



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 #5 Fall 2007

The Flowers are in ice

By: Hannah "Sue-bear" Aby

age 4



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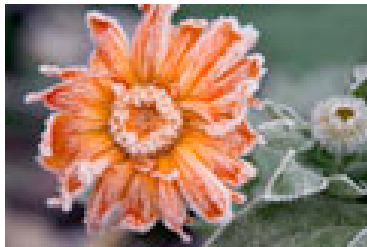


Writers needed! Do you have a great idea for an article?! We would love to hear from YOU!

The Flowers are in ice

By: Hannah "Sue-bear" Aby

age 4



Hanna is sleeping
There is flowers
and the flowers are in ice
and you can see through it
to the beautiful flowers
Even in the winter
In her dream. 🌸



Fall Poetry

The friendly cow all red and white,
I love with all my heart:
She gives me cream with all her might,
To eat with apple-tart.

She wonders lowing here and there,
And yet she cannot stray,
All in the pleasant open air,
The pleasant light of the day;

And blown by all the winds that pass
And wet with all the showers,
She walks among the meadow grass
And eats the meadow flowers.

By: Robert Louis Stevenson



We are bees, and our bodies are the honeycomb: we have made the body, cell by cell, like beeswax.
Rumi, Mathnawi, I, 1813



Untitled Poem

by Lori Rivera Platte
Died after 5 year
battle with breast cancer
July 14, 1955 - May 10, 2007



The road to enlightenment

is not smooth,

paved,

or scenic

It is dark
and broken,
Soiled

We came here alone
scared and naked

Always wanting
Mostly hoping
That we can make it
That we can last
Until God calls...
...us back home



IN FAVOR OF A FAMILY COW

By Anastasia Ealy, RN, of El Valle NM



Anastasia and her cow

Many of us who have been blessed to live in or near the mountains of northern New Mexico have memories of family cows or neighbors who have had them. Before the term "Organic" came to be, cows had been grazing on the naturally rich mountain grasses and producing exquisite milk full of beta carotene, highly absorbable calcium, enzymes, and many more nutrients that enhance the health of all who partake of the resulting dairy product's natural, unpasteurized goodness. I can almost smell my grandmother's fresh bread steaming with savory satisfying homemade butter from their small Nebraska grass-fed dairy herd. With the first bite, everything was right with the world! In Grandma's kitchen ancient sayings like: "Give us this daily bread." "A land of milk and honey." And "He maketh me to lie down in green pastures." Psalm 23:2, all began to make sense in my child's mind; and take life long root in my being. The butter made the bread complete, and grass and flowers are necessary to produce milk and honey. The ranch way of life was slower then. Rancher's work was difficult, but their sleep was good. People stayed home more and helped their land produce as much as possible for their survival. Irrigation to bring the water of life to the pastures was of utmost importance. So we cherish the acequias.

Here in El Valle our pastures are still giving life to the cows that bring life and nutrition to us. Many of my elder neighbors wistfully recall their family Jersey cows. Friendly Jerseys, who produced the most butter fat in their milk, who were the family cow of choice; and still are with many home and commercial cheese operations.

Jerseys are an ancient breed from the rugged Isle of Jersey, are smaller and eat less grass, calve easier, and tend to have very affable temperaments. I am amazed and delighted by my Jersey's intelligent, winsome, and playfully friendly demeanor. My neighbor remembers singing to their family cow to help her let all her milk down. I am now singing to my Jersey cow Zoe and Jersey bull Floyd, thus slowly bringing the Jersey tradition back to El Valle. Zoe likes to come and "low" while our youth fellowship "Gathers at the River" and sings worship songs by the campfire! Quite endearing. The children love her! Life, especially for women, is about relationships. Having a family cow is about having an ongoing relationship with a creature that looks to us as their shepherd, caregiver, protector, and friend (like my relationship with God) who they willingly share their life giving milk with!

Sangre de Cristo Ranch has started a small Jersey breeding operation, that will, God willing, help us render some family dairy produce. We are learning to make fresh butter, yogurt, cheeses, minimum 60 day aged cheeses (the law for using unpasteurized natural milk.), for personal use; and sweet creamy milk for making herbal-cream skin lotions, soaps and milk bath products. After being a horse raiser almost all of my life, I find there is much to learn about cows and their holistic care. Someone needs to stay in the country and continue in the ways of the pastoral lifestyle. As we learn how to holistically live with the land, in this "School of Life"- "Escuela de la Vida," we pray to be able to share and teach these skills, to up coming generations with our hearts open, heads on straight, sleeves rolled up, hands open and arms stretched out. And maybe sing a hymn or two for the cows! (Dairies have found that they prefer dreamy music to heavy metal! Cows like Mozart and Vivaldi!)

