

Upcoming courses, Christmas ideas, health tips and a new recipe for winter!

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A Neantóg Christmas!

It's coming up to Christmas again. Here's a few ideas to keep yourself healthy and well for the festive season, and some ideas for Christmas presents with a difference!

1. Keep warm, stay active and hydrated
2. Drink ginger tea with a pinch of cayenne
3. Eat root vegetables and other deeply coloured foods like pumpkin, kale, broccoli and parsley
4. Enhance your foods with different varieties of sprouts: mung beans sprouts, radish, alfalfa or broccoli sprouts.
5. Make a drink from elderberry syrup or rosehips to boost your immune system
6. Breathe deeply and have sufficient rest
7. Respond immediately to any chills or signs of a cold with herbal teas and inhalants

Looking for ideas for presents?

You can now buy Neantog vouchers for:

- Courses at Neantog 2103
- Naturopathic Consultations
- Reiki or Reflexology treatments

Neantóg Cookbook now celebrates 1000 copies in print, with the 4th Edition now available from selected book and health stores and my website www.neantog.com. **It's a perfect present for friends and family at Christmas!**

Christmas Meals to look forward too

Christmas is fast approaching. Parties and meals out are organised. What is a great time for many of us, can also be a dreaded time for others, who are on a special diet or have food intolerances and are not catered for by many restaurants.

If you are vegan, or for example on a gluten-free or dairy-free diet, I know sometimes it is very hard to find suitable and exciting choices on the menu.

Winter Recipe: Sweet Potato Soufflé with Marinated Kale



I was introduced to this recipe when I did my first online raw food course. The soufflé combined with the greens tastes just delicious! If you prefer, gently cook the soufflé and kale.

Marinated kale (Use kale, collard or Swiss chard)

This recipe will give you a ton of left-over's so just make half the amount if you don't think you can eat this all in 3-4 days.

- 2 pounds collard greens or kale
- 1 red onion sliced finely
- 1 teaspoon sea salt
- Juice from one large lime
- 200ml Olive oil
- 2 dates, pitted and soaked or 1 tablespoon maple syrup
- 1 clove garlic

Wash and clean greens. Dry. Slice greens into thin ribbons. Place greens in large bowl. Pour salt evenly over greens; massage the salt into the leaves for a few minutes. Allow to sit for 20 minutes or so with the salt.

Put lime juice, olive oil, dates and garlic in a blender. Blend, and pour over the greens. Add the onions and a bit of pepper if you like. Allow to marinate further while you finish make the rest; tastes great the next day.

Sweet Potato Soufflé

- 2 large sweet potatoes
- 3 tablespoons lemon juice, freshly squeezed
- 1 vanilla bean or 1 teaspoon vanilla extract
- ¼ cup cashews

I would love to know about your experiences here in Ireland. Please take a few minutes to complete this survey. (As a thank you we will enter you in a draw. One of you will be the lucky winner of a unique mini hamper).

[CLICK HERE FOR EATING OUT SURVEY](#)
or type this into your browser: www.smart-survey.co.uk/v.asp?i=61097qtotr

With your help this will be the first step towards improving the experience of eating out in Ireland for those of us on special or alternative diets.

My Upcoming Courses

Breads & Sourdough

This is a hands-on baking course to learn about oats, wheat, barley, spelt, quinoa and rye and how to make them into breads, rolls and granola. We'll bake with fresh and dried yeast and will also get a step-by-step guide to successful sourdough baking. I'll explain the benefits of freshly milled flour and show you grain mills will, give recipes and you can take samples home. Gluten-free options and mineral cake will be demonstrated.

Gluten Free Cooking and Baking for Christmas

This is a special Christmas edition of my course "Cooking without" for anyone with food intolerances or allergies, candida, chronic fatigue syndrome or other illnesses. Excluding wheat, gluten, yeast, sugar, dairy and saturated fats from your diet doesn't mean you cannot have fabulous food for the festive season. Dinner suggestions, including menu plan, shopping list and recipes will be given. Some recipes will be demonstrated and samples can be tasted. *See Book Now!*

BOOK NOW!

Two of my upcoming courses in The Organic Centre in Rosinver Co. Leitrim

1. *Grains, Breads, Sourdough*
Saturday 17 Nov 10am-4pm €75
2. *Gluten free Cooking and Baking for Christmas*
Saturday 1 Dec 10am-4pm €75

For more info and bookings,
www.theorganiccentre.ie
email info@theorganiccentre.ie
Or phone 071 9854338

1/2 cup macadamia nuts OR 1/2 cup pine nuts
4 dates, pitted
2 tablespoons raisins (optional)
1 teaspoon cinnamon (or more to taste)
1/4 teaspoon fresh ground nutmeg

Peel and cut sweet potatoes into small cubes. Put all ingredients in a blender and blend till creamy. **Enjoy!**

"Reverse IMB Echinacea Decision - Petition"

August 2012 - IMB press release

The Irish Medicines Board (IMB) today advises that children's herbal products containing echinacea will no longer be recommended based on the lack of scientific data to support their use. This new advice follows a review by the IMB of available data on the safety and effectiveness of echinacea and it is now advising that such products should not be used for children under 12 years of age. The IMB is communicating with retailers and others within the supply chain to inform them of this recommendation and request that children's echinacea-containing products be removed from sale.

Echinacea is a herbal medicine that has been safely used for 100s of years for a number of symptoms and was entered into the US pharmacopeia as far back as 1887! It is one of the world's most popular herbs today and is often used to treat cold and flu.

The "Irish Register of Herbalists" (IRH) have asked the IMB for details of the research on which this determination was based. Having read the information given by the IMB, members of the IRH (irh.ie) have launched a campaign to have the decision reversed.

For more info and to sign petition to reverse decision on banning Echinacea, copy and paste link below into your browser

Please sign the petition:

[http://www.avaaz.org/en/petition/
Reverse Decision on Banning Echinacea in Children by the
MHRA and the IMB/?launch](http://www.avaaz.org/en/petition/Reverse%20Decision%20on%20Banning%20Echinacea%20in%20Children%20by%20the%20MHRA%20and%20the%20IMB/?launch)

DIARY DATE:

Come and say hello! And pick up some truly local, wholesome presents for Christmas.

"The Organic Centre Christmas Fair" - 8 December 2012
The Organic Centre, Rossinver, Co. Leitrim

For more info phone 071 9854338

GARDEN TIPS

Harvest Brussels sprouts after a few frosty nights - it will improve flavour.

Treat your wooden handles of garden tools with left over or past the sell-by-date oils.

It's exciting to start to explore new varieties for next year. Why not try unusual & usually expensive produce like goji berries, sweet potatoes, quinoa or even saffron.