



The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care services while nurturing the individual through art, education and cultural integration. Our vision is to create healing in a beautiful, peaceful setting of therapeutic pools with respect for the ecosystem and the preciousness of water.

A Quarterly Newsletter

Issue #3 - Spring 2007

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The Whirlwind of Spring

by Lluvia Lawyer



Spring has arrived and its reviving sweetness awakens the soul. As its greenery bursts forth and buds blossom with reckless abandon one can be left feeling swept away. The weeks whirl past like the wind that sweeps away our certainty .

I am so thankful to live in a place with seasons. Where we are undeniably moved through this cycle, no matter what our outer focus or lifestyle. It touches us to our soul. The ease and celebration of summer, so much activity. Fall with her glorious colors falling away against the brilliant blue sky. Bringing us in once again to see what's going on inside, to focus on family. Winter with its stark purifying ways. Getting us in touch with the

struggle of life and forcing us to deal with the turmoil inside. Then finally spring comes again like a breath of fresh air.

The crocuses raise their heads above the snow and I am overjoyed. Grasses pierce the soft air with their tiny fresh green spears. What a glorious sight! Velvety carpets of innocent pigweed blanket bare patches of dirt. What majesty there is in their growth. The apricots bloom like young foolish lovers bringing the first thoughts of what fruits will survive the spring frosts, the first glance ahead. Forsythia salutes the spring's coming with her fiery flowering arms reaching up. Then I turn around and the grass is three inches high. Is the toil of winter gone so easily? Yes say the daffodils bowing their heads.

Next come the leaves bringing hope as branches green up. That vivid fully alive green of leaf buds and cotyledons, bursting with the promise of life. Here are the apple blossoms, tulips, strawberries and oh the plums, singing a perfumed chorus of fruitful times. Infiltrated with the powerful hum of bees ready to take in the nectar. What a sweet and romantic time. One can go walking up out of the valley of Dixon, up through the pinon juniper changing your perspective, like looking at a fairy-tale map. As you come back down the sea of scent suddenly hits you. The smell of every orchard all blending together to form a soft fog of scent you were not even previously aware you were living in.

Lilacs bring on their crescendo. There bunches of intoxicating smell and there likeness to grapes sends a feeling of abundance into the heart. I watch the iris buds fatten and finely unfold, reminding me of my family

history (my grandparents were iris breeders), anticipating their color scheme. Now recollecting the wisteria in Albuquerque and how that always symbolized to me the shift to summer. I would catch them in my eye now and then as I drove by, wanting the moment in time to remain suspended. Here is the desire to linger and be lavished in this decadent newness called spring. Here life feels young.

However, time lingers for no one. Life is relentless in its striving, even when we lose someone dear to us and it feels as though the world should just stop for a day, a moment. You are swept forward with its current even as you grieve. When the elm is chopped back or the cherry blossoms freeze back, the life force does not yield but presses on with full force. If there is anything left to grow, it will grow when given even the smallest chance.

So here we stand at the end of spring, ready to get swept away by summer. I say, let us grow in the direction we chose consciously and from our hearts. Let us review our values, what we hold and treasure as our most dear ones and our most heartfelt beliefs. And from this point, from this seed, let us step boldly forward preparing to forgive both ourselves and those around us for our humanness- yet fighting to keep the seeds created in this moment alive in our actions throughout the coming year. May we be strong like the brutalized elm and the childless cherry.

Life is a miracle, and time a treasured gift, given to us so that we may have a constant perspective from which to learn about ourselves.



CHOICES

By Thea Spaeth



I try to live a life that supports and rejoices in the gifts the earth has to give. Unfortunately in 2007, it is becoming clear that our everyday choices make a great difference when added to the collective choices of people living on the planet. The things we buy are not just simple products for use and consumption. We must consider how to live in harmony. I have read Rachel Carson's *Silent Spring*, John Wargo's *Our Children's Toxic Legacy*, and *Our Stolen Future* by Theo Colborn, Dianne Dumanoski, & John Peter Meyers. They point out that for 40+ years we have been harming the planet. The politicians and companies (Dow, Monsanto, etc.) know it and continue to promote it. Why, I cannot figure out, because we can often find alternatives, if and when we look hard enough. Think about Altoids mints. Their manufacturer says that they use a recipe from the 1700s, yet Altoids have artificial flavor. It doesn't make sense.

