

Happy Healthy Babies Part I: It Really Is All About Elimination

As a mother of three children, I lost many a night's sleep with a child who could not settle or woke every few hours needing comfort and attention. Little did I know of the close relationship between their nighttime discomfort and their diet and less than optimal daily bowel elimination. I think about the sleep and worry I would have saved not to mention the stress and strain on their young digestive and immune systems. While I can't restore my sleep I can absolutely help yours and along with that build a healthy immune system for your child.

I am always thrilled for the opportunity to work with a new mom and baby. Not because I don't enjoy all whom I have the honor to support, but because those first years of life are when the most profound changes can occur – and simply! The immune system we depend on as adults is developed in our first three years of life. Early support of these maturing organs is critical and can prevent a host of what have become normal chronic childhood conditions such as interrupted sleep, eczema, or recurring inflammation of the ears or upper respiratory system.

Much of my work with individuals of all ages is focused on elimination. It plays a critical role in the health of all living beings but is never more clearly evident than it is in babies and toddlers. However, I've often been told by parent after parent, that I am the first practitioner to question their child's elimination and they often wonder why that is so.

It is rare that an allopathic or conventional MD will raise an eyebrow at your baby or child missing a bowel movement or two

or even three. There is reason for this. Medical doctors are trained to look at the body through the lens of disease diagnosis and medicine. A missed or infrequent bowel movement is not a disease. If the missed bowel movements lead to discomfort or impaction however, then there are medicines available to control the symptoms. To be clear, controlling symptoms does not resolve the underlying issue. It is this limited perspective that leads many to seek alternatives.

I practice an alternative that combines the use Gemmotherapy Extracts, a Plant Based Diet and Homeopathy, My protocols resolve symptoms rather than control symptoms. Elimination is key in my work. When elimination it is not optimal, the natural pattern of the body to clean and heal are disturbed and the body begins to compensate for this inadequate cleaning system. Infrequent elimination is the start of a chain of increasingly serious symptoms that can be completely prevented quite easily in the babies.

So, join me for these upcoming weeks as I discuss the common symptoms experienced by babies and children and how simple protocols to optimize elimination can resolve them.

It is my hope that by shedding some light on this subject, you may gain a new perspective on your baby or child's health.

If you are interested in learning more about caring for your baby or child using Gemmotherapy extracts please consider my latest book, Building Immunity in Babies and Children. Information regarding my online and in person trainings can be found here.

Spring Slaw

I was on the lookout this week for a simple salad to share with weekend guests that would offer just a hint of something different. When I came across this slaw from Jamie Oliver, I knew my search was over. It was just the right choice for our warming weather here in Austin and may offer a hint of spring to those of you still shoveling snow.

INGREDIENTS

- 1 sweetheart cabbage
- 3 large spears of asparagus
- 3 spring onions
- 2 sticks of celery
- 1 large green eating apple
- 1 carrot

PASSION FRUIT DRESSING

- 1 large orange
- 3 ripe passionfruit , plus extra to serve
- 2 tablespoons cold-pressed extra virgin olive oil
- 1 tablespoon poppy seeds

METHOD

1.For the dressing, finely grate the orange zest into a bowl and squeeze in all the juice. Halve the passion fruit and scrape in the pulp, then add the oil and mix together.

2.Finely slice the cabbage, discarding the core. Remove the woody ends from the asparagus, then finely slice along with

the trimmed spring onions and celery. Peel and coarsely grate the apple and carrot. (I admit to using my veggie bullet here)

3. Pop all the shredded fruit and veg into a large bowl. Pour over the dressing, mix well and season to taste.

4. Enjoy straight away, or better still, cover and refrigerate for 1 to 2 days so the veggies soften slightly and the flavours mingle and develop. Mix well before serving and spoon over a little extra passion-fruit pulp, top with shredded spring onions and sprinkle with poppy seeds.

Enjoy!