Science is constantly updating the benefits of grass fed milk and beef.

Some of the benefits of Raw Milk (Unpasteurized) are more than great taste! One of nature's perfect foods, milk is an excellent source of nutrients, enzymes and beneficial bacteria (lactobacillus, acidophilus, vitamins, calcium).

Pasteurization destroys vitamin B12, B6, beneficial bacteria (called probiotics), damages fragile milk proteins, enzymes, and promotes pathogens (pathogens which cause pasteurized milk to rot quickly, rather than sour naturally). Raw milk contains beneficial bacteria and inhibits the growth of many food-borne pathogens. When the enzymes are not destroyed by pasteurization raw milk is easier to digest. Many people who think they are allergic to milk, or "lactose intolerant" may be able to enjoy the benefits of raw, unpasteurized milk. Raw milk assists in maintaining a healthy balance of beneficial bacteria in the intestinal tract.

Probiotics are the "good bacteria" found in unprocessed foods, in raw milk, and in some yogurts. Keeping a healthy balance of these good bacteria can aid in digestion, help with digestive disorders such as irritable bowel syndrome, and assist a healthy immune system in fighting "bad bacteria." When antibiotics are necessary, health care practitioners use probiotics to replace the good bacteria that are destroyed by antibiotics along with the bad.

Raw milk also contains the enzyme phosphatase that helps in the absorption of calcium. Raw whole milk from pasture fed cows is known to contain increased amounts of conjugated linoleic acid (CLA), an omega-6 fatty acid over cows fed large amounts of grain. CLA is thought to provide some anticancer benefits.

For more information see:

www.rawmilk.com

www.cheesesociety.org

www.oldwayspt.org

www.4radiantlife.com

www.realmilk.com

The Health Benefits of Minnesota Farmstead™ Gouda, a delicious example of a natural cheese include:

~ Conjugated Linoleic Acid ~

Conjugates Linoleic Acid (CLA) is a cancer fighting fat that is most abundant in grassfed products. Cheese from grassfed cows contains as much as 5 times more Conjugated Linoleic Acid (or CLA) than cheese from grainfed cows. CLA is most highly concentrated in milk fat. The more fat in a given dairy product, the more CLA it contains. Non-fat dairy products have virtually no CLA. Two new European studies link a diet high in CLA with a lower risk of breast cancer. Research has shown CLA to actually shrink cancer tumors.

Omega-3

There are two types of fats that are essential for our health - omega-6 and omega-3 fatty acids. As a general rule omega-3 fatty acids promote leanness and omega-6 fatty acids promote obesity. The typical western diet is overloaded with omega-6 fatty acids and deficient in omega-3, upsetting a crucial balance.

Recent medical research shows that tumors injected with Omega-6 fatty acids grow four times as fast as before, whereas tumors injected with Omega-3 fatty acids ceased to grow.

It has been graphed and documented that fresh pasture has over twice as much omega-3 as omega-6. Grain and soy on the other hand have far more omega-6 than omega-3.

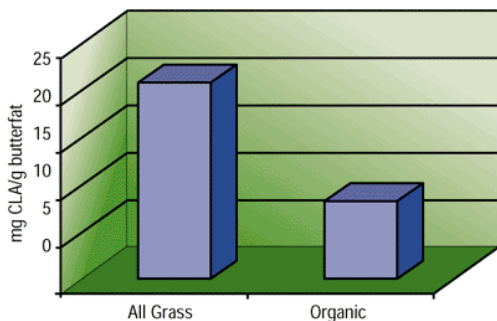
One doesn't need as much land as you would think to have a family cow. A couple of great resources for learning about keeping a family cow are:

My friends and mentors: Joy and Robert Smith, of Questa, NM; are delightful people who are hand milking Jerseys and giving hands-on lessons, and have a few fine cows for sale!! (And now they have an instructive video out) 505-586 1176 or Google handmilking.com

***"Keeping A Family Cow" by Joann S. Grohman. This a great handbook for those who want to give their cows the best care!

A MUST READ IS: "The Maker's Diet" by Jordan Rubin; and Jordan Rubin's web site : makersdiet.com

100% Grassfed Beats Out Organic Grainfed



Eating a balanced ratio of essential fatty acids is linked with a lower risk of cancer, heart disease, diabetes, and obesity.

Minnesota Farmstead™ Gouda is also

Low in:

- * saturated fatty acids (which contribute to high cholesterol)
- * sodium
- * LDL cholesterol

High in:

- * monounsaturated fatty acids (which lower cholesterol)
- * calcium
- * beta-carotene (which is linked with a lower risk of cancer and cardiovascular disease)

Beta-Carotene also gives cheese its golden color, indicating its superior nutritional value.

