

Health Digest

Practical Techniques for a Better Life

March 2023

Program

6:00 – 6:05	Welcome	Martina van der Velde
6:05 – 6:10	Bible Thought	Pastor Dan Mc Grath
6:10 – 6:50	Cooking Demonstration: Heartwarming Soups	Chef Miguel Larcher
6:50 – 7:05	Simple Remedies Immune System Boosters	Martina van der Velde
7:05 – 7:20	Break (to get Food Samples)	
7:20 – 7:35	Gardening: Composting	Miriam Schmidt
7:35 – 7:45	Get Up and Move	Margarett Nwankpah
7:45 – 8:00	Health Teaser: Healing with Green Smoothies	Margit Toppenberg

Drawing for prizes?

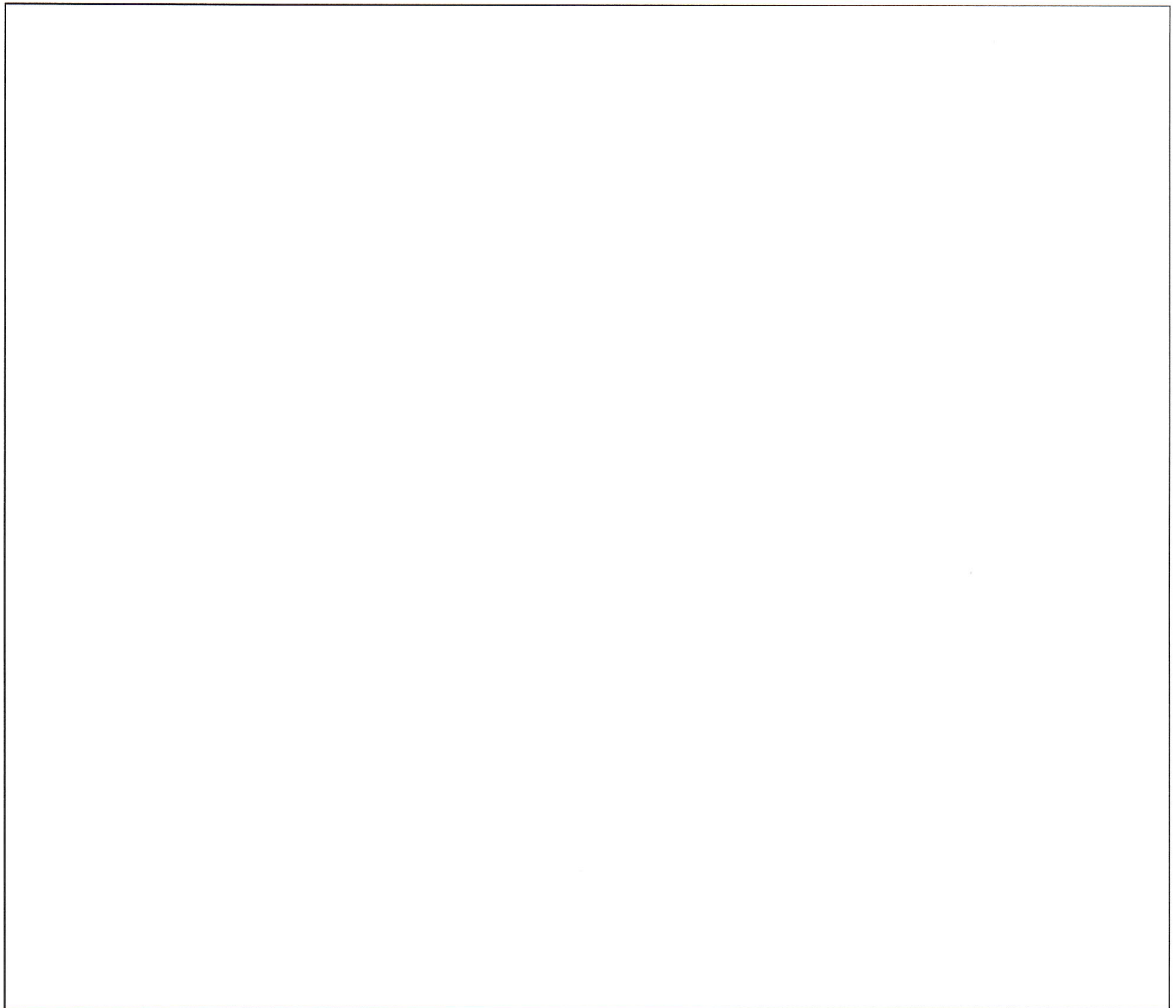
*Though this is a free event, donations are welcomed and appreciated to cover some cost.
Thank you!*

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Notes

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Butternut Squash Soup (by Chef Miguel Larcher)

4 c butternut squash, diced	1/4 tsp. fennel seed	1/8 tsp. cinnamon
1 potato, diced	toasted in a hot skillet	2 t fresh rosemary, chopped
1 celery stalk, minced	(20 seconds)	2 t fresh thyme
1 leek, minced	2 cloves garlic, minced	1 T tarragon, chopped
1/2 onion, diced	3 T yeast flakes	3/4 t kosher salt
5 c water	1 pinch dry sage	
2 T olive oil	1 small bay leaf	

In a saucepan, bring the water to a boil. Then add butternut squash, potato, garlic, and all the seasonings. Bring to a boil, then simmer covered for 30 minutes or until butternut squash is cooked and soup has nice consistency. Add 1 tablespoon of fresh, chopped tarragon and cook for 5 minutes. Bon Appetit. (Makes 4 servings)

Garden Vegetable Soup (by Chef Miguel Larcher)

2 T olive oil
2 c leeks, green part only, chopped (the white part can be used for potato leek soup)
1 c diced carrots
2 c butternut squash, diced
1 c celery, diced
2 ½ c green cabbage, sliced

Sauté all the vegetables with olive oil on medium heat for 5 minutes.