Molly's Story: Crohn's Part IV

These past three weeks, we revisited a series that followed Molly's incredible journey from her tremendous grief and debilitating Crohn's symptoms after the passing of her mother, to her experience and overcoming of secondary symptoms, to the eventual discovery of a healing path. As Molly's practitioner, I could not be more pleased with her willingness to stay on the path even when she doubted what was ahead. Her commitment gave her body an opportunity to heal and she supported the process with important diet and lifestyle changes. I may have been able to offer Molly Gemmotherapy protocols, encouragement, and dietary suggestions, but it was her determination to make this work. Molly's dedication has been remarkable. Here's what she has to say now as she reflected on her experiences:

Molly Reflects

Rereading this 18 months later reminds me of the importance of emotional healing. While the physical healing was an exciting time for me, there was something missing that prevented my symptoms from stabilizing. I had yet to face and deal with many deep seated emotions that went much further back than the loss of my mother. Until I began addressing them head on, my roller coaster of symptoms continued. When I finally recognized the price I was paying for these unresolved hurts and gave equal effort to my emotional healing my physical symptoms also improved.

I was able to make the connection and with the help of Gemmotherapy, Homeopathy, a trusted friend, meditation and journaling and have since made even greater strides toward complete healing. While I am still sifting through these old emotional triggers there are many less than I began with. If you are on a healing journey or beginning one, do not underestimate the value of your emotional health. It was hard to limit stress levels, get good sleep, and make good food choices when I was upset, crying, or emotional. Because I want complete healing and all the perks that go with it, increased energy, a strong body, an even mood, and a life that I control not a disease I no longer see the diet and lifestyle changes as a "must," but rather a "want."

Original Post

"I have learned so much in just under a year about my body, it's healing abilities, and my internal strength and drive. I could have been crushed to literal death by the devastation of my mom's passing and this debilitating disease. But, I AM WINNING!

This summer has been full of opportunities to develop my new lifestyle and to enjoy having my health back. When I think of

food choices, I always remember that simpler is better. A simple smoothie or green salad is now my go to meal. I make a great quinoa salad and I can wrap ANYTHING in a gluten free wrap. I love a little bit of salmon on the grill and my favorite dessert is cashew ice cream.

Like I said in that first post, the key to diet changes is to find alternatives. I have successfully found alternatives for everything that my family loved, from butter and milk to eating out at our favorite restaurants. Food is not the only change I have embraced though. I know that good sleep and less stress is vital. I have used Gemmotherapy, acupuncture, and massage to relieve anxiety and stress. A well rested body can heal itself so I make it a priority to get plenty of sleep.

When I asked my children what they notice about me that is different their list makes my heart smile:

“You have more energy.”

“You smile a lot more.”

“We go on long hikes now.”

“You always look for gluten and dairy that could be hiding in our food.”

“You use the bathroom a lot less.”

And they are all right! I now enjoy a life that I am in control of. I do everything with my children now. I hiked with my family in Yellowstone National Park this summer. We were miles from any bathroom and I wasn't even thinking about it until my six year sweetly asked if we should be looking for a bathroom for mommy. I never would have attempted a long hike in the past. What a change!

These good times with my family doing what we love is motivation enough to keep fighting for my body to heal. I am not perfect and there have been times when I haven't been as

diligent as I should have been in making healthy choices, but I take the setback in stride and get back to work. This journey has been an amazing accomplishment. I recognize that it is a journey and the end result is a completely healed body. As I near the end of my first year, I can hardly believe how far I've come!"

So what's next for Molly? A lot more of the same to be honest. A plant based diet rich in whole nutrient dense foods, moderate exercise, restorative sleep each night, and continuation of her protocols. Recently we changed her Homeopathic remedy to one that will offer more emotional support and I look forward to the advantage this gives Molly as she considers some changes for her future. We also continue increasing the strength of her Gemmotherapy protocol to further resolve old inflammation and promote healing of her digestive organ tissues. We both look to the day when she will not need even the one prescription medication. I do believe this is possible but the timing must be right.

Gemmotherapy played a huge role in the healing of Molly's symptoms. You can learn more about this emerging botanical therapy from Europe here on my website. Interested practitioners can find information on training in Gemmotherapy protocols here.

