when buying ginger: fresh is best! Avoid dry, wrinkled skin, mould or soft spots. Grating or using a garlic press will give the maximum benefits. Use ginger liberally in your autumn & winter recipes to add extra warmth to your cooking and gain all the health benefits.

Ginger & Lemon Tea: Boil kettle, slice a three inch piece of ginger into thin strips with no bark left on them. Add to a cup with a good squeeze of lemon and a little organic honey if desired. Let this infuse for five to ten minutes, Stir and enjoy!



Practical Health

What Does Your Tongue Say About Your Health?

Your tongue can show a lot about what's going on in your body. Tongue diagnosis has been a large part of traditional systems of medicine for thousands of years, and mainstream forms of medicine also identify certain tongue features that may indicate nutrient deficiencies and other conditions.

When using the tongue to assess overall health, there are many features to look for and take note of, some of the most useful being the colour, coating and movement.

The state of your digestive system can be ascertained by the type and quantity of coating on your tongue & its overall colour. A whitish coating generally indicates either mucus accumulation, with a concentration at the back of the tongue indicating a possible yeast overgrowth, such as Candida. If the tongue is pale, a lack

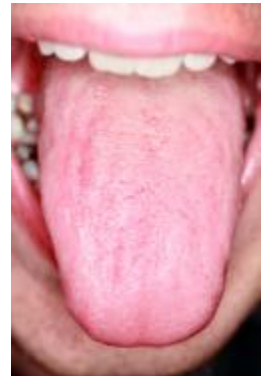
of blood supply (anaemia) may be affecting health. A yellow colour correlates with the gallbladder and liver, so any yellow coating or markings may signal a need for detoxification or gallbladder support. A blue colour indicates weakness in or a need to pay attention to heart health, as blue indicates impaired blood circulation. If the blue colour is accompanied by a long crack running down the centre of the tongue, then the heart is almost definitely under stress. A dark red colour to the tongue may indicate inflammation, either in general or localized to a particular organ or location- indicated by where the dark red appears on the tongue.

Pimple-like bumps on the tongue that are dark red in colour, also indicate heat & infection. Red bumps at the front of the tongue, or 'Strawberry tip' (when the tip of the tongue resembles the sur-

face of a strawberry), may indicate inflammation in the heart area.

Nutritional deficiencies often appear on the tongue, as in Glossitis (inflammation of the tongue causing a red sore tongue), which occurs as a result of vitamin B deficiency, especially B12 and iron. A swollen tongue can be a sign of hypothyroidism, as well as of acromegaly, a disease of the anterior pituitary gland where too much growth hormone is produced.

Movement: When you poke your tongue out it should be strong and still. As the nervous system controls tongue movement, any involuntary movement such as quivering reflects nervous system overstimulation or exhaustion. A key nutrient that may be indicated for a quivering tongue (especially if there a teeth marks around the edges) is magnesium, as it supports and relaxes the nervous system.



What does a healthy tongue look like?
It should be pale pink in colour, have a moist texture, light shiny coating, no marks or crevices and be still when poked out. So grab a mirror and give yourself a tongue diagnosis- you may discover a bit more about your health and develop a new appreciation for your tongue!

Cold and Flu Prevention

Echinacea: Tried and True

Coming into every autumn, I would have to say that the herb I use the most in formulas is Echinacea. Its immune boosting properties and ability to prevent colds and flues make it an indispensable part of my immune treatments.



Echinacea has both a long traditional use and a huge amount of current research and clinical trials on its efficacy. Modern scientific research has proved what herbalists have always known, that it is a highly effective natural medicine for the prevention and treatment of infections and has strong immune boosting abilities.

Flues and treatment of acute respiratory tract infections and allergies. It is known as an 'Immune-Modulating' herb, which means it helps to calm down an over-sensitive immune system.

A wise idea as we come into this cold and flu season is to consider starting on a cold & flu preventative formula containing Echinacea, espe-

cially if you tend to catch 'whatever's going around' or have a history of respiratory infections.

You only need a small daily maintenance dose to gain maximum benefit from Echinacea, and other herbs can be added to your 'Immune Mix' to create an immune boosting whole body tonic for you.

At the clinic, I find the combinations of Echinacea with Andrographis for adults and Echinacea with Ribwort for kids to be very effective at boosting immunity and preventing those nasty winter bugs.

