

# Health Reflections



## What's in Your Flask?



I'm sure that most of us are looking forward to the day when we'll be able to drop in for a cuppa with each other once again!

But for the time being, many an old thermos flask has been given a new lease of life as we navigate the ever-changing restrictions on social visits, as well as the need to look after our immune systems.

For many of us brew-loving herd creatures of 2020, a social but distant cuppa in the garden or park (local rules permitting of course!) has often been better than no interaction at all. Here's a description of some favourite warm beverages from my GAPS community.

**Home-made Cup-a-Soups** If you're a seasoned GAPster, the main ingredient for a nourishing soup will be close at hand. What's that? Stock! Homemade chicken stock teams up well with vegetables such as onions, turnips, cauliflower and mushrooms: simply simmer all ingredients together in a pan until soft. If you have some leftover cooked chicken skin or meat, you could add them to the mixture too, before blitzing to a smooth consistency with a hand blender.

For a rich beef cup-a-soup, grab some homemade beef stock and pour into a pan with onions, leek, good quality passata, beef mince or heart, organic bone marrow and oregano. Simmer until cooked through, blend and adjust

the seasoning. If too thick, add more stock or water, and don't be scared of using enough good quality salt.

**Homemade Elderberry 'Ribena'** In our house this always gets top marks. Take a handful of frozen foraged elderberries or several cubes of frozen juice (if you managed to find the time back in September to press the fruit). Combine with the juice of a lemon, a thumb of ginger and fresh turmeric root, a pinch of warm spice such as cinnamon and a teaspoonful of honey. Top up with water and allow to simmer gently in a pan for 10 minutes or so, before mashing and straining into your thermos.

**Cocoa\*\* with Milk and Honey** This drink is simply made with a teaspoonful of pure cocoa powder, a smidgeon of local honey and the best quality milk that you can possibly obtain. For GAPsters who tolerate dairy, this could mean organic milk that has not been homogenised or too heavily pasteurised.

This cuppa can also be made using good quality coconut milk or by rehydrating a portion of a coconut cream block. For those still working on repairing the gut wall, unadulterated fat is a welcome and most essential ingredient so don't be afraid to add in an extra spoonful of cream or cacao butter. Remember as always to avoid refined sucrose and all processed soya products.

Several winters ago I was gifted a most indulgent Ancient & Brave cocoa mix. The ingredients included cacao, collagen, beetroot powder, cinnamon, ginseng and pink salt, but the price tag was a tad scary! Why not get creative and experiment with your own recipe? Enjoy!

\* Stocks and fats can get extremely hot! Take great care not to burn, especially when blending, pouring and serving soups.

\*\* Suitable following a considerable amount of time restoring gut health.

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

*Gut and Physiology Syndrome:* Natasha Campbell-McBride (Medinform Publishing, 2020);

*Nourishing Broth, An Old-Fashioned Remedy for the Modern World:*  
Sally Fallon & Kayla Daniel (Grand Central Life and Style, 2014);

*Nourished Beginnings Baby Food:* Renee Kohley (Page Street Publishing, 2016);

*The Dental Diet:* Steven Lin (Hay House, 2018).

\*Fran Lebowitz - Social Studies

# Vitamin N

Those of us embarked on a gut-healing and immune supporting journey are always on the lookout for good quality food and drink. From homemade stocks to foraged elderberries, we appreciate their vitamin, mineral, amino acid, gelatin and quercetin content as part of the quest to promote our families' health.

But as important as food is, there are broader considerations!

Sunlight is important (and the dietary cholesterol that allows us to make good use of it). Why not go back to an analogue alarm clock, so that daylight (not screen light) is the first source of light that meets your eyes in the morning?

Exposure to soil-based microbes is also crucial, so get those hands in some compost, go foraging for ramsons or chickweed or rosehips in season, or go for a responsible, safe swim in natural waters.

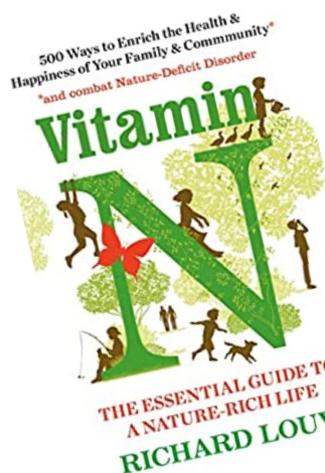
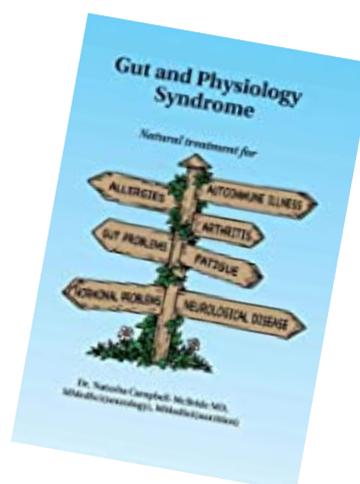
Awareness is on the increase about the benefits of physical touch for balanced neurotransmitters and emotional health.

And Vitamin N, as author Richard Louv calls mother nature, is central to the weave to which we are all spun. Why not take part in a project such as *1000 Hours Outside* and add to your collection of "fresh air minutes?"

Oh yes, and don't forget to take your flask!



# From the Bookshelf



*Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.*

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

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