Chemicals and plastics, these are my focus. How to use and consume fewer chemicals and plastics? The United States produces something like 70,000 chemicals every year with about 3,000 new formulas annually. Unfortunately only about 3% of all chemicals have been studied for their cancerous effects. On the other hand, the EU is testing chemicals and products based on the Precautionary Principle, rather than harm. What are they testing for? They can only test for things that tests already exist for (restate this more clearly). Cancer-causing properties are what are commonly looked for. However, there are other problems besides cancer. There are hormone mimickers.

Hormone mimicking is the latest concept science has begun to study. Changes were noticed and tests were created, and now hormones are what we realize many of these chemicals are mimicking. You might not realize that mostly what is seen being mimicked is estrogen. Everything does it from pesticides to metals (i.e., aluminum). What's wrong with a bit more estrogen you may ask? Loads. Many years ago I saw a study on a section of the Thames River in England where the fish were stunned, then they were counted and studied. What percentages of the male fish were noticeably feminized? (Fish like humans show female & male traits with markings etc. on their bodies). Any guesses? 100%. Fish markings are triggers for who gets to breed. If other fish see the males as females, who gets to breed? Everything is part of a food chain. Hormones are the guides in our bodies to do what

they do. Along with this, excess estrogen is linked to breast cancer.

Plastics and pesticides contribute a large source of these hormone mimickers through human consumption. The softer the plastic, the easier the toxins enter the foods and liquids they are holding. The same goes for heating any plastics, soft or hard. So don't put your coffee into a plastic-lined traveling mug. Don't carry your water in plastic – use glass. Don't reheat your food in plastic containers. Don't use a microwave, for that matter. Glass is a wonderful thing. You can clean it, reuse it and when it breaks or you have to toss it out, it is recycled and reused again. Buy ketchup, mustard, mayonnaise, peaches, tomatoes, anything you can in glass. "Easy squeeze" plastics are only leaching chemicals that make you, your family, pets and planet sick. Use glass to store your leftovers in the fridge, for your kids' school lunch, drinks and food. Use glass to hold your drinking water. Yes, I know it breaks, but so what?! Lots of things break and we deal with it.

Our mothers were right when they said we are what we eat. Look at what we eat. Look at feed lots, chicken ranches and commercial farms. Organics have a stigma to them. They are trendy, new age, expensive. But organic (poison free) is all my mom, grand mom and mothers before her, ate prior to WWII. DDT, one of the first pesticides, was a military creation to fight the bugs/malaria of the jungles, introduced at the end of WWII as a commercial pesticide. Buying organics I think is the hardest mind shift, because it recognizes that the other "Conventionally grown foods" are bad. That is a huge statement to make to yourself, your community and family everyday. Organics are more expensive, but many of the organic farmers are lacking in the huge subsidies that the large conventional farmers receive from the government (though organic farms are being bought up by large conventional companies). Organics often represent the real costs of food. Also, buying organics means thinking about what you eat and when. Seasonal foods are cheaper because they are in abundance. Strawberries in spring, squash in the fall-winter. Also, processed organic products can be expensive. Buy bulk flour, beans, teas, and coffees. The places to start are the items with the heaviest pesticide levels – meats, and animal/dairy products. We can all eat less meat and more grains. Also, fruits can be heavily sprayed. Fruits with thin or no skins (such as, strawberries) are the hardest hit. Fruits like avocados & oranges have thick skins that we peel off. Processed foods, by their very nature, have things in them we have no idea about, namely poor quality oils, genetically modified organisms (GMO's) and artificial additives. (think Aspartame & red dye 40).

Our everyday choices have come to the point that IT MATTERS! So, please keep this in mind and make new choices in 2007. Buy local or organic food. What would God think of our lives, trashing our places? Because these toys, objects, plastics, not only affect us as we use them, they have to be made in a factory somewhere, where the

toxins are multiplied and compounded. Would you like to live downstream from a toxic dump? "Thank God we don't" is what we think. Yet, if you look around, we literally do.

We are the direct result of our choices. I think about this everyday. Sometimes I make good choices and other times, bad ones. I know that we are not all perfect and that our lives cannot change overnight. We live in a mix of old and new. But every step towards awareness and justice is a step forward on God's green Earth.