Step One of Molly's protocol was to eliminate all foods with gluten and dairy. Because Molly had already greatly reduced dairy she was halfway there. The challenge came with the need to eliminate both gluten and dairy entirely. To do this she would have to change the way she cooked for her whole family. In hindsight that was clearly a good choice as it quickly solved the chronic symptoms three of her children faced. Back in late August, however, Molly, who barely slept two hours straight and had debilitating symptoms round the clock, was naturally overwhelmed.

Step Two of Molly's protocol was to take Silver Birch Sap

Gemmotherapy extract 3x daily, beginning with a very small dose.

Molly's task ahead was daunting and while I could offer her encouragement and suggestions, she was the one who would have to find the strength to make the changes in order to fulfill her commitment to herself.

Come along and join us in the weeks ahead as Molly and I share in the writing of this series and bring to life her path to healing. Whatever challenge(s) you face with your health, you will no doubt find Molly's story inspiring. Her dedication to restoring her health and befriend her body's process is an incredible journey.

Grain-Free Magic Cookie Bars

Here's what I am going for in this *Oh Yum!* series: Gluten free (grain free if possible), refined sugar free, dairy free and FLAVOR FULL! I'll be sharing a Hubele family-tested recipe each week to give you a nice repertoire of treats heading into summer. I know my family is just going to hate the job of taste testing these ideas. ☐

So let's get this party started with the perfect re-do of the classic Magic Cookie Bar. Three delightful layers make up these crowd-pleasing bars. Be sure you don't miss the opportunity to stash a few away in your freezer.

Ingredients

Coconut sweetened condensed milk

- 1 can coconut milk
- 1/4 cup maple syrup

- Pinch of salt

Cookie crust

- 1/2 cup hazelnut flour (or almond flour)
- 1/2 cup coconut flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 cup coconut oil or butter, melted
- 1/4 cup maple syrup
- 1 egg (*may be replaced with a flax "egg" or commercial egg replacer*)
- 1 teaspoon vanilla

Bar toppings

- 1 1/4 cup chocolate chips (*vegan, gluten free brand please!*)
- 1/2 cup chopped pecans
- 1/3 cup unsweetened shredded coconut

Directions

1. Preheat the oven to 350 F. Lightly grease a 9×9 inch baking pan.
2. Make the coconut milk sweetened condensed milk by placing the coconut milk, maple syrup and salt in a small saucepan over medium heat. Bring to a simmer and cook for 25-30 minutes, stirring occasionally until the mixture has reduced to 1 cup of liquid. The milk may splatter when it starts to boil, so just stir it and lower the heat slightly. Check how much liquid you have by pouring it into a glass measuring cup.
3. While the coconut milk reduces, make the cookie crust. Place the hazelnut flour, coconut flour, salt, and baking soda in the bowl of a food processor. Pulse to combine. Add the coconut oil, maple syrup, egg and vanilla and process until smooth. Press the dough into

the prepared pan in an even layer. Bake for 15 minutes, until set.

4. When the crust is done pre-baking, remove it from the oven and top it with 1 cup of chocolate chips. Press the chocolate chips into the crust slightly. Top with the chopped pecans and shredded coconut. Pour the reduced coconut milk mixture over everything. Sprinkle the remaining 1/4 cup chocolate chips and a little more coconut over the top. Bake for 25 minutes.
5. Allow the bars to cool for at least 1 hour before slicing.

Enjoy!

Adapted from Meaningful Eats

Molly's Story: Crohn's Part III

This week's blog is an update on last year's series featuring Molly's progressive healing from Crohn's disease. It is particularly exciting for those who appreciate seeing evidence of improvement based on medical tests. While the goal is to eventually create a heightened sense of awareness of your own health, tests can offer a level of comfort and encouragement as you begin your journey. Here's a recent update from Molly.

As I read this a year and a half later, although I had come a long way, I am reminded how far I still had to go. My body was healing but it still harbored inflammation. I was keeping track of my fecal calprotectin number which measures inflammation in my bowel through a stool sample to confirm that I was on the right track.

