



# Hands of Health Newsletter

February 2013

Hello, again:

Already February. Here's a heart warming recipe for the month of February. Love those beans and they're very nutritious and contain a lot of protein and minerals. Because I'm a vegan I'd avoid the sour cream but if you're not be sure and find a high quality cream. And my favorite green is kale which is one of the greens besides broccoli with the highest protein content. So experiment with this recipe and enjoy.

## Soul Food

Think for a moment of a food from your past, one that makes you feel great after you eat it for no specific reason. Maybe it is macaroni and cheese, slow-simmered tomato sauce, ice cream cones or potato pancakes. Eating comfort foods (every now and then) can be incredibly healing, even though your rational brain might not consider it highly nutritious.

Food has the power to impact us on a level deeper than just our physical well-being. What we eat can reconnect us to precious memories, like childhood playtimes, first dates, holidays, our grandmother's cooking or our country of ancestry. Our bodies remember foods from the past on an emotional and cellular level. Eating this food connects us to our roots and has youthening and nurturing effects that go far beyond the food's biochemical make-up.

Acknowledging what different foods mean to us is an important part of cultivating a good relationship with food. This month when we celebrate lovers and relationships, it's important to notice that we each have a relationship with food—and that this relationship is often far from loving. Many of us restrict food, attempting to control our weight. We often abuse food, substituting it for emotional well-being. Others ignore food, swallowing it whole before we've even tasted it.

What would your life be like if you treated food and your body as you would treat your beloved – with gentleness, playfulness, communication, honesty, respect and love? The next time you eat your soul food, do so with awareness and without guilt, and enjoy all the healing and nourishment it brings you.

## Food Focus: Beans

Beans, or legumes, including peas and lentils, are an excellent source of plant-based protein. Beans are found in most traditional cultures as a staple food, offering grounding and strengthening properties that enhance endurance. They offer a highly usable, highly absorbable source of calcium for the body. A very inexpensive source of high nutrition, beans can be rich, delicious and satisfying.

Lack of sexual energy is often due to overtaxed adrenal glands and kidneys. Beans are known for strengthening these organs (ever noticed the shape of a bean?) and can help restore vital energy as well as sexual energy.

Beans have a reputation for causing digestive distress, but this is usually because they have been undercooked or improperly prepared. To help reduce gas-forming properties, soak beans overnight prior to cooking, increase cooking time, add spices like bay leaf, oregano or cumin, or add kombu (a sea vegetable) when cooking.

### Recipes of the Month:

#### Easy Beans and Greens

Prep time: 10 minutes

Cooking time: 10 minutes

Yield: 2-3 servings

#### Ingredients:

1 can black beans (or pinto, red, kidney—your choice)

1 bunch collard greens (or kale, spinach—your choice)

your favorite toppings, such as salsa, avocado or guacamole and sour cream

#### Directions:

1. In a medium saucepan, heat drained beans. Add your favorite seasonings, if desired.
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil.
3. Wash and chop greens (you can use the stems, too) and add to boiling water.
4. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.
5. On a plate, arrange a portion of the greens, top with a portion of the beans and finish with toppings of your choice.

### Forward to a Friend

*It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.*

Remember with Valentine's Day coming up shortly a couples massage or couples massage class would be a great gift for something different than the boring candy and flowers. So Happy Valentine's Day everybody! Also remember you can schedule a FREE health history consultation. What are you waiting for?

Until next time,

Stav healthy. stav well



*Let yourself be silently drawn by the stronger  
pull of what you really love. - Rumi*

# *I Love Referrals!!!*

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