



From The Farm

To The Home...

March 2015

“For he has not despised or disdained the suffering of the afflicted one, he has not hidden his face from him but has listened to his cry for help.” Psalm 22:24

Bone Loss, Pain and Inflammation

Drink Milk. Remember the ads of the Milk Moustache? Now I maybe dating myself but remember the times when milk was the only good source of calcium? Or so we thought? There has been more research on the benefits of Calcium, Vitamin K and Vitamin D in bone protection, but does everyone absorb what they need? What happens to the absorption of these nutrients when our body is under stress?

Last month I spoke about the gut and the importance of decreasing the potential of leaky gut by limiting toxins and preventing malabsorption. So what happens if we don't absorb the nutrients from the supplements or foods we are taking? Why does this happen? If we are under stress from either external sources such as death of a loved one, job loss or internal stress, such as eating wrong foods, our cortisol levels increase. When cortisol levels are abnormal due to this chronic stress bone loss can occur. This is because elevated cortisol levels blocks mineral absorption. Important minerals such as Calcium and Magnesium are lost. If you are taking calcium supplements to help protect you from bone loss and cortisol is elevated you will be unable to absorb the calcium. This excess calcium in the blood can then deposit in areas such as your joints causing arthritis or in the blood vessels increasing risk of hardening of the arteries. Many people experience increased neck, back and joint pain from imbalances in cortisol. Remember excess cortisol also leads to inflammation and breakdown in the body. So when taking those supplements remember it is not only good to take a quality supplement but also to be sure our stress levels are balanced to protect our bones and joints as well as decrease inflammation.



Homeopathic Tip of the Month:

Arsenicum Album

This is a great homeopathic that acts on every organ. It is derived from Arsenious Acid/ Arsenic Trioxide. As we know Arsenic in its original form is poisonous. Again when diluted it treats those symptoms which can be caused by such effects as use of antibiotics, food poisoning or exposure to toxic substances. It is great for headaches associated with illness, abdominal pains and frequent loose stools after eating and illness.

Update from the Schleicher Farm

Chickens and Turkeys are ordered for raising for meat and will be arriving at the end of April.

Two more sets of honey bees are ordered. So if our bees survive the winter we will have a total of 3 hives.

Gary has started planting from seeds in the home in preparation for the garden this spring. He has started celery, onions, tomatoes and eggplant.

Curried Vegetable Stew

(Serves 8, approx. 1 ½ cups each, 235 calories)

- 1 ½ Tbsp. coconut or olive oil
- 2 medium-large onions, diced
- 3 garlic cloves, minced
- 6 small Yukon gold or other new potato, washed and diced
- 4 medium carrots, scrubbed and sliced
- 2 cups water
- 2 cups fresh green beans, cut into 1 inch pieces (or 1 10-oz package frozen cut green beans, thawed)
- 1 small head cauliflower, broken into bite-sized pieces
- 2-3 tsp grated fresh ginger
- 1-3 tsp curry (depending on your taste for curry!)
- ½ tsp turmeric
- 1 15-oz. can lite coconut milk
- 1-2 Tbsp. red curry paste, optional for those who prefer a zippier taste!
- Salt to taste
- 1 ½ cups frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat, in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.

Add the cauliflower, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

“Be kind for everyone you meet is fighting a great battle.”

Philo of Alexandria