

NOVEMBER/DECEMBER 2010 News & Notes from Deborah Austin & Kamala Center for Radiant Health

Dear Clients & Friends:

Though I had jotted down several topics for the newsletter, I just didn't get fingers to keyboard. 34 days left in the year! The result is a Holiday Newsletter.

THOUGHT FOR THE MONTH: Do ONE thing for yourself on each of these 34 days left in the year. Giving is easy right now; be able to RECEIVE, too.

PERSONAL: I hope everyone had a good Thanksgiving. The month has passed so quickly, what with being in New Hampshire the first week, the fall time change, and jury duty the middle of the month (both great for catching up on novels I didn't get to read last summer). Got into the Christmas spirit with volunteering for the local garden club's annual Christmas Home Tour tea room, and baked some pies for sale. It was also the first anniversary of my father's passing on the 27th.

I'll be in the office for the majority of December, with the exception of the actual holi-days (25th, 31st and 1st) and a trip to Maine this coming weekend. I am obtaining training for my next professional goal: to offer to you, taught by me, the Arvigo Method of Maya Abdominal Therapy as a one and three day seminars (continuing ed credit offered to certain health care licenses). This is an expansion of the bodywork you have received at the office, with a review of how your digestion and reproduction systems work, what creates congestion and illness from the neck down, how to get chi moving in scarred areas, nutrition, and creating healing and wellness in the body. Instead of receiving in bits each appointment, you can learn a lot in one or three days. I'll publish the class calendar in the January newsletter, with the first date for now being in April. If timings go as planned, there may be a course as early as February. I am interested in hearing if you'd like something like this for you and loved one for Valentine's Day, a couple's class being held that Saturday or Sunday.

OFFICE HOURS & GIFT CERTIFICATES FOR DECEMBER: Don't forget GIFT CERTIFICATES for your loved ones. Several of the Naturopathica, Source Vital and aromatherapy products are sized for Stocking Stuffers. Due to Christmas and New Year's falling on Saturdays this year, I'll be open both Sundays, 12/14 and 12/21 from 12-5p, to accommodate you and your visiting family and friends. Expanded hours on weekday evenings, too. Closing at 4pm on Christmas Eve and New Year's Eve.

SERVICES OF THE MONTH: Wellness and wellness habits are a way to keep yourself healthy during times of weather and personal stress, not a treat. To help your body cope with the changing temperatures and busy-ness of the holiday season, the Monthly Special is a **45 minute aromatherapy body massage and scalp treatment for \$75**. Slow intentional movement to pull off the stress, leaving you light and refreshed, chi flowing.

FACIAL OF THE MONTH: The combination of indoor heat system, outdoor dryness and wind is leaving skin especially challenged. Experience intense rehydration, marma point massage on sinuses, mouth and jaw, and ultra relaxing scalp and neck pressure point release, a **45 minute Ayurvedic facial \$85. COMBINE FACE AND BODY for \$140, (90 minutes), a savings of \$85 over regular cost. Can be used by women and men.**

Nutritional Comment: A LOT of people ask me about nutrition. Hey, I AM a degreed Nutritionist; I should be able to answer those questions, right? For a long time, ever since I researched my Naturopath dissertation, I have not been a fan of soy. Sometimes it is hard to get my view across on why you should not to use soy, when you are bombarded daily by commercials and advertisements on its benefits. Dr. Mercola phrases all of my objections in an easy to view short video. See if it doesn't change your mind, too, about the touted benefits of soy and hopefully get you to change your shopping habits regarding the forms of soy you buy. articles.mercola.com/sites/articles/archive/2010/09/18/soy-can-damage-your-health.aspx

RECIPE: I made this healthy gluten-free Southwestern flavored lasagna in October using ground turkey, from a recipe on the box of needles found in the back of my pantry (Fall is also kitchen pantry and cabinet clean-out time at my house). It was a hit with both generations, so I made it again earlier this month with diced chicken. Same raves. Now we've had it 4 times in 7 weeks. Use whatever meat you have on hand; dice up leftovers instead of browning ground. It can be made up to the baking point, covered and either stored in the fridge or frozen. Add a salad or steamed greens for a healthy meal. Kid friendly: let them do the cooking while you supervise. Spouse friendly: Mike said "Hey, I could have made that", so I put out the ingredients and did something else while he cooked dinner.

Serves 4-6, depending on side dishes.

8-10 uncooked DeBoles Rice Lasagna or more to your taste	1 teaspoon cumin,
1 lb coarsely ground turkey (or chicken or buffalo), or dice leftover meat powder	1/2 teaspoon garlic
1 egg, or egg substitute	1 cup prepared
organic picante sauce, divided in two	
2 cups low fat ricotta or cottage cheese	1 small can chopped
green chilis, add amount for spiciness	
1 cup reduced fat cheddar or monterey jack cheese (or combination) stewed tomatoes	2 cups crushed
2 cups cooked beans (pinto, kidney or black), coarsely mashed	1/2 cup water

Preheat oven to 350 degrees. In small bowl, mix egg and both cheeses; set aside. In separate bowl mix tomatoes and 1/2 cup picante sauce. In large skillet, saute meat until cooked. Add coarsely mashed beans, water, cumin, garlic powder, remaining 1/2 cup picante sauce and chilis. Using 9x13 pan, layer in order: tomato sauce, noodles, meat/bean mixture, cheese mixture. Repeat layer. Make sure all areas of exposed noodles are covered with sauce. COVER, and either refrigerate or freeze if serving later, or bake at 350 degrees for one hour. If frozen, thaw overnight in fridge. If cold, add 15 minutes to cooking time.

-- YOURS IN OPTIMAL HEALTH, NATURALLY,

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EVERY RELATIONSHIP WE HAVE IS A JOURNEY TOWARD HEALING AND TRANSFORMING THE SOUL.