



Promoting Health & Happiness through Self Empowerment

In Winter Solstice – A Time to Listen to Your Body

A special note: Thank you to Clark Howell of Howell Marketing, who has helped to enhance my newsletter format! I hope this newsletter finds each and every one of you comfortable and enjoying the "down time" for the body. As the seasons change, change occurs within the physical, emotional, mental and spiritual body. According to the "Five Transformations",

or the "Five Elements System of the ancient Chinese", winter is a time of contemplation. It is also said that if one lives in a climate of cold winters, "it is necessary that the blood be thicker as the weather grows cold; consciously preparing for this change can help make the winter a time of beauty and comfort, instead of a time of dread"(from Healing With Whole Foods,

by Paul Pitchford). Winter is a time "to rest, to meditate deeply, refine the spiritual essence and store physical energy" (from Healing With Whole Foods, By Paul Pitchford). Winter is a time to draw inward,

(Cont. Page 3)

Special Interest Articles:

- Exciting News! – Pg 2.
- Upcoming Events – Pg 2
- Great Recipes – Couscous and Stew – Pg 4

*My wishes
for simple joys and
peaceful abundance
to you all
in the upcoming
New Year*

Self Healing through Journal Writing – Amazing!

As with every newsletter, I enclose personal insights into my life and work with clients. The past months have been a lesson in accepting personal responsibility for my health and happiness. I recently had the benefit of experiencing muscle testing, with a practitioner in New Hampshire, whose expertise is in Applied Kinesiology, Herbology and Iridology. Muscle Testing, (Applied Kinesiology) is an understanding of the magnetic fields

(meridians) in the body (as an acupuncturist would also utilize) to determine imbalance of The Five Elements of the body (as referred to above).

Interestingly enough, I have been having right leg pain on and off for quite some time (unable to be diagnosed by the medical field). While having the muscle testing, the practitioner explained that right leg pain/weakness is often an indication of a person who takes on other's pain, issues, etc.,

and quietly holds on to it all, allowing this "energy" to build in the body without release. According to Traditional Chinese Medicine, a person must find a release of these emotions/"energy" or it will build and cause harm to the body, generally seen on the right side.

His recommendation: write, write, write and then destroy it all - as a safeway for the body

(Cont. Page 3)



Kim's Mom!

Exciting News!

Mom's Retirement!

I would like to congratulate my mother for a decision to retire, after 30 years of working outside the home (after she committed to staying home and raising kids for 13 years!). She has worked hard as a book packer, in a dirty factory, then as a very dedicated Nurses' Aide at a nursing home, as an Administrative Assistant, Asst. Activities Director and then

as The Central Supply Coordinator (all for the same lucky nursing home). We recently celebrated her years of dedicated work and much deserved decision to retire and ended the celebration with a once in a lifetime family karaoke rendition of "The Rose", by Bette Midler. A true tear jerker and family memory I will forever treasure!

Food Article in NOFA Mass News

I've written an article for the Nov./Dec. issue of NOFA Mass News. To read the article, go to: www.nofamass.org and click on the link for NOFA Mass News November /December 2007, article entitled "Wholly Holisitics, Are You a Food Nazi?"

Upcoming Events

"Pamper yourself with an evening of entertainment and much more to revive body your and soul" – Feb 14th, 2008



Symposium - NYC

I will be attending The **Integrative Healthcare Symposium**, in New York City January 17th- 19th 2008! I am looking forward to a keynote presentation by Bernie Siegel!

Valentine's Day!

February 14th, 2008.

Pamper yourself with an evening of entertainment, wine/beer tasting, great food, couples yoga, chair massage/foot massage and poetry reading. Of course, no Valentines Day would be complete without chocolates, candles and flowers, as well as a customize frame

(you design) with a picture to commemorate the evening!

[More Details to Come!](#)

Exciting Couples Event! – 2/14/08

A very special Adult Only evening, to celebrate

Family Health Fair – coming to Monson, MA this April

A Family Health Fair will be held at the Quarry Hill School in Monson, MA, April 12, 2008.

