

Natural Healing Express Weekly

Column 296 Warm Weather Healthy Foods

Not sure if you all feel like I do when it comes to eating healthy or even eating much at all during those hot days of summer, but it's a CHALLENGE. When I am hot to the core, I don't really want anything in my body except water. Old dear friend WATER! And perhaps some salt.. And sometimes on a very stressful day, salt means potato chips. Oh yes, you heard it from the horse's mouth, I eat potato chips when I want to. We all have our Achilles heel. Try not to judge.

However, I do try to stay on track as much as possible and I have found that certain vegetables seem to be much easier to consume during hot weather than others. Those on my "happy" list include: Bok Choy, Chinese Cabbage, Mustard Greens, Radish Greens, Turnip Greens and Watercress. A daily helping of these will give you a solid supply of great minerals, fiber and help to replace your multi-vitamin if you have forgotten it. I either lightly steam or stir fry them and then put a container in the refrigerator for a while to chill.

Another dish I like is simply shredding some vegetables and cooking them quickly.

Shredded Summer Vegetables – Ingredients = 1 tsp. grated ginger, 1 cup of chopped broccoli, 1 small grated carrot, a couple of handfuls of fresh peas, 4 shredded cabbage leaves, 1 green onion sliced, ½ cup of water. Take a large skillet, boil the water and add everything except the cabbage and green onions. Cover and simmer three minutes. Add the cabbage and green onions, simmer one more minute.

I usually put sunflower seeds on top of this one, but that part is up to your personal preference.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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