



Each tree grows in two directions at once, into the darkness and out to the light, with as many branches and roots as it needs to embody its wild desires.

John O'Donohue



# Winter Newsletter

Some seasonal insights from a herbalist & naturopath



We are now well into the winter season and while we spend more time indoors we can take the time to reflect on the shape of our lives. The seasons are constantly changing during their journey through the year and as autumn taught us to slow down, the extreme cold of the winter speaks of rest and hibernation and literally forces us to stay at home. Nature tells us that at this time we need to lay low, it is a time to reflect but not be too active. Without this season of rest we will simply lack the energy in spring and summer. Rest provides space for inner reflection where we can transform and heal old wounds and disappointments while we grow more into the unique people we were created to be. When we grow in inner strength we can take on new ideas and commitments when the season changes. We are now in the later part of winter and although spring can sometimes feel round the corner, it is not yet time to expect ourselves to be full of energy. This is not a time to be harsh with ourselves. It is also not the time to over indulge with our eating which can lead to lethargy and melancholy. Warm, nutritious foods keep us satisfied while being easy to digest.



## Seasonal Tips

Top up on all the sunlight you can get in this season. Take advantage of iced woodland paths before it gets too muddy.

Gentle indoor exercise where you can stay warm is particularly beneficial, join an online yoga class.

Decorate the darkness with candles and fairy lights. Open the windows once a day to avoid stuffy air. Burn frankincense resin to keep the indoor air healthy.

Meditation and early bedtimes are good habits to start now if you haven't managed to make them part of your routine.

## Recipe

Most of us look for sweet treats in the cold season. Here's a recipe that hits the sweet spot and is also nutritious which makes it guilt-free! Rye is low in gluten and the spices are warming and good for gut health. Use local honey. It's one of the many recipes on my website: <https://karensilverwood.co.uk/wp-content/uploads/2022/02/Sweet-Treats.pdf>

### French Spice Bread (Pain d'Épice)

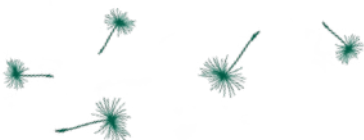
225ml honey  
250g wholemeal rye flour  
50g ground almonds  
1/2 tsp baking powder  
1/4 tsp bicarb of soda  
2 bulbs (6cm) of fresh root ginger (grated or crushed) 2 tsp fennel seeds  
2 tsp ground cinnamon  
5 cloves (ground)  
grated zest of half a lemon and half an orange

Warm the jar of honey in a pan of hot water until runny. Add honey to the flour, mix and leave to stand for an hour. Add the rest of the ingredients and stir for 5 mins (it will be sticky!) or use an electric mixer with a dough hook (or knead it with wet hands).

Press the dough into a lined and greased 1/2 kg loaf tin. Bake on the middle shelf of the oven preheated to 180 °C or 160 fan for 60 mins. The top usually cracks. It keeps for many days becoming softer if you keep it wrapped up in a tea towel.

It tastes better after 2 days when the spices have mingled (if you can resist it for that long). It's very dense so you can cut very thin slices with a bread knife.

Rest is not idle, nor wasteful.  
Sometimes rest is the most  
productive thing you can do for  
body and soul. Erica Layne



# Herbal Tea

## Saffron & Cardamon Tea



Many of us struggle with low mood during the winter months. Saffron has always been known as a happiness promoting flower. It strengthens the heart and mind, it can combat mood swings and depression. Its actions can revitalise and rejuvenate the heart. The cardamon helps promote good sleep and is useful against hyperactivity. The milk and almonds provide a highly nourishing and comforting drink, this is best drunk warm before going to bed.

### *How to make Saffron & Cardamon Tea*

*300 ml organic raw milk or use a plant based milk or water.*

*Crushed Seeds from 3 Green Cardamom Pods*

*A generous pinch of Saffron*

*1/2 tsp ground Cinnamon*

*2 tsp Ground Almonds*

### *Directions*

- *Put the milk or water with the almonds, cinnamon and cardamon in a steel saucepan and bring to the boil.*
- *Lower the heat and simmer for 5 minutes, stir occasionally*
- *Add the saffron and simmer for a further 2 mins*
- *Take it off the heat and let it steep for 5 mins*
- *Strain and drink*

## Spring Detox Workshop

Spring is the best time to detox the body. We will learn how to help our bodies and minds detox naturally and what foods and plants are available to help us

More details will be available soon

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



**Karen Silverwood**

*naturopath and herbalist*

DHNM (Unani Tibb)

5 Charnwood Drive  
Markfield  
Leicester  
LE67 9RA

PHONE 07739 555015

EMAIL [herbalist@karensilverwood.co.uk](mailto:herbalist@karensilverwood.co.uk)

WEBSITE [www.karensilverwood.co.uk](http://www.karensilverwood.co.uk)