Presentation to the Family Collaborative

"Busy Lives, Healthy Families." I will be giving this presentation to families of the *Family Collaborative* January 28th, 2008. Pre-registration is required by calling (413) 283-6246. Child-care is available and the program is 6:30pm to 7:45pm. Find out location at the time of pre-registration.

Interactive Presentation for pre-teens

I will be giving an interactive presentation for pre-teens, ages 9-12, on January 23rd at 4pm, at the Monson Library, titled *"Unique Me, Exploring Health and The Importance of Self Care"*, pre-registration required by calling 267-3866.

Radio Spot!

I was happy to be asked to do a radio spot highlighting area businesses for WARE 1250 AM! It will air on Jan. 4th sometime between 12 and 2pm.

Website Updates

Also, look for an exciting update to my website, coming soon!

Winter Solstice – cont from page 1

hence the principal of hibernation is not unique to the creatures in the woods.

Having a greater awareness of the seasonal changes and the effects on us (on all levels), can greatly enhance our ability to be more actively responsible for providing what the physical, emotional, mental and spiritual body needs. Certainly, if these principles hold true and we are not caring deeply for ourselves, with this awareness, it can be a difficult time, as the shorter, colder days are often challenging to manage with a sense of exuberance.

The body's natural tendency to crave warm, hearty stews or heavier meats with root vegetables (sweet/white potatoes, carrots, parsnips etc) and use of oils or butters, fulfills the body's need to warm the core of the body and store a hearty fuel for the body (to meet the challenges of the cold). The body will also crave more of a salt taste (rather than the sweet, sour, bitter or pungent taste cravings, at other times of the year). "Harmony with the seasons is second nature to the balanced person", as noted by Paul Pitchford.

Foster a deeper self awareness by listening deeply to the body and

what it is telling you it needs. If unsure, try asking the body, what it needs. Patiently wait and the body will answer - usually with an AHA! Moment . The key is to also to be aware of the changes in food availability due to change in season. If it is typically a food "in season", the body has the ability to utilize it to its fullest potential and we are able to thrive in a more balanced state.



Winter is a time "to rest, to meditate deeply, refine the spiritual essence and store physical energy."

Journal Writing – cont from page 1

to have some release of so much, often "hard to put in to words" emotion/energy.

On days, I have done my writing, or I have been able to articulate my feelings, I notice little to no leg pain. On days, that have been more difficult and I haven't had chance to "release" this energy, my leg pain is quite noticeable. A valuable lesson and such an

incredibly amazing solution! I encourage all of you to find time to research this very valuable healing modality, as an enhancement of your self awareness!

" On days I have done my writing, or I have been able to articulate my feelings, I notice little to no leg pain."

Easy Winter Recipes!

Fall Harvest Couscous



- 1 2 pound butternut squash, peeled, seeded and cut into 1/2 inch pcs.
- 1 medium onion, thinly sliced
- 3 Tablespoons extra virgin olive oil
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt (I use sea salt)
- 1/2 teaspoon pepper
- 1 1/2 Cups couscous
- 1 1/3 Cup water, or chicken/vegie broth or stock
- 1 Tablespoon butter
- 1/3 Cup dried cranberries
- 1/2 Cup pecans, toasted
- 1/4 Cup finely chopped flat leaf parsley

Preheat oven to 425 degrees. Combine butternut squash, onion, olive oil, nutmeg, salt and pepper in large bowl. Spread on a rimmed baking sheet. Roast until squash and onion brown slightly, stirring occasionally (about 25 minutes). Allow to cool. At this point, squash and onion mixture can be frozen to defrost later.

Combine (defrosted or freshly roasted) squash and onion mixture, water or broth/stock, butter and cranberries in a large saucepan and bring to a simmer. Add couscous and cover. Take couscous from heat and let stand 10 minutes (with cover on). Stir in pecans, parsley and season to taste with salt and pepper. Fluff with a fork and serve. YUM!

