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**A good friend is  
like a 4-leaf clover:  
hard to find &  
lucky to have it –  
Unknown**

**HAPPY AND HEALTHY  
ST. PATRICK'S DAY!!!**

Green dominates this month. This is a color of money at least in US so good luck on St. Pat's day. Green is color of most delicious and nutritious fruits and veggies. Stay healthy and eat two times more greens than meat. Do not forget about 20 minutes of exercise to keep up with your annual resolution.



# Veggie of the Month: Avocado



## Health Benefits of Avocado:

Avocados can be added to fruit salad, veggie salad, any sandwich, smoothie, spread, side dish and meat.

1. promotes healthy weight loss
2. helps rejuvenate the skin
3. can improve brain health
4. may reduce heart disease risk
5. helps control blood sugar levels

Avocados are very nutritious and contain a wide variety of nutrients, including 20 different vitamins and minerals.

Here are some of the most abundant nutrients, in a single 3.5-ounce (100-gram) serving (3):

Vitamin K, Folate, Vitamin C, Potassium, Vitamin B5, Vitamin B6, Vitamin E, vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin). It also contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous and vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

<https://www.medicaldaily.com/what-are-health-benefits-avocado>

## Morning smoothie with avocado

1 ripe avocado

1 banana

Slice of pineapple or mango, pear,

1 tbsp parsley leaves (fresh or frozen)

Handful of spinach or kale, arugula

1 Brazilian nut

1 dry date

1 stalk of celery

Coconut water: the amount depends on how you like it: less water if you want it thicker and eat with spoon or more water and drink it.

(you can add or replace any fruit or greens)

Blend everything until smooth.

<https://herbsinmykitchenbook.com/recipes/>

## Carrot Top Pesto

### Ingredients

- 3 Tbsp nuts, roughly chopped (I used cashews)
- 1 garlic clove
- 2 cups carrot tops (from 4-5 carrots, roughly chopped)
- ½ cup packed fresh herbs (I used basil)
- ½ - ¾ cup extra virgin olive oil
- salt and pepper, to taste

### INSTRUCTIONS

1. Measure nuts and garlic into a food processor. Pulse until a rough paste form.

2. Add carrot tops and basil, and pulse until everything is in teeny tiny pieces and creates an even thicker, rougher paste.

3. Add ½ cup olive oil and pulse/blend until the mixture is mostly smooth. If the pesto is too thick, add additional olive oil if desired, 1 Tbsp at a time. I like mine to be spreadable, so I ended up adding another ¼ cup for ¾ cup total.

4. Makes about 1 cup. Store in a glass jar in the fridge. If you're using quality olive oil, the pesto will likely solidify in the fridge. Bring to room temperature for 10 minutes before using. *Adapted from*

*Bon Appetite*

<https://herbsinmykitchenbook.com/recipes/>

"The secret of happiness is variety,  
but the secret of variety, like the  
secret of all spices,

knowing when to use it." —

Daniel Gilbert

### RESOLUTION'S SOLUTION:

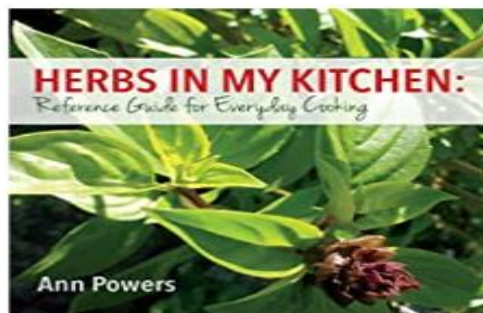
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



## JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

### There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, NO side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

