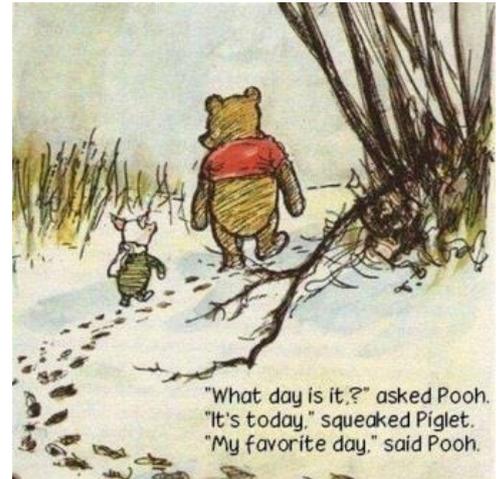


## Autumn-Winter Wellbeing

Start the day with a grounding breakfast of Porridge with some sultanas and a pinch of cinnamon and ginger. Keep your emphasis on warm cooked foods. Local seasonal produce sweet potato, squashes, beets, carrots, radishes, turnips are best. Use high quality oils like sesame, grapeseed, olive, coconut etc. in your cooking. Combine to make delicious stews for your main course.



Drink plenty of herbal spiced teas and warm water. Support your body with warm oil massage. Skin is in need of moisture and quickly absorbs oils to avoid dryness leaving the skin soft and supple.

Practice at least 20 minutes of qigong, t'ai chi, yoga and breathing exercises daily.

**I would like to share with you below my recipe for boosting vitality at this time of year.**

First of all when you get up in the morning scrape the tongue and brush teeth thoroughly to cleanse the mouth and gums of unhelpful bacteria, which incidentally has been the topic of recent research to reduce the risk of heart disease!

Drink a large glass of warm to hot water in which is melted a teaspoon of honey, table spoon of apple cider vinegar and/or a pinch of Himalayan sea salt. Monitor your response over the weeks with regards to taking Himalayan Salt and blood pressure, but please don't be negative in the first instance without trying.

Massage the face and abdomen vigorously, see my videos on Daoyin face and body massage at [www.movement4life.co.uk/audio-video](http://www.movement4life.co.uk/audio-video)

## Mouthful of Goodness

Take 1 heaped teaspoon of *Chyvanaprash*\* and start chewing slowly.

While still chewing take 1 teaspoon of organic coconut butter and continue to chew and swallow some of the mixture.

While some of the mixture is in the mouth take 1 desert spoon of extra virgin oil mixed with *Black Seed oil*. \*\*

PS. If you don't like the idea of putting all the mixture into your mouth then you can pre-mix in a bowl but I find this troublesome and you waste some of the mixture. If you do this then make enough quantity to last a week.

\* Chyvanaprash is an Indian proprietary herbal mix of fruity, sour/sweet black paste.

\*\* Mix Black Seed oil with Virgin oil in a 1:4 ratio. Protects both immune system and heart health. It is quite peppery so do not swallow quickly.

I have attached information on both *Chyvanaprash* and *Black Seed oil* below. They can both be obtained from local Indian grocery shops. Having difficulty sourcing any of the ingredients above then please let me know.



## Porridge-Power

2 desert spoons of good quality porridge oats covered in water and bring to boil for 2 minutes.

Add 2/3 medjool dates and continue to simmer with extra water if needed for 2 minutes.

Add 1/2 desert spoons of cooked fruit puree previously prepared and stored in fridge. Fresh fruits are used such as apple, pears, plums and this has been spiced –up with cinnamon, ginger, and other selection of warming spices when cooked.

Warm mixture thoroughly and let stand with a cover on the pan for 1 or half hour while you do your morning exercises! Or you can prepare and store in the fridge overnight.

When reheating the porridge add sufficient milk to mix smoothly to the consistency preferred. Also you may add 1 desert spoon of ground pumpkin and sunflower seeds for extra nutrition. I like a few broken walnuts too.

Add extra honey to taste if required before serving.