** Recipe from Whole Foods Market November 2007*

****This recipe could be adapted for people requiring gluten free diets- by simply using Quinoa and adjusting liquid and cooking time needed specifically for Quinoa.*

White Bean & Root Vegetable Stew

- 2 Cups great Northern Beans
- 3 sprigs fresh thyme
- 2 bay leaves
- 1 medium whole onion
- 3 cloves garlic (crushed or chopped finely)
- 1 celery rib with leaves, quartered
- 1 carrot, quartered, sea salt to taste, ground pepper to taste
- 1 pound medium parsnips, peeled, halved and cut into 2- inch lengths
- 4 medium carrots, cut into 2- inch lengths
- 1 small celery root, peeled and cut into 1 inch cubes
- 2 leeks, sliced into 1/2 inch rounds
- 6 Tablespoons extra virgin olive oil, divided
- 2 Tablespoons butter
- 2 Cups coarse fresh breadcrumbs (substitute Quinoa flakes for gluten free diets).

(Cont. on next page)

"Bake at 400 degrees, uncovered until breadcrumbs are golden brown. Serve immediately."

Recipes continued

White Bean & Root Vegetable Stew (cont.)

Using dry beans, soak the beans in water 8 hours, throw off initial soaking water, cover with cold water and bring to boil, throw off this water and foam from beans. Cover beans with approx 1-2 inches of cold water. Bring to a boil and stir in Thyme, bay leaves, onion, celery and carrot. Reduce heat and simmer covered for 1 hour, until beans are starting to become tender. Remove onion, celery and carrot. Add salt and pepper to taste.

Meanwhile, prepare the root vegetables by preheating oven to 425 degrees. Combine parsnips, carrot, celery root and leeks. Toss with 2 Tablespoons olive oil, spread in a baking dish and dot with butter. Roast until veggies are nearly tender, stirring occasionally (about 45 minutes).

Add the vegetables to the pot with the beans, plus additional water, just to cover. Cook until the beans and veggies are tender (approx 15-20 minutes). Pour off excess liquid.

To prepare breadcrumbs: Heat remaining 4 Tablespoons olive oil in a medium pan over medium heat. Add breadcrumbs and saute until a golden brown (about 4 minutes). Season with salt and pepper to taste. Sprinkle breadcrumbs evenly over the surface of the stew and bake at 400 degrees, uncovered until breadcrumbs are golden brown (approx 10-12 minutes). Serve immediately. Warm and Delicious!!



"A warm and delicious white bean & root vegetable stew"

A Special Thank You

A special thank you to my spiritual family who grounds me and holds my arms up when challenges arise. I am eternally grateful for your presence in my life! I am blessed to have been given the opportunity to share my passion for health and the human body from a place beyond what is merely physical. As my best friend and mentor in all things,

taught me, we are indeed spiritual beings having a physical experience!

I am so grateful to all of you who share this journey with me. Indeed, I continue to learn so much from our shared experiences.

In gratitude,

Kim

"I am blessed to have been given the opportunity to share my passion for health and the human body from a place beyond what is merely physical."

HOLISTIC SIMPLICITY, LLC

**OFFICE HOURS,
BY APPOINTMENT:**
Schoolhouse Commons
1085 Park Street
Palmer, MA 01069

MAILING ADDRESS:
PO Box 503
Brimfield, MA 01010

PHONE:
(413) 245-7735

E-MAIL:
kab173@yahoo.com

真理

Kim is on the Web!
Find the site at:
www.holisticsimplicity.com

About Holistic Simplicity...

Kimberly A. Ladue, RN, HHC, (Holistic Health Counselor) is Founder and Owner of Holistic Simplicity, LLC. This is a special company committed to empowering individuals with an understanding of their bodies, their lifestyles and their diets so that profound health transformations occur.



Kimberly A. Ladue, RN, HHC
(Holistic Health Counselor)

life made simple
Holistic Health Counseling

HOLISTIC SIMPLICITY, LLC
PO Box 503
Brimfield, MA 01010