



From The Farm

To The Home...

September 2015

“Let the wise listen and add to their learning and let the discerning get guidance.” Proverbs 1:5

Leaky Gut Leaky Brain

Is our gut the second brain? This is a phrase that has been used more frequently as health care providers begin to understand more the connection of what takes place in our gut affecting our brain health. According to the work of Dr. Perlmutter a functional neurologist (known by his book “Grain brain” and more recently “Brain Maker”) has discovered that there is no other system in the body more sensitive to changes in gut bacteria other than the central nervous system.

Not only physical health but emotional health is directly related to what is going on in the gut. Dysfunctional microbe in the gut can be directly related to headaches, anxiety fatigue and negative thought patterns. Think of times when you felt sick to your stomach maybe prior to giving a presentation, taking an exam or were anxious about an upcoming event. So just as the brain can send signals to the stomach, our gut can relate its state of balance or imbalance to the brain. There are numerous neurons in the gut that affect immune function. The gut manufactures serotonin which is the “feel good” neurotransmitter. Did you know that the gut makes more serotonin than the brain? This is why in some cases dietary changes can be more effective than placing someone on an anti-depressant. Glutamate a neurotransmitter also produced by gut bacteria is involved in cognition, learning and memory. It is abundant in a healthy brain. Certain neurological issues such as behavioral changes, memory and Alzheimer’s are linked to a low production of glutamate.

So yes food does matter. We know that food is the most important factor in human health. The connection between food our gut microbe and brain function is giving us a better understanding on how to slow down and prevent conditions related to chronic inflammation, including conditions such as migraines, ADHD and Alzheimer’s to name a few. So the next time you take a bite, think of that food and its effect on not only your gut but your brain as well.

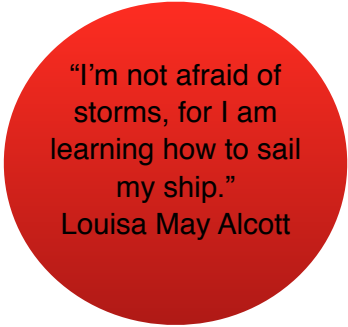
With fall around the corner comes the discussion of the cold and flu season. Boosting our immune system is the best way to prevent colds and flu. Certain foods are beneficial in boosting the immune system; subsequently keeping the gut healthy.

1. **Citrus.** Foods that contain higher amounts of vitamin c. These include oranges, grapefruits and lemons. Simply drinking a glass of lemon water first in the morning is a great way to alkalize the body, hydrate us and boost our immune system.
2. **Foods rich in probiotics.** These include kefir or yogurt. When choosing yogurt make sure it is plain whole milk and without any sweeteners or added fruit. It should contain live cultures. If you wish to sweeten yourself add a teaspoon of raw honey or maple syrup.
3. **Ginger.** This spice has numerous health benefits including anti-inflammatory; antioxidant as well as a natural cold and flu fighter. It is great as a spice in meals and to drink as a tea.
4. **Fermented foods.** These include sauerkraut and Kimchi (spicy fermented vegetables) these aide in maintaining proper digestion and balancing good microbes in the gut which help us to fight infection.
5. **Stay hydrated** and drink plenty of filtered water. Best to drink in glass or stainless steel.

Ginger Carrot Soup

2 tablespoons sweet cream butter
2 onions, peeled and chopped
6 cups chicken broth
2 pounds carrots, peeled and sliced
2 tablespoons grated fresh ginger
1 cup whipping cream
Salt and white pepper
Sour cream
Parsley sprigs, for garnish

Sauté onion in butter until onion is translucent about 2 minutes. Add chicken broth and carrots and cook until carrots are soft. Add fresh grated ginger and cook 1-2 minutes longer. Add salt and pepper to taste. Take mixture and place in a blender and pulse until smooth. Return soup to kettle and add whipping cream and cook 2 minutes longer. Serve warm in soup bowls may add a tablespoon of sour cream to each bowl and garnish with parsley.



“I’m not afraid of storms, for I am learning how to sail my ship.”
Louisa May Alcott

Homeopathic Reminder

Remember at the start of the cold and flu season the best homeopathic prevention is to take Oscillococcinum one packet once a week beginning in September through April.

Update from the Schleicher Farm

Summer passed by very quickly. Our garden is still producing cantaloupe, watermelon, rutabagas and pumpkins. By the end of September we should be able to harvest our first batch of pie pumpkins! We had a great abundance of onions this year, still waiting on tomatoes. We have many green ones which are ripening slowly.

Restful Sleep, Effective Brain

School has begun and schedules change. It is important to get good quality sleep in order for our bodies to be healthy and our brains to be effective. Remember these simple tips in getting good quality sleep.

1. Limit TV and Electronic exposure two hours prior to bedtime
2. Best quality sleep is going to bed between 9:00-10:30 in order to go through sleep cycles properly and feel rested in the morning
3. WIFI should be located away from bedrooms and turned off at night
4. Cell phones should be turned off and out of bedroom
5. If you are one who needs a snack prior to bedtime make sure it includes a protein such as nut butter, cheese or hummus.

If you have any questions regarding this newsletter please contact Cherri Schleicher FNPc APNP cholistifam@wi.rr.com or 414-640-6287. Visit www.csholisticfamily.com