



Pop the kettle on and read all about the benefits of a good cuppa!

By Elaine

Us Brits love a cup of tea! The UK is top of the list with the highest consumption of tea and we apparently drink 165 million cups a year – wow! There are so many different teas on the market now, and it may be worth trying some herbal teas if you haven't done so already, which have the following health properties.

Top five teas

GREEN TEA – this has been featured in earlier editions of the newsletter and contains powerful antioxidants which can help with weight loss, lower risk of heart disease and protect against some cancers and reduces inflammation. Green tea contains caffeine but not as much as coffee.

SAGE – one of the healthiest teas you can have. Sage can improve mood and memory and the herb is known for its medicinal properties for brain health. It is also known to help with colon and heart health, as well as menopausal symptoms such as hot flushes.

DANDELION – the liver detoxifier. There is something in dandelion that can help increase the flow of bile, hence why it is so good for your liver. This herb is also known to help with weight loss as it contains an enzyme which helps break down fat during digestion; there are currently researchers looking at dandelion to help with obesity. Watch this space!

MINT – peppermint, or spearmint is great for the digestive system and can alleviate bloating and is a good cleanser if you have overindulged in rich food!

GINGER – can help with nausea, relieves constipation, strengthens the immune system and can speed up the metabolism. Freshly-made ginger tea is a real pick me up if are feeling below par or you feel a cold is on its way. Please see this recipe below – it's tried and tested and is amazing!

Like everything, please look out for the best quality products for herbal teas – look out for organic as they are not too expensive. I recommend Pukka and Teapigs – two great brands which you can get from supermarkets or health shops.

Ginger tea recipe

Peel/slice finely 3 inches of fresh ginger
1 lemon sliced
1 teaspoon of honey
Cinnamon powder optional
4 cups of water

Bring water to the boil in a medium saucepan over a medium/high heat. Add the ginger slices and boil for 15 minutes. Strain the tea discarding the ginger pieces. Serve with slices of lemon and the honey. You can add a pinch of cinnamon powder for added flavour.

Ginger shot

I do love a shot! Ginger shots are great for a quick, healthy boost of antioxidants. You can buy these from M&S or Waitrose but I like to make mine from scratch when I have time, and add another fruit as it can be quite strong.

Peel 2 inches of fresh ginger

1 Slice of peeled pineapple or half an apple peeled – entirely up to you which fruit you want to add

Juice of half a lime

Small pinch of cayenne pepper if you are feeling brave!

Blend the ginger and pineapple/apple in a high speed blender or juicer

Sieve out any pulp

Add the ginger, pineapple and lime juice and cayenne pepper, stir and pour in a small shot glass

You can always freeze ginger – the best way is to peel and grate it and you can just pop it into a new batch for next time. Or you can do this and add to ice cubes and put them into stews, smoothies or stir fries. Keep in the freezer for six months maximum.



“Health is not just what you're eating, it is also what you are thinking and saying.”

Enjoy the beauty of nature

By Andy Holter

Nature has a great way of drawing a mindful awareness from you, rather than you forcing yourself to be mindful. Walking among old trees with their branches overhanging the path you're treading, smelling the scent of freshly cut grass or listening to the birds sing and twigs crunching under foot, you can't help but be aware in the moment.

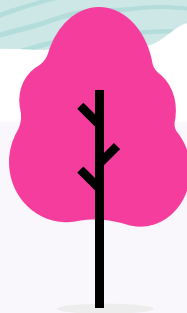
Gardening is another wonderful way of connecting with nature and experiencing the beauty of it. To absorb ourselves in tasks like weeding, planting and enjoying the chance to encourage growth promotes a great feeling of satisfaction culminating in enjoying the fruits of our labour. Why not buy some flower seeds, place them in a small pot of soil, place the pot on the window ledge, watch the sun encourage the seeds to grow and feed them with water. Watch them grow and feel part of the beauty of caring and lovingly growing the little seeds into something amazing, strong and beautiful and most of all, by your own fair hand!

Or even try this...

If you have a garden or live near a park or a bit of greenery, realise how fortunate you are. Take time to reconnect with mother nature; make time for doing so. Nature is a miraculous living being, and you are part of that life. As a child you may have loved to play in natural surroundings: climbing trees, making tree houses, jumping over puddles, sliding in wet mud, or even skating on ice. With your acute senses of adventure, perhaps you were quite happy to explore the woods, the forests or old train lines which are now derelict and abandoned. So why not try to reconnect with your inner child and go explore, enjoy the natural surroundings, different trees, different colours, different shades and different heights. Why not walk through the local wood spotting the different plants, flowers and different habitats. After all, these differences are what makes our surroundings what they are, unique and beautiful, for we are with nature and nature is with us.

An interesting study

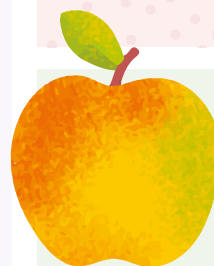
In a famous study in a care home, half the elderly residents were given a plant to look after, and the other half were given a plant but told the nurses would look after it. Those who had responsibility to water and nurture the plants lived significantly longer than the others. The study concluded that responsibility gave the elderly people a sense of control, leading to longer life. The study also suggests that not only looking at nature in a passive way, but also growing plants and ensuring that they thrive as best you can, is a healthy and life-enhancing activity to engage on a regular basis and good for our mindfulness and wellbeing.



When life puts you in tough situations, don't say 'Why me?', just say, 'Try me!'

Top TV tip from Chelle

Sky's Biggest Little Farm; a great programme to lose yourself in – two hours of feel-good indulgence. "Across 200 acres outside of Los Angeles, documentarian John Chester and his wife Molly work to develop a modern day sustainable farm; this is their story."



Emma Naylor shares her lockdown pastime tips

I sell real Sussex cider for my good friends, Bignose & Beardy Sussex Cider. All the apples are taken from abandoned orchards in Sussex and pressed at Framfield. No chemicals or anything else is added. We make a cracking spritzer using the cider which is two shots of greenbottle elderflower cordial, 330 ml bottle of Bignose & Beardy, topped up with sparkling water, loads of ice and a slice of lemon. If you check out the website it will give you a bit about Phil (Bignose) & Steve (Beardy) and Emma will happily arrange delivery of cider for any local thirsty colleagues! <https://bignoseandbeardy.com>



Did you know? Three carrots give you enough energy to walk three miles and they were first grown as a medicine, not food.