



naturecures.co.uk
"Let food be your medicine and do no harm"
 HIPPOCRATES 460BC



E: health@naturecures.co.uk T: 0778 394 0999
 Nature Cures Nutritional Therapy Clinic, 1 The Green, Twickenham TW2 5TU

NATURE CURES Newsletter March 2016

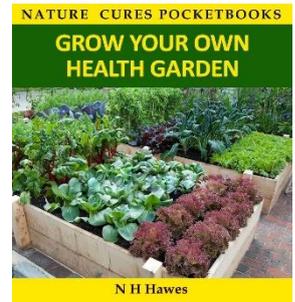
Welcome to the Nature Cures March newsletter. It has been an exciting month with some good features about the Nature Cures book appearing in some online publications and a book signing is being arranged at the Waterstones bookshop in Richmond, Surrey in April which will be the official launch of the Nature Cures main book. The details will be in the next newsletter.

It is the time of year to think about planting seeds and growing your own healthy organic food so the new garden and growing orientated Nature Cures pocketbooks have been the current focus of attention and these books are due to be published soon and will be available in printed and Ebook formats:

- ❖ Grow Your Own Health Garden
- ❖ Let Roots Be Your Medicine
- ❖ Nature's Colour Codes
- ❖ Air-purifying Houseplants

The 'Grow Your Own Health Garden' pocketbook has been completed and is in the process of being edited ready for publication. It includes detailed information about the medicinal and health benefits of many easy to grow food crops and the following chapters:

1. Planning your organic health garden
2. Plants that do not mind partial shade
3. Why crop rotation is important
4. Natural pest control
5. What crops to grow health wise
6. Feeding your health garden plants
7. Growing food crops in pots indoors
8. Growing sprouts on your windowsill
9. Plants that are poisonous to pets and young children



If you are interested in buying a copy in either print or Ebook format, please drop us an email to be informed of when it is released to: health@naturecures.co.uk

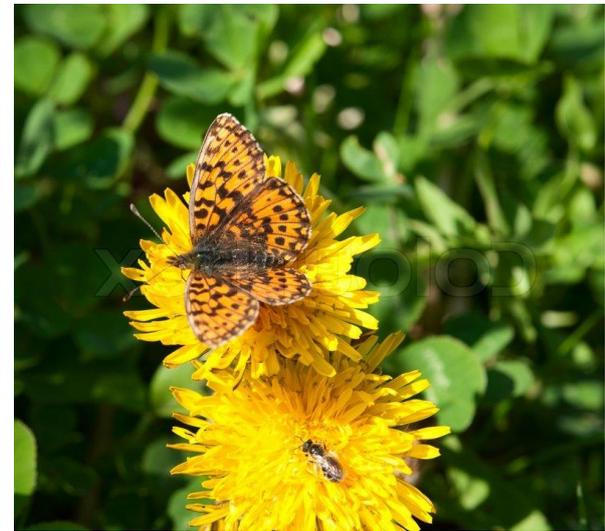
INTERESTING FACT OF THE MONTH The forgotten medicinal power 'weeds'.

So many people 'design' their gardens these days to show off the colours and architecture of plants and actively pull out and discard the very plants that could help them live healthier and recover from so many health issues because they have been labelled as 'weeds'. Burdock, dandelions and nettles are three such plants.

All have amazing properties which help the body flush out toxins to cleanse the blood, brain, colon, gallbladder, kidneys and liver and these plants grow prolifically everywhere yet, sadly, they are yanked out of the ground and thrown on the compost heap or burned. Plants that grow naturally also feed the native flora and fauna so eliminating them also has an effect on our wildlife.

These plants can take over, but you should always allow some to grow in the garden in a large pot or other type of container to use medicinally and to help the environment. They are rich in many nutrients the body needs such as chlorophyll, and vitamins A, the B complex and C and the minerals calcium, potassium, magnesium and iron to name a few.

Their leaves can be cooked like spinach or made into a tea by steeping in hot water for ten minutes and their roots can be chopped up and simmered for 15 minutes and the liquid used as a tea. Drinking three cups of these teas per day (hot or iced) with other herbs, freshly squeezed lemon juice, a pinch of ground peppercorns and a teaspoon of honey will provide amazing health benefits and protection against the ailments listed below.



