



The NK Wellbeing Zone



January/February 2021

Welcome to the New Year edition of The NK Wellbeing Zone and I hope you had a happy and healthy Christmas and that you found creative ways to celebrate the festive season.



New Year Revolutions.....

It's around this time, just as our Christmas trees, baubles and tinsel are being carefully packed away and house cleaning is underway that we inevitably start thinking about fresh starts and New Year resolutions. New gym memberships traditionally peak during January, only to settle back to more normal levels around March/April when the novelty of jumping on the treadmill at 6.30am, doing a 2-mile swim and then a full day at work, begins to wear off. Whilst there is nothing wrong and everything right about wanting to improve health and fitness, it is important to recognise that to really reap the benefits, this is a year-round, lifelong commitment which should be both sustainable and enjoyable. Walking is a great all round aerobic exercise, whether a short tootle around the block or a day's hiking - and it's free! You can of course always join a gym or take up some other activity and access professional help in finding an exercise programme that is right for you.



Diets & Detoxes.....

Another boom business at this time of year is the diet and slimming club industry. Almost everyone, at some point, has decided to 'go on a diet' and post-Christmas is a popular time to do so. Quite a long time ago now, I joined a slimming club, which was actually a good experience overall as it opened my eyes to the effects of the daily diet on health.

Benefits of slimming club membership include:

Consultant and group support

Personal accountability

Sharing recipe ideas

Being aware of what is being consumed each day

Having an ideal weight to aim for

Enjoying the health benefits that can come with losing excess weight

Possible drawbacks include:

The financial cost of membership
Emphasis on weight-loss rather than overall health
Distorted nutritional perceptions – ie. diet drinks are a healthy option
The promotion of processed ‘diet’ foods and drinks
Creating negativity and guilt around certain foods
Restriction, denial and disempowerment

There is no doubt that the support and encouragement which slimming clubs offer is a really important factor, particularly if the aim is to lose a significant amount of weight. However, for many people, I believe there are other, more holistic and sustainable ways to stay in shape, by eating healthily, embracing good fats, reducing processed and ‘fast foods’, keeping hydrated and exercising regularly.

Seasonal Recipe Spot.....

As we are now into our 3rd National Lockdown, boosting our immunity is as important as ever so here is a tasty, warming and nourishing soup recipe to help keep the winter chills at bay...

Immune Boosting Soup**Ingredients:**

1kg carrots or sweet potatoes, peeled and finely diced
2 garlic cloves, crushed and peeled
A splash of olive oil or 1 tablespoon of coconut oil
50g organic Brazil Nuts or 2 tablespoons of raw organic Brazil Nut butter
750mls – 1 litre of vegetable stock
1 thumb of fresh ginger
1 teaspoon of turmeric powder
A handful of fresh mint leaves
1 lime
A pinch of chilli powder or cayenne pepper
Sea salt and freshly ground pepper

Method:

Preheat the oven to 220 degrees/Gas Mark 7
Preheat a roasting tin in the oven
Place carrots, garlic and a splash of olive oil to the hot tin and season with salt and pepper
Roast the carrots until they colour up and are tender enough to mash

Warm the stock

Once the carrots are cooked, blend the carrots, Brazil Nuts or Brazil Nut butter and some of the stock until you have a thick, creamy mash

Add a pinch of chilli powder

Then whizz in a handful of mint to counter the chilli heat

Trickle and whizz in enough stock to get the soup as thick or thin as you like

Season to taste and finish with a squeeze of lime juice

Thank you for reading this far and if there is something here that you would like to ask about, or if you have story to tell or a recipe to share, just get in touch.

With every good wish until next time.....

Elizabeth

Deacon Elizabeth Harfleet is an ordained Methodist minister serving in the North Kent Methodist Circuit and is also a qualified Nutritional Therapist. Whilst Elizabeth is unable to offer individual appointments, she shares her nutritional knowledge and experience with the churches and communities she serves. To contact Elizabeth, please email e.harfleet@gmail.com or call 01322 222681.

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