The normal range is below 50 and Gastroenterologists like to see their patients with Crohn's and Colitis below 100. Because of my previous high numbers, I was actually thrilled with my results of 156 during that time. I believed that I was as good as I was ever going to get! I was so wrong!




I kept the goal of COMPLETE healing and continued to take care of myself with daily Gemmotherapy and eating clean, simple, real food. I was encouraged again last summer when my numbers came back at 110. It was exciting to see real evidence of healing and I knew I could do better.

Finally, last week, after a two and a half year journey, I was brought to tears. My doctor called to tell me that my Calprotectin number came back at 42, well within the normal range! When I began this journey, I didn't want it to take this long, I wanted quick healing so I could just move on with my life. I have now learned that in order to appreciate my life and take my health back, this long journey was necessary. I hope my journey to health inspires others to work with their bodies and take the time necessary to attain complete healing.

View the history of this test. [Learn More](#)

Stool Calprotectin

Select  to view result comments

Date	Result	Reference Range	Flag
Feb 21, 2018	42 ug/g 	<=50 ug/g	
Jul 31, 2017	110 ug/g 	<=50 ug/g	H
Mar 03, 2016	156 ug/g 	<=50 ug/g	H

Original Post

This month I've had the pleasure of sharing my blog with Molly LaChere who tells her inspiring story of addressing symptoms

of Crohn's. While Molly had lived with the often debilitating effects for 13 years, it was the passing of her mother that led her to make serious lifestyle changes. In the first post of the series Molly explained the commitment she made to reclaim her health. Last week Molly described the setbacks she faced getting started.

Elimination challenges

For nearly half of her life Molly's body made up for her poorly established elimination system and overburdened kidneys by dumping acid waste through her bowel. The urge for a bowel movement often appeared hourly and a combination of mucous, blood, and or loose stools were eliminated. This was a compensation that her body established in order to keep the raging state of inflammation under control. As her practitioner, the challenge I would face was the task of tonifying her kidneys using Gemmotherapy extracts to gradually shift her body out of this "dumping" state.

As you learned in Molly's Story Part II, slowing this dumping of acid triggered another set of symptoms common in Crohn's. Molly's limbs began to absorb the inflammation that was not being dumped and her skin became an emergency exit to filter toxins as well. This was truly a miserable time for Molly and it would have been easy for her to have lost hope.

Molly's protocol

At that point I encouraged Molly to seek out additional support from her physician, whom she trusted and had worked with in the past. In this advanced state of Crohn's, we hoped he could offer temporary solution to suppress some symptoms through medication just long enough for Gemmotherapy to strengthen her kidney and adrenal function. The Gemmotherapy protocol at that point included Silver Birch Sap as a kidney tonic, Blueberry to bring balance to kidney and bowel

function, Black Currant to resolve inflammation and support her adrenal glands, and finally Silver Lime as a tonic for the nervous system. In addition, I included an adrenal glandular supplement and a monthly constitutional dose of Homeopathy.

Molly shares

“January and February were marked by continued swelling, but was I able to stay the course. I continued to try every day to make positive changes. I was taking my Gemmotherapy extracts regularly and was even learning to adjust them on my own. I was quite excited about that!

Even though I could feel my body trying to heal itself and I was making small improvements every day, I still needed some support from medical doctors. Crohn’s disease must be monitored closely as the inflammatory state is known to lead to cancers and other complications. Having lost a parent to cancer just months before understandably made this threat even more worrisome.

I finally was able to have an appointment with the Gastroenterologist on March 3rd. I was ready to fight because I knew they would want to start me on HUMARA, a drug that suppresses the immune system and is known to cause an aggressive form of Lymphoma. The doctors were certainly concerned, so they did the only thing they are trained to do, offer tests and medications. I am grateful for their tests, but I wanted to pass on their medication.”

Encouraging news

“The day following my appointment, I brought in a stool sample so that they could test for inflammation markers. The results could take a while so in the meantime I had a colonoscopy and started on a short course of Prednisone. The colonoscopy showed inflammation, but no cancer. What a relief! With that

worry gone, and the Prednisone kicking in to suppress my the inflammation enough, I knew that I was turning a corner in my healing.

