

# Health Reflections



## Snowdonia Slap-up

When I started training in healthcare, little did I know that one day I'd play chef for three dozen people. But last night a brilliant group gathered at Capel Curig Community Centre for a three course GAPS™ meal. And here I am today, tired but glowing and raring to tell the tale.

First, let me remind you that I work primarily as a homeopath, putting into practice some well-reasoned principles by listening to patients as individuals, observing the totality of their patterns and matching them up with a similar remedy. Each remedy is prescribed in the most fitting and least aggravating strength and quantity, then off goes the patient to traverse the individual path towards better health.

But what if that life path involves a diet of personally aggravating foodstuffs, such as processed wheat at each square meal or ill-prepared soya, to which a person is sensitive? What if a patient responds marvellously to homeopathic medicine, yet abstains from nourishing ingredients such as traditional fats, which might be essential for sustaining this new-found wellness?

In response to such maintaining casues of ill-health, I often draw on my partner profession as GAPS™ Practitioner. I teach, encourage and demonstrate the preparation of nutrient-dense food, and on this smashing evening in Capel Curig we all agreed that real nourishment – in the form of good food and good company - is decidedly satisfying.

For an explanation of what GAPS™ means, and for what we ate last night, please turn over. For a glimpse of the quiz we had in between courses, see the Q&As on the right.

Thank you to Mari, Anest and Ann for their help behind the scenes, and to all who attended this limited edition event.

## QUIZ: Why are these items on the table tonight?

### 1. WHOOPIE CUSHION

- a) To revisit joys of childhood;
- b) To encourage diners to break wind freely;
- c) As reminder that gassiness and IBS are often part of the picture addressed by homeopathy and GAPS.



### 2. ECO-FRIENDLY WASHING UP PRODUCT

- a) To help decide who's washing up;
- b) Its residues may be less harmful to the GI tract than those from mainstream products;
- c) Because we want to spend more money.



### 3. PULSATILLA 6c

- a) Since it can sometimes alleviate the discomforts of those struggling to digest fats;
- b) Because it improves the pulse;
- c) To sweeten your cup o'tea.



### 4. ELDERBERRIES

- a) As pretend caviar;
- b) Because of their possible benefits to the immune system;
- c) To encourage contact with nature's prebiotics.



### 5. WIND-UP TEETH

- a) To remind us not to talk with a full mouth;
- b) To remind us to clean our false teeth;
- c) Because of possible links between a well developed dental arch and robust health.



### 6. FRESH TURMERIC

- a) As it lends a warming taste to beverages;
- b) Because it might help reduce inflammation in conjunction with good fats;
- c) As it might aid digestion.



**ANSWERS** – as discussed on the night:

- 1.c) – 2.b) – 3.a) – 4.b) and c) – 5.c) – 6.a) and b) and c)

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

*Nutrition and Homeopathy*, Deborah Hayes - <http://www.rebalance-health.com> - accessed September 2019);

*Gut and Psychology Syndrome*, Dr Natasha Campbell-McBride (Medinform, 2018);

*The Heal Your Gut Cookbook*, Hilary Boynton and Mary Brackett (Chelsea Green Publishing, 2014);

*The Vegetarian Myth*, Lierre Keith (PM Press, 2010);

*Jaws and Teething*, Elin Alaw ([www.elinalaw.com](http://www.elinalaw.com) - accessed September 2019).

\*Fran Lebowitz - Social Studies

# The Snowdonia SLAP-UP Menu — GAPS Friendly —

No grains, gluten, processed carbohydrates, artificial additives, sucrose or disaccharides are present here tonight!

Central and plentiful within this nourishing menu are high welfare organ meats, local meat stock, organic free-range butter, fats from healthy sources and fermented foods.

**Starter:** Nutrient-dense chicken liver parfait OR salmon and coconut manna pâté served with PK linseed buns and a shot of beet kvass.

**Main:** Locally raised beef stew, based on a homemade stock and topped with organic kefir OR sauerkraut and a nasturtium flower.

**To Finish:** Chai latte brewed with fresh ginger and turmeric, served with a small piece of GAPS carrot cake.

For the **PK Linseed Bread** recipe, see [www.drmyhill.co.uk](http://www.drmyhill.co.uk). For stock-making tips, please explore **Take Stock** on [www.elinalaw.com](http://www.elinalaw.com). For a GAPS carrot cake recipe, grab a copy of **The Heal Your Gut Cookbook** by Boynton & Bracket.

**What is GAPS™?** GAPS stands for both *Gut and Psychology* and *Gut and Physiology Syndrome*. It involves a philosophy of lifestyle and temporary dietary measures aimed at getting people's digestive system – and consequently the rest of their health – back on track.

The term was coined by mother and neurologist, Dr Natasha Campbell-McBride. This is not because any of us need yet another diagnosis, but because so many modern day illnesses seem linked to the poor state of the gut and to some unwise dietary choices commonly made.

From the GAPS perspective, mental health problems are understood to be related to poor gut health. Skin complaints might also reflect gut issues and inflammation of all sorts (think *-itis*) can be influenced by the internal environment of the digestive tract. Hormonal difficulties, too, can be addressed by improving gut health. Bloating, IBS and indigestion might accompany any of the above conditions.

The list goes on, but the bottom line is that we all need to be mindful of what we choose to eat and what values and quality of microbiome is passed on to the next generations.

## Make Your Own Sauerkraut

Easy-peasy to make but so much the better if you can get together with friends and share the task in good spirits.

**You will need:** One whole cabbage, a pinch of good quality rock salt or sea salt (please don't use table salt), some spring or filtered water (please do not use tap water), a sharp knife or mandoline slicer, large mixing bowl and clean glass jars.

1. Clean your work surface and wash your hands well.
2. Save one outer cabbage leaf and put to one side.
3. Slice the rest of the cabbage into thin strips – use a sharp knife or mandoline slicer and mind your fingertips!
4. For each small cabbage (roughly 800g) add a scant teaspoonful of salt.
5. In the bowl, massage the salted cabbage until some moisture escapes. Pack the cabbage tightly into a clean jar.
6. Use the saved leaf to form a cap on top of the mixture. Using your fingers and perhaps the tip of a teaspoon, gently push the edges of the leaf down in between the shredded cabbage and inner surface of the jar.
7. If the mixture has not already produced enough juice to cover the cabbage, prepare a solution of water and 2% salt and pour it in, up to the shoulder of the jar.
8. Secure the lid and allow to sit in a warm spot in the kitchen for a week or so. When tiny bubbles can be detected rising inside the jar, the sauerkraut has fermented and is ready to eat or to store in the fridge.



Photo: Nia Evans

*Catrin - our local advocate for the nourishing traditions of motherhood - is such a pro that she makes two batches of sauerkraut at once!*

**“As homeopaths we know the importance of individuality. This principle applies to diet as well as to remedies.”**

**Deborah Hayes**

*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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