May all beings find peace and happiness.



Springing Forward Into These Sunny Days



By Anastasia Ealy, RN,
and Organic Gardener, Nutrition and Foods for Life
specialist who is working on her doctorate in
Naturopathic Medicine, and ranching in El Valle, NM

It's time to get out in the sunlight of the world to increase vitamin D production and benefit all the systems of the body. Some of science's most recent findings are confirming that humans need more sunlight than was previously recommended.

In his book, *Healing Power of Sunlight*, Jacob Liberman, OD, PhD, challenges "the modern myth that the sun is dangerous to our well-being. The sun was once used as a general tonic to heal almost everything and man has run naked on this planet under the sun for centuries. The sun provides the basis for all life on earth. The sun is the source of energy for all plants, and indirectly, for all animals. If the sun causes cancer, man wouldn't be here today. Contrary to popular belief, sunbathing actually helps heal cancer of the skin while sunblock increases cancer risk."

Sunlight helps the body heal wounds and injuries and assists in overcoming all illnesses by strengthening the immune system. According to the National Cancer Institute, lifetime exposure to sunlight may reduce your risk of some of the most common types of cancer. Sunbathing for Health

Healing Sun: Sunlight and Health in the 21st Century, Richard Hobday, MSc, PhD, explains how and why we should welcome sunlight back into our lives — safely! It shows how sunlight was used to prevent and cure diseases in the past, and how it can heal us and help us in the future.

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Jacob Liberman, who has doctorates in both optometry and vision science, says that the people who live on Earth [adapted] to thrive under the light put forth by our sun. He says, therefore, that we potentially harm ourselves when we hide from sunlight. In *Light: Medicine Of The Future: How We Can Use It To Heal Ourselves Now*, he explains how to utilize the therapeutic benefits of light. Dr. Liberman says that "light is the basic component from which all life originates, develops, heals..." Everything that humans do is affected in some way by light. Light has been used for healing since the time of ancient Egypt. Modern scientists began recognizing the benefits of light therapy in the late 1700's. Although many people believe the ultraviolet (UV) light is harmful, Dr. Liberman maintains our bodies need at least a small amount of UV light in order to function properly. He cites studies which indicate that, due to all the ways in which we block sunlight from our lives, including wearing sunglasses designed to block out UV rays, "it is possible that we are unknowingly contributing to the increased incidence of blindness and eye disease in this country." Dr. Liberman does warn against looking at the sun directly, or exposing ourselves to it between 10:00 a.m. and 2:00 p.m., but emphasizes that light is a nutrient for the body. He says people need to be outside in natural light, without sunglasses or sun block, for a minimum of one hour a day. He warns that warm-white and cool-white fluorescents "should absolutely be avoided." People who cannot get outside regularly need to equip their work areas with full-spectrum light fixtures. Syntonics is the name given to light therapy, which involves utilizing specific colors for healing specific ailments.

Sunlight Actually Prevents Cancer according to Dr. Mercola: "In recent years we've all been trained to fear the sun, due to the threat of skin cancer. Now there is a growing belief that exposure to the sun may not actually cause skin cancer. Either way, the fear of skin cancer shouldn't keep you huddled indoors in the dark." According to Dr. William C. Douglass, you can reap the sun's healthy benefits with as little as 20 minutes of exposure a day. However, skin cancers are more likely related to the fact that most people have a larger percentage omega-6's in their systems compared to their omega-3 fat content.. This excess of omega-6 fats in most people's diet puts them at higher risk of developing skin cancer when exposed to excessive sun.

Sun block is not the solution, for it can be quite toxic and should be avoided by most people. The sensible approach would be to limit sun exposure so you never get sun burned. It is sunburn in conjunction with ex-

cess omega-6 fats that increases your risk of skin cancer. " Smoking also increases the cancer risk.

"Eyeglasses and contact lenses rob you of energy by blocking some of the ultra violet rays that travel through the eyes to the pineal gland", wrote Patricia McCormac. After discontinuing wearing his eyeglasses, Dr. John Ott wrote that he exposed his eyes to sunlight without lenses and his vision was much improved. He recommended similar therapy to his friends and they gained similar improvement in their vision. Ott wrote that nothing should block out the full spectrum of sunlight, no glasses of any kind should block the ultra violet rays, and especially no dark glasses.

