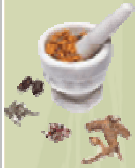




Get ready for the winter with Influenzinum 2010 strain 30c formulated by Boiron! This is a homeopathic remedy which helps prevent or treat the flu this season. A great natural alternative to the flu shot without side effects! Available @ OHS!



Enjoy the gift of health this season!

Our hat's are off to Annemarie Colbin, who had the inspiration to add a rutabaga to pureed sweet potatoes or yams. It lightens what is normally a heavy dish and makes it more delicious and more easily digested. This is from her book *The Natural Gourmet*.

- 1 small rutabaga
- 2 medium yams or sweet potatoes
- 2 cups water
- ¼ teaspoon salt
- 2 tablespoons unsalted butter or ghee

Peel the roots and cut into 1 inch chunks. Bring the water to a boil and add the two veggies, salt and simmer (covered) until they are soft, about 20-30 minutes.

Once tender all the way through, place everything in a food processor with the butter or ghee (clarified butter). Puree until smooth and serve hot.

If you're having trouble getting vegetables into your young ones during the holidays, this recipe will be a big help. *Delicious!*

The Water Phase - Winter

The Water Phase in Oriental Medicine represents the season of winter, the color black or navy blue, the taste of salt, and the organs represented are the Kidneys, Bladder, and endocrine system. It's this time of year when the qi goes deep inside the roots of trees and plants, and it goes deep into our "roots", the Kidneys as well. How do we nourish ourselves this season so we maintain harmony and are ready for a vital spring?

First, eat more cooked and warming foods to maintain strong digestion and build our vitality to be able to enjoy the cool weather. Cooked foods, soups, stews and warming spices such as garlic and ginger are helpful.

Wearing a scarf and keeping your neck warm is standard practice in Asia to prevent colds and the flu. When our neck is warm it relaxes those tissues and enables blood and lymph flow, improving immune response.

Also, during this season there is an abundance of sugar everywhere. Be careful to limit sugar intake which helps maintain strong immunity during this and all seasons. We also recommend keeping your vitamin D levels up with supplements or using cod liver oil. We carry "bottom of the barrel" cod liver oil, which is more nutrient dense than those from the top of the barrel.

Don't forget: our Cold and Flu kits are handy to have in your medicine cabinet during the winter season. There is a discount on these herbs when compared to buying them separately, plus there is a sheet included which explains when to use each herbal formula in the kit. If you start to get a cold on a Friday evening, you'll have just what you need!

Contact Oriental Health Solutions for **your Cold/Flu Care kit**. Give the gift of health this season!

Yours in health,
OHS Staff

Come to our Free lecture: Solutions to Allergies on January 20th, 2011, 7:15-8:15 PM. Please check our website for location and registration information!

We wish you a Happy Holiday Season!!!!