



## Yoga for Mind and Body



Yoga developed during the tantric civilization in India and all parts of the world more than 10,000 years ago. Yoga is derived from the Sanskrit word yuj, which means 'to join' or 'to unite' and was practiced by more than 14% of American adults in 2017. It has not slowed in popularity or growth in decades, but little is known about its roots or historical practices.

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**Tomatoes, The Rainbow Fruit**



Tomatoes (*Solanum lycopersicum*) are a prominent member of the nightshade family. These vibrantly colored fruits are best when eaten ripe, but a small amount of green tomatoes can also be well-tolerated. The fruit can be red, yellow, orange, pink, burgundy, and black. With this rainbow of colors, the flavor of the tomato changes slightly with each shade.

Tomatoes contain nutrients like potassium, iron, folate, and vitamin C. They are also a good source of antioxidants like beta-carotene and lycopene. Research has shown lycopene may help prevent cancer. Additionally, lycopene has also been linked with reducing the risk of heart disease and cognitive diseases such as Alzheimer's disease. Tomatoes also support liver health, seemingly helping the body detox more efficiently.

Tomatoes can be eaten at any point during the growing season whether ripe or unripe. Compounds such as solanine, atropine, and tomatine help prevent unripened tomatoes from being eaten before they are ready. Thus, these compounds can be irritating to sensitive people and they should avoid green tomatoes. As long as an adult eats less than one pound of unripe tomatoes at a time, there's usually no cause for concern.

Fried green tomatoes or *salsa verde* use cooked green tomatoes, often making them safer and more palatable for some folks. Ripe tomatoes can be eaten raw or added to a variety of dishes. Avoid tomatoes if you are sensitive to nightshades. As always, consult your dietitian or health provider before making any health-related changes, especially when you want to modify your diet.

## Fresh Pineapple Salsa

Move over tomatoes! Pineapple salsa-the best combination of sweet and spicy is here to steal the limelight. Add some spice to your tacos, salads, burritos, and more with this fresh salsa recipe. Fresh ingredients allow for more flavor. Once you taste this salsa, you won't disagree.



Prep: 15 Min. Cook: 0 Min. Total: 15 Min. Servings: 10

### Ingredients

- whole pineapple (use as a bowl)
- 1 cup diced pineapple
- 1 cup diced bell peppers (any combination for greater color)
- 1 cup diced Roma tomatoes
- 1/3 cup chopped cilantro

- 1/4 cup minced red onion
- 4 tablespoons lime juice (approx. 2 fresh limes)
- 1/4 teaspoon black pepper
- 1/3 teaspoon salt
- 1 tablespoon diced jalapenos

### Directions

- 1) Begin by making the pineapple bowl. Cut about 1/3 of the pineapple off, leaving the stem attached to the larger piece of the pineapple. Cut around the outer edge of the fruit and place cuts across the middle as well. Using a metal spoon, scoop out the scored pineapple. It should come out in chunks. Empty the pineapple juice from the bowl.
- 2) Dice the removed pineapple chunks for the cup needed to make the salsa. You can save the rest of the pineapple for later use.
- 3) Combine all the ingredients in a small bowl.
- 4) Salsa can be stored in the fridge overnight or for a few hours until you are ready to serve it. To serve, transfer the salsa into the pineapple bowl.

**Note:** The more jalapeno seeds, the spicier the salsa! If you enjoy a mild salsa, consider leaving all or most of the seeds out. If you like it hot, leave all of the seeds in.

### Resources:

Larson, Tonia. 2017. "Pineapple Salsa Recipe." The Gunny Sack. Revised Mar. 2024.  
<https://www.thegunnysack.com/pineapple-salsa-recipe/#recipe>



## Aromatic Patchouli

Patchouli (*Pogostemon cablin*) is a plant native to Asia. Mainly used for its essential oil, dried, young leaves are steam distilled to create this rich oil. Patchouli has a sweet musky yet earthy aroma that improves with age. During Victorian times, well-to-do-ladies were passionate about cashmere shawls from India. The scent of

patchouli permeated the fabrics and was popular during this time. Additionally, patchouli essential oil was used for its antiseptic, insecticide, and digestive-supporting qualities. It was also an important component in Indian inks to help set the color and dry more quickly.

