



The best way to take care  
of the future is to take care  
of the present moment.  
Thich Nhat Hanh



# Summer Newsletter

Some seasonal insights from a herbalist & naturopath



Summer is associated with longer days, energy and sunshine. It is not then surprising that most of us manage to take time out to deliberately seek to live close to nature; camping, walking in the mountains, breathing the sea air, soaking up the sunshine and swimming. The days are long and can help us to enjoy the company of others or visit long distance friends, stimulating our desire for life and curiosity, and nurturing our need for love and affirmation.

Summer is abundant yet less energetic than spring. Those of us who grow vegetables and herbs can start to enjoy the freshest possible food and all of us can benefit from a larger variety of fresh fruit and vegetables available in shops. This is the season when we can easily avoid heavy, stodgy foods so it's a great time to help both our diet and lifestyle in becoming lightweight. Through our connection with nature our spirits can become lighter too and we are able to take ourselves less seriously, to smile at ourselves and have patience towards others. It's also a good time for reconciliation and building bridges where relationships have broken down.



## Seasonal Tips

Drink plenty of pure water, (ice is usually unnecessary)

Go for long walks and sensibly expose yourself to sunlight to top up on vitamin D.

Have a 2-4 week pause from taking supplements while trying to eat more fresh and unprocessed foods.

Take a break, explore new places, a break from routine can be very beneficial and gives us the opportunity to take some distance from both positive and negative patterns in our life.

Try and expose yourself to pure mountain air or breathe the beneficial air of the sea even for a few days.

## Recipe

### Salad ideas

Summer is the season to eat lots of fresh leaves with a variety of tastes, berries and flowers too. If you can grow your own, you'll be able to find more variety of leaves, however with a bit of searching you can also buy them. Use leaves that are pungent (rocket, nasturtium, water cress), bitter (chicory, endive), sweet (lettuce), sour (sorrel), astringent (spinach), salty (seaweed flakes). Flowers like dandelion, nasturtium, marigold, red clover and borage; fresh herbs like mint, basil, parsley and coriander add colour and extra health benefits. Different tastes activate enzymes and aid digestion and absorption of minerals as well as providing valuable nutrients and essential fibre.

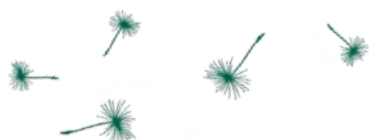
Once you have your fresh ingredients, have fun adding any of the following:

mixed seeds and cooked quinoa for protein and essential fatty acids. Olives, artichokes, grilled courgettes, broccoli, fresh peas or green beans, avocado, smoked fish, feta cheese, chick peas.

Sprinkle a little Himalayan Pink Salt and toss the salad with organic extra virgin olive oil and raw cider vinegar.

If we are to learn from the intelligence of plants, we must see that everything about them is a living language, and every element of their being is a communication.

Sajah Popham



# Herbal Tea

## Mint and Rose Tea

This is a refreshing tea that helps you relax.

*Pick 4-6 peppermint leaves from the garden (or bought fresh)*

*Put your herbs in a teapot and add a mugful of boiling water*

*Infuse for 5 mins and leave covered so the essential oils don't evaporate*

*Then add 1 tsp of rosewater*

*Sit down to drink and enjoy a relaxing moment*



Autumn Health Workshop  
Sun 8th October 2023, 10am-4pm  
At Ulverscroft Grange Activity Centre,  
Markfield, LE67 9PH

Early bird offer £35 (£40 after 3rd Sep)

<https://fienta.com/autumn-health-workshop>

We will be learning from the wisdom of autumn to harvest the benefits of the warmer months, to let go of harmful habits, to turn inwards for nourishment and conserve our energy in preparation for winter.

The day will include:

- ↳ Nutrition advice and recipes for the season including fermented foods
- ↳ Tips for improving our lifestyle balance during autumn & winter
- ↳ Herb identification walk
- ↳ Making herbal teas to help boost the immune system



*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)

