

Mindful



Health

Newsletter

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Fall has arrived and I am so excited! I love this time of year, especially when the leaves change — the colors seem to make everything glow.

But the pleasures of this season also have a downside. This is the time when our immune system starts to weaken and it grows progressively worse as winter approaches. In Chinese Medicine this season is associated with the lung and the large intestine. Essentially this means that these organs cleanse themselves of toxins and as a result more people will suffer from respiratory and intestinal ailments. If you want to avoid getting the flu this season here are some suggestions:

- **Vitamin A plus beta carotene**
15,000 IU daily
- **Zinc**
- **Vitamin C with bioflavonoids**
5,000-20,000 mg daily
- **Multi vitamin and mineral with B complex**
- **Selenium 200 mcg daily, but no more than 40mcg if pregnant**
- **Elderberry Extract**
- **Echinacea and Goldenseal**

Healing Foods:

- Chicken soup • Spinach, Mustard Greens, Kale
- Carrots • Sweet Potatoes • Oranges
- Garlic and Onions for fighting bacteria
- Ginger

Come visit my website at
www.mindfulhealth.biz
for more information.
Check here for upcoming
seminars and
cooking classes.

Quick Fixes: If you feel like you are coming down with something, go to the health food store and buy packets of Emergen-C. It is packed with Vitamin C and minerals and it might boost your immune system quickly.

Recipe of the month

Puree of Carrot and Orange Soup

From the Book of Soups

- 4 tablespoons unsalted butter
- 2 leeks, white and light green parts
- 1 medium onion, diced
- 1 ½ pounds carrots
- 1 ½ quarts of Chicken or Vegetable Broth
- ¼ cup of Orange juice
- 1 orange, zest grated and juiced
- 4-5 parsley stems and a 1 inch slice of ginger root enclosed in a large teaball or tied in a cheesecloth pouch
- Salt to taste
- Freshly ground black pepper to taste
- ¼ cup watercress leaves
- 8 orange sections, optional

Heat the butter in a soup pot over medium heat. Add the leeks and the onion. Cover and reduce heat to low. Cook, stirring occasionally, until tender 8 to 10 minutes.

Add the carrots, broth, juice, and sachet. Bring to a simmer and cook, stirring occasionally until the vegetables are very tender, about 30 minutes. Remove the sachet and discard. Puree the soup mixture. Return to the pot, warm and season with salt and pepper. Serve in heated bowls and garnish with watercress leaves and orange sections.



Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz