

Healthy4life.ca Newsletter - April 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!



Uncover Those Perennial Herbs

It's time. The snow is gone in most areas. Time to get outside and take the winter mulch off your perennial herbs both in the ground and those in pots and planters. My favourites that always come through the winter for me: sage to the left, below from left to right first row, regular chives, peppermint, toadflax, lemon thyme. Below them, in the second row, garlic chives, rhubarb, yarrow and wild bergamont.

Time to apply bone meal, compost and manure tea to get them ready for tea, many recipes and salads to come. Hopefully you grow extra to dry or freeze for winter use.

Fresh sage contains vitamin C, vitamin E, thiamine, copper, fiber, vitamin A, vitamin K, vitamin B6, folate, calcium, iron, magnesium and manganese. A powerhouse for sure.

Fresh thyme contains vitamin B6, folate, phosphorus, potassium, zinc, fiber, vitamin A, vitamin C, riboflavin, calcium, iron, magnesium, copper and manganese. Dried thyme retains vitamin E, thiamine, magnesium, zinc, copper, fiber, vitamin A, vitamin C, vitamin K, folate, calcium, iron and manganese.



Raw chives contain thiamine, niacin, pantothenic acid, phosphorus, zinc, fiber, vitamin A, vitamin C, vitamin K, riboflavin, Vitamin B6, folate, calcium, iron, magnesium, potassium, copper and manganese.

Raw rhubarb contains magnesium, fiber, vitamin C, vitamin K, calcium, potassium and manganese. When cooked rhubarb still has a good amount of calcium and vitamin K.



Plant Some Annual Herbs

Fresh parsley contains protein, vitamin E, thiamine, riboflavin, niacin, vitamin B6, pantothenic acid, phosphorus, zinc, fiber, vitamin A, vitamin C, vitamin K, folate, calcium, iron, magnesium, potassium, copper and manganese.

Fresh basil contains protein, vitamin E, riboflavin, niacin, fiber, vitamin A, vitamin C, vitamin K, Vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, zinc, copper and manganese.

Summer savory contains potassium, zinc, copper, fiber, vitamin A, vitamin C, vitamin B6, calcium, iron, magnesium and manganese.

Cilantro leaves and coriander seeds contain fiber, niacin, vitamin B6, phosphorus, zinc, selenium, vitamin A, vitamin C, vitamin K, thiamine, riboflavin, folate, calcium, iron, magnesium, potassium, copper and manganese.

Herbs are packed with nutrition. Go wild, grow wild!

Recipe of the Month - Organic Peppermint Tea

1 cup or 250 ml boiling water
1 tsp or 5 ml fresh peppermint or 1/2 tsp or 2.5 ml dried peppermint



1 serving. Place mint leaves in pot or tea ball.
Pour boiling water over leaves. Let steep 5 minutes. Remove mint leaves. Adjust the amount of mint up or down to suit your taste for future brews. Also good cold, served over ice. You can sweeten with a small amount of stevia if desired.

You can dry the leaves and use them again.

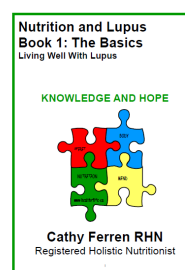
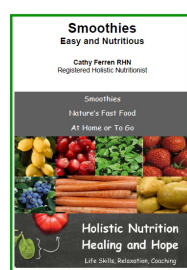
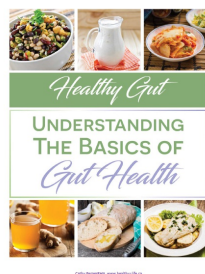


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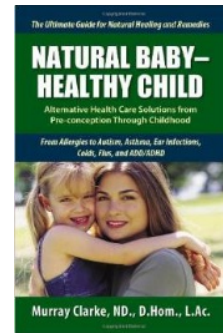
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Book Review: Natural Baby-Healthy Child by Dr. Murray Clarke ND DHom LAc

ISBN 978-1-935953-05-50

What It's About

This book is about natural healing, remedies and alternative health care solutions from pre-conception throughout childhood. We have seen a global epidemic in children suffering from poor health and chronic diseases with contributing factors such as our polluted environment, unhealthy foods and diet, sedentary lifestyle, misguided western allopathic or pharmaceutical treatments and unfortunately sometimes neglect or abuse.



There are chapters on dietary problems and solutions, food allergies and gluten sensitivity, environmental problems and solutions, choosing the right medical care for your child, vaccinations-facts/fears/fallacies, optimal health at different stages, the future and each appendix has information that you can use right now. The information is presented with scientific details in an easy to understand language that we as parents can understand and use to make informed decisions. It provides ways to formulate better questions to ask your child's GP or pediatrician by giving us a better insight into how our child's body works and reacts to infections, poor diets, stress and invaders like bacteria, viruses, fungi or parasites.

How It Applies To Your Child With An Inflammatory Illness

It is always hard for me to watch my child suffer with either physical symptoms or psychological issues. If I could go back in time, I would have liked someone to let me know about this book when my son was younger so I could have done even more for him.

This book gives you practical things you can do in feeding your child and ideas on supplements and other treatments with dosages suggested for different ages and weights. These are great ideas to ask your child's doctor about.

If you could reduce your child's inflammation and therefore reduce his/her pain, help them deal with nausea or other side effects from their lupus medications, help your child absorb nutrients better by assisting their digestive tract to heal from sensitivity/irritation/inflammation, would you not do it? This book is a great way to become a more informed parent concerning your child's health and wellness giving you tools to keep them as healthy as possible and live better with any condition.

Bothwell ON Walk 4 Lupus Sat May 13, 2017 10 am

**Be healthy 4 life,
Cathy Ferren RHN**

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