## Masala Chai - The Indian tea

*Serves: 2-3 Cups*



*Cook time: 15 mins*

*Total time: 15 mins*

### *Ingredients*

- 2 Tbs Assam Black tea (granulate)
- 2 cups Water
- ¾ cup Milk
- 2 Green Cardamon pods
- 1 Cinnamon stick
- pinch white pepper
- pinch ground ginger
- 1-2 cloves - optional
- sugar

### *Instructions*

1. Take a pot and fill it with the water, keep on slow heat and add in the Black tea. Smash the cardamon a bit so that the flavours can mix better into the tea and add it to the water. Add in the remaining spices and keep the heat slightly higher. Bring it to a boil and set the heat back down, let it simmer for 10 mins. At the end add in the milk and sugar and mix well. To serve it strain the tea first and fill it into the cups. Ready!

**Recipe by Helene D'Souza (Other ingredients may be black pepper, nutmeg.)**

PS. Alternatively I buy the masala herb tea mix from my local Indian grocery store and proceed with adding to milk/water and black tea. I also prefer to use honey rather than sugar.

## **Fascinating Facts about Kidney Health from the Traditional Chinese Perspective.**

By the old Asian classification, *Winter* represents the water element of frozen, dissolving, and floating energy. It is time to nourish our kidneys, bladder, and reproductive organs. The life energy (Chi) of our kidneys governs the health of our bones, teeth, hair, nails, and the skin.

**Keep in mind that:**

**Kidneys like to stay warm.** Cold foods and drinks contract them and send to shock, accelerating formation of kidney/bladder stones. Hardy miso soup, a variety of grain, bean, and vegetable stews with a touch of ginger, fried rice and noodle, and sweet rice, beans, seaweeds, and pickles now will nourish us far more than raw salads and fruits.

**Kidneys dislike too much liquid, protein and sugar.**

To process that excess, they need more minerals that get to be taken out from our bones and teeth.

**Kidneys get harmed by overeating and late night eating.**

**Kidneys thrive on good night sleep.** Characterized as the floating energy, they settle down and get charged only at night when we're in horizontal position and the celestial activity is the strongest.

Check your body for the following signs of the kidney/bladder imbalance:

puffiness under the eyes,

callous' on the bottom of your feet, wet hands and feet, groaning voice in the morning, a red and swollen little toe, the little toenail is cracked or not formed well, and feeling fearful, unconfident and hopeless on the emotional level.

**T'ai Chi Kung exercises** that move and mobilise the waist and the back of the legs will be helpful for the kidneys as would steady walking and balancing. The stationary "Emperor" Pose sinks chi to the lower **dantian** and grounds energy through the legs and feet to increase power from the earth and mobilise upward kidney chi.

## Additional Information on Chyavanprash and Black Seed Oil two traditional health tonics.

Long before there were vitamins, minerals, and antioxidant supplements, there was *chyavanprash*, one of Ayurveda's most respected anti-aging foods. **Chyavanprash** is in the Ayurvedic category of *rasayana*- a super-concentrated mixture of vitamin-rich herbs and minerals designed to restore spent reserves of vital energy (*ojas*) and revitalize normal body function. For centuries it's been used to maintain youth and optimal health, and its adaptogenic properties make it an excellent anti-aging and anti-stress tonic.

Its rather unusual name is derived from the legend of Chyavana Rishi, a forest sage who practiced austerities. He kept his body covered with clay and grass so his eyes would shine through like jewels. One day a king by the name of Sharyati and his young daughter came into the forest on a hunt. Upon encountering Chyavana Rishi, the princess, who was perplexed by his shining eyes, poked them with blades of grass. This enraged the sage, which caused the king to appease him by having his daughter marry the rishi. Once having a taste of nuptial bliss with his young bride, Chyavana was keen to prolong his pleasure.

Ashwini Kumar, the famous Ayurvedic physician, remedied their vast age difference by prescribing *kayakalpa*, a rejuvenative treatment, for the rishi. This treatment included a ritual bath in a nearby river and eating the herbal formula that became known as chyavanprash.

