



# From The Farm

# To The Home...

November 2015

“Do not be anxious about anything, but in everything by prayer and petition with Thanksgiving present your requests to God.” Philippians 4:6

## Seasons, Immune Health and Food

In my past newsletter I discussed the effects of genetically modified organisms (GMO's) on our health and the importance of eating real foods and their health benefits. A recent article from the Institute for Functional Medicine Connections looked at *immune function* and our seasonal patterns. The study looked at adults and children in various countries including Australia, United Kingdom, Iceland and the United States. In summary they found that 23% of individuals in the study had significant seasonal differences. Inflammatory markers were elevated during the winter months. Secondly, exposure to light played a role in seasonal changed immunity which may be why shift work is connected to many autoimmune diseases and cardiovascular diseases during the winter months.

The winter months have changes in temperature and humidity which affect the durability and lifespan of viruses. Increased time indoors in cooler months likely play a role in viral illness. So the winter months associated with viruses like the flu, colds and increased incidence of autoimmunity make it especially important to eat those foods that are non-GMO and anti-inflammatory.

So why eat organic if you have autoimmune disease? Although exposure to any toxin should be minimized pesticides are especially risky. Recent research has linked household pesticides with an increased risk for developing autoimmune diseases like Rheumatoid Arthritis and Lupus. To note pesticides used in conventional farming are systemic meaning they become an integral part of the plant and cannot be washed off. So washing an apple that has been grown in a pesticide filled orchard won't wash off the pesticides.

Secondary it is important to eat meats that are organic. Those animals that have been given antibiotics and growth hormones can increase insulin-like growth factor which has been associated with an increased risk of breast prostate and other cancers. The frequent use of antibiotics in livestock helps to breed antibiotic resistant “supergerms” that our immune system has a very difficult time fighting. This is particularly dangerous in those who are immunosuppressant drugs for their autoimmune disease.

Lastly eating organic is richer in nutrients and antioxidants. So what are some good sources for organic online to make it easier and convenient for you?

U.S. Wellness Meat: [www.grasslandbeef.com](http://www.grasslandbeef.com) This source is all organic, grass-fed and free-range beef and poultry.

Vital Choice: [www.vitalchoice.com](http://www.vitalchoice.com) This site has Salmon and other wild caught fish

Thrive Market: <https://thrivemarket.com> This Market offers wholesome products at wholesale prices through a membership based program. You can purchase both healthy foods and toxin-free household products.

So as we get into our colder months with less light it is important to continue to eat healthy organic foods to support our immune system.

### **Chamomile**

This homeopathic is derived from the plant German Chamomile. It is designed to promote comfort and relaxation. It can be given to infants and children for colic, irritability and sleep disorders.

In adults it may help with general irritability and anxiety and is calming to the stomach. Add a few pellets of Chamomile in your tea at night for a peaceful sleep.

### **Vegetable Curry**

- 1 1/2 teaspoons olive oil
- 1 cup diced peeled sweet potato
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons Madras curry powder
- 1/2 cup organic vegetable broth or any bone broth
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro

### **Preparation:**

1. Heat olive oil in a large nonstick skillet over medium-high heat. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro and serve.

### *update from the Schleicher Farm*

All is quiet. Gary finished planting the garlic in preparation for next year. Our oldest Christopher just got confirmation of an apprenticeship in plumbing and will be starting mid-November. Our youngest Colin continues doing well in the dual enrollment program at WCTC in printing and publishing. As Thanksgiving approaches I am so grateful to have my family home. Our family wishes for all of you that your Thanksgiving will be rich with spending times with family and friends. May we all be reminded of our blessings this time of year. There is a great website on gratitude from Brother David Steindle-Rast at [gratefulness.org](http://gratefulness.org). Hope you will visit it when you have the opportunity.

“Gratitude unlocks the fullness of life;  
It turns what we have into enough and more  
It turns denial into acceptance, chaos to order; confusion to clarity  
It can turn a meal into a feast;  
A house into a home, a stranger into a friend  
Gratitude makes sense of our past,  
Brings peace for today,  
And creates a vision for tomorrow”  
*Melody Beattie*

***B12 injections now available in the office for \$15.00.  
Great way to boost the immune system.***

If you have any questions regarding this newsletter please contact Cherri Schleicher FNPC APNP at [cholistifam@wi.rr.com](mailto:cholistifam@wi.rr.com) or 414-640-6287. Visit [www.csholisticfamily.com](http://www.csholisticfamily.com)