

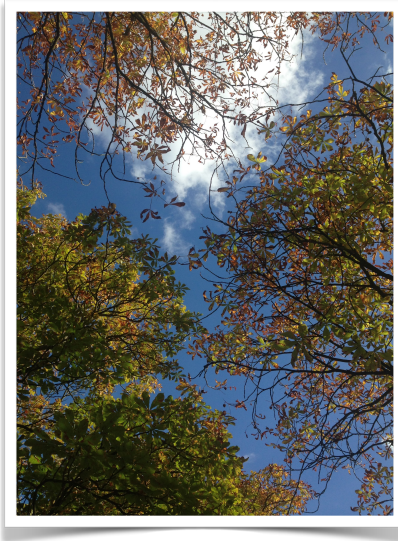


Let me keep my mind on what matters,
which is my work,
which is mostly standing still
and learning to be astonished.
'Messenger' - Mary Oliver



Autumn Newsletter

Some seasonal insights from a herbalist & naturopath



For all the great thoughts I have read
For all the deep books I have studied
None has brought me nearer to Spirit
Than a walk beneath shimmering leaves.
Golden red with the fire of autumn
When the air is crisp
And the sun a pale eye, watching.

Steven Charleston, Choctaw elder

Autumn is a tranquil season. The festivals of Halloween (Samhain) and All Saints mark the end of the harvest and the closing in of winter. The energy and growth that went into producing the harvest fades and we slowly move into a period of inactivity and reflection. It is the opposite to spring growth and yet both these huge energy shifts are times when the body naturally sheds toxins. Autumn can often be a time for emotional detoxification when we become more aware of unhelpful habits and negative thought patterns. Now is not the time for new ventures but a time for pruning back thought patterns that are not helping us, a letting go of negative emotions towards ourselves and others and a shedding of unnecessary clutter both in our homes, at work and in our social and emotional lives. Nature lets us know that things won't grow anymore and while some may wait and conserve energy for warmer times, others will decay and leave room for new growth. We are reminded of our own precious life's cycle and the need to protect and cherish it. This is the season of wisdom and accomplishment and like autumn fruits and berries, they are the last to emerge yet are the most nutritious due to their patience.

Seasonal Tips

Despite our tendency to want to stay warm indoors, wrap up and go outside whenever you see that sunshine. Breathe in the scents of autumn and munch on freshly picked **hawthorn berries** to nourish the heart.

Try to leave spaces in the diary to allow for slowing down.

Plan time to be alone or with friends who give you energy.

Use fresh root **ginger** in tea, juices, soups and baking. It will keep the body warm as the days get colder as well as ward off viruses.

Recipe

Chestnut Apple Cake (no sugar)

150g wholemeal spelt flour or gluten free flour

150g **Chestnut** flour (naturally gluten free)

2tsp baking powder

1 tsp **cinnamon** 1tsp **nutmeg**

150g unsalted butter

450g cooking **apples**

1 egg (this can be substituted with 1 tbsp ground linseed and a little vegan milk)

3 tbsp yoghurt (or vegan milk)

1 tbsp apple concentrate

Handful of sultanas

Handful of flaked almonds

Rub the butter into the flour mix, add the spices and baking powder. Peel and chop the apple into rough 1cm chunks. Add the apple pieces to the flour mix. Stir in the egg, yoghurt and apple concentrate, this should be a thick mixture and hard to spread into the tin with no dry ingredients remaining in the bowl, if it needs more moisture add some water. Line or grease a 23cm circular loose bottom cake tin, spread the cake mixture and sprinkle the almonds over the top. Bake at 180 fan for 35-40 mins Great eaten hot or cold, served alone or with some greek yoghurt or oatly cream. A good variation on flavour is to add 1 tbsp fresh chopped **rosemary** and some lemon rind instead of the spices.

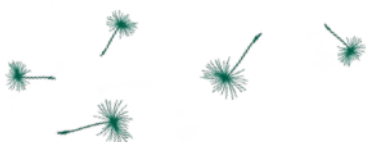
There's more on my website...

<https://karensilverwood.co.uk/wp-content/uploads/2022/02/Sweet-Treats.pdf>



I loved finding out about the properties of herbs and plants and also tasting the herbs and nutritious food throughout the day

Participant on the Autumn Health
Workshop 23





Herbal Tea

I always recommend olive leaf tea as a daily boost to your immune system ready to face off the winter coughs and colds. I put olive leaf into my own herbal blends like 'Green Olive Tea' and 'Cleanse Tea' and my **new 'Meditation Tea'**. On my recent Autumn Health Workshop I served up a delicious **Herbal Matcha Latte** using frothy oat milk.

Olive leaf contains Oleuropein which is active against bacteria and viruses, it is effective at lowering blood pressure as well as increasing blood flow. Olive leaves have a slightly bitter taste and therefore make a good digestive tea, stimulating the liver and lowering blood sugar.

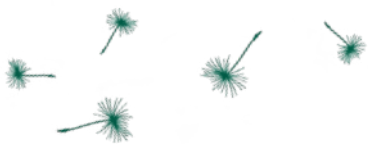
Nettle leaf is highly nutritious and rich in iron, it nourishes and cleanses the blood. **Matcha Green Tea** although fairly high in caffeine is higher in vitamin C and antioxidants than regular green tea so it not only helps the immune system but also helps us maintain a healthy weight.

How to make Herbal Matcha Latte

For one mug use 1/2 tsp of olive leaf powder, 1/2 tsp nettle leaf powder and 1/2 tsp match green tea. (Or buy it from me!)

Dissolve in a some hot but not boiling water (to preserve vit C)

Add frothy milk of your choice



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

Vouchers are available for initial consultations. They make great presents for family and friends. As in my referral scheme, the giver and receiver will both get £5 off your next consultations.



Karen Silverwood
naturopath and herbalist
DHNM (Unani Tibb)

5 Charnwood Drive
Markfield
Leicester
LE67 9RA

PHONE 07739 555015

EMAIL herbalist@karensilverwood.co.uk

WEBSITE www.karensilverwood.co.uk