

FEBRUARY News & Notes from Deborah Austin and Kamala Center for Radiant Health

Hello, Clients and Friends:

February brings the weather that I was getting used to in my trips up North the last 3 months, penetrating, biting cold. I, for one, prefer the mild winters of 60 degrees, and am counting the days until I can go farther south again.

Office hours are available on the Sundays of Feb 6 (for those avoiding the SuperBowl frenzy) and Feb 13 (pre-Valentine). I will be in town all month.

Gift certificates available for any of the services below, and anything on the website menu.

HANDS ON HEALTH, the MAYA WAY class to be held in Jersey Village on Saturday, 2/5, from 9-4:30pm. This is a review of the information in the office from me when getting a Naturopathic consult or learning Maya self care. We forget just how complicated our internal works are, and can gain a new appreciation of how everything compensates. Call or email me for additional information and to register.

SERVICE OF THE MONTH: What else? (At least while it is cold.) Hot Stone Massage has been used to assist in removing deep muscle aches, arthritic pains, and to achieve a deep sense of relaxation. Don't want the stones, ask for Abhyanga massage, an Ayurvedic method of deep massage for similar results, also using warmed oils.

For skin, get a **DEEP HYDRATION FACIAL AND BODY WRAP** to help exfoliate gently and deeply moisturize and nourish skin left defenseless from wind exposure, chill and overuse of hot showers.

RECIPE: Roasted Cauliflower Dip. I have disliked strongly the taste of cauliflower, whether it was from oil soaked marinades or the Diet Gourmet trick of cooking, then mashing and calling the results "healthy mashed potatoes". This is a version I can finally live with to up my intake of this healthy vegetable. Use raw veg sticks instead of pita if you are watching your starchy carbs.

Ingredients

1. 1 head of cauliflower (2 pounds), halved crosswise and thinly sliced
2. 1/4 cup vegetable oil
3. 1 1/2 tablespoons minced fresh ginger
4. 1 1/2 teaspoons ground coriander
5. Kosher salt
6. 3 tablespoons tahini (sesame) paste
7. 3 tablespoons fresh lemon juice

8. 3 tablespoons chopped cilantro
9. Sesame seeds
10. Pita bread or chips, for serving

Directions

1. Preheat the oven to 450°. In a large bowl, toss the cauliflower with the oil, ginger and coriander and season with salt. Spread the cauliflower on a rimmed baking sheet and roast for about 40 minutes, stirring once or twice, until tender and lightly browned in spots. Let cool slightly.
2. Transfer the cauliflower to a food processor. Add the tahini and lemon juice and pulse to a chunky puree; season with salt. Add the cilantro and pulse just until incorporated. Transfer the spread to a bowl and sprinkle with sesame seeds. Serve warm with pita bread or chips.

Make Ahead

The sesame-cauliflower spread can be refrigerated overnight.

YOURS IN OPTIMAL HEALTH, NATURALLY,

DEBORAH DOERING AUSTIN, DN, RN
KAMALA CENTER FOR RADIANT HEALTH, PLLC
1547-A RUTLAND AT 16TH, HOUSTON (HEIGHTS) 77008
832-818-0186 WWW.KAMALAHEALTH.COM

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