- * HDL cholesterol
 - * more Omega-3 fatty acids* more beta-carotene
- more vitamin E
more CLA

Beyond Organic

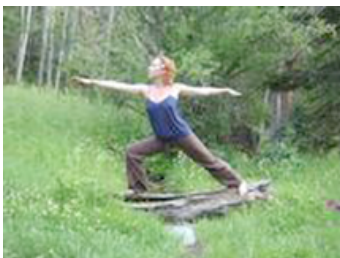
Being raised on pasture helps protect the animals' health and ours! Excerpt from www.eatwild.com, the home web page for Jo Robinson's new book, Why Grassfed is Best!

Many people purchase organic milk hoping to obtain superior nutrition. But most large organic dairies feed their cows a significant amount of grain and corn silage. These feeds diminish the cows production of CLA. The graph above shows the CLA content of milk from a herd of grass fed cows versus milk from one of the nations leading organic dairies.



Yoga For Stress Reduction

By Sara Mauer



“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”—B.K.S. Iyengar.

We hear more and more these days about stress, the havoc it creates and people asking for tools to mitigate it. Stress is a number one cause of heart disease, obesity, depression and suicide to name just a few, and businesses such as pharmaceutical companies are making millions, if not billions off of this epidemic, selling highly addictive products, which do little more than mask the problem. It's imperative that we take what simple measures we can into our own hands to combat this life threatening condition.

Whenever we encounter a stressful event our bodies undergo a series of hormonal and biochemical changes that put us in to “alarm mode”. Our heart rate increases, adrenaline rushes through our blood stream and our digestive and immune systems temporarily shut down. If the stressors continue and we stay on high alert for a prolonged period of time, we experience exhaustion and burnout. Life makes it nearly impossible to avoid stress, but we CAN begin to return to a non-medicated state of balance and regulation through a variety of means, including deep breathing, meditation, exercise, and my favorite, yoga.

How much time do you have? is my typical response to those who ask me to explain the benefits and purpose of my daily yoga practice, because yoga serves my needs on a spiritual, emotional and physical level that parallels no other. As one of the millions of Americans running on high gear, headed for burnout, I developed a stress disorder, which manifested itself in anxiety attacks. After trying many “mainstream” options, none of which had the desired effect, I started attending an Iyengar yoga class. That was many years ago, and thanks to daily practice, I haven't had a single anxiety attack since.

That decision changed the course of my life, it taught me for the first time how to relax and breathe properly; about the importance of rest and relaxation; much about my body, about what it means to HAVE a body and how to take this knowledge and make it work for me.

With the constant stressors life throws at us, it's hard to find an hour or more to devote to a daily yoga practice, but those who can't may still reap yoga's benefits and rewards. The following shows you a few simple techniques to help you begin the

journey towards balance and well being. Embarking in a practice for mere minutes a day will help open the pathways to physical, emotional and spiritual relaxation and a healthier, more vital you.

We'll begin with Corpse pose:

Lie down in a quiet place, on your back on top of a sticky mat or a wool blanket. Place the arms beside the body, palms upturned. Keep heels slightly apart. Breathe slowly and deeply, feeling a sense of calm relaxation come over your whole body. Concentrate on loosening all tensions.

The following variation will increase your ability to relax:

Slowly inhale through the nostrils (always breathe through the nostrils during yoga, since the tiny hairs strain out impurities) and tense the ankles, feet and toes. Hold the breath while you tighten the muscles. Exhale and relax.

Slowly inhale and contract the kneecaps, calves, ankles, feet and toes. Hold and tighten. Exhale and relax.

Slowly inhale, contracting all the muscles of the abdomen, pelvic area, hips, thighs, kneecaps, calves, ankles, feet, and toes. Hold the breath and tighten the muscles. Exhale and relax. Inhale. Tense the neck, shoulders, arms and elbows, wrists, hands and fingers, chest muscles, down to the toes. Hold and tense. Exhale and relax. Inhale and contract the scalp, the tiny muscles of the face, the forehead; squint the eyes, wrinkle the nose and mouth, tighten the tongue, constrict the throat and tighten the whole body. Hold and feel the terrible tension. Exhale and relax. Now, let the strain melt into the floor. Feel heavy. Enjoy the support of the floor. Sense the tingling of fresh circulation, the new muscle tone and emotional calm.