I continued to feel better each day and after a few weeks I began to taper off the Prednisone. During this time we were able to increase the doses of Gemmotherapy without the fear we had previously of aggravating symptoms. By early April I had bowel movements only 3-5 times daily and all were formed with no pain! I was even sleeping through the night. By the time I came off of the Prednisone my kidneys and bowels were functioning much better all on their own.

In May I returned to the gastroenterologist for the best appointment ever. First, we went over the results of the stool sample taken back in March. In a normal healthy person, the markers would be below 50, for people with Crohn's disease, the goal is below 100. For comparison, my numbers have been over 1,000 in the past! The doctor couldn't believe that my number was only 156! Remember, this was taken before I started on any medication! Diet change and Gemmotherapy was the only thing I was using to control my disease at the time of the test.

With this news, I knew that my drastic diet change made me feel better and now I had the proof that it was healing me too! We came to an understanding that day in the office that if I continued to make healthy diet changes, the doctor would be completely supportive of not using HUMARA. He even admitted to me that the medication often doesn't work well unless patients are willing to make changes in their diets and it often leads to patients losing parts of their colon or small intestines. I did however begin Asocol HD a mild medication that helps with inflammation in the colon. I have tried it in the past and it was never enough. This time it was a different story. It was just enough support. I have another appointment in August and I am so excited to see those results!"

Molly's story is such a remarkable example of believing in your body and its ability to heal and, at the same time, taking the steps of intervention needed when a disease has progressed. She is fortunate to have an open minded physician that supported her commitment and could see a middle path. Had Molly and I began our work together when her symptoms of urgent loose stools began years ago, she would not have needed medication but in these advanced stages of autoimmune, with the knowledge we have today, the approach we found was a good compromise. Join us next week when Molly shares more of the specific lifestyle changes she has found successful.

Interested in learning more about Gemmotherapy? Order one of my books, Gemmotherapy for Everyone: An Introduction to Acute Care or Building Immunity in Babies and Children. Consider a private consultation or study with me in order to care or yourself and others.

Molly's Story: Crohn's Part II

Last week we began updates on the series Molly's Story. You can find Part I [here](#).

Today we begin with some words from Molly as she reflects today on her journey.

During this time of extreme inner growth I found two quotes that I clung to and said to myself many times a day. The first was, "Easy won't change things...Not ever!" and, "90% won't make a difference."

I needed these reminders because making such a drastic lifestyle switch when I was sick, grieving, and raising a young family was a daunting task. I still cringe when I think of where I started from. But, those changes are some of my proudest accomplishments and I get choked up when I remember the struggle and ultimate healing that was achieved by this hard work!

The second part of this work was saying "NO" and reducing my commitments. I missed many school events and activities that year and for a mom who often coached all the sports, volunteered hours in the classroom and drove the LaChere Family Taxi, it was scary to let those commitments go. It took trusting others to pick up the slack and trusting that my children wouldn't be scarred for life.

Guess what?!

We all survived! And, I can honestly say we are ALL better off because of the work I did to heal my body. My kids have benefited more by my changes than they would have if I had kept with my old habits.



Part II of Molly's Story

Last week we began a new series featuring Molly LaChere and her personal story facing Crohn's Disease head on. Molly shared that it was the passing of her mother in July that served as her pivotal point. Now, with five children of her

own to take care of, she decided to finally take control of her health.

“I made a commitment to get better for good. No more half way, no more cheating. From now on I must be 100 percent honest with myself and my needs. It was this daunting task that I set out to conquer.”

Molly's symptoms when we began our work together in August 2015 included 14-18 trips to the toilet, round the clock, to pass loose stool, mucus, or at times blood. She was weak and weighed 127lbs. She could not leave the house for more than an hour and only if she was sure she could get to a toilet immediately.

