

## INSIDE THIS ISSUE



PG. 1

### Boost Your Immune System



PG. 2

### Planning – It all It takes.



PG. 3

- Herbs in My Kitchen: reference guide for everyday cooking.

[www.herbsinmykitchenbook.com](http://www.herbsinmykitchenbook.com)

- Joints Pain Relief



## BOOST YOUR IMMUNE SYSTEM

Winter has arrived so is deficiency in vitamins and infections. As we stayed home most of the time this year we cook more and we eat more but are we really eating healthy? Specially during winter months, we need additional boost of vitamins and minerals: fresh veggies and fruits provide abundance of them. Let's take a look what we need and what resources we have. Since most of the time we have meat and fish on our plates, I specifically focused on veggies, fruits and nuts as the best sources of vitamins and trace minerals.

**Vitamin A:** kale, sweet potato, spinach, carrots,

**Vitamin B1 (Thiamine):** chia, cauliflower, oranges, potatoes, asparagus, kale, nuts and whole grains

**Vitamin B2 (Riboflavin):** asparagus, broccoli, spinach, beets, bell peppers, brussels sprouts, winter squash and almonds

**Vitamin B3 (Niacin):** nuts, seeds, legumes, avocados, and whole grains, pumpkin seeds, mushrooms, dates, sweet potato

**Vitamin B6:** garlic, potato, sprouted peas, leeks, jalapeño, chili pepper, red bell pepper, pistachio nuts, avocado

**Vitamin B12:** peaches, apricots, melon, avocado, bell pepper, squash, papaya, carrots, mangos, sweet potato

**Vitamin C:** bell peppers, papaya, guava, lemon, kiwi, tomato, strawberry, oranges, mango, pineapple, kale,

**Magnesium:** chia, spinach, chard, broccoli, avocado, kiwi, bananas, almonds, cashew nuts, salmon, brown rice, yogurt.

**Manganese:** beans, nuts, leafy green, tea, clams, whole grain,

**Iron:** broccoli, spinach, tofu, legumes, pumpkin seeds, dark chocolate

**Vitamin D and Calcium:** chia, kale, tofu, broccoli, brussels, black currant, carrots, bok choy, figs, almonds, collard greens, black currants, sweet potato,

**Zink:** wheat germs, sesame seeds, pumpkin seeds, spinach, mushroom, hemp seeds, pine nuts, cashew nuts, chia seeds

**Potassium:** pomegranate, swiss chard, avocado, spinach, coconut water, sweet potato, beets, orange juice, water melon

## MERRY CHRISTMAS!!!

I HOPE THIS WONDERFUL SEASON BRINGS US TOGETHER AND BE FILLED WITH LAUGHTER AND FUN WITH FAMILY AND FRIENDS. I WISH EVERYONE HEALTHY, HAPPY AND DELICIOUS CHRISTMAS!!!!

# Planning- It all It takes:

Since we are approaching the end of the year, I want to give some ideas how to keep your **New Year's resolution** alive throughout the entire next year:

**PLAN** what you will eat during the week. It is like planning a vacation to make sure that is enjoyable and not boring; you plan the places, book your tours, tickets, hotels, etc. The same idea is applied to eating. Plan and do your shopping accordingly to ensure you have a variety of meat, fish, and most importantly veggies and fruits for the entire week. Because you are busy, you need to make a quick and delicious meal within a short period of time. If you make a good plan, you will always have something nutritious to eat. Your body will not be starving and craving.

**Try** to avoid late dinners. If you need to eat something later, keep it very simple and light such as fruit, veggies, nuts, almonds, a small salad, or a small bowl of soup. Try to eat last meal before five o'clock. It is not easy and it takes time but it is achievable and it will pay off. Let me give you a few rules I am following for more than thirty years.

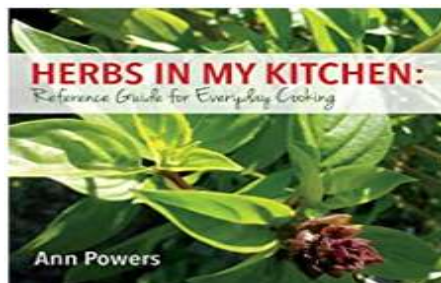
1. It is important to keep your food simple.
2. Make sure you always have a salad before the main meal.
3. Make sure the piece of meat or fish is an addition to your meal, not the proverbial centerpiece. Add a lot of veggies, rice, even pasta (just make sure is not made of GMO grain).
4. Take your time and chew your food well. The digestive process starts in your mouth.
5. Buy good quality food.
6. Use herbs to flavor your meal.
7. Make sure your meal has an aroma and stimulates your taste buds.
8. Try to practice intermittent fasting and adhere to a 12-16 hour fasting window every day.
9. Exercise 20 minutes a day.



**Herbs in My Kitchen** is the excellent reference guide for your everyday cooking providing directions and ideas how to season your meal.



See all recipes on my website at:



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

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

*is knowing when to use it." —*

**Daniel Gilbert**

### **RESOLUTION'S SOLUTION:**

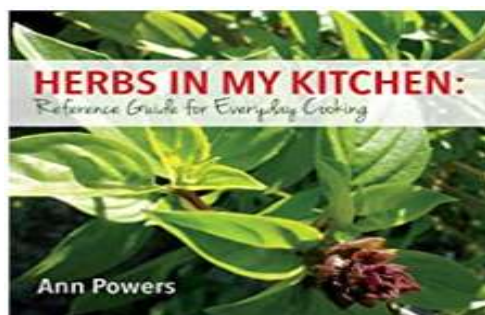
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

**"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/>

