

Surfacing Wellness & Health

Lisa Reichert, L.Ac

Happy Winter!

I am taking a little time to wish you a happy, healthy 2007 and to share what I have been up to this last year.

At the start of a new year everyone needs a reminder and congratulations for all we've accomplished and altered from month to month. Acknowledge the small changes along with the big ones, and build on those successes. I am happy to see clients come through the office door. It shows the effort each of you put toward taking care of yourself.

Some of you know me well enough that I am NOT a fan of the (usually) cold Mid-western winter. But Winter

is the time to turn inward, slow down, and nourish oneself. Doesn't that sound like a great way to start a year?

Here are ideas to keep you on track

Eat Winter foods

- Heartier grains like barley, buckwheat, millet and amaranth.
- Make soups and stews.
- If you don't have stock around, use miso for flavor plus it supports your energy through the season.
- Always throw in some dark leafy greens; any one of the many types of kale, chards or some

collards. You'll find one you like, I promise.

Find three minutes every day to decompress

- Listen to your favorite song or to the kids playing
- Smell something good - an essential oil, your favorite person's perfume/cologne, a muffin
- Hum
- Remember a joke
- Look at a happy photo or
- Simply breathe deeply



What I've Learned: Acupuncture Continuing Ed.

2006

Expert Systems

Neurotransmitter Diseases

Chinese Face Reading

2007

The Extraordinary Vessels

Chemeia: Elemental Oil

Homeopathy and flower essences; medicinals subtle yet powerful. Chinese herbs equally powerful yet, if you've experienced them, are far from subtle. Client compliance for herbal medicinal teas is fairly low even with coaxing from a practitioner. I thought there is a way Chinese herbs could have a powerful effect subtly.

Chemeia, the Greek root for alchemy, means mingling or infusion. I played alchemist searching ways for herbs to infuse with us. Last spring I purchased powdered herbs, almond and grapeseed oil, essential oils and small bottles and

started concocting massage oils based on Five Element Theory.

In general, health is homeostasis or balance. If one Organ energy or qi is dominant (not the physical organ but the energy), there is one that is weaker. Chinese medicine assists in balancing the Organ energy. Fire, Earth, Metal, Water and Wood in Five Element theory correspond Organ energy with emotion, season, color, scent and other properties. I combine scents and herbs to calm the dominant Organ energy and strengthen the weaker energy.

The oils work subtly, slowly on imbalances and are not a replacement for Chinese herbal teas or tablets. Long standing physical issues benefit from the latter whereas the oils work well on emotional and energetic imbalance.

Apply the oil over the corresponding Organ or channel (I and the label can help you with that) or apply during a therapeutic massage or reflexology.

I do offer the Five basic Herbal Elemental Oils; and with an assessment, I create individualized products.

A Thank You to Mona Michelsen for opening her Evanston office space to me. More Thanks to Ann McGinley for a year of encouragement.

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Gluten-Free

Publications and broadcasts occasionally highlight food sensitivities. Created within the last two years (I just picked up my first copy this month), the magazine *Living Without* is dedicated to just that—living without the foods that are increasingly contributing to health issues. A handful of restaurants offer a gluten-free menu. Natural food stores either boldly label gluten-free on products or carry their own line of specialty bakery. A few local independent bakers carry a product or two.

Eight years ago I heard of Celiac Disease—an autoimmune digestive condition of gluten intolerance; candida—healthy yeast which can proliferate throughout the body and organ systems causing a myriad of symptoms; and autoimmune disease. All these opened a whole new world of questions, options and answers. All these conditions along with ADHD and autism benefit from products free of gluten (in wheat) as well as yeast-, dairy- and sugar-free products.

Personal Chef?

After sharing my gluten-free baking with others, I expanded my practice of accepting baking orders to include cooking! It began with a few requests for gluten-free pizza, a few cooking lessons, and has expanded to whipping up an entrée, soup or stew. It's not based on gluten-free, just healthy seasonal food.

There are many businesses that have popped up throughout the city and suburbs where clients can assemble several meals in 2 hours, take home, freeze and use during the month. It is a great concept, yet it doesn't always cater to food sensitivities, nor provide fresh or organic foods, trans fat-free or msg-free foods.

I have toyed with this business concept and have thought up a

few options to suit a variety of needs.

However long you believe we've been on this planet, you will agree that we have been hunters and gatherers for nearly all of it. That means whatever we could kill and whatever we could pull from the earth. Foods considered sweet were grains, fruits and nuts. Agriculture, industry and the even more recent processed foods are a miniscule fraction of that history. Our bodies are not evolving and assimilating to this *new* way as seen by the identification and rise of these conditions. But, if you don't buy that, then there's the more middle of road approach of moderation - too much of anything can cause imbalance. Use fresh, local, vitamin and mineral rich foods alongside easy-to-use processed foods.

Most people think nothing is left to eat without gluten, yeast, dairy, or sugar; I decided to find ways to live differently. I educated myself on foods contributing to sensitivities, beneficial foods, and specific diets, then began dabbling in baking.

This was a time-consuming, humbling, and sometimes inedible journey and is still fraught with failures and successes. Before stores carried these products, I analyzed the texture, flavor, consistency of amaranth, millet, quinoa, tapioca, and rice flours. I guesstimated which flours created the better bakery item. I tried alternative sweeteners of agave, brown rice syrup, fruit sugars and stevia. I worked with alternate binders to eggs and with nut milks. I questioned other creative cooks. Then I had to combine them into crusts, cakes, brownies, muffins and scones. Occasionally I create the same product twice with equal success thanks to finally writing a semblance of a recipe. Sometimes a new baking pan alters a tried-and-true recipe. Maybe I will have something tasty in the office the next time you are in.

"You've got to try the crackers."

-Claire Mooney

few options to suit a variety of needs.

For the conventional or creative cook with skills and time who seeks to make dietary changes, I will assess the dietary need & the pantry need, provide a revised pantry inventory list and a quick cooking session, recipe or resources to get you onto your healthy creative cooking path.

For the lesser skilled cook or the novice, I will provide recipes based on dietary need and basic cooking lessons to keep you in the kitchen. And, if requested, I will assist in preparing meals for a couple weeks which can be frozen and used as needed.

For the cook who is too busy to cook or for the just too busy, I will cook entrées that you can use fresh

weekly or freeze and use as needed.

For yet others, I can shop with you to locate the healthier options to incorporate into your life.

Sample Items for January

Beef Stewy Soup

Chestnut Mushroom Soup

Turkey Chili

Millet Bread

Contact me if you have any questions, requests, suggestions or to schedule an appointment or session.

Wishing you a winter of sunshine, good thoughts, & health.

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