The Plan

Step One of Molly's protocol was to eliminate all foods with gluten and dairy. Because Molly had already greatly reduced dairy she was halfway there. The challenge came with the need to eliminate both gluten and dairy entirely. To do this she would have to change the way she cooked for her whole family.

Step Two of Molly's protocol was to take Silver Birch Sap Gemmotherapy extract 3x daily, beginning with a very small dose.

Molly's task ahead was daunting and while I could offer her encouragement and suggestions, she was the one who would have to find the strength to make the changes in order to fulfill her commitment to herself.

Getting Started

“September came and our family of seven was thrown into the hustle of school and my work began again as a part time teacher. While my journey to better health was underway, all of the distractions could easily have derailed me had I not been so committed to changing my diet. At the beginning of the month I had started taking a Gemmotherapy protocol and had eliminated all dairy and products containing gluten from my diet. Now I was faced with the challenge of creating a life I could live with.

Stress is a huge contributing factor for all individuals with Crohn’s Disease and I was being presented with an opportunity to face mine head on. As one who tends to over commit, the statement “Slow down and say NO!” ran through my mind constantly.

The diet changes I committed to were quickly put to the test once our fall schedule kicked in. My standard go-to dinners were no longer on the menu. I was working hard and struggling to stay the course. At first I found myself making meals for the family and then eating my own food alone and separate from them. Given the grief I was dealing with, that plan was not helping. I didn’t have time to make two meals, I didn’t want to be tempted to eat what they were having, but I didn’t want to eat alone. Keeping myself fed was creating incredible stress- just what I was trying to avoid! I began to look for alternatives to all of my family favorites. That was the key!

Rather than doing everything different, I needed to find acceptable alternatives.

So, I headed into October optimistically. I was beginning to find some recipes my family and I could all enjoy together and the 14-18 trips to the restroom that I was experiencing back in August had reduced dramatically with the Gemmotherapy protocol and diet change. I was having a formed bowel movement for the first time that I could remember in years and the frequency was down to 10x daily.

A Set Back

However, just as I was beginning to believe in my body, I faced an entirely different challenge. At the beginning of October, I began to have symptoms of Erythema Nodosum, a rare side effect of Crohn's Disease. Erythema Nodosum causes fevers, extreme pain, sores and swelling in the lower legs. It lasts up to six weeks and then goes away. Each of my legs took their turn, back to back, of course! With twelve weeks of swelling in my legs, I really had no other choice but to slow down. I had never looked forward to Christmas Break like that before.

During my break, I planned to spend the time healing and, literally, getting back on my feet. Of course, that didn't happen. The swelling from my lower legs moved into my ankles and feet. It lasted weeks and the pain was unbearable. Eventually, the swelling moved to my knees and I had them drained three times. Each time, they took over 80ml of fluid. By this time, the doctors were convinced that I had Rheumatoid Arthritis. I was again devastated and mad that my body was letting me down, especially after I was trying so hard to make positive changes!

I really could have given up. That would have been easy. The doctors were pushing hard for me to take heavy drugs and even my supportive husband was giving me the nudge. How could he not?! I had lost so much weight that I was barely tipping the scale at just over 100 pounds, I had to use a cane to get around, and people who I had known for years didn't even recognize me.

I finally got an appointment with a Rheumatologist in late January. He gave me exactly the hope I needed. Yes, he wanted me to get started on steroid medication, but he had the news I needed to hear. He didn't think I had Rheumatoid Arthritis, but believed I was likely experiencing a systemic side effect from Crohn's disease. I smiled and told him that it was the best news he could have given me! I still only had one disease, and I was determined to beat it in this New Year."

Lauren's Perspective

You can only imagine how difficult it was for Molly to keep her spirits lifted and feel encouraged through the additional symptoms she faced. I was continually amazed at her determination to see this process through and give her body the opportunity and time it needed. She remembers now my telling her not to expect any stability in symptoms for a full year. While she questioned her ability to make it through she began to take things one month at a time.