Dr. Shelton wrote, "In truth man was designed by the Creator to enjoy the direct rays of the sun and the soothing strengthening influence of the winds over the whole surface of the body. He is by nature a nude animal."

Next: What The Sun Is Growing For Us Now
It's time to enjoy the dandelions!

Dandelions are very nourishing and high in vitamin A. They are a blood, kidney, and liver cleanser and tonic. Dandelion is useful as a diuretic and one of the best natural sources of potassium. This makes it an ideal balanced diuretic. Dandelion root has a significant cleansing action on the liver and stimulates bile production. It is also mildly bitter and a gentle laxative.

Enjoy young leaves in salads. Recipe: Edible dandelion flowers can be picked at mid day, washed and soaked in salt water, then let dry on towel. Then flowers can be dipped in whipped egg, dusted in seasoned flour add garlic powder, chile or whatever you like, and deep fried in a good coconut oil. Que Sabrosa!! Spring Is The Time For Growth And Growing Our Gardens!

It's about time to plant "Avas," I call them "Happy beans!" Avas are a wonderful garden attraction , with giant pods, that love the cool Sangre de Cristo mountain weather. I once had them on the shores of Lake Titicaca , Peru, served by an Aymara lady who had peeled off skins, steamed them fresh and had added thin slivers of purple onion, I have never been happier with a bean-and I didn't know why! . Thus began my love affair with Happy Beans. After shucking, it is recommended that we remove the leathery or waxy skin that covers the bean. Nevertheless I have eaten skins and all, and my vecino elders, raised in these mountains, during "Ava interviews," state that they have often eaten the skins.

Also called Fava Bean, Horsebean, Windsorbean, Tickbean; or spelled as Broadbean.

Ava Bean Soup Boosts HGH and IGF-1 Levels: Growth Hormone Soup is a releaser that

boosts HGH levels and provides a safe and natural alternative to boosting Human Growth Hormone without the possible side effects of injected HGH. So Avas Provide:

STRENGTHENED IMMUNE SYSTEM
* INCREASED LEAN MUSCLE MASS
* IMPROVED MOOD AND SENSE OF WELL BEING

Avas can be cooked in dishes or in soup; eaten raw as salad. Avas have a tough skin that should be removed by blanching before cooking. Also prior to cooking, soak broad beans for 12 hours, then pressure cook for 25 minutes, or simmer on the stove for two to three hours. 1 cup of dried beans makes approximately 2 cups cooked beans. When preparing broad beans in stews or casseroles, allow for a longer cooking time than most beans need. I've cooked them for over 24 hours in a crockpot if using dried beans.

The immature seeds can be eaten raw when they are small and tender, as they grow older they can be cooked as a vegetable. They have a very pleasant floury taste.

The young pods can be cooked as a vegetable, though they quickly become fibrous and also have a hairy coating that can become unpleasant as the pods get larger.

The flavor is mild and pleasant with a floury texture. They can also be dried and ground into a flour for use in making bread, etc., with cereal flours. The seed can also be fermented to make 'tempeh'. The seed can be sprouted before being cooked. Popped seeds can be salted and eaten as a snack or roasted like peanuts. Here in New Mexico we enjoy them with lime and red chile seasoning.

Young leaves can be steamed or sautéed with crushed garlic in olive oil or organic butter. They are very nutritious and can be used like spinach.

The Ava, or Broad bean contains protein, fat and carbohydrate, vicine, choline, lecithin, pipercolic acid, amino acid, vitamins B1 and B2. It is also an excellent source of folate, and a good source of thiamine and zinc.

The seedpods are diuretic.

Some people should stay away from fava beans. There is a rare disease, called favism, which affects some people of African, Mediterranean or Southeast Asian descent. They have severe allergic reactions to eating the fava bean or inhaling its pollen.

On a more positive note, some think favas may help in treating Parkinson's disease, and others use them as a natural alternative to Viagra. Fava beans are rich in L-dopa, a substance used to treat Parkinson's. Some link L-dopa with libido. Consult your doctor.



Hot Stone Massage

by Maria Chilton



Have you had a hot stone massage? If you like heat, stones and massage this could be a great treatment for you. There are different styles of hot stone massage. I will share with you about the one I was taught and now offer in my massage practice. It is called La Stone Therapy, Original Body.

