

JANUARY News & Notes from Deborah Austin and Kamala Center for Radiant Health

Dear Clients and Friends:

Here's to a Happy, Healthy and Prosperous 2011.

PERSONAL: I recently saw a PBS program called "Authenticity", done by a professor at U of H. She preaches the Gift of Imperfection, billing herself as a retired Perfectionist. The theory is that innovation and creativity are at all-time low while we are working harder, longer, taking less breaks and giving time to ourselves. As a result, there is a crisis in innovation, because we are afraid to be laughed at for our ideas. We spend all of our time pleasing, trying to be good enough, fearing what others think. Bottom Emotional result is Shame; all roads lead back to shame. The intensely painful feeling that we are inadequate or not enough is universal; everyone has it. The feeling of being small and unworthy. This takes a toll on mental well-being, physical health, becoming exhausted and over-scheduled, medicated at higher level than ever before. The kicker is if you don't feel shame, you cannot experience empathy. So, for one of your New Year's Resolutions, resolve to Be Imperfect, Not Be Good Enough, Not Be Perfect, and reap the rewards of sleep, productivity and bliss.

I will be out of the office January 6-10, in Grand Rapids, Michigan. I expect to be able to add some more passion to my response when people say, "I wish it was cold here."

SERVICE OF THE MONTH: **Psych-K**, the work of Bruce Lipton, enables one to get in touch with the profound cellular origin of feelings. Talking previously about Shame, it is important to differentiate it from Guilt. Shame-proneness, attacking yourself for your behavior, is linked to addictions and violence, while guilt protects you from those traumas. Come in and experience a few sessions, and feel the incredible release from years of habits. Let go of unattainable ambitions and calm the chatter that says you are not worthy.

CLASSES: I am teaching a one day class, on February 5, April 9 and June 11, Saturdays from 9-5, Arvigo Techniques of Maya Abdominal Therapy Hands On Health the Maya Way. Come learn the wisdom of ancient Mayan healers, how they felt about the mind/body/spirit connection and many techniques they used for healing. You will learn an extremely effective abdominal massage that can relieve many reproductive, urinary, and digestive complaints. Mayas believed that a tipped uterus was the leading cause of common female complaints. If you are suffering from menstrual problems, fertility issues, fibroids, cysts, painful intercourse, backaches, incontinence, or digestive problems this class is a must. Honor and nurture the divine within by learning the wisdom of the ancient Mayans. Whether you are a woman in your 20's, 50's or 70's, whether you still have your uterus or don't, this class is a must! I also discuss problems with the prostate; men are most welcome to attend and learn how their body changes. Course cost \$125. EARLY BIRD \$100 until 1/10. C.E.s available. Registration information for the February class at <https://www.arvigotherapy.com/node/222>.

If you have a student group, professional or recreational organization, church or work group that is interested in holistic health care, the course can be tailored to their specific interest and time.

RECIPE OF THE MONTH: (Boy, when I leave this out of the newsletter, there is a chorus of complaints. Not to worry, I have 11 more lined up.) **Fried Baby Artichokes.** Yes, you read it right, FRIED. Even a Nutritionist like myself can enjoy a fried dish occasionally. (Once a month is about right.) One of my favorite ways of relaxing is to spend a day in the kitchen. I am a fan of Top Chef, and have subscribed to Food & Wine for years. With their permission, here is one of the easiest recipes I've ever seen for artichokes, in season and brimming with nutrients. There has been some controversy over health benefits of olive oil when it is heated; *not applicable here.*

Ingredients

1. 20 baby artichokes (about 4 ounces each)
2. Extra-virgin olive oil, for frying
3. Salt and freshly ground pepper
4. 1/4 cup freshly grated Parmigiano-Reggiano cheese
5. 1/4 cup chopped parsley

Directions: With a small, sharp knife, cut off the artichoke stems. Snap off the leaves until you reach the inner leaves. Cut off the top third of the artichokes and trim any tough parts. Quarter the artichokes lengthwise. In a medium saucepan, heat 2 inches of olive oil to 300°. Fry the artichokes in the hot oil in batches until richly browned and crisp, about 2 minutes per batch. Drain on paper towels and season with freshly ground sea salt and pepper. Transfer the artichokes to small plates or a shallow serving bowl. Sprinkle with the cheese and parsley; serve and Enjoy!

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YOURS IN OPTIMAL HEALTH, NATURALLY,

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