

Creamy, Dreamy Vegan Dressings

The heat is here already in Texas. That means salads brimming with fresh local produce show up on our table every day. While a vinaigrette dressing is always delicious, there are times something rich and creamy is in order. Here are two of my recent go-to recipes.

Tahini Ranch Dressing

When I saw the words “tahini ranch,” I was intrigued and put the recipe to test that same evening. Here is the version I ended up with after a few tests, as well as a link to the original.

- 1 cup smooth tahini (I’m loving this one from Artisana right now, raw and organic)
- $\frac{1}{2}$ cup lemon or lime juice (lime is my favorite)
- 2 tablespoons apple cider vinegar
- $\frac{1}{2}$ cup water (you will need more to thin if you don’t serve immediately)
- 1 spring green onion, chopped
- 2-3 tablespoons maple syrup
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 cup finely chopped dill, chives and parsley (or 1 heaping tablespoon of each, dried)

Place all ingredients in a high speed blender and enjoy on your next salad!

Adapted from NYT Cooking

Green Goddess Dressing

This gorgeous dressing just needs some fresh, chopped romaine

and tomato wedges – or feel free to experiment with your own raw veggie base.

- 1 cup fresh parsley stems and leaves (I prefer the flat-leaved Italian)
- 1 cup packed fresh watercress or spinach leaves, stemmed
- 2 tablespoons tarragon leaves, rinsed (dried tarragon works equally well)
- 3 tablespoons minced chives
- 1 shallot or 2 green onions
- 3 tablespoons fresh lemon juice
- 1 tablespoon plus 1 teaspoon apple cider vinegar or white balsamic vinegar
- $\frac{1}{2}$ cup sunflower oil or mild olive oil
- $\frac{1}{2}$ cup vegan mayo (I like Just Mayo)
- Salt and pepper to taste

Place all ingredients in a high speed blender and thin with water to achieve the desired consistency. Enjoy!

Adapted from NYT Cooking

Why I Study Gemmotherapy: Megan

Meet Megan – mom, wife and RN – and learn why she studies Gemmotherapy.

Why did you choose to study Gemmotherapy?

Because it WORKS!! My son, Calum, was born stuck in fight-or-flight mode, and for three years we desperately searched to find true healing for him. Gemmotherapy was our answer, and it has transformed our lives.

Now, given your studies, what intrigues you most?

The pathophysiology of each Gemmo extract. I am a registered nurse by profession, so to find something so effective, with no harmful side effects, has the medical side of me yearning to know more!!

What potential do you see for Gemmotherapy in the future?

I see Gemmotherapy as a BIG part of the answer to truly healing people. The power of meristem cells to nourish at a cellular level (cells are the building blocks of life) is what many of us are lacking today.

How do you use Gemmotherapy and share your knowledge with others?

Gemmotherapy is the first form of medicine I use for myself and my family. I was blessed to be a part of Lauren's first Gemmo Moms class, where we learn how to teach other moms and caretakers to care for their families. I will be hosting my first Gemmo Moms class this summer, to develop a tribe in my community where we can share knowledge and support each other in taking care of our families' health.

What more would you like to learn about Gemmotherapy?

Everything. ☐ I am really interested in learning each Gemmo's mechanisms of action, to better understand what each one does and when they should be used.

What advice would you give someone – a mom or a practitioner interested in Gemmotherapy?

Grab one of Lauren's books, order some Gemmo extracts, and go for it. The protocols work and are straightforward and easy to use. If you want to go further, join a class – you will learn SO MUCH and meet others who are also interested in learning more.

What Gemmotherapy Can Do for Kidney Stones

If you have passed a kidney stone, you know two things.

1. It's incredibly painful.
2. You'd rather not have that experience again.

The problem is, if you created one kidney stone, it is highly likely there are more to follow – unless you correct the underlying problem.

Let me begin by sharing that you don't have a "kidney problem" when stones are produced. You have an elimination problem, which is exacerbated by animal protein in your diet.

The Real Cause

Kidney stones are simply the body's compensation when your natural ability to clean and eliminate is challenged. The creation of these stones is just the kidneys' way of helping out.

It's important to note there is nothing wrong with your kidneys – actually, your attention should be directed much further upstream.