So don't get caught out this winter, play it smart and get onto some pre-season Echinacea to ensure this winter is a healthy and enjoyable one!

"Don't get caught out this winter, play it smart and get onto some pre-season Echinacea to ensure this winter is a healthy and enjoyable one!"

Keeping a Journal

A very effective way to 'detox' negative or limiting thoughts patterns from your mind is journaling. The type of journaling which helps increase emotional health and encourage creativity is not the kind that starts with 'dear diary' and chronicles the day's events.

Instead, 'Consciousness Journaling' simply involves moving your pen across the paper and just writing whatever is on your mind in that point in time. Without judgment, or censoring what goes onto the page, this form of journaling is a chance to 'drain your brain' of accumulated negative, limiting or unhelpful thoughts and free up some space for more positivity and creativity in your life.

There is not right or wrong way to keep your journal, all that's needed is ten minutes each

day (daily participation is important) and a pen and paper. Make it part of your routine, and allocate a set time for your journaling, i.e. if you're a morning person do your writing in morning and if your more of a night person, evenings may work better for you.

The fun part of this form of journaling is that you don't need to worry about making sense or being legible, and grammar, punctuation and spelling can go too. As you begin to put pen to paper, it is important to remember that nothing is too weird, silly, stupid or crazy to write. The whole idea is to get this stuff out and create a distance between you and those negative, angry, petty and frustrating thoughts that can endlessly circulate and create any possible combination of fear, anxiety, depression and guilt.

Not only will you feel clearer after your daily mind detox, the 'space' you have created in your mind will allow room for your natural creativity to flow and you will have greater access to your natural problem solving abilities. This can have profoundly positive and life changing effects, and can help you to find ways to move out of any situations where you may be feeling stuck, such as jobs or relationships.

So heads up, bums down, and make it your autumn project to start your daily journaling. After a few entries you may well find your mind is clearer, you are more positive, and creative solutions to previously 'unfixable' problems start appearing like flowers in autumn.

Recipes



Grandma's Chicken Soup

Chicken soup has been revered for hundreds of years as both a convalescent tonic to rebuild and restore health and vitality after illness and also as an immune boosting medicine for the acute treatment of illness particularly colds and flu. Scientists have now discovered one possible reason why chicken soup is such an effective medicine and tonic. Many of the symptoms of a cold are believed to be a result of inflammation generated by immune cells as they battle the offending virus. A study published in the respiratory medicine journal "Chest" (Rennard et al 2000) found that chicken soup reduced this type of inflammation. The study showed 'Grandma's chicken soup' as having the most potent effect- another 'old wives tale' validated by modern science! The following recipe for Grandmas chicken soup is the exact recipe used in the 2000 study. Whilst organic chicken was not used in the study, it is strongly advised that you use organic chicken if. It can be made ahead of time and frozen in meal-sized servings.

Grandma's Chicken Soup

- 1 2-3kg chicken
- 1 packet organic chicken wings (like Cleavers)
- 3 large onions
- 1 large sweet potato
- 3 parsnips
- 2 turnips
- 11-12 large carrots
- 5-6 celery stems
- 1 bunch of parsley
- Salt and pepper to taste



Clean the chicken, place into large pot, cover with cold water & bring water to a boil. Add the chicken wings, onions, sweet potato, parsnips, turnips, carrots and boil for about 1½ hours (removing the fat as it accumulates on the surface). Add the parsley and celery, cook for a further 45 minutes. Remove the chicken- it is not used further for the soup, however, the meat can be removed from the bones and used for another meal, it's great in salads or can be used to make chicken burritos. Puree the vegetables and broth in a food processor or pass through a sieve. Salt and pepper to taste. Soup can be served alone, with toast or cooked rice noodles. Enjoy!!

Sarah Luck, Natural Health Consultant

9 Henrietta St
Waverley NSW 2024
Ph: 02 9386 4279
Fax: 02 9387 3094
Email: sarah.luck@bigpond.com

Monday
Tuesday
Thursday

9am - 5pm
9am - 5pm
12pm - 7.30pm

Sage Beauty
292 Campbell Pd
North Bondi NSW 2026
Ph: 02 9130 7064

Wednesday
Saturday

10am - 7.30pm
9am - 4.30pm