Chyavanprash has a jam-like texture. It is considered a single entity even though it contains over 40 herbs and minerals, which include ghee, sesame oil, honey, raw sugar, long pepper, cinnamon, cardamom, sandalwood, turmeric, cloves, saffron, *amalaki*, *ashwaganda*, *shatavari*, *bala*, *gudduchi*, and *gokshura*.

The dominant ingredient is *amla*, also known as amalaki or Indian gooseberry, a long-living tree that produces an intensely sour citrus fruit; it is one of the most powerful rejuvenating herbs in Ayurveda. Each amla fruit, about the size of a golf ball when ripe, contains more than 3,000 mg of vitamin C, a powerful source of antioxidants.

Its touch of sweetness also plays a significant role. In Ayurveda honey and sugar are commonly added to certain herbal formulations to act as an *anupan*, a substance that directs the properties of the herbs deep into the

tissues. In the case of chyavanprash, its sweet flavor means it is quickly assimilated into the bloodstream, which helps to better facilitate its active ingredients into cell walls.

Chyavanprash can be used by people of all ages. According to Ayurveda, it decreases *vata* and *kapha* and increases pitta doshas. It has a warming, unctuous, and heavy nature that is believed to improve longevity.

Chyavanprash is also commonly called upon to support those with physical weakness from loss of body weight; respiratory ailments such as chronic cough and asthma; metabolic fatigue due to a lack of natural vitamins, proteins, and minerals; as well as some age-related conditions, including diminished resistance to disease, anemia, and loss of memory. One teaspoon of chyavanprash jam taken twice daily is often advised. If you buy chyavanprash in powdered form, five grams of the powder should be mixed with one cup of warm water and taken twice daily.

Many sources list the formula as having no specific contraindications, but because chyavanprash can increase pitta dosha, it should be used cautiously if you suffer from aggravated pitta disorders, such as diarrhea or peptic ulcer. And as always, consult an Ayurvedic practitioner before taking this or any other herbal formula. *Authored by James Bailey practitioner in Ayurveda, Oriental Medicine, acupuncture, herbal medicine, and vinyasa yoga.*

For over two thousand years the **Black Seed**, a plant from the Ranunculaceae (buttercup) family, has been traditionally used by various cultures throughout the world as a natural remedy for several diseases and ailments and to improve health in general.

The ancient Egyptians knew and used the black seed and described it as a panacea (cure for problems and diseases). Tutankamun even had a bottle of the oil in his tomb! The Romans also knew this seed and called it Greek Coriander and used it as a dietary supplement. In the first century, the Greek physician Dioscoredes recorded that the black seed were taken to treat headaches, nasal congestion, toothache and intestinal worms.

The black seed is also mentioned in the Bible in Isaiah 28:25-27 as the 'fitches'. Ibn Senna, known in the West as Avicenna, who wrote the great medical treatise 'The Canon of Medicine', referred to the black seed as the seed 'that stimulates the body's energy and helps recovery from fatigue'.

**Nigella Sativa** originates from Western Asia and is a herb that grows about 16-24 inches in height and has white flowers when in bloom. The plant is now cultivated from the Near East to India. The deep black, sharp-cornered rectangular seeds (no longer than 3 mm) are the part of the plant that is used for the preparation of products.

The black seed is cultivated in Russia, Turkey, Egypt, Arabia, Oman, Ethiopia, Middle East, Far East, India, Bangladesh, France, Germany and the Mediterranean Basin. It also grows wild in Egypt, Syria, Asiatic Turkey and the Balkan States. **Nigella Sativa** is known commonly in Arabic as **Habbat-ul-Baraka** (blessed seed) and in English as **Love in the Mist**.

Since 1959, over 200 studies have been carried out at international universities and articles published in various journals have shown remarkable results supporting its traditional uses.