Overconsumption of animal protein challenges the kidneys' ability to properly filter and eliminate waste. Over time, this uneliminated waste builds up and hardens into stones. The tendency to create kidney stones runs in families the same way less-than-optimal stool elimination (and a diet high in animal

protein) also runs in families. Read more in Rethinking Elimination.

I've worked with clients who have faced a lifetime of kidney stones, and with a supportive Gemmotherapy protocol and dietary adjustments, they not only dissolve existing stones but no longer produce new ones.

What You Can Do

If you or a loved one have been challenged by kidney stones and wish to change that cycle of production, your first step is to adopt a more plant-based diet. You don't need to give up all animal protein, but you certainly need to reduce the amount to once daily. When I use the term animal protein, that includes all meat and all dairy products. I recommend my clients eliminate all dairy products first, then observe what other reductions might support the resolution of their symptoms.

Recently, a female client with a history of kidney stones, age 59, began passing one. After experiencing success through an acute Gemmotherapy protocol, she offered to share her story as a source of inspiration. It is important for me to point out, as in the story below, kidney stones can cause blockages that require emergency care. My work is to prevent them from occurring or support your body to pass them with ease. When acute symptoms are present, the responsible path is to work with your physician to carefully monitor the stones.

I began to have kidney stones about four years ago. Since then I have experienced symptoms of radical pain, vomiting from pain and blood pressure skyrocketing. Seven times, I ended up in the ER desperate for help – even though normally, I would prefer to avoid hospitals and conventional medicine.

Just a month ago, I went to the ER again with extreme pain. A CT scan showed two stones, side by side, both fairly large,

and I was encouraged to check into the hospital and see their urologist the next morning, with surgery the likely option. I begged to go home and see if they would pass on their own. I believe I had passed some on my own previously, since the pain and symptoms subsided. They did subside, and I assumed the stones had passed.

Two weeks later, I began to experience kidney pain and super uncomfortable, UTI-like symptoms. I tried to ride it out, but nothing helped. Once more, I landed in the ER. They performed another CT scan, and it showed the two stones in exactly the same place. I was told there was no possible way the stones would move, and my kidney was backing up. This is a dangerous situation and had happened to me before. I was allowed to go home on the condition I would meet with the urologist the next morning.

I did. The urologist was gravely concerned and told me these conditions could be life-threatening. He proposed surgery with a camera to remove the stones under full anesthesia. He also was going to use the camera to take x-rays to be sure nothing more was going on, since the swelling was alarming.

He scheduled the surgery for one day later and sent me home with strong pain medication. I was miserable and exhausted from symptoms that had not abated for a week.

I came home and got immediately in touch with Lauren. OH HAPPY DAY! I had two of the three Gemmotherapy extracts suggested to support the passing of kidney stones. Lauren shared that it had been her experience that the stones will move and can do so quickly – however, surgery needed to be the backup plan if there was no improvement. And so after taking several doses of the extracts, I went to bed.

The next morning, I woke and noticed right away that all of my suffering symptoms were gone. I went to urinate and strained my urine. At the bottom of the strainer was... a

kidney stone. It had moved in less than 24 hours – more like 12 hours! I do not know if the other passed in the night – all I know is EVERY SINGLE SYMPTOM IS GONE!

I continue to take the extracts suggested and follow a plant-based diet. I also plan to have a follow-up CT scan to be sure all issues have cleared up. My expectation is YES because I know my body well and feel every little thing. I look forward to hearing an “all clear” on kidney stones.

My advice to anyone who has stones is to try Gemmotherapy extracts as Lauren teaches. She knows her stuff. Everyone I tell is amazed.

So, there you have a firsthand account and an option to consider. If you would like further information on Gemmotherapy extracts, you'll want to read my Beginner's Guide to Gemmotherapy. Specific information on dosing Gemmotherapy extracts can be found in my books, “An Introduction to Acute Care” and “Building Immunity in Babies and Children.”

For individualized support, I recommend you consult with a practitioner trained in Gemmotherapy to restore immunity, or consider working directly with me. Looking for a deeper understanding? Consider taking my next Foundations of Gemmotherapy series.