Add

1 ½ c potatoes, cubed
¼ t sage, chopped
½ t rosemary, chopped
1 small bay leaf
2 cloves garlic, minced
6 c of chicken broth (from recipe)

Cook for 30 minutes covered.

Add

2 t kosher salt
2 T capers

Cook for 10 more minutes. (Makes 6 servings)

CONTRAST SHOWER

Definition:

The *Contrast Shower* is an alternating hot and cold shower at specified intervals.

When to Use:

- For impaired circulation
- To relieve organ congestion (i.e. menstrual cramps, lung congestion, headache)
- To increase white blood cell circulation (indicates stimulated immune response)
- At the onset of an acute illness (It can be done at any stage, but is most effective at the first sign of illness.)

Equipment:

- Shower
- Towel

Clothing Recommendations:

- Unclothed or in swimsuit

Shower Sequence:

1. Begin with comfortable warm shower for three minutes.
2. Turn water to cool for 30 seconds to one minute.
3. Repeat this two more times, increasing and lowering the temperature each cycle.
4. End with cold as tolerated.
5. Resting after the treatment increases the effectiveness.

Cautions & Considerations:

- ✓ The warmer and colder temperatures should not be uncomfortable. The patient will be able to tolerate and appreciate it warmer and colder each time.
- ✓ Not recommended for very ill or elderly (feeble) patients, or small children.
- ✓ Only treat to the patient's tolerance!
- ✓ Use consistent communication with patient to determine their tolerance if you are controlling the water temperature.
- ✓ Apply mild treatment to patients with heart and vascular diseases, or nerve impairment. A mild treatment will not have as wide a variation in water temperature, and/or not as long duration.

Personal Experience:

This treatment can easily be given to yourself, even if the times are not exact. Even just ending with cold at the end of your morning shower is helpful if that is all you have time for.

COLD MITTEN FRICTION

Definition:

A *Cold Mitten Friction* is vigorous rubbing of the skin with a wet, cold cloth to stimulate skin circulation and healthy nerve response.

When to Use:

- As a cool down after a warm treatment (such as fomentations or Steam Bath)
- To increase skin circulation
- To enhance immune system function
- To increase neuromuscular tone
- To improve digestive function (when applied to abdomen)
- For general fatigue
- For depression

Equipment:

- ✓ 1 hand towel (or 2 Terry cloth mittens)
- ✓ 1-2 Bath towels
- ✓ Basin with ice water

Clothing Recommendations:

- Unclothed or with underpants

Steps to Follow: (Full Body CMF)

1. Make sure the patient is warm before you begin.
2. Soak hand towel in ice water
3. Cover patient with a sheet and/or blanket, and expose only body area to be treated.
4. Place towel under body part being treated. A good pattern is to start with arms, then chest, legs, and then the back.
5. Wring excess water out of hand towel or mitts.
6. Rub wet hand towel briskly over uncovered body area.
7. Dry area thoroughly and cover with sheet.
8. Move to next area to be treated and repeat steps 4-7.
9. Allow for post-treatment rest for most effective treatment.

Cautions & Considerations:

- Assure patient warmth before beginning the treatment.
- Have each body part uncovered as briefly as possible to prevent chilling.
- Rubbing too vigorously can be irritating to the skin.
- A healthy reaction will leave skin pink and the patient not chilled.

Personal Experience:

People often think it will be miserable. But if they are warm to start with, as they should be, it really feels great. After a hot treatment such as fomentations, it is appreciated.

Composting in Your Backyard

Ingredients for Composting

The ingredients for composting include a proper balance of the following materials:

- **Carbon-rich materials (“browns”)** can include dry leaves, plant stalks, and twigs. The carbon-rich materials provide food for the microorganisms to consume and digest.
- **Nitrogen-rich materials (“greens”)** include grass clippings and food scraps. The nitrogen-rich materials heat up the pile to create ideal conditions for the material to breakdown.
- **Water (moisture).**
- **Air (oxygen).**

What You Can Compost

What You Can Compost at Home	What to Avoid Composting at Home
Nitrogen-Rich Material (“Greens”)	Meat, fish and bones
Food and vegetable scraps	Cheese and dairy products
Most grass clippings and yard trim	Pet waste and cat litter
Coffee grounds and paper filters	Produce stickers
Paper tea bags (no staples)	Fats, oils and greases
Eggshells (crushed)	Glossy paper
	Treated or painted wood
Carbon-Rich Materials (“Browns”)	Aggressive weeds/weeds with seeds
Dry leaves	Diseased and pest-infested plants
Plant stalks and twigs	Compostable food service ware and compostable bags*
Shredded paper (non-glossy, not colored) and shredded brown bags	Cooked food (small amounts are fine)
Shredded cardboard (no wax coating, tape, or glue)	Herbicide treated plants
Untreated wood chips	Dryer lint

*Backyard composting piles do not generally reach high enough temperatures to fully decompose certified compostable food service ware and bags. These items are designed to be composted at commercial composting facilities.

