

What Gemmotherapy Can Do for Winter Blues

The days are shorter, and the skies are darker, and possibly this is not your favorite season. Perhaps if you told the truth, you'd like to skip the next months altogether. Well, one option is for you to curl up in a ball like my calico cat, Ruby (pictured below :). Or, you could try something completely different this year and take a proactive approach to your winter blues.

I am going to assume that you voted for a different approach, so I will share some of my latest learnings. It turns out that a **microdose (1-3 drops of a D1 extract)** of specific Gemmotherapy extracts each morning can offer prevention and reduction of your symptoms. Those extracts are actually tonics for the brain. The tonifying action supports the production and protection of important neurotransmitters that improve your moods, such as serotonin and dopamine.

The first extract I would suggest to my clients experiencing depressive symptoms at any time, but particularly those that are limited to the winter season, would be Silver Birch Seeds. The Gemmotherapy extract produced from the seed of the Silver Birch tree supports the healthy function of the Central Nervous System, specifically the brain. The other extract that should be considered as an alternative if Silver Birch Seed did not produce the desired effects, or in addition, is Sea Buckthorn. The Gemmotherapy extract made from the bud of the Sea Buckthorn shrub is another tonic that also supports the healthy function of the Central Nervous System, protecting the main neurotransmitters for the parasympathetic state and harmonizing circadian rhythms. The actions of Silver Birch Seed and Sea Buckthorn on the Central Nervous System can improve brain functions, maintaining memory and improving mood (SECONDARY ACTION: As a powerful antioxidant, Sea Buckthorn

protects the brain from degeneration. There is no contraindication for taking this extract long term).

When looking at Gemmotherapy extracts, there are two qualities that help us classify their actions: a tonifying or tonic-like action, or a harmonizing action. Tonics build strength and improve performance and efficiency in the organ, much like a personal trainer or coach might do for an athlete. Harmonizers, on the other hand, bring balance to the action of the organ, perhaps slowing or balancing its actions. Harmonizers adjust to what is needed. Some extracts are both tonifying and harmonizing. They might have a tonifying effect on one organ or system and a harmonizing effect on another.

Now, in addition to taking an extract or two each morning, there are two other important activities to add to your self-care plan for winter. The first is to get yourself outdoors in the sunshine every single day and move. And when the sun doesn't shine, get yourself out in the fresh air anyway and move in whatever way works for your body. Perhaps for you, that would be walking at a brisk pace, jogging or riding a bike. It's the fresh air, sunshine and trees that are as helpful as the moving, so going to the gym just isn't going to give you the same lift.

And then, take care of your diet. Take care of yourself with every bite you eat. Eat to boost your mood rather than bring it down. There is clear evidence that what goes in your mouth directly affects your brain and mood, so make a wise choice. Here's a list of accessible resources from Dr. Michael Greger. And if it's recipes you need, you have come to the right place. I'm delighted to share my favorite plant-based options, all personally tested and approved.

Interested in learning more about specific Gemmotherapy extracts and their actions? Join me in January for my exciting new series, Gemmo Study. If you want to learn my system to restore your immunity using Gemmotherapy extracts, please

consider enrolling in Foundations of Gemmotherapy, also beginning in January.



Sweet Potatoes with Coconut and Macadamia Nuts

We have all observed a steady evolution of holiday side dishes over the past decades, and sweet potatoes are no exception to the rule. For good reason, most of these evolutions have cut out the refined sugars and dairy products, increasing the use of whole, fresh vegetables. Especially if your holiday memories are of sweet potato pie, spoon bread and baked canned “yams” with marshmallows (like mine are), the recipes were certainly well deserving of a healthy makeover.

Today I’ll be sharing a yummy replacement for sweet potato casseroles, but first, let’s take a look at what you might encounter in the produce section while shopping this season.

No longer just a seasonal vegetable that makes its appearance each fall, sweet potatoes have become a staple in many plant-based kitchens, including mine. If you are shopping at a Whole Foods, farmers market or local co-op you will surely come across a nice variety of options. Like all root vegetables, I suggest you go for organic, but when it comes to color the choice it is up to you!