La Stone Therapy was created by a woman named Mary Nelson from Tucson AZ in 1993. Mary was sitting in the sauna in between giving massage treatments. She was praying to Spirit for help with a shoulder problem she was having. She claims to have heard a voice clearly say "pick up the stones and use them", referring to the hot stones in the sauna. She listened and used a couple of the stones in her next treatment. The stones felt wonderful to her client and made her work as a therapist easier. This is how using the stones for massage started.

Over the past decade "Hot Stone Massage" has become quite popular and many people have started their own styles. But Mary was the first that we know of. To the best of my knowledge there is no previous documentation found on stones being used for massage. Although many people agree that stones must have been used for healing since ancient times. It makes perfect sense to heat them for therapeutic use on the body.

In La Stone, we use Basalt stones which are found on beaches in Mexico. These are stones that have been pushed up through the ocean floor by volcanic action and then tumbled by the ocean. Because they come from the center of the earth, retaining heat is their nature. By the time they are collected and paired for us to use, they are very rounded and smooth. They are the same stones which are often used in landscaping, referred to as Mexican beach

pebbles. A variety of shapes and sizes are used for massaging different parts of the body.

The stones are heated in water from 120-140 degrees Fahrenheit. Cool marble stones are also incorporated in the La Stone technique. The marble helps to decrease inflammation (present wherever there is pain.) The hot and cool together increase circulation, create deep relaxation, assist in balancing the nervous system and just plain feels good.

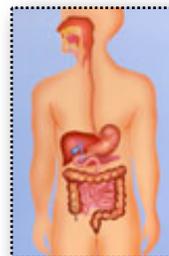
In a La Stone session one will experience laying on the stones, which soften and warm tight or tired muscles, and stones laying on the body (on chakras or energy centers), which create balance and a sense of being grounded. While these stones work their magic, the therapist massages the rest of the body using oil and holding hot stones in her hands. The heat and firmness of the stones help to penetrate deeply into the muscles, helping to release tension. The smoothness of the stones feels soothing and sensual. Hot stone massage is both luxurious and therapeutic. Each session is a unique journey for the receiver and the therapist. People say things like: "I have never been so relaxed and so aware at the same time." "It felt like I was being massaged by more than two hands." "I forgot the rocks were there (until they were taken away)." "I will never have regular massage again." "That was a spiritual experience!"

It is advisable to receive hot stone massage from someone who has training and experience, since the heat with which the stones are being used can burn the skin if not used properly. There are also certain situations where hot stone massage is contraindicated. Or may be improvised (not so hot.) Some of these may include neuropathy due to diabetes, high blood pressure, MS, heart conditions, later stages of cancer or AIDS, the first trimester of pregnancy or any situation where more heat is not recommended.

Although La Stone has some very unique trademarks, there are other ways to use the stones. Sometimes just a few used in a Swedish or deep tissue massage can really add to the experience.

To learn more or to schedule a massage you can call Maria at (505)579-4321

The Digestive System



by Maggie Malone, age 10

This is the way the digestive system works. See you eat then you swallow then it goes through your stomach then it goes through the small intestine then the large intestine then you have a Bowl Movement.

While the foods in your mouth your teeth grind it up and your saliva breaks up the starches (like what's in a potato). Now listen to me, after that the food goes through your esophagus. Now the food goes to the stomach where it's mixed up with acids, which breaks up proteins.

Now it goes to the small intestines, which absorbs the nutrients in your food. You may ask why the acids don't burn the intestines the pancreas and gallbladder add digestive juices to neutralize the acid. Then the food goes to the large intestines where the liquid is absorbed and it becomes solid. So that's how the digestive system works.

Now you may ask where urine comes from. Well the nutrients from the small intestine pass to the liver where the liver does some filtering and storing. The liquid you take in enters the blood that is absorbed by the large intestine. Eventually the blood is sent to the kidneys where it is filtered. The kidneys decide what nutrients and what liquid the blood needs. Now listen up so you may use this some day. The waste enters the ureters then it goes to the bladder where it eventually is let go then you urinate.



The Brain



by Louise Browne, age 10

I think the brain is interesting because it controls the body. If you did not have a brain you would die because the brain controls all the body, all of the body (yes, even the heart).

