

## **Albany Acupuncture Winter Newsletter 2013**

Greetings

I hope this newsletter finds you happy, healthy and enjoying a stress-free winter holiday.

I want to thank you for your continued interest and support for my work. Some of you I see regularly and others it has been a while. I want you to know that I am always interested in your health and well-being.

### **Fermented Foods Boost Your Immune System**

As the year draws to a close, I want to encourage you to consider the warming, nutritious foods that winter features such as soups and stews, and roasted or baked vegetables. I also want to encourage you to get fermented foods into your diet. Did you know that every traditional culture eats a cultured food whether it's sauerkraut, kimchi, yogurt, or pickles? Having a serving of fermented foods with your meals can bring many benefits. Fermented foods improve digestion and boost the immune system. They also are important during digestion as they make it possible for our bodies to synthesize Vitamins K and B12 as well as biotin and short chain fatty acids. These nutrients contribute to strengthening your bones and heart as well as increasing your energy. Fermented foods or probiotics as they are called can help reduce inflammation and prevent gastrointestinal infections like food poisoning.

An easy recipe for a fermented drink made with beets is called Kvass.

It is one of my favorite ways to get a warming winter food and probiotic benefits at the same time.

You will need the following:

- 2 quart Mason jar with lid.

- 3 medium or 2 large beets, peeled and cut into large chunks

1 tablespoon sea salt

1/4 cup whey. This is the liquid that rises to the top of a quart of plain yogurt. Use cow, goat or sheep whey which is also available from Three Stone Hearth in Berkeley.

Filtered water

Place the beets, salt and whey in the Mason jar, fill with water and mix the contents. Cover with the lid and sit on kitchen counter for 48 hours. The kvass is now done and should be stored in the refrigerator. Drink a small glass of kvass per day. It is a mild, salty, beet flavored drink. When you have approximately 1 cup left in the jar with the beets fill it again with water and sit it on the counter for another 48 hours. You will have a second batch of Kvass. When you finish the second batch discard the beets and start a fresh batch.

### **A Water Filter Makes a Great Gift**

If you are thinking about a healthy present for yourself or someone special, a Multipure water filter is a great present. Being able to control the quality of the water you drink and cook with is a smart way to protect your health. I also find that many of my patients tend to drink more water as the filter makes the water taste better than straight from the tap. The unit has a lifetime guarantee and if you purchase 10 coupons for replacement filters you can get the unit for free. Right now during December Multipure is giving a wiggle filter water bottle with every purchase of a water filter. I can place the order for you or you can do it yourself through my website link [www.multipureusa.com/swallace](http://www.multipureusa.com/swallace).

### **21 Day Cleanse Challenge**

Announcing the January "Get Back to Whole Foods Cleanse". I will be leading a 21 day cleanse starting January 14, 2014. I have been doing different cleanses for over 25 years. This is a great way to kick off the New Year and clean up any of those holiday eating habits that may have caused some weight gain. We will meet 4 times during the 21 day cleanse where I provide information and answer questions

and measure your progress. The cleanse is a fresh and whole foods diet along with specially formulated nutrients that help the cleansing process. A few of the benefits of cleansing are increased energy, weight loss, decreasing food cravings, improved skin, enhancing immunity and balancing hormones. The cost of the program is \$247.00. This includes the nutrients needed for the 21 day program as well as the 4 classes.

I have been doing different cleanses for over 25 years and there are very specific ways that a cleanse is done so that it is safe, gentle, and effective. I have done cleanses for as short as 10 days and as long as 8 weeks. One of the most important aspects of the cleanse is that you get plenty of nutrients and satisfying foods so that you are never hungry. It's really fun and rewarding for me to lead a group through the cleanse because I always learn something new and enjoy measuring your progress and witnessing the positive results. You can call my office for more information or to schedule your space as I will limit this to 10 people.

To your health in 2014.

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