Here is Saveur magazine’s shopping guide to 16 shades of sweet potato. As quite the fan of this humble veg, I have tried nearly all of the 16 and certainly have my favorites. Top of my shopping list would be Hannah’s, Garnets, Okinawa and

Stokes Purple, but trust me all are worth a try and delicious!

Heidi Swanson has never failed me with her 101 Cookbook blog when it comes to top notch recipes, and this simple, seven-ingredient version of whipped, baked sweet potatoes is a crowd-pleaser for sure.

Ingredients

- 2 1/2 pounds sweet potatoes (of course I tried many varieties, and the purple is both eye-catching and yummy)
- 1/3 cup coconut milk
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup
- 1/2 teaspoon fine-grain sea salt
- 1/3 cup raw, unsweetened grated coconut
- 2 tablespoons olive oil or melted butter
- 1/3 cup toasted macadamia nuts, chopped

Directions

1. Preheat oven to 400 F. Coat 6 ramekins or a single medium-sized casserole dish with oil.
2. Scrub each potato, rub with a bit of salt and place directly in the oven for 60-90 minutes, until baked through. Remove from the oven, let cool for a few minutes, and cut each sweet potato in half. Scrape the flesh into a medium mixing bowl. You should have about three cups of sweet potatoes. Mash the sweet potatoes with coconut milk. If your sweet potatoes are on the fibrous side, puree them. Stir in ginger, maple syrup and salt. Let sit for a few minutes, stir again and taste, adjusting seasoning as desired.
3. Spoon the sweet potato mixture into dishes, sprinkle with coconut, drizzle with olive oil and bake uncovered until warm and golden, about 25 – 35 minutes. Remove and sprinkle with toasted macadamia nuts.

Enjoy!

Adapted from 101 Cookbooks

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Harmonizing the Nervous System to Restore Sleep

Help your child ease from the stress-filled sympathetic state to the rest and digest, parasympathetic state, Harmonizing the nervous system's ability to switch gears offers many benefits and today we discuss what it can do for sleep. In this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.

Coaching Stories: Frances

by Frances Lord, LPN, LMT

As a massage therapist, helping others is important to me. I practice in Smyrna Beach, Florida, and I had taken Gemmotherapy classes with Lauren in the past. Recently, I chose to seek help using Gemmos for my health issues and did a coaching series with Lauren.

I had realized my issues weren't getting better from my efforts to resolve them myself. My shoulder and arm pain, along with my tremors of the right foot and hand, were keeping

me from working. I was anticipating Gemmotherapy could prove to be helpful.

Now, I can go to sleep without tremors. I also have more control of the tremors and pain. My anxiety level was also an issue, and that is somewhat resolved. I feel better about myself and don't feel so tired. I learned that support is very necessary to one's healing process. Following protocols as directed becomes important. Taking charge of your life is necessary. I still need direction at this point and will be following up with next steps to complete the healing process,

Coaching sessions allowed me to tell about myself without having feelings of fear come up. Previously, I was taught to keep any problems to myself, so there wasn't anyone to confide in. I can also see a more balanced approach to health that I can share with others. Stay the course, you might say. I have counseled others and better understand the direction they need to go. It's like putting pieces together to find the whole person.

My advice to others would be to really be able to talk to a live person who is listening and helpful in the discussion. We are social beings, and much of our sharing requires that we have someone we can count on. I was taught to only trust myself, but we need to trust others also. That takes courage. When we lose that courage, we lose ourselves and that connection to life. Stay connected.

Harmonizing the Nervous

System to Build Emotional Immunity

Help your child ease from the stress-filled sympathetic state to the rest and digest the parasympathetic state. Harmonizing the nervous system's ability to switch gears gives us some emotional perspective, improves sleep, eases digestion, and optimizes communication between important organ systems. In this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.

Compassionate Care Retreat in Foix

How does a four-day retreat in the French Pyrenees sound? I would love nothing more than to share a few days with you this coming February. We will be guests at La Ciboulette, a tranquil inn with lovely en-suite double bedrooms, a welcoming dining room with an open fireplace and a gorgeous meditation room. We will have the entire property to ourselves and be graciously cared for by Leela, who owns and manages this center, **February 17-20, 2020.**

If you have had dreams of the French countryside and time connecting with other like-minded women, please consider my invitation. Over four days together, our activities will provide time for compassionate self-care and developing your thoughts on how you may offer this care to others. We will take time for daily meditation, yoga, walks and rich discussions on healing and the role of Gemmos – and be

nourished by lovingly prepared meals.

