

Happy 2012 from Dr. Fields

Happy New Year! 2012-a fantastic year for growth and enlightenment. I hope to teach you more about powering and fueling your own body with food as medicine. Below is a good article to learn about these fun super foods and their properties.

Also, I want to remind everyone that the new year is a great time to think about a detoxification cleanse. Our nutritionist/dietitian, Jody Swigris, will be offering an educational program to take you through a guided cleanse. More information on the cleanse program is included in this newsletter. Finally, I have teamed up with Amy Mathews, and esthetician trained in Dr. Field's Sacred Skin care line. She is providing 1/2 price facials with my products. Her specialty is acne and aging skin. Don't miss this opportunity to rejuvenate and repair your skin. The gift certificates are available at our store.

Let's make this the year we optimize our health and minds!

Dinner is a date with a Doctor article

Medicine doesn't always come in a pill. In fact some of the most powerful medicines are delicious and can be found at your local supermarket or "farmacy." Healing foods have been used for centuries in Asia as part of the cuisine. In Asia food and medicine are often the same thing.

Here are five foods you may never have heard of but can be found at most Asian markets and even places like Whole Foods. Try them. You might be surprised by their unique and extraordinary good taste. And they may help you lose weight, reverse diabetes, lower cholesterol and prevent cancer.

Konjac: The Asian Super Fiber

Long used to make *konnyaku*, a jelly prepared in Japan for over 1500 years whose medicinal properties were appreciated as early as the 6th century, konjac fiber or glucomannan has multiple benefits. Konjac is much more viscous than usual fibers, retaining up to 17 times its weight in water. Expanding in the stomach and the small and large intestine, it absorbs fat, accelerates elimination, reduces cholesterol, blunts sugar absorption and facilitates weight loss, in part by increasing feelings of satiety. You have it as jelly or noodles called *shirataki*.

Arame: A Wonder of the Sea

Arame is a marine brown algae, or sea vegetable, that can be added to soups, stir fries or even made into a sea vegetable salad. It is rich in minerals calcium, iron, zinc, manganese, folate, vitamins A & K, and iodine. It also boosts immunity and helps bind toxins in your body. Some even say it helps boost sex drive. Read more...

Shitake Mushrooms: Healing from the Earth

The earthy *shitake* or Chinese black mushrooms boost immunity through special polysaccharide molecules and can help prevent cancer. They are also full of minerals, especially iron, and they appear to decrease binding of immune cells to your arterial wall preventing atherosclerosis. Aside from exposure to the sun and eating herring, mushrooms are one of the few ways you can get vitamin D. Think of them as the sunshine food.

Daikon: The Other White Meat

Daikon is a mildly flavored large East Asian white radish. It looks like a giant white carrot. It contains digestive enzymes that help you break down food, and they contain myrosinase that boosts detoxification of environmental chemicals. Daikon is high in vitamin C and folate. Like its relatives broccoli, cabbage and kale, daikon is a cruciferous vegetable that offers cancer-protecting potential. It can be grated and eaten raw in salads, in stir-frys or in soups.

Umeboshi Plums: A New Kind of Pickle

These red little Japanese plums add a perky taste to stir fries and soups. Besides their scintillating flavor, Japanese pickled plums have remarkable medicinal qualities. Their acidity has a paradoxical alkalizing effect on the body, helping with fatigue, enhancing digestion, and boosting the elimination of toxins. This is the Far Eastern equivalent to both aspirin and apples; it is a great hangover remedy for mornings after; and an umeboshi a day is considered one of the best preventive medicines around.

To your good health, Mark Hyman, MD for more info, [click here](#)

New to the Store!

Sandra Cantrell, certified classical homeopath, manager of the Healing Gardens store, is now offering her **Travel/Emergency homeopathic kits** for sale in the store. These kits were originally created for a Natural Emergency /Travel Kit class, now available to order through the store.

Each kit includes a booklet with instructions on how to use the remedies. Each kit contains 17 different remedies and is designed to be easy to take along on travels.

Guided Detox

Rejuvenate in 2012!

Are you ready to feel better physically and emotionally? Start the New Year off with a 14-day metabolic cleanse.

Class Offerings:

3 Tuesday Mornings from 11-12:30 (1/24, 1/31, 2/7) or

3 Wednesday Evenings from 7-8:30pm (1/25, 2/1, 2/8)

Cost: \$175.00

Includes:

3 nutrition sessions given by a registered dietitian explaining the process and importance of detoxifying your body.

A complete 14-day detox meal plan with recipes.

Delicious food tastings during each class.

Metagenics powdered beverage mix to support metabolic detoxification.

Daily support available through email and phone calls. Contact Jody to register:

970-980-1960

Upcoming Classes and Events

Breath of Light Individual and Group Sessions with Spiritual Healing Facilitator Margaret Gilfoyle

Blessings for the New Year and all the Light your being can hold! May you be filled with strength, composure and gratitude through all that 2012 brings.

I am excited to be beginning this new year with the commitment to Ft. Collins the third weekend of each month, hosted by Dr. Jackie Fields, MD, at the Living Arts Center of the Healing Gardens

January 20-21, 2012 Individual Sessions by Appointment Two full days Friday and Saturday. Please call Margaret Gilfoyle to make an appointment. **970.490.2975 or write**

breathe@oneheartworld.com

for more information go to www.oneheartworld.com

The Breath of Light is based on the truth that everything is energy and energy can be transformed - quantum physics meets the spiritual world - working in collaboration with the energy of our prayers, intention, focus and breath to resolve the *spiritual origin of our challenges*.

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Questions or comments? E-mail us at info@thehealinggardens.org or call 970-472-6802