

Abundant Splendor

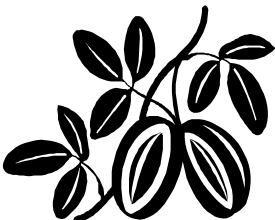
Volume 1, Issue 1

Spring 2006



Abundant Splendor is the name of an acupuncture point on the stomach meridian. One source says this point can give a glimpse of the abundance of the universe, a connection to a plentiful reservoir, and the possibility that we can receive what we need.

It is about the vitality that comes from feeling full and nourished by our lives. My hope is that the information in this newsletter will help you, the reader, take a step closer to living a juicy, delicious life!



Is your battery charged for spring?

According to traditional cultures that are rooted in the cycles of the seasons, we are about to enter spring. Are you ready?

Perhaps a better question is whether you had a quiet, restorative winter season? The short days and long nights of winter give us the opportunity to recharge. Winter is the time when bulbs lie dormant under the frozen earth, gathering their power for the burst of energy required to push up through the soil to reach the sun. For us humans, it is equally important that we use winter to rest, keep warm, eat foods that are hearty and strengthening, turn inward to reflect on the past year. Our society, however, encourages us to do just the opposite – shop, stay out late partying, get up before dawn to go to the gym to burn off those cookies we ate the night before, keep our electric lights blazing into the night so that we canaccomplish more?

“Spring Cleaning”

You’ve probably heard this phrase in terms of airing out the house and clearing away the dust of winter. Guess what? Our bodies can benefit from some “spring cleaning” too!

The foods that nourish us

What have we accomplished? If you’re like most people, this time of year is when credit card bills showing those holiday purchases arrive, we want to toss our bathroom scale out the window because it *has* to be lying, we join a weight loss program and a fitness center, we swear off martinis and cigarettes and candy bars, and generally wonder why we feel so tired, depressed or angry all the time.

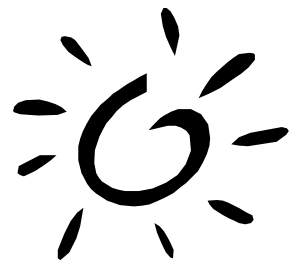
There is a better way! Starting right now – right now – put down whatever you are doing and stand up. Take a deep breath in, and raise your arms straight up above your head. Stretch your fingers toward the sky. Look up. Inhale. Exhale. Inhale again. Hold here a moment, then exhale slowly and lower your arms.

Life doesn’t have to be complicated. Whenever you start to feel overwhelmed or tired

or depressed, a simple stretch and some deep breaths will bring you right back into your body. Your body is a wise teacher. If you get quiet enough to listen, you will know what to do.

Starting today, get more rest, even if it means taking naps. Drink plenty of water. Spend 5 minutes each day sitting in complete stillness. No television, cell phone, or iPod. Breathe. You are recharging your battery every time you do this. Spring is right around the corner.

Will you be ready?



in winter — hearty stews with protein, fat, whole grains and root vegetables -- are needed to stay warm and grounded in the cold, damp and windy weather. Those are not the types of food nature provides for us in the spring.

In spring, we have light vegetables and fruits. A spring detox can help you jump-start a weight-loss plan, aid digestion, clear the skin, and give you energy to move into the new year.

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Could one conversation change your life?

Contact me to find out how
acupuncture and lifestyle changes can
help you feel great!

**What Nourishes
YOU?**

The Rules for Being Human

—Cherie Carter-Scott

1. *You will receive a body. You may like it or hate it, but it's the only thing you are sure to keep for the rest of your life.*
2. *You will learn lessons. You are enrolled in a full-time informal school called "Life on Planet Earth". Every person or incident is the Universal Teacher.*
3. *There are no mistakes, only lessons.*
4. *A lesson is repeated until learned. It is presented to you in various forms until you learn it and then you can go on to the next lesson.*
5. *"There" is no better than "here". When your "there" becomes a "here" you will simply obtain another "there" that again looks better than "here".*
6. *Others are only mirrors of you. You cannot love or hate something in another unless it reflects something you love or hate in yourself.*
7. *Your life is up to you. Life provides the canvas; you do the painting.*
8. *There is no right or wrong, but there are consequences.*

Recipe Corner: Roasted Beets with Oranges and Goat Cheese

Serves 4.

1 ½ pounds of yellow, orange or red beets with greens
1 ½ oranges
2 T finely diced red onion
2 T chopped parsley
2 T chopped cilantro
2 T chopped mint
coarsely ground sea salt
freshly ground black pepper
8 T extra virgin olive oil
2 T white balsamic vinegar or white wine vinegar
2 cups mixed salad greens
¼ c your favorite olives
4 oz. fresh, plain goat cheese

Preheat oven to 400 F.

Cut tops off beets, retaining greens.

Thoroughly wash beets and oranges, scrubbing peels. (Do not peel beets or orange.) Cut beets into 1" chunks. Cut oranges into eighths. Place beets and oranges in a roasting pan with 2 T olive oil. Roast until soft, approximately 45 minutes. Remove from oven and allow to cool.

Whisk together the onion, herbs, oil and vinegar.

Wash and thoroughly dry all greens. Tear or cut beet greens (discarding the stems) into bite-sized pieces. Steam beet greens 3 minutes, until slightly wilted. Toss greens with vinaigrette.

Season to taste with salt and pepper.

Arrange beets, oranges, goat cheese and olives onto greens. Enjoy!

This is a delicious salad that supports the blood and heart (beets, parsley) and tonifies the liver (greens, vinegar). The roasted citrus fruit aids digestion. The goat cheese nourishes the qi and in small quantities, supports the lung.

For more recipes, and a customized 6-month plan to learn what foods are right for you — and how to prepare them — contact me!

