

Dear Clients and Friends:

This will be short and sweet. Can you believe the month is almost 1/3 gone!

I am in the process of changing the Newsletter format, using a new one next month, that will allow me to incorporate pictures and be better read on your smartphone.

We received some much needed moisture this week, or at least some areas did. I saw it rain while at the office in the Heights, heard about the downpour at the Galleria, and yet nothing happened at home in Friendswood. I am encountering very dehydrated skin, both on clients and myself. And I am finding with this birthday that my skin texture is changing, due to teen/20's years suntanning. The long term damages are appearing as spots and texture changes. If you do not have a moisturizing treatment, Start One NOW! There are several great Source Vital and Naturopathica products at the office to help you achieve moisture balance for one of the most important systems of your body, your skin.

PERSONAL: Wed 7/13 through Mon 7/18 - I will be on the East Coast, taking care of clients who have moved to the NYC area and teaching a weekend class in pastoral Pennsylvania. I am looking forward to driving tri-state, and comparing the reports of how hot it is there to what we have been enjoying here. If you are a client I haven't reached living in NY/NJ/CT and would like to be seen in White Plains, there are 1-2 openings on Thursday afternoon. Let me know before Monday, please. Back in the office the following Tuesday, 7/19 for Houston clients.

SERVICE OF THE MONTH: Deep Hydration Treatment, a combination hydrating body wrap and luxurious hydration facial, for an intense pulse of hydration to starved skin. A good way to introduce your skin to moisture prior to starting your daily routine, or for those already experiencing sun and pool water damage. Treatment time of 1-1/2 hours, *regularly \$165, now \$145.*

RECIPES OF THE MONTH: There will be three, as I have found these hit the craving for simplicity, cool and filling. High heat days are a good time to avoid the meat proteins, destressing your liver, and utilize high protein vegetables. All pack well for a picnic or can be easily increased in servings to take to a barbecue. Thanks to my friend, The MangoMan, for reviving these.

DELUXE MELON SMOOTHIE: This makes a little more than 2 quarts and lasts me 2 days but so help me it's really difficult NOT to drink the whole thing as it's just awesome to say the least. Ingredients: One quarter of a Seedless Watermelon, One quarter of a Honeydew Melon, One quarter of a Cantaloupe. Take the Seedless Watermelon quarter and cut just the green peel off it leaving as much of the white rind on it as you can, and cut in blender sized pieces. Cut, seed, and peel the honeydew and cantaloupe quarters into small piece for blender. Put the Vita Mix or blender on high speed/frappe for no more than 1 minute. This makes a little more than 2 quarts, will last up to 2 days. I find it's it's really difficult NOT to drink the whole thing at once, especially if I've prepared it before some yard work. This smoothie is a high Glycemic Index Drink and is incredible for that mid morning snack. It's one of the best things you can have when you're in the sun at this time of year due to the anti-oxidant value. If you like, add a shot of vodka for a cooling and healthy cocktail; serve in a tall narrow glass, garnished with a wedge of melon.

ASPARAGUS, PEAS & CASHEWS -This is an incredible evening Protein Meal. Easy to make and highly nutritious! Ingredients: 1 Tbsp Extra Virgin Olive Oil; ½ pound of Asparagus, cut in 1 inch slices; 1 Tbsp of Distilled Water; ½ pound fresh Sugar Snap Peas; 2 Scallions sliced in ½

inch slices' 2 cloves Garlic, roughly chopped; 2 ounces Raw unsalted organic Cashews. In a Skillet over Medium Heat put the Olive Oil, 2 Scallions and Garlic. Let simmer for about 3 minutes until they have blended well. Add the 1 Tablespoon of Distilled Water in the Blend, let simmer for about 1 more minute. Add the Snap Peas, stir and simmer for about 3 minutes. Once the Snap Peas, Garlic and Scallions are done, then throw the Asparagus Spears in this mixture for about 30-60 seconds at the most, just to green up. Put all this on a large plate or in a large bowl and sprinkle the Ground Cashews all over the top of it. Delicious!

VEGAN "COTTAGE CHEESE". makes enough for 2 people, and is another an excellent High Protein Meal. Ingredients: One quarter of a Head of Cabbage; One quarter of a Cauliflower; One quarter cup of Cashews (ground up into a powder in your coffee grinder); One half cup of chopped Celery; One fist full of fresh raw Spinach; almonds to top. Put in your Blender (or Vita Mix) the cabbage, cauliflower, cashews and celery and blend for 30-45 seconds on a medium speed. Then pour it over the fist full of Spinach and top with a couple chopped Almonds. The result is a non-dairy, low fat, creamy sensation due to the cashews.

Yours in optimal health, naturally,

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Every relationship we have is a journey toward healing and transforming the soul.