Steps for Backyard Composting

1. **Determine how you will collect and store your browns and greens.**
Collect and store your fruit and vegetable scraps in a closed container on your kitchen counter, under your sink, or in your fridge or freezer. For browns, set aside an area outside to store your steady supply of leaves, twigs, or other carbon-rich material (to mix with your food scraps).
2. **Set aside space for your compost pile and build or buy a bin.**
Choose a space in your yard for your compost pile that is easily accessible year-round and has good drainage. Avoid placing it right up against a fence and ensure there is a water source nearby. Your compost pile will break down in sun or shade. Next, choose a type of bin for your pile. Bins can be constructed from materials such as wire, wood, and cinder blocks. They can also be enclosed and include barrels and tumblers.

3. **Prepare your ingredients for composting.**

Before adding your browns and greens to the pile, try to chop and break them up into smaller pieces (e.g., corn cobs, broccoli stalks, and other tough food scraps). Doing so will help the materials in the pile break down faster.

4. **How to build your compost pile.**

Start your pile with a four- to six-inch layer of bulky browns such as twigs and wood chips. This layer will absorb extra liquids, elevate your pile and allow air to circulate at the base of the pile. Then layer your greens and browns like lasagna. If needed, add a little water to dampen the pile.

- Having the right proportions of ingredients in your compost pile will provide the composting microorganisms the carbon, nitrogen, oxygen, and moisture they need to break down the material into finished compost.
- When adding browns and greens to your pile, add at least two to three times the volume of browns (such as dry leaves) to the volume of greens (such as food scraps). Always ensure your food scraps are covered by four to eight inches of dry leaves or other browns.
- Air and water are the other key ingredients in your pile. To ensure air circulation, add enough browns and turn your compost occasionally. To maintain moisture in your pile, ensure your combined materials have the consistency of a wrung-out sponge.

5. **Maintain your compost pile.**

As the materials in your compost pile begin to decompose, the temperature of the pile will initially begin to rise, especially in the center. A backyard pile, if well maintained, can reach temperatures of 130° to 160° F. High temperatures help reduce the presence of pathogens and weed seeds.

Turning and mixing your pile from time to time will help speed up the decomposition process and aerate the pile. Use a garden fork to turn the outside of the pile inward.

Monitor your pile for moisture, odor, and temperature and make adjustments as needed.

- If the pile is too dry, activity in the pile will slow or cease. Moisten the pile and turn it. (Refer to the note above about maintaining moisture in your pile.)
- If the pile has a bad odor, it may be too wet or need more air circulation. Add more browns/dry material to the pile and turn the pile.
- If the pile is not heating up, mix in greens and turn the pile.

6. **Harvest your finished compost.**

When your compost pile is no longer heating up after mixing, and when there are no visible food scraps, allow your pile to cure, or finish, for at least four weeks. You can relocate the oldest compost at the bottom of the pile to a separate area to cure or stop adding materials to your pile. After curing, your pile will have shrunk to about one-third of its original size.

Compost in a well-maintained pile will be finished and ready for use in about three to five months. Left untended, a pile may take a year to decompose. The compost will look dark, loose, and crumbly and smell like fresh soil. Most, if not all, of the materials that went into the compost pile should be decomposed.

Screen or sift your finished compost to filter out materials that didn't break down - twigs, fruit pits, eggshells, and items like produce stickers and plastic. (You can make a homemade screener out of ¼ inch hardware cloth.) Pits, eggshells, etc. that you sifted out can be added back into the active pile or to a new pile.

EB-Gal. 51-Diege Composter Tumbler



\$289⁹⁹

Turning Composter with Feet
Convertible to Efficient Mesh
Composting



\$91⁹⁹

Healing with Green Smoothies

Green garden booster

0.5 oz celery
0.5 oz spinach
0.5 oz parsley
0.5 oz kale
1 t ginger
½ frozen banana
½ c pineapple juice
½ c orange juice
½ c ice

Blend until smooth. Enjoy!!

Beginner Smoothie

6 c kale leaves
1 pear
1 large banana
1 c pineapple
Almond milk (½ to the top of veggies)
5 ice cubes

Option:

Add 1 handful flax seed
Water instead of almond milk (¾ to the top of veggies)

Blend until smooth.

Resources:

Brooke Goldner, M.D.: **Goodbye Autoimmune**

How to prevent and reverse chronic illness and
inflammatory symptoms using supermarket foods

Thomas Tadlock, MS: **Miracle Metabolism**

Your Step-by-Step guide to quickly lose fat, gain muscle, and heal at any age