The brain is made up of billions and billions of nerve cells. I personally think it's made of the small intestines, because they both are really curvy. I learned today it's only curvy because it likes surface area for nerve connection.

Now I'm going to tell you about how the eye connects to the brain. Well this is the biggest nerve bundle in the body. The left eye is controlled by the right side of the brain. The right eye is controlled by the left side of the brain. When you look at something, the eye turns it up side down and you see it right side up because the brain makes it right side up. If you look at something up side down your eye will see it right side up but your brain will make it up side down.

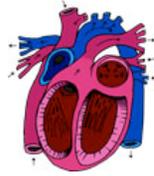
I think it is very interesting. The left side of your brain controls speech, mathematics, right hand, science, writing and language and problem solving. The right side of your brain controls creativity, pattern recognition, left hand, judging distance, musical ability and imagination. Very Cool!

These are some of the parts of the brain. The medulla oblongata is the brain stem. It's the only part of the brain a lizard has. The cerebellum is the first part of the brain to develop. It's the motor part of the brain. The cerebrum is the largest part of the brain. It's in charge of speech, memory, sensation, sight and voluntary movement. The limbic system controls the emotions and is located in the middle of the brain. The glands in the limbic system control the hormones and hormones control organ functions.

I like the brain and I hope you do too and remember the brain controls everything and remembers everything so take care of your brain and keep it healthy.



The Heart



by Lorali Aby, age 9

I like the heart because it is a very important organ. It pumps the blood around the body and the body needs blood because it feeds the body cells and gives them oxygen. It takes carbon dioxide and other waste products away from the body cells.

The heart is made up of muscles. All muscles work in the same way. They contract which makes them smaller and tighter, then they relax and resume their normal shape and become light and not so hard. But not all the muscles in the heart tighten at the same time, first one part then another.

There are four sections to the heart. They are called the right ventricle, the left ventricle, the right atrium and the left atrium. The vessels that carry the blood to the heart are called veins. The blood is carried in these tiny tubes to the heart. Two large veins, which go to the top chamber on the right side of the heart, the right auricle, contains the blood from the body not containing oxygen when it arrives, but contains nutrients that have just arrived through the food you ate.

The blood goes from the right ventricle to the lungs to get oxygen to feed the body cells. From the lungs it goes to the left atrium. Then it goes into the left ventricle. After that it leaves the heart and goes on its journey.

Have you ever felt your heart beat by a cut or a sprained ankle? This is caused by all the blood wanting to go to that spot and the nerves reacting.

When I was little, I used to think that the heart was shaped like a heart that we use as a symbol of love. It turns out it is somewhat shaped like a potato or a passion fruit. It is very oddly shaped anyway.

I hope you liked my article. These were the things that I thought were interesting about the heart. Just one more thing, take care of your heart and don't do anything that will hurt it so you will always be healthy. And try to find out more about how to keep your heart healthy!



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Lluvia Lawyer was born in the Verde Valle of Arizona in 1973 and moved to New Mexico (with her parents) when she was two. She has lived in the Embudo Valley for the last twenty years except for a few years in Albuquerque where she studied Massage at the New Mexico School of Natural Therapeutics (graduated 1995) and Pre-med at TVI (Degree awarded 1996). She has been a practicing Massage therapist ever since. Lluvia lives in Ojo Sarco with her husband Scott Aby and daughters Lorali, Salome, and Hannah.

Maria Chilton graduated from the School of Natural Therapeutics in 1995 and The Southwest School of Botanical Medicine in 1996, and has been a Licensed Massage Therapist and Certified Clinical Herbalist ever since. For seven years she has specialized in Hot Stone therapy. Maria is currently in the process of becoming a Certified Watsu Therapist. She resides in Dixon where she is rebuilding her private practice. She also provides massage therapy at Ten Thousand Waves in Santa Fe.

Cindy Stone studied Art History at the University of New Mexico and CU Boulder. She is an animal TTouch Practitioner and has her own business called Animal Wise. The TTouch is vast work that emphasizes solving animal behavior problems and recovery from injury in a gentle non-threatening holistic manner. She is also certified in Reiki level 1 and is always ever expanding her knowledge through workshops and education.

