



Healthy4life.ca Newsletter - October 2018

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



Fall Foods

The cooler fall weather is here bringing the fall garden bounty with it. Tender greens give way to hearty winter squash and root vegetables such as potatoes, onions, sweet potatoes, parsnips, carrots, beets, turnips and so many more.

It is also the time to change to heartier soups with the root vegetables as the stars and including some whole grain such as barley, brown rice, millet or quinoa. Both starchy vegetables and grains count as carbohydrate so try to balance them in soups, stews and meals.

Fall fruits that keep well like apples and pears are ripe and fresh. If you have a root cellar or cold storage spot, they will keep for months. If they start to wither mid winter, you can make applesauce, pear sauce or freeze some for smoothies, crisp or pie (with whole grain crust of course).

Foods for Cold and Flu Season

My fall stock up for winter includes many foods, herbs

and supplements.

I use the antibacterial, antiviral and anti-fungal properties of dried herbs from my potted garden such as rosemary, thyme, oregano and sage to help my immune system and support the good gut bacteria.



The allicin in onions and garlic, the beta carotene in carrots, squash and sweet potatoes, the vitamin C and other phytonutrients in all the fruits and veggies also help my immune system and overall nutrition status.

My fall and winter supplements include zinc lozenges, vitamin C, grapefruit seed extract, oil of oregano (food grade), tea tree oil, high potency B complex and vitamin D3. Many clients also stock ColdFx in case they need it.

Additionally, I often switch from cold smoothies to a hot smoothie or soup like beverage. I often drink hot veggie broth or chicken stock instead of tea during cold weather.

When I do feel a sore throat or a tickle, I drink sage and yarrow tea, eat more garlic and use zinc lozenges. Hot lemon water is also soothing. If I feel a cold coming I up the rosemary, thyme, oregano and sage including them in every meal. If I feel flu like I start with grapefruit seed extract, eat less animal foods, and push fluids like clear soup stock. Peppermint tea helps if something has upset my digestion.

Perhaps some of these things I do might help you this cold and flu season.

Thank you to everyone who participated in the Fermentation 1 and 2 nights.

It was great fun and I loved hearing your stories about your efforts to ferment foods in your kitchen as well. Our 3rd evening, a question and answer session and a chance to share your fermentation tales, is Monday October 22 at 7 pm by zoom. Join URL: <https://zoom.us/j/503351846>

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

