



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER November 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com

Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

Woman's Health

Disclaimer: This information is not intended to prescribe, diagnose, cure or prevent any disease. Always consult your doctor for advice.

Are you interested in learning how to transition through the different stages of womanhood? Whether you are an adolescent, a young adult, approaching menopause, or in menopause, here are simple tips to help embrace and honor your journey as a woman.

Some of us are married, single and or dating. Some may be raising children, or taking care of our parents, friends and family in addition to working full or part time. Regardless of your particular situation, we can become overwhelmed. Whatever your situation may be, take a minute to ask yourself, what do I do for 'me'. The excuse, "I don't have time for me" is not acceptable, if you are interested in becoming healthier and stronger in all aspects of your life, here are some ideas to consider.

Making changes may not be easy but it is doable. As a yoga instructor, I am going to encourage you to learn full diaphragmatic breathing. Breath is our life force! This is how we nourish our cells, blood, organs, hormones, glands, central nervous system and more. It is free and it is amazing how different you will feel after 5-20 minutes of deep breathing. This will be the most important change you will make. First thing in the morning, go outside or in a room that you have set up to be 'your space'. This can also be done in bed before you get up. If you are new to this, set your timer for one minute and start to focus on your breathing. Inhale deeply, feeling expansion in your chest, ribs and your abdominal area. Suspend or hold that breath for a second

and then exhale completely, gently lifting your pelvic area, pulling your abs in and up, navel to your spine. Once you have exhaled completely suspend that exhale for a second and continue with breathing. If thoughts arise, acknowledge them and then let them go or leave your thoughts in a box in another room; you can pick them up when you are done with your breathing exercise. Each day do this a little bit longer, until you are able to do this breathing exercise for 10 minutes twice daily. You will be balancing your central

nervous system, massaging your heart and all your internal organs as well as nourishing your whole being. This will help you have strength for your day. During the day if you start to feel anxious take one or two deep breaths, connect yourself and enjoy the results as you continue with your day. The only moment we have is 'now'.

Here at Rita's Natural Food Market we have a number of great 'remedies' to help with your

journey in life.

Bach Flower Remedies are for emotional upsets or imbalances and are helpful in many situations. Here are a few flower essences that you might want to have on hand.

Elm – for being overwhelmed by responsibility.

Olive – for lack of energy.

Oak – when tired and struggling to keep going.

Mustard – for depression for no reason.

We have a wonderful inexpensive booklet available at the store for more information on the 38 flower essences for you to learn about.

Homeopathic remedies may be used to enhance your emotional and physical well-being during menopause or at other stressful times of life.

Natrum muriaticum – depression, weepy, want to be alone, fright, grief, anger, migraine headaches.



(continued)

Pulsatilla – want attention and sympathy, weepy, sensitive to heat.

Ignatia amara – sad, brooding, tearful, reject company, disappointed, grieving, insomnia from emotional distress.

Last but not least, the Biochemic Tissue Salts.

Kali Phos #6 – for nervous tension, brain-fog, depression, fretfulness, nervous headaches.

Biochemic Phosphates – a combination of several cell salts helpful for nervous tension, irritability, and sleeplessness.

Please consult the book *Natural Healing with Cell Salts* available for reference at the store for more information and selections.

Susan Weed writes that Judyth Reichenberg-Ullman, a naturopathic physician, finds homeopathic remedies effective 80 percent of the time in relieving menopausal symptoms. She describes these following remedies:

Lachesis – If your flashes emanate from the top of your head, are worse just before sleep and immediately upon waking, and are accompanied by sweating, headaches, or easily irritated skin.

Sepia – if your flashes make you feel weak, nauseated, exhausted, and depressed.

Pulsatilla – if you flash less outdoors, but your flashes are often followed by intense chills and emotional uproar.

Valeriana – if your face flushes strongly during the flash, and you have intense sweating and sleeplessness.

Ferrum metallicum – if your flashes are sudden; your general health is good but ordinary activities bring exhaustion.

Sulfuricum acidum – if your flashes include profuse sweating and trembling, are worse in evenings or with exercise.

Sanguinaria – if your cheeks are red and burning, feet and hands hot.

Belladonna – if the flash centers on your face, which burns and turns bright red; you are restless, agitated and have palpitations.

Many herbs can be used in conjunction with Flower Remedies, Homeopathy and Cell Salts. They are available in supplement form or as tea. We offer a large selection of herbs in tea bags and many in bulk form. Tea balls, reusable muslin tea bags, and steeping cups are also available.

Chickweed – cools the body and reduces the severity and frequency of hot flashes.

Chamomile, Valerian, and Passion Flower can be very relaxing and soothing to the body and mind.

Oatstraw is high in Calcium and Silica and great for the bones. It's also known to 'keep you sexy'.

Here are a couple of easy Thanksgiving recipes from the internet with some variations. Be creative and make your own variations.

Cornbread Stuffing - serving 6 - 8 people

Ingredients

- 3/4 pounds bacon, cut into chunks
- 2 large onions, chopped
- 4 ribs celery, chopped
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- 2 cups chopped pecans
- 2 (16-ounce) bags dried corn bread stuffing mix or make your own
- 4 cups chicken or vegetable broth
- 1/2 stick butter

Directions

Preheat oven to 350 degrees F. Cook bacon in a heavy skillet until crisp. Turn heat down and add onions and celery; saute until tender, about 6 minutes. Add the thyme and sage and saute until fragrant. Stir in pecans.

In a large bowl, add the cornbread mix, bacon and vegetables, and stir in the vegetable broth. Add to a 13 by 9 by 2-inch baking dish. Add butter slices to the top of the casserole and cover with foil. Bake for 30 minutes then remove foil and cook until top is crisp about 15 more minutes. Enjoy!

Chipotle Cranberry Chutney

Ingredients

- 12 oz cranberries (fresh or frozen)
- 2/3 cup succant or any other sugar you want to use
- 3 shallots
- 1/2 cup orange juice
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- 3 chipotle peppers or Anaheim peppers
- 1 tablespoon oil of your choice

Cook the shallots in oil in a saucepan over medium heat until translucent. Add garlic, ginger and peppers*. Cook until fragrant, 1-3 minutes should do it. Add the cranberries and all other ingredients. Simmer until the cranberries have broken down and it reaches the desired consistency (about 10 to 15 minutes).

Great on turkey, ham or left over sandwiches.

Enjoy!