The information above is for educational purposes and not meant to replace the care and guidance of your health care practitioner.

Chard Packets

Honestly, I don't know which came first. I LOVE this recipe. I adore the creator's photography. I am amused by their name – KrautKopf (cabbage head). And I was pleasantly surprised to find this couple lives in Berlin.

So, let's talk about these adorable bundles of goodness I can't wait to share with you. I have to admit, one look at the picture and I made a dash to Wheatsville to pick up rainbow chard – how could I resist? The remaining ingredients were items I keep on hand, so putting this together was simple.

I find these bundles so appealing because of the flexibility in the filling ingredients – if you haven't noticed, I do like to change things up a bit! I can imagine using a base of black lentils or chickpeas. I also appreciate the ability to advance prep (even the night before) and choose whether I eat them hot or cold. I even considered baking them next time with a spicy tomato sauce drizzled over, and a bit of cashew cream.

This recipe makes a wonderful, plant-based dinner, full of alkalizing ingredients and complete with protein. Thank you Yannic and Susann of KrautKopf for sharing your talents!

Ingredients

- 10 big chard leaves with stalk
- 3 shallots
- 3 garlic cloves
- 1 chili pepper
- Lemon juice
- 1/3 C (75 g) red lentils
- Vegetable stock
- 1 tsp za'atar
- 1 apricot (a few dried will do as well)
- 3/4 C (200 g) small tomatoes

- Parsley
- 1 tsp olive oil
- Sea salt
- Pepper

Directions

Thoroughly wash the chard. Remove stalks by cutting a wedge out of the leaves. Then dice the stalks. Also chop the shallot, garlic and chili pepper and sweat in olive oil, then add the chard stalks and stew for 10 minutes until they are done. Deglaze with lemon juice, and season with salt and pepper.

Cook the lentils in vegetable stock according to package instructions. Slightly press with a fork and season with za'atar. Stone and dice the apricot and add to the lentils. Seed the tomato and chop the pulp into small pieces. Also chop some parsley and add with 1 teaspoon olive oil to the tomatoes. Season with salt and pepper and let it soak. Then drain the water of the tomatoes.

Blanch the chard leaves in a big pot of salted water, rinse with cold water, then drain well and dry.

Stuff the leaves with the individual components and fold to a packet and cord it. Fry shortly in olive oil. You can also eat the packets cold and if you mix the stuffings, you get a yummy salad! If you don't like to cord the packets, just chop the leaves and add them to the stewed stalks.

Enjoy!

Adapted from KrautKopf

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Care to Join Me in Europe?

Six short weeks from now, I will be packing my bags and heading for a teaching tour in Europe. Whether you can make it in person or must travel vicariously with me on Instagram, you are most welcome! All programs are open to the public with prior registration.

Fancy a trip to Belgium? I'll be presenting materials from my Foundations of Gemmotherapy 1 and 2 courses just south of Brussels in Lillois-Witterzée, Brabant, Belgium. Hosted by herbalist Brigitte Florani, owner of Flor Alternative, this four-day program is June 15-18. The course will be taught in English with French translation. Get registration details.

Has an adventure in eastern Europe always been on your list? Then join me in Cluj, Romania,

June 22-23. Supporting Immunity in Babies and Children will be the theme for this two-day seminar held at the University of Cluj-Napoca Center for Biodiversity. This event is sponsored by the Romanian Association for Gemmotherapy and Homeopathy. For registration details, contact me directly at Lauren@laurenhubele.com. While my workshop is only two days, I am lucky enough to have an extended stay in this beautiful, historic city. I'll be taking advantage of the opportunity to work with Dr. Neli Olah on a Gemmotherapy materia medica. Dr. Olah will be providing the pharmacological actions of each extract, and I will share my clinical experience. It's pretty much a dream come true for me! Also, the end result will be a wonderful gift to students of Gemmotherapy.

What about traveling a bit further northeast? At the end of June, I will depart Cluj for Kiev, Ukraine. There, I will present materials from Foundations 1 and 2 in English with

Russian translation. The four-day program is July 1-4 and will be held at the Demyan Popov Homeopathic Center. Sponsored by my student Lena Kozolets, this will be the first-ever teaching on Gemmotherapy in Ukraine. The event also aligns with the release of my books in Russian. Register by calling Kozlovets Lena at +380674925566 (viber/tel/WhatsApp). And if studying Gemmotherapy in Kiev is not enough of an attraction, here are 15 reasons to visit this fascinating city.