The **Nigella Sativa** seed itself contains numerous esters of structurally unusual unsaturated fatty acids and the chemical composition is very rich and diverse. Apart from its active ingredient, crystalline nigellone, it contains 15 amino acids (including eight of the nine essential ones), carbohydrates, fatty acids including linolenic and oleic, volatile oils, alkaloids and dietary fibre, as well as minerals such as calcium, iron, sodium and potassium.

Recent research on the black seed as an anti-biotic, anti-tumour, anti-inflammatory, anti-histaminic, anti-bacterial, anti-bronchial and immune boosting agent has shown great promise.

For centuries traditional uses of the black seed and its oil has been used by people in Asia, Africa, the Middle and Far East to promote health and fight disease. It has been traditionally used to treat a variety of ailments and conditions related to respiratory health, stomach and intestinal complaints, kidney and liver function, circulatory and immune system support and to improve health in general.

## **Acidity Self-Test**

**The questions themselves are very revealing when it comes to the effects of acid/alkali imbalance in the body. Where are you on the scale?**

## **Introduction**

Use this checklist to get a sense of how acidic you may be. Determining your acidity levels isn't an exact science, but this Self-Test can help you get a better idea of how urgently you need to begin alkalizing your body.

## **Directions**

1. Print this page.
2. Make a mark next to any of the symptoms listed here, if you have them.
3. Count the total number of symptoms in each category.

The idea is this: the more symptoms, the more acidic you may be, and the more urgent it is for you to begin an alkalizing programme.

## **Beginning Symptoms**

1. Acne
2. Agitation
3. Muscular pain
4. Cold hands and feet
5. Dizziness
6. Low energy
7. Joint pains that travel
8. Food allergies
9. Chemical sensitivities to odour, gas heat
10. Hyperactivity
11. Panic attacks
12. Pre-menstrual and menstrual cramping
13. Pre-menstrual anxiety and depression
14. Lack of sex drive
15. Bloating
16. Heartburn
17. Diarrhoea
18. Constipation
19. Hot urine
20. Strong smelling urine
21. Mild headaches
22. Rapid panting breath
23. Rapid heartbeat
24. Irregular heartbeat

- 25. White coated tongue
- 26. Hard to get up in morning
- 27. Excess head mucous (stuffiness)
- 28. Metallic taste in mouth

### **Intermediate Symptoms**

- 1. Cold sores (Herpes I & II)
- 2. Depression
- 3. Loss of memory
- 4. Loss of concentration
- 5. Migraine headaches
- 6. Insomnia
- 7. Disturbance in smell, taste, vision, hearing
- 8. Asthma
- 9. Bronchitis
- 10. Hay fever
- 11. Ear aches
- 12. Hives
- 13. Swelling
- 14. Viral infections (colds, flu)
- 15. Bacterial infections (staph, strep)
- 16. Fungal infections (Candida albicans, athlete's foot, vaginal)
- 17. Impotence
- 18. Urethritis
- 19. Cystitis
- 20. Urinary infection
- 21. Gastritis
- 22. Colitis
- 23. Excessive falling hair
- 24. Psoriasis
- 25. Endometriosis
- 26. Stuttering
- 27. Numbness and tingling
- 28. Sinusitis

## **Advanced Symptoms**

- 1. Crohn's disease**
- 2. Schizophrenia**
- 3. Learning disabled**
- 4. Hodgkin's Disease**
- 5. Systemic Lupus Erythematosus**
- 6. Multiple Sclerosis**
- 7. Sarcoidosis**
- 8. Rheumatoid arthritis**
- 9. Myasthenia gravis**
- 10. Scleroderma**
- 11. Leukaemia**
- 12. Tuberculosis**
- 13. All other forms of cancer**

Source: *Alkalize or Die*, Dr. Theodore A. Baroody, 2001.

### **Note:**

*I think many of you may find yourself in the first two categories and as for myself I have introduced Apple Cider Vinegars and moderate amounts of Himalayan Sea Salt on a daily basis to increase alkalinity as well as including as many fresh vegetables, seeds and nuts in my diet. Michael*