As I learned more about Molly's health story, I realized she had never had been given an opportunity to experience her body healing itself. From a young age Molly's reoccurring ear

infections were always treated with antibiotics. As a gymnast and later on a college diving team, there was never time to be sick and so antibiotic treatment became the norm for her recurring sinus infections. This process taught Molly early on that she didn't have the resources to self heal. Changing a lifelong perspective takes some powerful positive thinking.

As for her body, with what we now know about microbes and gut bacteria, it is clear how the repetitive use of antibiotics was paving the way for the development of a chronic disease.

Our conversations over those trying winter months were focused on helping Molly understand her body's process and begin to build some trust in what she was experiencing. I actually was not surprised that when her 14-18 bowel eliminations was reduced that inflammatory symptoms began to appear on her skin. The *Erythema Nodosum* that is associated with Crohn's disease was actually a very convenient way for her body to continue it's cleaning process, through her skin, until her kidney health improved. The *Erythema Nodosum* began just as her bowel movements turned solid and decreased.

With a careful eye and teaming with her physician, we supported her body's elimination of this inflammation with Silver Birch Sap Gemmotherapy as a kidney tonic and later Black Currant to reduce inflammation and support her adrenals.

Later, as her bowel movement decreased significantly and became formed we supported healthy elimination through her bowels and kidneys with Blueberry. As her elimination stabilized I gave Molly a Homeopathic remedy that would support her vitality and relieve her acute symptoms. We also made adjustments to her diet as we found that she could not tolerate legumes or grains in her inflamed state. Finally we turned to her physician for guidance on medication to suppress symptoms only when necessary and for a short period of time.

Molly rightfully needed a lot of emotional support during this transition period and weekly updates on her elimination and state of inflammation were critical for my advising. It was an intense period but she persevered because she was determined to write a new story for herself.

Interested in learning more about Gemmotherapy? You can find out more here. If you are called to learn about integrating Gemmotherapy into your practice you may be interested in my online trainings and events available here.

Mushroom Chowder

An adaption of Heidi Swanson's Mixed Mushroom Soup, 101 Cookbooks Blog

If you are a mushroom lover like me, THIS is your soup. It's a cold drizzly day outside but my kitchen feels so cozy when the scent of this aromatic soup fills the air.

Ingredients

3 tablespoons coconut oil

1 pound assorted fresh mushrooms, cut into bite-sized pieces (I like portabellas, shitake, and oyster)

fine grain sea salt & freshly ground pepper

1 medium yellow onion, finely chopped

2 medium shallots finely chopped

1 Tablespoon of fresh finely chopped or dried green herbs (consider including thyme, oregano, chives)

2-3 tablespoons of coconut or Braggs amino

1 1/2 cups cooked wild rice blend (also consider quinoa or millet)

6 cups / 1.5 l good-tasting vegetable broth (made with 2 veggie broth cubes, I prefer Rapunzel)

Directions

In your largest, widest soup pot heat two tablespoons of olive oil over medium-high heat.

Stir in the mushrooms and season with salt and pepper. Cook stirring a couple times along the way, until the mushrooms release their liquid and they are deeply browned. About 8 minutes. Remove the mushrooms from the pan, set aside on a plate.

Using the same pot, heat the remaining tablespoon of oil over medium-high heat.

Stir in the onions and cook until tender, a few minutes. Stir 2 tablespoons of the shoyu, barley, and then the vegetable broth.

Bring to a simmer, then reduce the heat a bit. Add the mushrooms and cook another 10 minutes or so. Stir in the toasted sesame oil and taste. You might want to add remaining tablespoon of shoyu or soy sauce, particularly if your broth wasn't very salty. You might also want to add more toasted

sesame oil a few drops at a time. Just keep tweaking until everything balances out for you. Serve sprinkled with lots of chopped chives.

Top with a handful of microgreens or toasted chopped hazelnuts

If it's creamy you are craving consider adding 1 cup of cashew creme

Molly's Story: Crohn's Part I

One and a half years ago Molly and I collaborated on a series of four blog posts that proved to be a healing experience for both of us. Molly happens to be my niece. The daughter of my sister who passed July 2015 after a lengthy and heartbreaking struggle with cancer. When my sister had a relapse in June 2013, I flew to Montana. There was one particularly evening I spent sharing what I had learned about restoring immunity. Molly joined us for that talk and while she took in everything I had to say my sister did not. The lifestyle changes I proposed were either too big a stretch or just did not resonate. I will never know.