The tea can also be used externally for all types of skin conditions and as a rinse for conditioning the hair naturally without toxic chemicals. Regular consumption of these 'weeds' can help to protect against and treat all of the following health issues without all the serious side effects suffered through conventional medicines and Nature's medicines are free...

- | | |
|--|-------------------------------|
| ❖ Acne | ❖ Hyperthyroidism |
| ❖ Allergies | ❖ Immune system disorders |
| ❖ Alzheimer's disease | ❖ Influenza, colds and coughs |
| ❖ Anaemia | ❖ Insomnia |
| ❖ Asthma | ❖ Laryngitis |
| ❖ Arthritis | ❖ Liver disorders |
| ❖ Bacterial infections | ❖ Kidney disorders |
| ❖ Bladder and kidney stones | ❖ Menopause symptoms |
| ❖ Bladder and urinary tract infections | ❖ Multiple sclerosis |
| ❖ Boils | ❖ Neurological disorders |
| ❖ Bronchitis | ❖ Obesity |
| ❖ Bursitis | ❖ Parkinson's disease |
| ❖ Cancer | ❖ Pleurisy and pneumonia |
| ❖ Chronic fatigue | ❖ Premenstrual tension |
| ❖ Depression | ❖ Prostate enlargement |
| ❖ Diabetes | ❖ Psoriasis |
| ❖ Digestive disorders | ❖ Respiratory disorders |
| ❖ Erectile dysfunction | ❖ Rheumatism |
| ❖ Fungal infections | ❖ Scurvy |
| ❖ Gall bladder disorders | ❖ Sinus infections |
| ❖ Gout | ❖ Ulcers |
| ❖ Gum disease | ❖ Urinary tract infection |
| ❖ High blood pressure | ❖ Water retention |
| ❖ High cholesterol levels | ❖ Yeast overgrowth |
| ❖ Hormone imbalances | |

So there you have it. Next time you go to pull out and discard those weeds think of the amazing health benefits you may be missing out on. There are many more plants that you may like to consider growing for their medicinal and health benefits here: naturecures.co.uk/herbcureslist.htm

HEALTH TIP OF THE MONTH

March means the days are getting brighter and longer in the Northern hemisphere and we all start thinking about losing that extra weight we have put on over the winter. Being the ideal weight is important anytime of the year for everyone though and this month the emphasis is on natural foods to help with weight loss.

Machines and technology have made life easier, but humans still consume the same amount of food, and very often more these days, as they did when they were more active. The body will actively store as fat every morsel of food that passes your lips that it does not need to use for energy right away except fibre. Even excess protein gets stored as fat. This also works in reverse. When you do not consume enough food for energy it will then use that which has been stored as fat. Most people generally consume far too much protein, fat and sugar in a day and hence, they will store the excess as fat.

Starving yourself is not the answer though but changing your diet to include highly nutritious foods that the bodily processes require and avoiding the foods that are stored as fat, because they are not required, will help you lose weight and keep it off. However, you should never lose more than two pounds per week as rapid weight loss can cause significant health issues and lead to gallstones.

The first step is to go into your kitchen and remove all the foods that are processed and refined as these will have many ingredients that will only get stored as fat or will be lacking in the nutrients that you need.

The next step is to look at food allergies. Many people are unaware that they have them. If losing weight is a problem, even when food intake has been reduced and activity levels increased, it may be that lectins are responsible. Leptin is the messenger in the body that tells the brain that enough fat is stored and it needs no more. Lectins, found in the foods below, can disrupt this process and so the brain continues to instruct the body to store fat because it has not received the message from the leptin messengers to stop.

Lectin is found in many foods and, if they are causing leptin-resistance, it will make it futile to try and lose weight without eliminating lectin from the diet which means avoiding bread, pastry and all other products made from the following:

- ❖ Grains (especially wheat and wheat germ but also barley, buckwheat, corn, millet, oats, quinoa, rice, rye and spelt).
- ❖ Legumes (all dried beans, including navy beans, soya beans and peanuts).
- ❖ Dairy (when cows are fed grains instead of grass).
- ❖ Nightshades (ashwaganda, aubergines, blueberries, goji berries, huckleberries, peppers, potatoes and tomatoes).



The only symptom of leptin-resistance will be weight gain so it is worth trying to eliminate the above foods for one month to see if your weight is reduced.