Essential oils are known for many different health benefits. Specifically, patchouli oil is strongly anti-bacterial and has been found to have activity on up to seventeen different types of bacteria and fungi. Patchouli may help with all sorts of inflammation. For example, it has been found to help with bowel inflammation. It is also able to lower swelling in

wounds. Patchouli has also been shown to protect against UV radiation from the sun. More studies are needed to conclusively support patchouli's many benefits.

Be sure to buy your patchouli oil from a reputable source. It is commonly adulterated with cedarwood essential oil. Additionally, essential oils can be dangerous if not properly diluted; be sure to find recipes and formulas from trustworthy sources. As always, allergic reactions are possible with all plant products, so use them with caution. Ask your doctor if patchouli might be helpful for you.

## Ear Seeds for Health

Traditional Chinese Medicine (TCM for short) uses many tools to support health. Using ear seeds is one of these tools. Ear seeds are small stickers about the size of a fingernail that contain a seed, generally from the *Vaccaria* plant. The stickers are then placed on specific points on the ear. The external ear represents different points that can gently stimulate internal organs to work more effectively and efficiently. Ear seeds can be helpful for conditions like insomnia, anxiety, brain fog, chronic pain, digestive disorders, hormone imbalances, and even substance abuse.



To use them, be sure to clean your ear first. Next, place the ear seeds on your ear and rub them three to five times daily. Then, remove them after three to five days to help avoid any skin irritation. It's recommended to wait at least a day before reapplying the ear seeds. Positive results occur more frequently when used or trained by an experienced acupuncturist. Ear seed kits can be purchased online or from licensed acupuncturists. These kits generally include ear seeds and detailed instructions on where to place the ear seeds.

Usually well-tolerated, you should avoid ear seeds if you have a latex or adhesive allergy. See a licensed acupuncturist for safe ear seed options for you. Additionally, skin tenderness or irritation is possible. Dizziness or nausea can be likely if the seeds are placed incorrectly. Be sure to apply the ear seeds securely or have someone else apply them as they can fall into the ear canal. As always, consult with a qualified health professional before changing your lifestyle.



## 'Power Up' With Powdered Protein

If you've been into health and exercise recently, you're probably familiar with protein powders. Originally started in the 1950s, the early protein powders were dairy- or soy-based products. Nowadays,



the U.S. protein powder market is valued at over 4.7 billion dollars. Powders are typically made from eggs, milk (casein or whey protein), or plants such as soybeans, rice, peas, potatoes, or hemp. On average, a typical serving includes 10 - 30 grams of protein.

Regrettably, there's a lot of back and forth between experts about protein. According to the FDA, the daily recommended protein amounts are 46 grams for women and 56 grams for men. Some researchers contend this isn't enough for optimal health. This makes it hard for the average consumer to figure this out on their own.

### **Is It Worth It?**

Studies show there are potential benefits to protein consumption. One study found overweight and obese people who consumed whey protein were healthier. This increased their overall protein intake. The patients lost weight and improved their blood pressure, sugar control, and cholesterol levels. Protein can also help build muscle and lower workout recovery times, particularly if protein is taken before working out. In addition, protein powders are especially helpful for older adults. These supplements can help the elderly get enough daily protein despite a smaller appetite.

### **What to Buy**

It's important to buy protein powder from a good company. In 2022, the Clean Label Project ([www.cleanlabelproject.org](http://www.cleanlabelproject.org)) analyzed over 130 products for 130 types of toxins and found disturbing results. Many protein powders contain bisphenol-A (BPA), a product used to make plastics, and heavy metals like lead, arsenic, and cadmium. For instance, one product had 25 times the allowed level of BPA. Some of this is due to toxins in the soil and/or how they manufacture the powder.

Additionally, there can be added sugars, artificial flavorings, and product fillers. Try for a product that is just pure protein with no additives. Getting organic products from reputable companies that have their products regularly tested for quality is best. Consider speaking to a nutritionist for specific brand recommendations. As always, consult a qualified medical professional before adding anything to your diet.

