

REDCRICKETHEALINGCENTER

Fall 2016 Newsletter

Features:

- New Acupuncturist
- Winter Body Prep
- Bone Broth Recipe



Falling into the Change of Seasons Prepare Your Body & Mind for Winter

Joi Thomas, L.Ac., Dipl.O.M., MSOM

Welcome to our fall newsletter!

We hope that you have had a fantastic summer. It has truly been a beautiful and lush season. As we head into fall and delight in the changing seasons we have

some exciting changes in store in our clinic as well.

This season's newsletter introduces you to some of the new staff and offerings that will be available at the clinic as well as great ways to ready your body and spirit for fall. Enjoy!



Announcements + Workshops

Red Cricket Healing Center
224 W. Franklin Ave,
Minneapolis, MN 55404
www.redcricket.com

SCOBY Bank: Donate or Adopt!



Don't know what to do with those extra scobies? Looking to start your own kombucha? Red Cricket now has a scoby bank! Give us a call or send an email for more information on donating or "adopting" your very own scoby.

Tues, Dec 6, 2016
6:30pm-8:00pm
(Free Event!)



Do Safe Personal Care Products Exist? One Word: Beautycounter

You're invited to meet Beautycounter and discover why we want to get safe products into the hands of everyone.

Join us for a conversation that will change the way you look at beauty. **There's been no major Federal Law passed governing the cosmetics and personal care industry in the U. S. since 1938.** The U.S. has banned only 11 ingredients, compared to the EU banning 1400. The time for change is now! At Beautycounter, we're doing something about it, shaking up the unregulated beauty industry one lipstick at a time. Beautycounter rigorously tests our products for safety and performance, **we've eliminated 1500 harmful or questionable ingredients from our products.** Not only are our products safe, they are chic, luxurious and they perform.

For more information, check out this short [YouTube video](#)

www.beautycounter.com/alexisbell

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Welcome our New Acupuncturist: Rebeka Ndosì, L.Ac., Dipl.Ac., MSOM

Dear Friends:

I am honored to join Red Cricket Healing Center as an acupuncturist and yoga and meditation instructor.

As a licensed acupuncturist with over 10 years of experience and a Level II Kundalini Yoga & Meditation Instructor, I am particularly passionate about pediatrics, women's health, and internal medicine.

After working in K-12 education, higher education, media and film production and elsewhere in the nonprofit world for over two decades, I have witnessed that deep and lasting organizational and cultural changes come about only when we first commit to making positive, nourishing, and necessary changes in ourselves.



Not only are you worthy of this care, the world benefits most when you're the healthiest, happiest, and most complete version of yourself possible. Acupuncture, herbal medicine, nutrition, yoga and meditation are all tools which can support you in your journey. I hold a Master's degree in Traditional Chinese Medicine from Northwestern Health Sciences University in Bloomington, Minnesota and a certification in 5-element acupuncture from the Institute for 5 Element Acupuncture in Santa Monica, California. .

Kundalini Yoga is the yoga of the householder, for people leading busy and full lives. It changed my life by quickly and strongly connecting me to the wisdom I hold. It allows me to experience the truth of who I am - beyond labels or roles or associations. It allows me to know true dedication, relaxation, and self love. And it's wonderful to watch it do the same for my students. This fall, in addition to offering adult classes, I will be offering Yoga for Youth, yoga and meditation for adolescents experiencing trauma.

It is my joy to offer guidance as you move towards greater self-awareness and the fullest expression of who you are. I look forward to welcoming you in my classes or on the table.

With Gratitude,

Rebeka

HOW TO GET YOUR BODY READY FOR WINTER!

Joi Thomas, L.Ac., Dipl.O.M., MSOM



"Summertime and fall are the best time to fortify your immunity."

Have you ever had one of those falls or winters where you seem to go from one cold or flu to another? You never seem to catch a break - where you can't even tell when one cold ends and another begins? Here are a few things that you can do now to help make your fall and winter healthy and more enjoyable.