Other food allergies can also cause weight gain and many health issues and often go undiagnosed. For more information, see: naturecures.co.uk/allergies.htm

The body mass index is used to work out which category you fall into depending upon your height and weight. To work out if your weight is ideal for your height use your free printable Body Mass Index Chart below:

BODY MASS INDEX CHART

HEIGHT
(m)

	1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98		
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8	
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3	
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13	
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9	
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4	
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s	
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10	
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5	
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1	
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10	
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6	
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2	
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12	
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7	
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3	
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13	
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8	
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4	
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13	
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9	
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5	
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s	
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10	
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5	
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1	
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10	
WEIGHT (kg)	98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6
	96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2
	94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11
	92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7
	90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14s 2
	88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12
	86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8
	84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3
	82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13
	80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8
	78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4
	76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s
	74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9
	72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5
	70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s
	68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10
Obese	66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6
	64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1
	62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11
	60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6
	58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2
	56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11
Overweight	54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7
	52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3
	50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12
	48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7s 8
	46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3
Healthy	44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6s 13
	42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9
	40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4
	38	20	19	18	17	16	15	14	14	13	13	12	11	11	10	10	10	6s
Underweight	36	19	18	17	16	15	14	14	13	12	12	11	11	10	9	9	9	5s 9
		4'6"	4'8"	4'9"	4'11"	5'0"	5'2"	5'4"	5'5"	5'7"	5'8"	5'10"	5'11"	6'1"	6'3"	6'4"	6'6"	

HEIGHT
(ft/in)

© Nature Cures 2014

Now you have worked out how much weight you need to lose (if any) the natural foods listed on the Nature Cures Obesity and Weight Loss page will help you to meet your target in a healthy way without causing any nutrient deficiencies like most diets will.

See: naturecures.co.uk/obesity.htm

THE FOOD OF THE MONTH: Rabbit

Rabbits were used for meat as far back as 1500 BC. The first recorded rabbit husbandry was in early Roman times where they were kept in walled rabbit gardens for food. This saved waste over bigger animals because the entire rabbit was eaten and, at that time, there was no refrigeration to safely store meat. It was decreed by law in the Roman Empire that all young maidens be fed rabbit meat because it would make them more beautiful and willing. In 1859 a single pair of rabbits was released in Victoria, Australia and, in just 30 years, gave rise to an estimated 20 million rabbits which means they are a very viable and fast breeding source of nutritious food.

Rabbit is lower in fat and cholesterol than beef, lamb, pork, poultry or turkey. A 100 g portion of rabbit has an average of just 150 calories which is useful for those trying to lose weight. It is rich in vitamin B5 (pantothenic acid), vitamin B9 (foliate), vitamin B12 (cyanocobalamin), choline, betalain, omega-3 and omega-6 fatty acids and high-quality proteins and is a good source of iron. Many women of childbearing age have iron deficiencies. It is also a rich source of calcium, magnesium, potassium, phosphorous, selenium, sulphur and zinc.

A leg of rabbit has the leanest meat (about 4 g of fat per 100 g). The saddle and shoulders have slightly more fat (about 8 to 12 g of fat per 100 g) but it is still best to trim any fat off. Rabbit that is bought in cuts has usually already had the fat removed.

Compared to many other types of meat, rabbit contains more heart-friendly omega-3 fatty acids. The favourable composition of the fats and the delicate flavour of rabbit meat is partly the result of the balanced feed of the animals containing, amongst other things, alfalfa and flaxseed.

Rabbit is also one of the richest sources of the essential amino acids and is therefore a good choice for helping to overcome nerve or neurological disorders as the body's hormones and neurotransmitters are made from these amino acids.

Rabbit is one of the most nutritious and lowest calorie meats known to man and is especially suitable for special diets to treat the following:

- | | |
|------------------------------|--------------------------|
| ❖ Alzheimer's disease | ❖ Heart disease |
| ❖ Anaemia | ❖ Insomnia |
| ❖ Blood disorders | ❖ Memory problems |
| ❖ Bone disorders | ❖ Nerve disorders |
| ❖ Dementia | ❖ Neurological disorders |
| ❖ Depression | ❖ Parkinson's disease |
| ❖ Fatigue and lack of energy | ❖ Tinnitus |

Rabbit is also a good addition to the diet of alcoholics and heavy drinkers and those on powerful medications as these can block absorption of vitamin B12 and force expulsion of other nutrients especially minerals like zinc. It is also useful for the elderly as it is easier to digest than most meats. Why not try the following Nature Cures nutrient-rich recipe for your next Sunday roast?

