

Dear Clients and Friends:

It is safe to declare that the Dog Days of Summer have arrived 4 weeks early, and are probably more miserable due to the drought. Please stay hydrated, and use this time to be creative in how much healthy fluids you can incorporate daily. The heat can be healthy when you are hydrated: Nature's sauna detoxes through the sweat glands, and nutritionally boosted liquids can be used not only to give water to the cells, but to heal the colon through increased elimination of the winter sludge. This month we'll focus on a healthy digestive system to better deal with the increasing temps and weather vagaries of Houston's summer.

SUMMER OFFICE HOURS: With my commitment to revitalizing my own health, I am going to take one weekend a month off, and 4 days per week. The schedule is framing itself, and rest assured that your preferences will be given priority. A balance is occurring naturally, as everyone's summer schedules evolve, so my day/week-end off is rotating, and that is quite satisfactory to me.

JUNE CLASS: Maya Hands on Health, one day, June 11, 9-4:30, \$125. Course held in my office. Registration through <https://arvigotherapy.com/node/198>. *Final Deadline for registering is 6/6.* Learn about the Mayas philosophy of body balance, internally and externally, a simple self care technique to take active control of your health, and how to use food combinations for better digestion.

SERVICE OF THE MONTH: Love Your Guts is a method of abdominal massage for digestive and reproductive systems, and spinal/hip bones. Different from the Arvigo Techniques in that it is deeper organ work/similar in that it is painless, but VERY effective even on the first visit. Best introduced as a series of 4, done no more than one week apart, digestion and elimination are enhanced. PreInflation Pricing: still a deal at \$90 per session.

RECIPE OF THE MONTH: This recipe is offered for those who have asked for fasting and detoxification boosters. I DO NOT promote fasting, but I fully recommend detoxification, at least one weekend each quarter throughout the year. I have used Bieler Tonic as a one day respite from a normal daily diet. Developed by Dr. Bieler, who does believe in fasting under supervision of a doctor, it will assist in removing fatty sludge in the intestine, enhance dedicated weight loss when hitting a plateau, or in Ayurveda, use as a change in diet between the seasons. It is appropriate as we are now officially in the triple digits, and better for you than living on sorbet! BIELER TONIC restores acid/alkaline and sodium/potassium balance to organs and glands, especially the adrenals. For those under stress or suffering from stress-related conditions, such as back pain or ligament problems.

INGREDIENTS: 4 medium squash, (zucchini, yellow or summer), washed, ends removed and sliced; 1 pound string beans, ends removed; 2 sticks celery, chopped; 2 bunches parsley, stems removed; fresh herbs (thyme or tarragon, cilantro for spicy) tied together with string; 1 quart filtered spring water; whey (optional)*. Place water, vegs and herbs in pot. Bring to a boil, skim, lower heat and simmer, covered, for 1/2 hour. Remove herbs. Vegetables may be eaten whole with cooking water or blended into thick soup. Add one tablespoon of whey to each cup of soup. Refrigerate leftovers; enjoy as cold soup.

*Make your own whey: Take a strainer, place a coffee filter into it, and set over a bowl. Spoon great quality yogurt into the strainer, cover with a clean dishtowel and let stand at room temperature for several hours. The whey runs into the bowl, and the cream cheese left in the coffee filter can be flavored or seasoned however you prefer. Place the whey in a mason jar,

and put both whey and cheese into the refrigerator. Whey is good for up to 6 months; cheese for about 1 month. (Use your leftover herbs in the resulting soft cream cheese.) WHEY in water, 1 tbsp in one glass, helps digestion, keeps muscles young, joints movable, ligaments elastic. For stomach ailments—like the virus that ran through Houston last month—take 1 tbsp whey 3x day.

YOURS IN OPTIMAL HEALTH, NATURALLY,

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