From Kiev, I make my way to Foix in the French Pyrenees by the first weekend in July. There, I will return to my regular coaching schedule, offer a few workshops locally and promote the French release of my *Acute Care* and *Building Immunity in Babies* books. More information is forthcoming on my teaching schedule in Foix.

So, what do you think? Do any of these opportunities speak to you? Let me know if I can answer any questions or share more about any of the local areas in order to sway you. ☐

Salt-Crusted Potatoes with Cilantro Mojo

I am super fortunate to live with two open-minded eaters. They not only put up with my kitchen experiments, they fully participate with suggestions and ideas (sometimes a few more than I am prepared for!). So, when my husband holds up a gorgeous, salt-crusted potato on his fork and declares it perfect, I take him seriously. Allow me to share this delightfully simple, “perfect” potato dish (by the way, there was not one morsel left at the end of the meal).

Ingredients

- 2 1/4 pounds small, evenly sized waxy new potatoes, such as fingerling or creamers, scrubbed but unpeeled
- Sea salt flakes
- 3 large garlic cloves, roughly chopped (or shallots)
- 1 green chili pepper, seeded and chopped (half a serrano)
- Leaves from a bunch of fresh cilantro, roughly chopped (and an equal amount of basil)
- 1 teaspoon freshly ground cumin seeds
- 3/4 cup toasted, unsalted pistachios
- Scant 1/2 cup extra-virgin olive oil
- 2 teaspoons white wine vinegar, Muscatel if possible (or lemon or lime juice)
- Himalayan salt to taste

Directions

1. Put the potatoes into a wide, shallow pan in which they fit in a single layer. Add 2 tablespoons salt and 1 quart cold water (just enough to cover), bring to a boil, and leave to boil rapidly until the water has evaporated. Then turn the heat to low and continue to cook for a few minutes, gently turning the potatoes over occasionally, until they are dry and the skins are wrinkled and covered in a thin crust of salt.
2. While the potatoes are cooking, make the cilantro mojo. Put the garlic, green chili pepper, and 1 teaspoon salt in a mortar, and pound into a paste. Add the cilantro leaves, and pound until they are incorporated into the paste. Add the cumin, and gradually mix in the oil to make a smooth sauce. Just before serving, add the vinegar, and spoon into a small bowl.
3. Pile the hot potatoes onto a plate and serve with the mojo, instructing your guests to rub off as much salt from the potatoes as they wish before dipping them in

the sauce.

Enjoy!

Adapted from Jose Pizarro's recipe.

Originally published Sept. 25, 2015.

Changing Our Stories

"Keep some room in your heart for the unimaginable."

– Mary Oliver

I'd venture to guess that like me, you have faced a relationship or two you came to see as beyond healing. Perhaps you tried everything, then reached a point where giving up seemed to be the only next step. Your experience may have convinced you the other party just could not or would not change.

As a coach, I frequently hear similar narratives, so I know they are common. It is interesting that in reaching what appears to be a point of no return, we create an ending to the story (at least from our perspective). Sadly, this limits what can be, and we close the door to infinite possibilities.

I have a story like this, and it involves the father of my daughters. For nineteen years, we have not spoken. This has been painful to our daughters, who have led dual lives between their parents. Over the years, any attempts I made to move past old stories were met with distrust. About a year ago, I came to the realization that his distrust may very well have stemmed from areas I still needed to heal. It was my wish to

reach a place in which I could, with all honesty, be open-hearted and in a position to receive.

In the meantime, two important things happened. The girls' father decided to move to the Austin area, and not long after that, both girls announced their engagements. Clearly, we were moving into a new chapter as a family. Last fall, we approached the first celebration, and suddenly everything shifted. The old stories were dropped, and new stories began. We just became two middle-aged humans navigating this thing called life – who happened to share two really amazing daughters.