ROASTED ROSEMARY RABBIT WITH A RAINBOW VEGETABLE BAKE (serves four)

Rabbit is one of the highest sources of all the eight essential amino acids required by the body for repair of tissues and is an excellent meat to roast although most believe it must be stewed. This colourful and highly nutritious dish will also provide all the necessary vitamins and minerals required to keep the body fit and well and should be consumed at least once a fortnight.

Calories = 305 per serving.

Ingredients

- 1 x whole rabbit cut into six pieces and head removed (Butchers will generally do this if asked).
- Two whole bulbs of garlic halved and tops cut off.
- Olive or rapeseed oil
- 2 x sweet potatoes peeled and chopped
- 2 x large parsnips peeled and chopped
- 2 x large carrots peeled and chopped
- 1 x Swede peeled and chopped
- 1 x turnip peeled and chopped
- 4 x spring onions sliced
- 2 x courgettes sliced
- 1 x aubergine sliced
- 3 oz (85 g) of tinned or fresh cooked peas
- 8 x cherry tomatoes halved
- 1 x yellow bell pepper thinly sliced
- 4 x radishes sliced
- Handful of pumpkin seeds
- 2 oz (85 g) of sultanas
- 1 oz (28 g) of buckwheat flour
- 2 x medium eggs
- 1 oz (28 g) oat flakes
- Sea salt or Himalayan pink salt crystals
- Half a teaspoon of turmeric powder
- Ground peppercorns
- Pinch of chilli pepper
- 1 oz (85 g) of grated parmesan cheese
- Fresh rosemary sprigs
- Fresh basil leaves.

Method

- Preheat oven to 200°C electric or 180°C (fan assisted) or 350°F, gas mark 4.
- Place carrots, parsnips, potatoes, Swede and turnips in a pan of water and simmer until soft (about 20 minutes).
- Pour some of the oil into a roasting dish then place rabbit and garlic bulbs in the dish and pour rest of the oil over it. Sprinkle with chilli pepper and ground pepper and spread fresh rosemary sprigs over it.
- Strain the vegetables and mash with a little milk or butter. Place them in the base of a glass oven proof dish and sprinkle with ground pepper, turmeric and sea salt or Himalayan pink salt crystals.
- Sprinkle the oats and sultanas over the mashed vegetables.
- Add the cooked peas and chopped spring onions as a layer over the oats and sultanas.
- In a separate bowl add the buckwheat flour and eggs and beat until a smooth batter is formed.
- Coat the courgette slices in the batter mixture then fry in a little olive oil until soft.

- Do the same to the aubergine slices then add them and the courgettes on top of the peas and spring onions in the glass oven proof container.
- Pour any leftover batter mixture over the aubergines and courgettes.
- Sprinkle with parmesan cheese and place in the oven for 30 minutes.
- Remove from oven and add thin strips of yellow peppers alternating with cherry tomato halves and radish slices as a decorative topping. Then sprinkle with pumpkin seeds and add some basil leaves as a garnish.
- Serve both dishes hot or cold.

Bon appetite!

Amazon Book Review

In order to raise the ranking of the Nature Cures book on Amazon we need 20 people to write a good review. You do not have had to buy the book from Amazon to give this review so could we ask you to please visit this link and add your comments about it. We need 17 more people please...

amazon.co.uk/Nature-Cures-Ailments-Natural-Foods/dp/1781610398/ref=sr_1_1?ie=UTF8&qid=1455123606&sr=8-1&keywords=nature+cures

The Nature Cures 1130 paged book can be purchased here for UK delivery:

naturecures.co.uk/buynaturecures.html

Or, if not in the UK, please visit the publisher’s website and add the coupon code at the checkout to gain your £2.50 discount. The code is: **NC2015**

hammersmithbooks.co.uk/product/nature-cures

The Ebook is also now available from this link.

People’s Book Prize

The Nature Cures book has been nominated and accepted for the People’s Book Prize. Please do go and vote:

peoplesbookprize.com/book.php?id=1391



Thank you for subscribing to the Nature Cures newsletter. Take care and see you next month!
