



The best remedy for those who are frightened, lonely or unhappy is to go outside, somewhere they can be alone, alone with the sky, nature and God. For then and only then can you feel that everything is as it should be and that God wants people to be happy amid nature's beauty and simplicity.

Anne Frank



Summer Newsletter

Some seasonal insights from a herbalist & naturopath



In the UK we don't see the soaring temperatures and dry heat that we get elsewhere and because of this we enjoy long days relishing in nature. However, it's a different story for those in a hot climate who have to stay indoors in an attempt to stay cool. In these countries the summer lifestyle is laid back, life slows down and less is expected. In the UK we feel the need to be outside and 'making the most of the sun' which can lead to a chaotic and fragmented lifestyle. Even at work we are affected by the holidays of others. While we may or may not enjoy the change from routine, it's the favourite season to meet with friends and make new ones, try new foods, celebrate creativity and explore new places.

The warmth of summer has an overall relaxing quality upon us. It stirs up passion more easily, invites us to love deeply and helps dissolve resentment. It can loosen the grip of fear and anxiety, freeing us for adventure. Unfortunately extreme heat also excites anger and violence, so it's a good time to cultivate compassion, starting with ourselves. Noticing the good within us while quietening the inner critic helps us to be content with our life. We become aware of the gifts of others and connect with the very essence of life. Joy spills out to bless the wider world just as summer herbs fill the air with their fragrance.



Seasonal Tips

Make smiling your habit, smile at yourself particularly when you notice any self judging.

Spend time near water (fresh or salty), breathe in the healing air, lungs need moisture. Swim, kayak, birdwatch, walk a canal path...

Try out a kitchen gadget that will help you eat more veg: spiralizer, juicer, food processor grater, mandoline slicer...

Eat berries for their antioxidants, they help protect the skin against the sun and aging.

Try fresh herbal teas from the garden: Lemon Balm with Mint. Raspberry and fragrant Blackcurrant leaf tea.

Recipe

Zoodles (courgette noodles) & Herb Pesto

These are a great alternative to spaghetti. You could of course mix them with your favourite pasta, green pea pasta goes well here if you need more sustenance. Green beans make a great accompaniment to this dish.

You will need 1 courgette per person & a spiralizer

(the all-metal ones are best)

- Use the small blade on a spiralizer and rotate your courgette to make super long spaghetti spirals
- Heat a heavy frying pan or wok with a little olive oil to prevent them from sticking
- Cook the zoodles on a medium heat for 3-5 mins while stirring
- Stir in the pesto...

4 large handfuls of fresh basil leaves
(mint & rocket combine well)

2 tbsp ground almonds or ground pumpkin seeds
(toasted seeds taste even better)

extra virgin olive oil

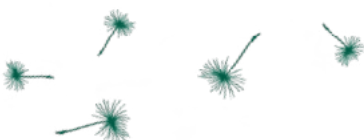
1 clove garlic

Pinch of Himalayan pink salt

- In a food processor blend the leaves with the ground almonds, garlic & salt
- Continue to whizz the mixture while adding olive oil slowly. Use enough oil to form a paste.

"Almost everything will work again if you unplug it for a few minutes, including you."

Anne Lamott



Herbal Tea

Lemon Balm Tea

This is a refreshing tea that helps you relax.

Pick 4-6 lemon balm leaves from the garden (you can add mint or a few lavender flowers too)

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

Infuse for 10 mins and leave covered so the essential oils don't evaporate

Particularly good before bedtime



Women's Health Workshop
Sat 5th October 2024, 1.30-4pm
at Katie J in Anstey, Leicestershire
£12.00 limited places available
Contact me to book a place

We'll be journeying together on the wise women way. Learning to recognise and use the creative feminine energy in our own lives and as we support others. Exploring the 4 seasons at work through menstruation, loving, mothering, menopause & beyond

The workshop will include:

- 🌿 Nutrition advice and making recipes that help balance hormones
- 🌿 Tips for improving our lifestyle balance
- 🌿 Sharing the wisdom in the room
- 🌿 Making herbal teas that balance emotions



Bespoke workshops can be arranged for your group, please get in touch!

Do keep in touch with your health concerns and progress

Karen

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