Just last week, we all joined together in our new home and shared Easter brunch. While everything appeared normal, in truth it was quite significant. As I joined my family members around our table, I soaked in every detail. There they all were – Joachim at my side, Sebastian complaining about upcoming finals, Meghan and her fiance, Justin, discussing last minute wedding to-dos, and Kate and her husband, Joe, sharing stories from their weekend getaway to Mexico. All pretty status quo – until I made it around the table to the places set for two additional members. And there sat the father of my daughters and his girlfriend, who we animatedly engaged, enjoying it all. To an outsider, it looked as if we had been doing this for years. But the truth is, this was the first holiday in nineteen years that my daughters did not have to make a choice in which part of their family they would be with. This year marked the start of a new way of being for all of us – a step toward wholeness and inclusion.

In my sharing of this very personal story, I encourage you to take your inner skeptic off duty and embrace the idea that all things are possible. Place your attention on yourself, and work on your own ability to remain open and unattached to the outcome. By doing this, we can allow for a resolution more magnificent than we could imagine. That has certainly been true in this situation.

Author and psychologist Mary Pipher shares this advice in her latest book, *Women Rowing North*: “We can’t change our pasts, but we can still change our stories. It isn’t just long histories that influence our lives; it’s also the narratives we tell ourselves about that history.”

I hope my experience might encourage you to consider stories you hold about painful relationships. Instead of writing your own end to the story, might you consider the possibilities of another narrative?

Turmeric Coconut Rice with Greens

Our CSA box arrived filled to the brim with greens again – no surprise this time of year! In search of a new meal, I stumbled on this yummy recipe in the New York Times Cooking archive. Rice can be real comfort food for me, and this recipe also presents a perfect opportunity to incorporate a healthy portion of fresh greens. You’ll notice by the photo that I took the liberty to add a handful of pan roasted mushrooms and green beans to create a veggie-forward dish.

Ingredients

- 2 cups long-grain rice, such as jasmine or basmati
- $\frac{1}{2}$ cup unsweetened coconut flakes
- 1 tablespoon white or black sesame seeds
- 2 tablespoons coconut oil
- 1 scallion, thinly sliced, white and green parts separated
- 1 teaspoon ground turmeric

- $\frac{1}{2}$ teaspoon black pepper, plus more as needed
- 1 (14-ounce) can full-fat coconut milk
- Pinch of saffron (allow this to bloom for 10 minutes in a small amount of boiling water)
- Kosher salt
- 1 medium bunch kale, spinach or Swiss chard (or a mix of all three)
- 1 lime

Directions

1. Rinse rice until water runs clear. Drain and set aside.
2. In a medium pot or Dutch oven, toast the coconut and sesame seeds over medium-low heat, stirring occasionally, until fragrant, 3 to 5 minutes (adjust heat as needed to prevent burning). Transfer to a small bowl. Wipe out the pot.
3. In the same pot, melt the coconut oil over medium-low heat. Add the scallion whites, turmeric and $\frac{1}{2}$ teaspoon black pepper and cook, stirring, until aromatic and lightly toasted, 3 to 5 minutes.
4. Add the rice, coconut milk, saffron (if using) and $1\frac{1}{2}$ teaspoons salt. Fill the empty can of coconut milk with water and add it to the pot. Give the mixture a good stir to separate any lumps and bring to a boil over medium-high.
5. Once boiling, cover, turn the heat to low, and simmer for 10 minutes.
6. As rice cooks, remove and discard the tough stems of the leafy greens, if needed, and cut or tear the leaves into bite-size pieces. When the rice has cooked for 10 minutes, arrange the greens on top of the rice in an even layer and season well with salt and pepper. Cover, and cook until the rice is tender, 5 more minutes. Remove from heat and let sit, covered, 5 minutes.
7. As rice rests, zest the lime and cut it into wedges. Add $\frac{1}{2}$ teaspoon zest to the coconut-sesame mixture, along

with the scallion greens. Season with salt and pepper and stir to combine.

8. Gently stir the greens into the rice using a spatula or fork, season to taste with salt and pepper. Divide among bowls. Sprinkle the coconut mixture on top and serve with a lime wedge for squeezing over.

Enjoy!

