

# Health & Harmony

The Newsletter from Greenleaves Herbal Healthcare

1<sup>st</sup> Edition – July 2009

## Hi Everybody

Welcome and thank you for your interest in Greenleaves and for signing up to receive this newsletter.

The first half of this year has rushed past (as it always seems to do) and I am pleased to (finally) bring you this Newsletter.

Much of my time and energy this year has involved teaching raw / living food preparation alongside consultations for those with health challenges. It has been really wonderful to see how effective medicinal herbs and living food combine to return good health and wellbeing.

## At the Allotment

I'm in full swing down at the allotment plot (which I've had for three years now). It's great to get out into the quiet early morning (especially if you are a morning person) and to enjoy the stillness and peace before life around you starts to get busy. I've never thought of myself as being blessed with green fingers and in the beginning I was intimidated by the big plot (too big!) I inherited and struggled to maintain it and to be honest, at times it felt like a burden. However, perseverance brings its own rewards and now 3 years later I could not imagine being without it. I've learned that green fingers can be developed over time. Now the plot rather than being too big seems to have shrunk to a manageable size. Most of all I enjoy the feeling of accomplishment and self-reliance it brings and of course the food at harvest time! At the moment I have broad beans, sweet peas, celery, carrots, strawberries, sweetcorn, spinach, cucumber, beetroot, spring onions, red onions, lettuce, kale and potatoes.

This year I am growing some vegetables mainly for juicing, ie spinach, carrots, celery, cucumber and beetroot. Given the amazing potential of living green juices to heal, I wish I'd done this earlier. Plus, the left over pulp can be used in living food recipes (crackers or burgers) or composted and put back into the soil.



## Green Juice Power!

So what's so *special* about juicing?

Our blood is very similar to green juice and we benefit from adding juices to our daily diet. The **chlorophyll** and **magnesium** in green juice is similar to the **magnesium** and **iron** in our blood.

Juicing makes it possible to greatly increase our levels of nutrients, vitamins, anti-oxidants and enzymes without increasing our digestive effort. As the fibre is broken down, this allows almost 100% of the nutrients to be extracted and absorbed into the bloodstream within about 20 minutes. Imagine that one stalk of celery when juiced will yield ¼ cup (50ml) of fresh juice. One large cucumber will give 1 ¼ cups juice (300ml). Green juices are alkaline (like our blood) and very cleansing and purifying. Their abundance of anti-oxidants neutralise free radicals, giving them rejuvenating qualities, which can improve your looks quite dramatically.

Vegetable juices contain minerals such as magnesium, potassium, calcium, sulphur, silicone, and zinc all in correct ratios to one another.

If you tend to get bloated and to retain water try this recipe, which has a mild diuretic (water-releasing) action:

### ***Put through a juicer:***

1 head celery  
1 cucumber  
Apple juice to taste  
Ginger to taste (optional)

Makes about 800ml

Note: Fresh green juices must be drunk straight away, as the nutrients will oxidize very quickly.

Enjoy!



## Life going around in circles?

I've noticed that many of us are caught up in negative cycles, unable to move our lives forward, stuck in unhappy relationships and dead-end jobs. In society, such importance is placed on formal education, Maths, Science, English, etc. Of course there's nothing wrong with this, but how many of us were taught



Keep things simple: Nothing vital is complicated. Life depends on simplicity. Anytime, you feel you are being overwhelmed with information, simplify. Just get back to basics. Simple basics practiced over and over make enormous improvements.”

Until next time,

Best wishes ...

*Patricia*



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restoring health naturally

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