Molly spent the next 2 years supporting her mother emotionally through a roller coaster ride of conventional treatment. It took its toll on Molly physically and emotionally. She had dealt with the symptoms of Crohn's Disease for 13 years and in her mother's final month's, was expecting her fifth child. In July 2015, two months after sweet Annaliese's birth, my sister passed away. Though completely expected, the loss rocked Molly's world to the core. I came to Montana again for my sister's services and during my stay Molly and I had a heart to heart talk about her health and her fears regarding her own mortality. I offered my help when and if she was ready to

commit to some changes and take charge of restoring her immunity.

Through her grief Molly began to gain some insight, the first being that she had a choice. Her mother's story did not have to be hers. At the end of August, as her children returned to school, Molly reached out for help and in the series that follows is how the story unfolds.

I choose to reshare Molly's story as she recently received tests results from her annual lab reports. Her inflammation markers have come down from a high of nearly 400 when we began our work together, to a staggering low of 42. (<50 is considered normal) This is the first time Molly's results have fallen in the normal range since being diagnosed in 2002.

Reflecting on what she wrote a year and a half ago Molly had this to share,

"Lately I have been feeling like a superhero! There is something empowering about raising 5 awesome kids, knocking down a debilitating disease and taking back my life. It has taken two and a half years of complete dedication and commitment, but the growth in all areas of my life have been abundant. I have learned about self care, saying "No", getting enough sleep, cooking and eating, communicating my needs, and trusting the healing power of my own body. Although the journey seemed long and daunting in the beginning, I now see the whole picture and realize that complete healing can't happen overnight. In complete contrast to two and a half years ago, my children now have a hard time keeping up with me!"

Original Post (July 5, 2016)

"July 11, 2015, a day that changed my world. My mother passed away after a five year battle with cancer. I was tired, alone,

and sick. I had just had my fifth child in May, so tired was a feeling I knew well. Having dealt with Crohn's Disease for 13 years, sick was normal. The loneliness, though, was devastating. I spent the rest of July and all of August trying to get through each day without breaking down. I cried about everything, I spent hours in the bathroom, and I desperately tried to have my kids believe that all was well. What a joke!

By September I crashed. I was mad! My world had fallen apart and my body was failing me. Crohn's Disease had defined me for 13 years and I had let it. I always believed that my body could heal itself, but I knew it would take time and commitment, two things I didn't have with five kids and a dying mother. Then something changed in me. I made a commitment to get better for good. No more half way, no more cheating. From now on I must be 100 percent honest with myself and my needs. It was this daunting task that I set out to conquer.



Working with Molly

Molly and I met to discuss her health in late August. As with all of my clients, I spelled out what would be needed to turn her symptoms around and get her body to begin healing itself.

Her symptoms at the time included 14-18 trips to the toilet round the clock to pass either loose stool, mucus, or at times blood. She was weak and weighed 127lbs. She could not leave the house for more than an hour and only if she was sure she could get to a toilet immediately. This alone made her case challenging, but on top of it all she was a nursing mom with a four month old and four other children under the age of eleven and worked part-time as a teacher at a local private school.

On her side was the fact that her family all wanted her to be well and would support whatever changes she needed to make. In addition, she had a Naturopathic doctor and Gastro MD who she had seen for many years and who also were both open to alternatives that would support Molly's healing.

The protocol I would offer Molly wasn't meant as a suggestion. It was really an "either/or" moment. Either Molly committed to following the protocol or I would not be able to help her. If, as she had claimed, Molly really wanted to engage her body's own ability to heal, she would have to get serious about her diet. Molly was in an incredibly inflammatory state and she could not afford to add to it with what she put in her mouth- Not Even A Bite.

So what was Molly's protocol? Discover that next week as well a more on her current state today.