



# Autumn Newsletter

Some seasonal insights from a herbalist & naturopath

Autumn can teach us many lessons, however its characteristics are far removed from our modern western lifestyle. Letting-go is not a pattern we see in our economy, commercialism or institutions. We're all so busy hanging on to the illusion of having more that it's hard to identify what we could let go of. Yet autumn is here and willing to teach us. As the nights draw in and we withdraw inwards we are given the chance to slow down. Autumn is the season when nature draws inwards: the work of the tree is to absorb nutrients from the leaves and redirect the energy inwards for storage deeper down. Autumn is an opportunity to reflect on where our energy goes and what commitments and negative thought patterns we need to let go of to be able to spend more time on our journey inward. Nourishing our inner core can lead to more creativity and a sense of connection that since the pandemic we are all desperately seeking. We can draw strength and hope from our groundedness and connectedness. It's a time to reflect on where we are trapped and let some light in. Seeing the leaves fall can be melancholic but observe how by their falling they let so much light in and open up new horizons and perspectives.



*Be like a tree  
And let your  
dead leaves drop  
Rumi*



## Seasonal Tips

Top up on all the sunlight you can get in this season. Take walks outside, seek out the trees and breathe deeply with them.

Start wearing a hat when outside, it will help you conserve energy.

Leave space in the diary to retreat inwards, now is not the time to be using too much energy.

## Recipe

Beneficial autumnal foods include onion, leek, pumpkin and root vegetables: made into soups they are warming and nourishing. You can add garlic and ginger or rosemary and thyme to boost the immune system and cleanse the gut.

Here's one of the nourishing soup recipes on my website:

<https://karensilverwood.co.uk/wp-content/uploads/2021/06/Nourishing-Soups.pdf>

### Spiced Pumpkin Soup

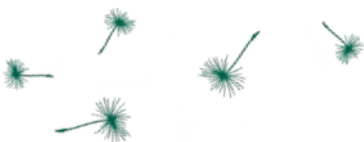
1 large onion  
olive oil  
small pumpkin or butternut squash (500g approx)  
50g pot barley  
50g split red lentils  
1 tsp cumin seeds  
1 tsp turmeric  
black pepper  
1-3 cloves of garlic  
4cm fresh ginger (peeled and chopped)  
water 750ml  
1 tsp of bouillon powder

Fry the onion and garlic in some olive oil till tender, add spices. After a minute add the pumpkin and any other optional veg. Let them sweat for 5 minutes. Add boiling water and stock, lentils and barley. Simmer for 30-45 minutes until barley is cooked or pressure cook for 20 mins.

Variations...

This recipe works well with no grains but millet works well instead of the barley for a gluten free version. You can add celery, carrot and red pepper. Add some Himalayan pink salt and a squeeze of lemon if needed. For a creamy soup, use a blender stick once cooked.

'The longest and most exciting journey is the journey inwards'  
Stanislavsky



# Herbal Tea

Olive leaf tea drunk daily will boost your immune system ready to face off the winter coughs and colds, it also contains antioxidants and vitamin C.



Historically, olive leaves have been known as a symbol of peace, so it is not surprising that olive leaf tea provides a soothing, relaxing, herbal brew that evokes a sense of wellbeing. The benefits of olive leaves are nothing new, as they were used in the past for treating severe fevers and malaria. In Britain, the brew from green olive leaves was used for aiding the sick returning from tropical colonies. Olive leaf contains **Oleuropein** which is active against bacteria and pests and is responsible for protecting the olive tree itself. In the same way it helps protect humans too. Research has shown that oleuropein is effective at lowering blood pressure as well as increasing blood flow. The active ingredient **elenolic acid** is very effective at inhibiting viruses from growing, including those associated with the common cold of humans (the "Rhinovirus" family). Olive leaves have a slightly bitter taste and therefore make a good digestive tea, stimulating the liver and lowering blood sugar.

## Black Seed (Nigella Sativa)

The protective and healing properties of black seed are so remarkably comprehensive and varied that for thousands of years people have regarded it as a miracle cure. Black Seed, also known as Nigella Sativa, are pungent, aromatic seeds which enhance the immune system and can therefore be added to teas and cooking all year round.

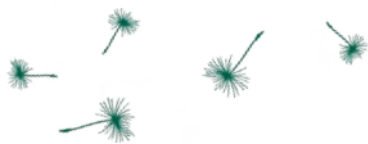
### *How to make Olive Leaf Tea*

*For one mug of tea use 1 tsp of fine cut olive leaves*

*and 1/4 tsp of black seed (optional) in your infuser/herbal teapot*

*Steep in boiling water for 20 minutes.*

*Sweeten if necessary or combine with peppermint or good quality loose green tea*



*Do keep in touch with your health concerns and progress* Karen



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