Bettina Lea has been involved in the healing arts for over 15 years. As a chiropractic assistant in Los Angeles, she began her quest for alternative certifications. Having practiced Massage Therapy and with her degrees in Art and Multimedia, Bettina was naturally drawn to cutting edge therapeutic technologies and became interested in the European "Electrosculpture" system, an electromagnetic body detoxification, rejuvenation and body sculpture system.

Ruth Bowman has worked in the fields of nursing, herbalism and massage since 1987. She is currently training toward an RN certification, and works in education, home health care, holistic healing and environmental awareness.

Fava Bean Puree

By Anastasia Ealy

This recipe, adapted from *The New Basics* by Julee Rosso and Sheila Lukins (Workman 1989), is quick and easy, and is nice with roast lamb. It's rich, so a spoonful or so is enough for one serving.

Makes 4 servings

3 cups shelled Ava beans (roughly 3 pounds unshelled)

2 tablespoons unsalted butter, melted

1/4 cup organic heavy cream

Salt and freshly ground black pepper, to taste

Bring a large saucepan of water to a boil. Add the beans, reduce the heat and simmer until the beans are tender, about 20 minutes.

Drain the beans and puree them in a food processor or blender. Add melted butter, cream, and salt and pepper. Serve immediately.

Share this page with your friends and vecinos!

* Save the fresh pods for this recipe for the pods contain the highest concentration of l-dopa compared to the actual bean.

The young Avas contain the greatest amount of l-dopa. Don't be afraid of the cream. It aids in l-dopa absorption. So on the surface it may look like an ordinary soup recipe...but on the cellular level "happy medicine" is being made!

Adding Green Chiles and or dandelion greens adds Potassium necessary for increased absorption of all the "good medicine" in the beans!

Ingredients for "Youth Soup" or "B2 Broth"!

32 ozs fresh young Ava beans

1 small Onion, peeled and chopped

4 cloves Garlic, peeled and chopped

6 tablespoons Olive Oil

1 quart water (approx)

6 tablespoons Whipping Cream

1 small bunch of Mint, picked and sliced

Method

- Pod the broad beans, keeping their pods. Wash these well then chop them into small pieces.

- Sweat the Chopped onion and garlic in the olive oil for about 2 minutes.

- Add the shells of the beans then sweat for a further 3 minutes until soft.

- Cover with the water then bring to the boil.

- Simmer rapidly for about 5 minutes then add half of the beans

- Boil for a further five minutes then puree and strain through a fine sieve.

- Blanch the remainder of the beans for 1 minutes then add to the pureed soup along with the cream.

- Reboil, add the sliced mint and serve.

Serves 4

Ava " Happy Bean Stew "

Serves 6.

(Add the steamed ground pods for more L-Dopa!!)

2.2 lb fresh Ava beans

10 oz of tomatoes

2 cups mild or hot Green Chiles (for taste and much needed potassium to increase assimilation of growth hormone and L-Dopa!)

2 sticks of celery

2 onions, finely chopped

8-10 cloves of garlic, finely chopped

1 bunch of cilantro, chopped

2 sprigs of rosemary

2 bunches of basil

3 Tablespoons of dry lightly toasted Cumin or Comino

12 slices of bread

4 Tablespoons of olive oil

10g of salt

Pepper

1. Put all the ingredients (except the bread and the oil) in a saucepan, add approx. 4-6 cups of water, depending on altitude and simmer for at least an hour, uncovered. Add more water if necessary, or use organic chicken broth instead

2. Fry a good whole grain sourdough bread in an herb and garlic-laced organic olive oil maybe even a little chile pequin, put a slice at the bottom of each plate and cover with the Happy Beans!

Of course whole grain tortillas are always an option!

I wish you all Happy Gardening and Happy Meals with Happy Beans!

A Prayer in Spring



by Robert Frost

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
To which it is reserved for God above
To sanctify to what far ends he will,
But which it only needs that we fulfill.



Disclaimer

The ideas and opinions expressed in this newsletter are not necessarily the opinions of The Carnelian Center. These articles are for entertainment purposes and we hope you enjoy!



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The Carnelian Center gladly accepts donations towards achieving the goal of a home for the healers and wellness practitioners of the Embudo Valley to be able to work together under one roof. Your charitable contribution is greatly appreciated.

Blessings,
The Carnelian Center

