



# Spring's



# Harvest



# GAZETTE



## Spring into Vibrant Energy! How to Feel Great


Dear Readers,

Spring has truly sprung! My garden is in full glory with beautiful flowers. The freesias, and night blooming jasmine delight my senses with the most beautiful fragrance. When I enter our home the sent of spring is everywhere! So, I welcome the new season with much awareness and heightened senses. A few weeks ago I embarked on an early spring body cleanse that has left me feeling light, balanced and great! This Gazette honors this springtime cleansing ritual. It truly need not be difficult. Simply find the right cleanse that feels right for your body. And maybe visit a health practitioner who can help you along your journey of well being. Our bodies are truly amazing! Let us know how we can assist you along your path.

Spring time is a really good time to take stock of what really matters, what you want to keep, hold onto and what you can finally let go of! We say, *clean house* both literally and with-in !!! The time is NOW! Why wait and carry around the excess waste that keeps us down, confused, imbalanced, and unaware of our body's true nature. You may ask, what IS our true nature? To CEARLY have FUN. Simple as that! When we are all clouded and FULL of poop, we can not function at our prime. So every Spring, I clean house! I give my body some time off. A day, a few days, a week or more! Taking time off from the foods that can wreak havoc on our systems natural defense mechanisms. This is one way we say "I LOVE MYSELF enough to take care of me!" This is NOT a selfish act, but a loving act so that you can better serve IN life and as a server to others. Our bodies deserve a break from the heavier foods that we have been eating during the Winter's season. Giving your organ's this much deserved break, will only set you free! You will think clearer, feel lighter, and have so much more energy you won't know what to do with yourself! One of the many cleansing tools is a simple liver detox. I must add a word of caution to those who have already been working on health issues, to consult with your health care provider before embarking on a cleanse. Yes, there are varying degrees of them, but never-the-less, it is always wise to check in with your provider to make sure you are up for a particular, even simple cleanse. Two very well known doctors who advocate cleansing and fasting to promote a healthier body are; Dr.'s Elson Haas, and Bernard Jensen. Both have written books on the incredible affects one feels, and the

wonderful results one has, after experiencing a cleansing detoxification process. You can read their books to educate yourself,(a practice I highly recommend), to see if this makes sense to you for your body. I emphasize YOUR body, because there are no two bodies a like. So what works for one, may not necessarily work for another. So I also advocate the practice of LISTENING to your body and your inner guides to help you know which and what is best for YOU!!!! So this practice of a body cleanse can be done, yearly, bi-yearly, monthly,( around your moon cycle always good), and weekly,( a once a week practice!). It surely doesn't mean you have to give up food in it's entirety, but not eating those foods that plug up our pipes, create muck and mire, the oozy goeey stuff, that only by really eating and drinking certain foods that can help our bodies let it all go! The foods that are particularly helpful are: green foods, raw and lightly steamed or water sautéed vegetables, herbal teas, raw coconut juice, seasonally fresh vegetable and fruits, and lots of clean purified water. So you see you don't need to starve to clean, just eliminate all grains, starch, animal protein, dairy, and of course anything processed or containing sugar. By eating this way for at least 3-4 days, you can allow your body to easily eliminate and rid itself of the over accumulation of toxic build-up waste in our body. There are soooo may wonderful foods that are available, simply go to your local Farmers Market in your area to check out the abundance of foods ready to help you towards a cleaner more vibrant Spring!

Health is something we do for ourselves, not something that is done to us: a journey rather than a destination; a dynamic holistic, and purposeful way of living- *Elliott Dacher, M.D.*

 Peace, joy, and Love, Peggy & Shane

### Peggy's New Product Picks

Oliflix Extra Virgin Olive Oil  
Hand picked, & stoned pressed\*\*

Raw goat yogurt and kefir\*\*

Pacifica's unheated honey\*\*

Baby coconuts\*

Fresh strawberries, blackberries,  
raspberries,& blueberries\*

Fresh locally grown organic pro-  
duce from Farmer's Market

\*These products available at  
Whole Foods Markets.

\*\* Available at Local Farmers  
Market or Through Kitchen  
Blessings pre-order ( no mail  
available) Call for order or ques-  
tions 310-5456529 or email us.

## Baby Coconut Crème Pudding

- 1 Raw baby coconut
- 1 Cup or more of fresh organic strawberries, &/or any  
berry of choice
- 1 ripe banana
- 1 TBL. unheated honey
- 1 tsp. Vanilla (optional)



VERY CAREFULLY open your coconut. Drain the juice into a glass, and drink it all up!!! Then take a spoon and scrape the coconut meat out from the shell. Place in a blender or a bowl using a mini hand held blender. Add the rest of the ingredients and blend well. The consistency should be like pudding. If you want, you can make it thinner by adding some of the juice or add this to your favorite smoothie. It's even delicious to add to your favorite waffle/pancake recipe! All so nourishing and soul satisfying! We call it brain food at it's finest!

### Great books and website that discusses cleansing and detoxifying diets...

*The Detox Diet*, by Dr Elson Haas; *Staying Healthy With The Seasons*, by Dr. Elson M. Haas;  
*Foods That Heal*, by Dr. Bernard Jensen; *Detox for Life*, by Loree Taylor Jordan  
[www.rawfoods.com](http://www.rawfoods.com),