Adapted from Ali Slagle's One-Pot Tumeric Coconut Rice and Greens

Caramelized Onion Ramen

Vegan chef Meera Sodha wins again when the weekend rolls around and I want to try something new. This wonderful soup is full of flavor and the perfect opportunity to use up any spring braising greens.

Here's her recipe with my adaptations in parentheses.

Ingredients

- 4 tbsp rapeseed oil, plus a little extra to coat the noodles (or sunflower oil)
- 3 large white onions, peeled and finely sliced
- 3 garlic cloves, peeled and finely sliced
- $\frac{1}{2}$ tsp salt
- 1 red chili, finely sliced
- $1\frac{1}{2}$ liters vegetable stock
- 2 tbsp cooking sake (optional)
- $1\frac{1}{2}$ tbsp light soy sauce (or coconut aminos)
- 1 tbsp brown miso paste
- Salt and black pepper

- 200 g ramen noodles (or rice pad thai noodles, gluten free and vegan)
- 200 g choy sum, cut into 6 cm pieces (or baby bok choy or chinese broccoli)
- Chili oil, to serve (optional)

Directions

In a large, heavy-bottomed saucepan, warm the oil over medium heat. Add the onions, garlic and salt to the pan. Stir to coat all veggies in oil, cooking 10 minutes until onions become slick and translucent.

Reduce heat to low and continue to cook 30 minutes, stirring every five minutes. The onions will gradually start to caramelize and color, eventually breaking down into a soft, sweet, caramel-colored paste.

Add the chili and stock to the pan, bring to a boil, then turn the heat down to a simmer and add sake, soy and miso, stirring well to combine. Taste, adjust the seasoning, then turn off the heat.

Cook the noodles according to the packet instructions, then drain, rinse under cold water and stir in a little oil to keep them from sticking together.

Just before serving, bring the broth up to a boil and drop in the choy sum and cook for a minute or two, until just tender.

Divide the noodles between four bowls and ladle the broth over the top, making sure to share out the greens evenly. Drizzle over the chili oil, if using, and serve.

Enjoy!

Adapted from The New Vegan.

Coaching Stories: Suzanne Rogers

Five months ago, longtime client Suzanne Rogers was struggling with her job as a higher ed housing administrator and stuck on how to move forward. She decided to commit to a series of eight coaching sessions as a practical, action-oriented step toward getting unstuck and making changes.

Since Suzanne and I had worked together for years, she trusted me to coach her through the process with care. Shifting from a client-practitioner relationship to a client-coach relationship took some warming up for Suzanne. She had become quite familiar with sharing a problem and looking to me for answers. Now as her coach, I looked to her to set the session agenda and collaborate on practical actions to practice that would move her toward her goal. I couldn't be more delighted with the work Suzanne did, and you can see in her interview how pleased she is as well.

What were your personal goals with being coached?

I wanted to understand why I was so “stuck” and unable to see where I was not being authentic and so unhappy in my work life. I initially thought that a new job was going to be the gain.

How are you different now?

Through coaching, I see what it means for me to be my authentic self in every situation, be it professionally or personally. I have new tools, and confidence in using them, to navigate difficult work situations without so much fear. My resistance to change, despite my wanting it, was also holding

me back. I have begun to invite change, and the inevitable death of all things, as the way toward rebirth and new possibilities.

How do you feel about yourself given these changes?

I feel a lightness and confidence that I have not had in years. I have a better understanding of what keeps me balanced and grounded. I like myself, feeling more inspired to try new things and be more creative.

What were your key learnings over the last five months?

So many!☺

- I learned that my perception of jobs and earning a living has been guided by a victim/hero mentality. This has caused me to isolate and not ask for help from my work community.
- I also learned that I am able to show up authentically; I can be myself in any situation.
- I was able to reveal some of my underlying narratives, which caused a duality in the way I view work.
- I also discovered patterns that lead me to the same difficult place in my job. I have new tools to minimize or prevent that from happening in the future.
- I learned that I am worthy of having the career of my choosing and capable of making good decisions for my future. I better appreciate my versatility and embrace my desire to NOT fit the mold in the corporate world.

What might bring you back for further coaching?

There are likely more stories I have running in the background that have yet to surface. I have not made a career change yet. As I explore new options, more coaching could be helpful.