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## **Check Out A Few Older Posts**

**[Air Quality Alert: What You Need to Know for Lung Health](#)**

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**[7 Ways to Deal with Foot Pain Naturally](#)**

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**[Natural Remedies for Seasonal Allergies](#)**

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**[Sugar, Sugar Everywhere...](#)**

# Upcoming Events & Classes

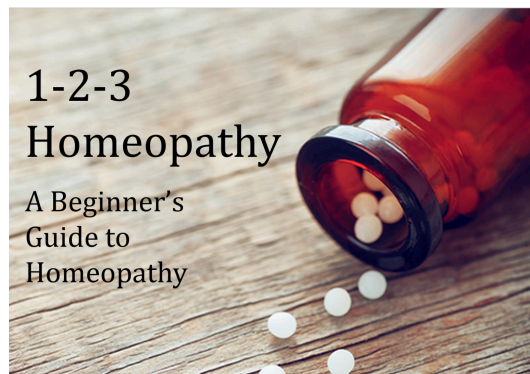
Wednesday, September 18th - October 9th (4 week course)

## **1-2-3 Homeopathy: A Beginner's Guide to Homeopathy**

Have you heard about homeopathy but you aren't sure what it is? Interested in learning about homeopathy and applying it to your own life? Used by millions of people around the world, homeopathy is a safe, natural option available to support the health of yourself and your family. Materials include access to online materials from the class (video and over 100 pages of notes) for 6 months. Each class lasts roughly two hours time for questions and answers. This course includes:

- Introduction to Homeopathy
- History of Homeopathy
- Homeopathy Basics
- Homeopathic Remedies
- Homeopathic Provings, Repertory and Materia Medica
- Common Applications of Homeopathy
- Building a Basic Homeopathic Kit (home practitioners and clinicians)
- Quick Start Guide Part 1: Everything about the case
- Quick Start Guide to 25 Remedies
- TWO BONUS GUIDES: Homeopathic First Aid and Homeopathic Teething

Cost: \$175



**Coupon Code for Email Subscribers and Clients (Good for a limited time):**

123Homeo\$15

Register Here

Thursday, September 19th, 6:00pm - 7:30pm

## **FREE Movie Screening: From Healthcare to Sickcare: The True History of Medicine**

**When:** September 19th, 2024 6:00pm - 8:00pm (3rd Thursday of every month)

**Where:** Hazelnut Naturopathic Health  
11629 Northland Dr. NE Ste. 101 Rockford, MI 49341

**Description:** Come spend the evening with Dr. Blandford to watch a well-researched film about the history of healthcare with a particular focus on the United States. Learn more about naturopathic medicine and why it isn't more well-known. Herbal tea, water, and a few light snacks will be available. Donations accepted but the event is free of charge.

The best kept secrets in healthcare will be secret no more! Ever wondered how we wound up with our painfully expensive system that converts disease into profit and turns doctors into drug distributors? Ever wondered why we call the medicine that people used successfully for thousands of years 'alternative' and confine it to the margins of the 'healthcare' system? Dr. Rick Kirschner, bestselling author, speaker and naturopathic physician, narrates the story in this fascinating documentary!

Preview: <https://www.youtube.com/watch?v=c4GEWc9kH1w>



**RSVP Not Required** - Sign up for our [email list](#) here for updates on this and all future classes

Saturday, October 19th 2024 1:00pm - 2:00pm

## Fire Cider Workshop

**Where:** Hazelnut Naturopathic Health  
11629 Northland Dr. NE Ste. 101 Rockford,  
MI 49341

**Description:** Fall is my favorite season. It always brings to mind the feeling of a brisk wind, comfy sweaters, and warm drinks. This is the time of year I get together my ingredients to make fire cider using a combination of warming, immune supporting herbs and foods paired with honey and apple cider vinegar. This workshop will include making your very own fire cider to take home with you. Supplies are included in the price, and you will also receive a handout on how to make your own fire cider at home.

**Cost:** \$35



[Sign Up Here](#)



### Need Supplement Refills?

If you are already a client of Dr. Blandford or want to support Hazelnut Naturopathic Health, we use an online dispensary that offers the convenience of shipping supplements directly to your door. Call [\(616\)884-0645](tel:6168840645) to create your account up or



add supplements to your existing account.  
**Enjoy your 15% discount today!**



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### Hazelnut Naturopathic Health

11629 Northland Dr. NE Ste. 101, Rockford  
MI 49341 United States

(616)884-0645

hazelnutnaturopathic@gmail.com

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