

Catherine's Clinic

Naturopathic Family Practice



Winter Menu

As the weather changes to the colder conditions in winter it is lovely to think of hot soups, stews and warm drinks by a log fire place!

While we can't all enjoy the fire places, we can at least enjoy what Mother Nature grows for us during this cold season. It is also time to protect our kidneys, as they need constant warmth and minerals during this season. A wonderful way of attending to this is with root veggies, like parsnips, turnips, carrots, and swedes, beetroots, cabbage, brussel sprouts, choco, water cress, chestnuts, English spinach, kale and celery.

All these wonderful winter veggies provide us with such an abundance of nutrients and minerals to keep our kidneys healthy. As well cooking them in a soup with kidney beans or other pulses, red or brown rice, black rice, or barley, a slow cook will have them delicious in time for your dinner and enough made for a few days to enjoy easily as a snack as well. Just add some Celtic sea salt to taste.

For those who need some meats in this stock, cook with hock or pigs trotters with some added ginger to the soup, shank or free range organic chicken. Any meats will be fine, if you cook them slowly for many hours the bones usually tend to become soft and can be chewed up with the grizzle and the meat. Some of the bones can be powdered for their full calcium and mineral content. (Tastes alot better than synthetic pills!)

For raw food eaters or vegans who want to enjoy the winter foods without hassles, the following will supply an abundance of minerals and the vitamin Rutin to your blood:

Grate up the following, all raw; beetroot, red and white cabbage, Spanish onion, purple carrots, kale and turnip. Add some raw hemp seed oil and lemon juice to this, then add pine nuts, macedamia nuts and avocado for a delicious healthy meal.

A simple cooked vegetarian meal is; sliced haloumi, thin sliced tomatoes, thin sliced mushrooms, eggplant, zucchini, pieces of Sonoma bread placed through, then drizzle all with extra virgin cold pressed olive oil. Bake slowly in the oven. Delicious!

Happy winter meals (watch out for our Spring menu soon!)

*With health and good wishes,
Catherine*

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