

# Health Reflections

Little Stockpots



## Little Stockpots

When the Little Stockpots group first started, it had a different name and only adults came along. By now, we have children taking part too – hooray - and we have been meeting up on Zoom over the winter months.

For those of you who haven't yet signed up, here's a taster of what we've been up to, all in the name of good health.

**Wreath-making** What a good way of filling up our lungs with fresh air, and of getting a dose of daylight and nature! Some of our Dyffryn Conwy members gathered holly, fir-cones, feathers and pine greenery to build their wreaths.

**Solstice Tree** In memory of their ancestors, some of our friends chose a special branch to bring indoors and to decorate at the Winster Solstice. Whose memory do you treasure? Do these memories warm your heart?

**Calennig** – There's an old Welsh tradition of offering our neighbours a gift and good vibes on New Year's day. Even though we couldn't go from door to door to deliver our *calennig* this year, the Little Stockpots handcrafted some

lovely lavender and epsom bath salts - one jar for themselves and another for one lucky recipient! Thank you to the Yorkshire girls for joining in and thanks to Auntie Katerina from the health shop for giving us the lovely jars with hearts engraved on the lids. Did you all get to enjoy a warm bath, I wonder? How many of you slept like logs afterwards!?



Christmas Wreath

**Stock** If there's one thing that our group values, then that is nutritious, homemade stock! It keeps our bellies warm (and our intestinal *villi* happy – remember them?) Why not make an extra jar as *calennig*? You could even sing the *calennig* song as you ladle it out (the accompaniment track is in our members' section).

*“Calennig i chi,  
Calennig i'r ffon,  
Calennig i'w fwyta y noswaith hon,  
Calennig i 'nhad am glytio fy 'sgidiau,  
Calennig i mam am drwsio fy sanau.”*

**Marrow Dinosaurs** Leading up to Christmas some of us watched Masterchef on TV, and delighted when the competitors used bone marrow in no fewer than FIVE dishes! Just for the record, we Little Stockpots also appreciate the riches of marrow from super healthy, local animals. Here, our Powys friends share their recipe for marrow dinosaurs! No, they won't appeal to everyone, but due to severe allergies to a whole host of other ingredients, some children depend on such nutritious snacks on this healing journey.

- One cupful of cooked organic lamb marrow
- One cupful of chopped pear or any other low-fructose fruit.

Place both ingredients in a blender then press into small dinosaur-shaped molds. Freeze until needed. Serve as an appetiser or when blood-sugar wavers.

**Questionnaires** Lastly, two of our members compiled a questionnaire for the staff of our favourite health shop! Take a peek at the answers overleaf. Wishing you all a happy and healthy New Year, full of fresh adventures.



Calennig (New Year gift)

### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*Nourishing Stock – An Old-fashioned Remedy for the Modern World:* Sally Fallon (Grand Central Publishing, 2014);

*Nourishing Fats – Why We Need Animal Fats for Health and Happiness:*  
Sally Fallon Morrell (Grand Central Life & Style, 2017);

*Cwm Eithin:* Huw Evans (Gwasg y Brython, 1931);

*The Organic Artist for Kids:* Nick Neddo (Quarto Publishing Group, 2020);

*The Stick Book:* Schofield & Danks (Frances Lincoln Limited Publishers, 2012).

\*Fran Lebowitz - Social Studies

# Questions for Auntie Katerina (Health and Food, Llanrwst.)

The Little Stockpots have compiled some great questions!

Of all the food sold here, what's your favourite?  
This is a hard question – I have so many favourites! If I have to pick one I think it is the **red sauerkraut**.



What is the smell in this shop?  
A lot of people like the smell in here! I think it's a combination of all the nice smelly things we have: **spices, incense, soaps, herbs, essential oils...**

What usually brings people into your shop?  
They come with many different health complaints! Often they want **help with their digestion** or something to **help them sleep better**.



Can you recommend some food for growing children?  
I think the most important food for growing children is – **all of them!** It's important to eat as many different foods as possible, even just **a little bit of everything!**



Thanks to Auntie Katerina for helping us! Does anyone have similar questions to ask in their own local health and food shop? Find the questionnaire template in our members' section at [www.elinalaw.com](http://www.elinalaw.com)

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**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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