In Chinese medicine health is more easily maintained if you follow the seasons. Late summer and early fall can be a great time to use the sun and warmth and summer harvest to help support your body's immunity for the colder months ahead. It's a lot easier to build your body's immunity beforehand to prevent cold and flu than to try to rebuild it between attacks.

Summertime and fall are the best time to fortify your immunity - and

whenever you think about our immune system, it is important to put your focus upon your digestive system first. The health of your digestive system determines between 60-80% of our immunity, so that is a place that offers more bang for our buck.

There are three ways to best support your digestive system, One is to look at your diet and try to clean it up as much as possible. That means creating a diet that is mostly comprised of whole foods and minimizing chemical additives. Knowing and being able to pronounce everything that goes in your body (except maybe quinoa - that's a hard word to pronounce!) is very important. You are what you eat - so don't be fake!

STAY COLD & FLU FREE

Continued

The next steps are all about repair. Eating foods that are high in collagen - which is a stretchy protein that is an essential building block in a most of the tissues in our digestive system, makes it easy for our body to repair itself. Collagen is found in animal proteins - and a great source is bone broth. Have you ever made broth before? It is super easy, easy to digest and it supplies a great ample amounts of collagen in the gelatin layer that forms in a good soup broth. Your GI system is stretchy, so stretchy foods are essential.

The third step is to resupply your gut with friendly bacteria. These bacteria not only help your body absorb food more efficiently but they also help the cells in your intestine grow and stay healthy. I have seen many patients improve their immunity just by taking this one step!

Meditation is profoundly supportive of your health. I have seen in clinic that only 10 minutes a day can create significant changes in in both your emotional and physical health maintenance. We would also suggest spending some time outside - again just 10 minutes a day or 20 minutes several times a week will make a

significant difference. We are so blessed to have so many beautiful parks and lakes around us to enjoy.

If you feel that your body is really struggling, remember that we can also help at the clinic. Acupuncture can help your body transition through the changing seasons, and of course herbs can be extremely helpful with cold and flu symptoms as well as fortifying your body before these illnesses strike. We are eager to help you make some of the lifestyle changes that will support a healthier and happier you. If you need support we are here for you.



FALL WELLNESS



Photo & recipe
courtesy of
WellnessMama.com

Homemade Bone Broth | Prep: 10 min | Cook: 8 hrs

Ingredients:

- 2 lbs. of bones from a healthy source per gallon of water
- 2 chicken feet for extra gelatin (optional) per gallon of water
- 1 onion
- 2 carrots
- 2 stalks of celery
- 2 TBS. of Apple Cider Vinegar
- Optional: 1 bunch of parsley, 1 TBS of sea salt, 1 tsp peppercorns, additional herbs or spices (I also add 2 cloves of garlic for the last 30min of cooking)
- You'll also need a large stock pot (16-20 qt.) and a strainer

Instructions:

1. If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. I use a roasting pan and roast for 30min at 350 degrees. I use 2-3 chicken carcasses that I save from previous meals. (You can also purchase chicken carcass, feet, and bones from your local co-op!)
2. Then, place the bones in a large stock pot (I used a 5 gallon). Pour cool (ideally filtered) water over the bones and add the vinegar and let sit for 20-30min.
3. Rough chop and add the vegetables (except parsley and garlic). Add any salt, pepper, spices or herbs, if using.

Homemade Bone Broth | Prep: 10 min | Cook: 8 hrs

4. Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done. These are times I simmer for:
 - Beef broth/stock: 48hrs
 - Chicken or poultry broth/stock: 24hrs
 - Fish broth: 8 hrs
5. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every other 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
6. During the last 30 minutes, add the garlic and parsley, if using.
7. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

Notes: You can also use a slow cooker to make broth! You just might need to half the recipe if your cooker is smaller.

Broth Uses:

- In soups, stews, and sauces
- To saute vegetables
- Replace water when cooking rice
- Drink by itself and get creative!

