



From The Farm

To The Home...

January 2015

"The quiet words of the wise are more to be heeded than the shouts of a ruler of fools." Ecclesiastes 9:17



Healthy Changes To Bring In The New Year

The holidays are over, it is now time to get back into a routine, de-stress and begin anew. It is the time of year where we make New Year's Resolutions. Maybe it is the same one you set a goal for in prior years but didn't quite follow through or maybe it is time to start something new. Whatever it may be, each day is a gift and a reason to make a good start.

One of the questions I get asked in my practice is about doing a detox after the holidays. Now I am not one to prescribe special diets or instruct people to purchase detox kits, but I am about a whole foods approach to detox. This is something I have learned in my Functional medicine teachings. I have guided many of my patients in the same direction that I myself will be taking at the start of the New Year. It is a gentle cleansing with foods followed with a homeopathic protocol. It really is about choosing foods that have great nutrition and that help to support our gut and liver. This in turn will help to guide you in healthy eating habits throughout the year and in the future.

One of the foods that is consumed the most during the holiday season is sugar. This can be in the form of cookies, candies or alcohol. Grains and breads may have been eaten more and these foods raise blood sugar levels because of their simple carbohydrate content. Sugars may in turn increase bad bacteria or yeast overgrowth in the body. Symptoms of this can include fatigue, digestive issues such as irregular bowel movements, bloating and brain fog. The whole foods approach to detox is one of the best ways to decrease those sugar cravings we have developed over the holidays, heal our gut and make us feel vibrant. The foods included in this list are a variety of protein, vegetable nut and oil sources. Caution is used with fruits as they are higher in sugar content depending on the source of fruit consumed. To learn more about detoxing with foods and a supportive homeopathic protocol contact the office at 414-640-6287.

As we settle into the New Year and become less stressed, this is actually when we can become more prone to illness. This year in particular I have seen more viral illness that is very similar to influenza. These symptoms include cough, fever, body aches, congestion and fatigue. Unfortunately if one does not rest well or symptoms prolong it can lead to a secondary bacterial infection. Remember the following for prevention:

1. Oscillococcinum one packet once a week
2. Elderberry-Thyme syrup one teaspoon 3-4 times a week
3. Vitamin D3 daily; infants 200IU a day children 400-1000IU a day Adults 2-4000IU a day

As the New Year begins it is not only important to detox the physical body with positive dietary changes but to detox the mind with positive thoughts and affirmations. Remember to look for the joy in every day that we are presented with. Maybe 2014 has presented you with challenges, disappointments and what appears to be a failure. Now is the time to turn that around. Our thoughts are powerful and positive thoughts and affirmations can bring us joy and peace. Begin each day with a positive thought. Write it down each day or stand in front of the mirror and repeat it to yourself with a smile. Your life will change only for the better.

Homeopathic tip of the month:

Nux Vomica

This homeopathic is the major digestive remedy. It is used for bloating, nausea and the effects of overconsumption of alcohol and certain foods. It is one of the most important ones to keep stocked in the house during and after the holiday season. It is derived from the poison nut tree which is a tree that grows in the Far East.

Update from the Schleicher Farm

Chris our oldest is home from college. He and his brother are already spending quality time together.

Time is being spent with family and friends.

Many things to be grateful for.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire:

it is the time for home."

Edith Sitwell

Sesame Broccoli with Garbanzo

Beans

Yields approximately 6 servings

2 heads of broccoli (about 1 bunch)

Salt to taste

2 Tbsp. olive oil

1 bunch green onions, sliced thin

3 cloves garlic, slivered

1 (15-oz) can garbanzo beans, drained and rinsed

$\frac{3}{4}$ tsp. turmeric

2 Tbsp. lemon juice

1 Tbsp. sesame seeds

1 Tbsp. sesame oil

Cut broccoli into bite-sized florets. Cut the stems into small pieces and peel if they are tough. You should have a total of 6-8 cups. In a large skillet, bring $\frac{1}{2}$ cup water to boil. Add broccoli and sprinkle with salt. Cover and cook about 4 minutes, until broccoli is slightly tender but not soft. The water will have evaporated. Remove from pan to a serving dish. Add olive oil to the skillet and sauté garlic and green onions over low heat for 1 minute. Add garbanzo beans and continue to sauté for about 4-5 minutes.



Note: Garbanzo beans are an excellent source of fiber and are beneficial for the gut.