Given your new skills or perspective, what are you doing differently?

I am making training videos for my job and started a podcast. I am exploring a career in coaching and ways to bring all my skills together to help others discover their next step.

What was it like to be coached?

Overall, it was wonderful, enlightening and empowering. At times it was incredibly uncomfortable and painful. I had to dig deep and admit where I was responsible for my situation, but also where I am empowered to change it.

Do you have advice for readers considering a coaching commitment?

Go for it! It is far more beneficial than I imagined. What you learn about yourself will take you on an inner journey, leading to a new perspective on your life.

Does the idea of being coached intrigue you? Read about why I coach. Would you like to know more about working together? Here is a great place to begin.

Super Seeded Crackers

Here is a recipe to beat all boxed versions – and it's easier than you think. Play around with the seasonings. Your options are endless!

Ingredients

- 1/4 cup brown or white rice flour
- 1/4 cup teff flour
- 1/2 cup almond flour

- 2 tbsp ground flax
- 2 tbsp hemp
- 2 tbsp sesame seeds
- 2 tbsp chia seeds
- 1/2 tsp kosher salt
- 1/2 tsp dried thyme
- 1 tsp dried rosemary
- scant 1/4 tsp baking soda
- 1/4 cup water (add by the teaspoon if more is needed)
- 1 tsp olive oil

Directions

1. Preheat oven to 350°F and line a baking sheet with parchment.
2. In a large bowl, mix the dry ingredients. Add wet ingredients and mix well. Knead the dough until it comes together. Shape into a ball.
3. Place ball of dough on parchment paper or a non-stick mat. Roll out dough until it's about 1/8 inch thick, or as thin as you can get it without ripping. With a pastry wheel or pizza slicer, score the dough for crackers.
4. Bake at 350°F for 18-20 minutes until slightly golden. You will want to bake long enough for the crackers to be crisp.
5. Cool on baking sheet for 10 minutes. Store in an airtight container once fully cool.

Enjoy!

*Recipe adapted from **Oh She Glows**.*

What Gemmotherapy Can Do for Menstrual Symptoms

What you have come to believe is normal during monthly menses may not be natural or necessary. After years working with women to address symptoms like painful cramping, lower back pain, leg discomfort, heavy flow, clotting, spotting and short or long cycles, it turns out these can all be resolved. This prompted my post a few years ago, [What's Normal?](#)

The real cause

Hormone imbalance often takes the hit for these symptoms, but it's not the root cause. The lack of harmony stems from adrenal fatigue and poor stool elimination. In fact, the monthly cleaning of the uterus and vagina can also serve as an overflow for weeks of less than optimal cleaning from the bowel and kidney. The patterns for this are set in adolescence with the onset of a menstrual cycle. In [What Moms of Young Girls Need to Know](#), I explain the link between elimination and menstrual symptoms.

Why resolving is important

While you can buy countless products today to suppress these symptoms, none resolves them. If they "go away," why would it be important to solve them? It's actually very important, because the root of the problem remains, and lingering inflammation can lead to more serious, chronic conditions. One of those conditions is endometriosis – you can read Margaret's story [here](#).

What you can do

You can use Gemmotherapy extracts to restore optimal elimination and support the adrenals, which resolves

inflammation and allow hormones to harmonize. The extracts are to be taken three weeks each month, stopping during the menstrual flow. Cases in my practice have been resolved with either Silver Birch Sap, Blackthorn or Blueberry, supported by Black Currant for adrenal health.

In addition, a dairy-free diet is critical. While a completely plant-based diet will provide best results, simply removing all dairy products will be a significant help. Read about this successful case from my practice.

While making these changes and resolving inflammation, you can also use Raspberry and Silver Lime as an acute protocol for menstrual cramping.

Learn more

If you would like further information on Gemmotherapy extracts, you'll want to read my Beginner's Guide to Gemmotherapy. Specific information on dosing Gemmotherapy extracts can be found in my books, "An Introduction to Acute Care" and "Building Immunity in Babies and Children."

For individualized support, I recommend you consult with a practitioner trained in Gemmotherapy to restore immunity, or consider working directly with me. Looking for a deeper understanding? Consider taking my next Foundations of Gemmotherapy series.

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