

Fresh start for a New Year, Detoxifying Herb, Courses at Neantog in 2012

Neantóg New Year ideas

Break out of the cycle, decide on a lighter life programme, loose weight and clear your mind to look good and feel good. Create a new mindset about yourself and start to act and plan joyful activities.

Think positive:

Spend a few moments a day thinking loving thoughts about yourself. Think about all the ways in which you positively impact people and all the ways you help people in your life. What can I give myself credit for? What are my positive traits? Send some love energy to your soul. You may be surprised at what a difference it will make!

Detox:

Most of our aches, pains, sicknesses & infections can be traced back to the health of our body's "waste disposal unit". Accumulated waste in the colon can affect any of our organs at any time. Juice fasting, colonic irrigation or just a regime of a very clean diet high in vegetables and herbs and low in saturated fats and refined foods can help to remove waste from our bodies.

Psyllium, a soluble fiber is often used as a gentle bulk laxative. Psyllium seeds can absorb ten times its weight in water, and as it expands in the body, it brushes and sweeps along the intestinal walls, taking old impacted matter with it.

Using **Essiac or Caisse Formula** is an excellent way to gently cleanse all body systems. You can order Essiac from my clinic at Neantog. Just phone 071 9166399 or email me at gaby@neantog.com

Why not book a Detox Course?!

"Detox and rejuvenate your body inside and out" Gaby's first course at the Organic Centre in Rossinver Co.Leitrim 18th February 2012

February Recipe:

Lentil and Swiss Chard Soup

Or use spinach, kale or beet leaf instead of Swiss Chard



- 180g (1 cup) brown lentils, rinsed
- 1 litre (4 cups) water
- 1 litre (4 cups) vegetable stock (e.g. Marigold)
- 10 cm Alaria Seaweed, soaked and chopped or 1-2 tsp dried seaweed flakes like Seaspace - optional
- 3 tbsp olive oil, plus more for serving (optional)
- 1 large onion, finely chopped
- Pinch of crushed red peppercorns
- 4 garlic cloves, finely chopped
- 10g (1/2 cup) coriander, finely chopped (or parsley etc)
- 1 bunch (1 1/4 pounds) green Swiss chard, ribs removed and reserved for another use, (or use spinach, kale or beet leaf) leaves finely chopped
- 80 ml (1/3 cup) fresh lemon juice
- Salt and freshly ground pepper to taste

Directions

1. In a medium saucepan, combine the lentils with water, stock, and seaweed (if using) and bring to boil. Cover partially, cook over moderately low heat until lentils are barely tender, about 25 min.
2. Meanwhile, heat the 3 tbsp of olive oil in a large skillet. Add the onion, crushed pepper and pinch of salt and cook over moderately high heat, stirring occasionally, until onion is soft, 7-8 mins. Add a little water if necessary. Add the garlic and coriander and cook for 1 min. Gradually add the chard (or other greens) and cook, stirring occasionally, until wilted, about 3 min.
3. Add the chard to the lentils, cover partially, and simmer until thickened, about 15 min. Stir in the lemon juice and

10-4pm www.theorganiccentre.ie or phone 071 9854338 or email hans@theorganiccentre.ie

This is **THE** course for people who want to detox and need guidance and advice choosing from the possibility of a one day detox to several days or juice fasting. I will talk you through timetables and will give recipes and demonstrations how to prepare your detox food. Recipes will include living foods to put tone back into skin and muscles.

Warm those kidneys and bring light into your body

Keep your kidney area over the back warm and also your digestive area in the front. Support your immunity by having enough rest and only do moderate exercise to this time of the year. Include ginger, onions, garlic, cinnamon, pinch of cayenne, horseradish and root vegetables, black beans...Face the few sunrays and take Vitamin D3 at the same time.

Herb of the Month: Milk Thistle

Milk Thistle (Carduus marianus)

Milk Thistle has a long history in European folk medicine as a liver tonic. Silymarin, the main active ingredient, has shown a protective effect against many types of chemical toxins, as well as alcohol. Milk Thistle aids digestion of fats, candida, pre-menstrual tension assists the liver in its natural eliminative processes. It is extensively used to aid detoxification of the body

Dosage: Tea: quarter to half a teaspoon in each cup boiling water, infuse 15 minutes. Dose – quarter to half a cup thrice daily. *Tincture:* 10-30 drops in water thrice daily.

Where to get: You can buy milk thistle either in your local health food store or from a qualified herbalist in your area or online at www.theorganiccentre.ie

BOOK NOW! Wheatgrass, Sprouts & Juices Sunday 4 March, 10 - 4pm

Step by step wheatgrass growing, juicing and its health benefits, and how to grow sprouts and create beautiful salads and roll ups. Participants will get recipes and tastings of different types of juices (eg. 'instant energiser') providing the body with countless nutrients to boost health. (75 euro inc lunch)

season with salt and pepper. Ladle the soup into bowls, add a little olive oil and more pepper if you like.

Note: Lentils are a very good source of cholesterol-lowering fibre and balance blood sugar levels. High in protein lentils also increase your energy by replenishing your iron stores. And 1 cup of cooked lentils has only 230 calories.

NEANTOG COURSES THIS YEAR

We had some very successful **new courses here at Neantog** last year and there are five planned for this year. These are different to the courses I deliver at The Organic Centre and other venues, and are custom-designed to tackle specific health issues in a positive, friendly, informative way.

- Live Life, Be Healthy (*especially for those seeking to boost immune systems due to cancer or other illness): 11 March 2012
- Love Your Heart, Lower Your Cholesterol (*high blood pressure, high cholesterol, or heart problems in the family): 26 May 2012
- Losing Weight, Feeling Great: 30 June 2012
- Raw Food Extravaganza: 22 July 2012
- Live Live, Be Healthy: 6 October 2012

Courses run from 10 to 4pm at Neantog in Clifffoney and include a magnificent, delicious, healthy lunch. The course+lunch cost is 80 euros which is reduced to 75 euros for bookings at least 4 weeks in advance. So be an early bird to take advantage!

Gaby on TV!

Sile Nic Chonaonaigh, host of Irelands feel-good gardening television programme Garraí Glas, returns to our screens Tuesday 13th March 2012 at 8pm on TG4.

Watch out for the episodes I am taking part in, using wild flowers and seeds for food and medicine.

Sile meets different growers from around the country who garden organically and gives us an opportunity to learn about growing without chemicals. She travels from Galway to Dublin, West Cork to Donegal and home again – and along the way we meet many of the characters who make this country so special.

Garraí Glas is must see TV, encouraging and inspiring. It will help you on the journey to growing your own which will give you enormous joy and satisfaction.

Gaby's February GARDEN TIPS

When you plan your crop rotation for this year avoid putting carrots in beds where there have been other vegetables or herbs from the same plant family like celery, fennel, parsley and dill.

Pick one or two new seeds to try out. I will try different varieties of kale like "Dwarf Green Curled", "Black Tuscan", "Scarlet", "Red Russian", "Carolo de Nero", "Redbor" and "Winterbor".