Dates: Monday, Feb. 17, starting at 5 p.m. (you may arrive as early as 3 p.m.) to Thursday, Feb. 20, at 2 p.m.

Place: La Ciboulette, Foix, France

Accommodations: Shared double rooms with en-suite full bath

Meals: Plant-based, gluten-free meals, beginning with an evening meal Feb. 17 and ending with lunch Feb. 20

Pricing:

- **Full retreat price**, including three overnights and meals (Monday dinner – Thursday lunch): \$350 USD, 315 Euro
- **Full retreat, day price**, no overnight accommodation, including meals (Monday dinner – Thursday lunch): \$285 USD, 255 Euro
- **Extra nights** in your assigned room, with breakfast and dinner *or* lunch before Feb. 17: 40 Euro per night, arranged directly with Leela, La Ciboulette at laciboulette-foix@outlook.com
- Alternative lodging after Feb. 20 is readily available in Foix or Toulouse.

Travel: Travel arrangements are not included in these prices. Flights should be arranged into the Toulouse airport. Options for travel between Toulouse and Foix include car rental and a 1.5-hour easy drive into Foix on the motorway. Once you leave Toulouse, there are no major cities, and directions are quite simple into the village.

Alternatively, there is a direct express shuttle bus every twenty minutes from the front of the airport to the Montabiau train station in central Toulouse. Direct trains run between Montabiau station and Foix approximately every hour. Arrangements can be made with Leela for pickup at the train station in Foix. There is an excellent train app, Trainline

EU, to view train schedules, purchase and save your tickets.

If traveling internationally, I would advise planning to arrive no later than Sunday to give yourself time to make the necessary connections.

There is a newly-built, good-quality NH hotel adjoining the Toulouse airport if you prefer staying there overnight on your arrival or departure date. The entrance is at the end of the terminal.

Please note: English is spoken at the car rental, bus terminal, train station and hotel. You can also communicate with Leela in English.

Photo by Tournasol7

Roasted Delicata Squash Salad

The months of November and December are a perfect time for sharing with others the goodness of plant-based eating. Trust me, your gorgeous veggies will always be the first to go, hands down, at every holiday gathering, whether it is at your aunt's house or the office. So don't be shy! Show your stuff this season, and who knows who you might influence in a positive way. I mean, if I can get my brothers to eat kale salad, anything is possible right?

This is a superb starter recipe for those inclined to skip all veggies apart from potatoes, partly because it includes potatoes and also because it happens to be delicious. It's a great introduction to the mild and sweet delicata squash. If you have not fallen in love with it yet, this will surely win you over.

Ingredients

- 1/2 pound small fingerling potatoes, washed and dried
- 3/4 pound delicata squash
- 1/4 cup extra virgin olive oil
- 1/4 cup white miso
- 1 tablespoon harissa paste or 1/2 tablespoon powder
- 3 tablespoons freshly squeezed lemon juice
- 1 1/2 ounce kale, de-stemmed and finely chopped
- 4 radishes, very thinly sliced
- 1 1/2 ounces almonds, toasted pepitas or other toasted nuts

Directions

1. Preheat the oven to 400 F. Cut the delicata squash in half lengthwise, and use a spoon to clear out all seeds. Cut into 1/2-inch wide half-moons. You can leave the peel on these squash.
2. In a small bowl whisk together olive oil, miso, harissa. Place the potatoes and squash in a large bowl with 1/3 cup of the miso-harissa oil. Use your hands to toss well, then turn everything onto a baking sheet. Bake until everything is cooked through and browned, about 25-30 minutes. Toss once or twice along the way.
3. Meanwhile, whisk lemon juice into the remaining miso-harissa oil.
4. Place the warm roasted vegetables in a bowl and toss with the kale mixture, radishes, and almonds.

Enjoy!

Adapted from 101 Cookbooks

Photo by Harald Bischoff