From corpse pose move up to Lotus pose:

On the center of your mat come into a sitting position, stretch your legs straight out before you. Bend your right leg at the knee and bring it toward you so that you can take hold of your right foot with both hands. Place your right foot on top of your left thigh. The right foot should be brought toward you as far as is possible so that eventually the right foot is touching the groin. In order to now complete the posture successfully, the right knee will have to rest on the floor. Bend your left leg at the knee and bring it toward you so that you can take hold of your left foot with both hands. Place your left foot on top of your right thigh. The left foot should be brought in as far as possible so that eventually the left heel will also touch the groin. Both knees should eventually rest on the floor. In this position we'll practice the pranayama; Nadi Shodhanam.

Method of Nadi Shodhanam

Hold your right hand up and curl your index and middle fingers towards your palm. Place your thumb next to your right nostril. Close the left nostril by pressing gently against it with your ring finger and inhale through the right nostril. The breath should be slow, steady and full.

Now close the right nostril by pressing gently against it with your thumb, and open your left nostril by relaxing your ring finger and exhale fully with a slow and steady breath.

Inhale through the left nostril, close it, and then exhale through the right nostril.

(That's one complete round of Nadi Shodhana—Inhale through the right nostril, Exhale through the left, Inhale through the left, Exhale through the right)

Begin with 5-10 rounds and add more as you feel comfortable. Remember to keep your breathing slow, easy and full Nadi Shodhana can be practiced just about any time and anywhere. Nadi Shodhana helps control stress and anxiety. If you start to feel stressed out, 10 or so rounds will help calm you down.



Pueblo Pumpkin-Pinon Bread

- 1 1/2 cup Unbleached flour
 - 1 cup Mashed cooked pumpkin
 - 3/4 cup Sugar
 - 1/2 cup Butter melted
 - 2 Eggs beaten
 - 1 tsp Baking powder
 - 1 tsp Ground cinnamon
 - 1 tsp Grated nutmeg
 - 3/4 cup Shelled pinon nuts
 - 1/2 tsp Salt
- Method:

* Note: Pignoli nuts can be substituted for the pinon nuts.

Preheat oven to 350 degrees.

In a mixing bowl, combine flour, pumpkin, sugar, butter, eggs, baking powder, cinnamon, nutmeg, and salt. Stir in pinon nuts. Place batter in a greased 6- x 9-inch bread pan. Bake for 1 hour, or until a knife inserted in bread comes out clean.

Comments: Spaniards arriving in New Mexico in the late fifteenth century found the Pueblo people along the Rio Grande growing many kinds of squash, including pumpkins, which continue to be an important ingredient in the cooking of all the major tribes of this region.

There are few kinds of nuts available in the Southwest, but pinon nuts - found in the cones of the pinon pine, a tree that covers the rocky hills of New Mexico and Arizona - provide delicious compensation.

In the Pueblo recipe above, these two traditional ingredients are combined in a spicy, cake-like bread. Serve it lightly toasted as a sweet bread or at room temperature for dessert.



Green Chili Turkey Enchiladas Recipe

Recipe Ingredients:

- 3 cups milk
 - 4-1/2 tablespoons flour
 - 3/4 teaspoon dry mustard
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 cup shredded monterey jack cheese
 - 2 cans, (4 ounces each) chopped green chilies
 - 2 cups shredded cooked turkey
 - 10 flour, 8-inch, tortillas
 - Vegetable cooking spray
- Recipe method:
- In medium saucepan, over medium heat, combine milk, flour, mustard, salt and pepper and cook 5 to 6 minutes or until sauce is thickened.
 - Stir in cheese and cook until melted.
 - Remove 1 cup cheese sauce and reserve.
 - Add 1 can chilies to remaining sauce.
 - In medium bowl combine turkey, remaining can of chilies and reserved cheese sauce.
 - On each tortilla spread 1/4 cup turkey mixture and roll up.
 - Place tortilla seam-side-down in (9-X 13-inch) baking dish, sprayed with vegetable cooking spray.
 - Repeat with remaining tortillas. Pour remaining sauce over top of tortillas.
 - Bake at 350F 20 minutes or until hot and slightly bubbly.

Share and enjoy



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. We are seeking either land to build on or an affordable lease or rental in the Embudo Valley area.



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!

Blessings,
The Carnelian Center



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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 and daughters Loralie, Salome, and Hannah Aby.

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.

Aiya Horne

Hi. My name is Aiya Horne and I have lived in Penasco, NM for 15 years. One of my great joys in life for the past 30 years, is by using natural ways of healing not only for myself but also with others including many animals. Natural healing modalities are gentle, nurturing and fun. I am honored and excited that I have been invited to be on the Carnelian Center Board of Directors, to be a part of a dedicated team whose vision is to bring affordable nurturing and natural healing to all in this area. thank you!

