

October newsletter from "Trust in the Process"

Well it's Thanksgiving weekend and I'm just getting time to put my newsletter together. I am in deep gratitude for the busyness of my practice, although my newsletter has been a challenge to find time to prepare.

I've listed below an event, I am planning on attending. I don't miss Brian's talks when ever he is in town. The Hippocrates Health Institute is a famous teaching and healing centre. <http://www.hippocratesinst.org/>

I implore you to get outside this weekend; we have to most wonderful fall weather. I've already cleared my garden and am looking up recipes for green tomatoes.

Green tomato salsa anyone. See recipe below

... Also if you make to the bottom of the newsletter you will find a monthly special on my services:

Event to attend: Brian Clement of the Hippocrates Health Institute

free talk at the London Central Library, Wolf Performance Hall on Oct.25th @ 6 pm

<http://catalogue.londonpubliclibrary.ca/search~S20/?searchtype=Q&searcharg=talks+and+lectures>

Green Tomato Salsa

Makes about 3 1/2 cups

- 1 yellow bell pepper
- 2 1/2 cups chopped green tomatoes
- 1/3 cup finely chopped red onion
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil (virgin cold pressed)
- 1/2 tsp maple syrup or Xylitol (good for weight loss, candida dieters or diabetics)
<http://en.wikipedia.org/wiki/Xylitol>
- 1/2 tsp sea salt
- 1/2 tsp hot pepper flakes (or to taste)
- 1/4 tsp freshly ground pepper
- 1 clove garlic, finely chopped (or more if you're a garlic freak like me)

Take out a large bowl and then your food processor; place them side by side on the counter. Clean and roughly chop the peppers, then place them in the food processor. Pulse till finely chopped (not liquid). Move diced peppers into the bowl. Do the same to the onion and the green tomatoes.

When you get to peppers, onion and the green tomato diced together in the bowl. Stir to mix and add the balance of the ingredients. Stir fully.

****** Now I'm giving away a secret to all my recipes! taste your mixture!** Ask your self is the taste too vinegary? If so add salt. If the mixture is too sweet add hot. So the opposite would be true if it tastes too salty or too sweet.

Learn to balance you food tastes to make your recipes amazing. This tip will make you a legend in your family or friends eyes.

Suppose you just can't get into this green tomato thing and you want to ripen them off the vine.

This is what my Mom did when I was a kid with her green tomatoes.

Lay them singly in a cardboard box. Cover with newspapers, then add another layer and cover it too.

"They'll begin to ripen, depending on how close they are to turning ripe on the vine," says Ken.

Once they're fully red, the tomatoes will have approximately the same nutritive value they'd have had if they'd ripened in the garden, but the flavour won't be quite the same.

**Here's another trick I found: Pull the plant up by the roots, upend it so the tomatoes hang downward, and suspend the root-end from the ceiling of a cool, dark room (again, the garage comes to mind). This works best for small tomatoes.

October Special – **Book a Thai Massage and get a free box of foot detox pads** (with the mention of this email .. while quantities last)

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[Trust in the Process](#)

