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# SEEDLINGS

EDITION 5  
APR 2017

An update on Life and Lifestyle at Ethos Health



**SEASONAL  
ALLERGIES**

**WHAT DO YOU  
DO THAT IS  
EARTH  
FRIENDLY?**

**TIPS FOR HOME  
GARDENERS**

**EARTH DAY  
MEALS  
ON THE GO**

**RECIPE OF THE MONTH**



**MEDITERRANEAN  
GARBANZO BEANS**

*April showers prepare the earth for new life. Earth Day is every day here at Ethos Health as we are connected to our planet and the environment. In this issue, we look at ways to restore the earth and ourselves.*



ASK THE DOCTOR

# SEASONAL ALLERGIES



Dr. Weiss, a botanist as well as a physician, looks to the plants and trees to see that pollen is in the air now and he is on the alert. He knows he will see patients who are miserable with increased mucous production, watery eyes, an itchy nose and sneezing; all symptoms of histamine being released into their body as their immune system has reacted to the pollen which it sees inappropriately as an enemy invader.

The problem has progressively worsened over the years. Medications which mitigate these chemicals have become less effective mostly related to the rise in pollen counts. People develop new seasonal allergies due to global warming and changes in weather patterns. 20 years ago, older adults didn't develop asthma but that is more common now. Seasonal allergies are a rare area where a WFPB diet is a mixed bag. It does work to calm the immune system but it is not a sure thing as Dr. Weiss notes that only about 50% of people will rid themselves of the misery. Although he has seen that a **WFPB diet does improve asthma**, industrial pollutants such as alkylphenols, found in fish and chicken, cause an increased potential for meat-eaters to develop allergies. But, these chemicals are everywhere, even in the rain, and that may be a major reason why a WFPB diet cannot reduce our body's allergic reactions.

Foods that will help seasonal allergies are those with the phytochemical quercetin which produces an anti-allergenic effect on your immune system. Good sources are onions, apples, berries, broccoli, cherries and grapes. An even better source is capers however they often have a huge salt load. **The best by far is lovage, an herb which looks and tastes like celery.** The Ethos Farm will be growing this perennial plant this year and you can stop in at the Doctor's Farm Market once it is open in the spring to purchase this allergy-relieving herb. Along with diet, it is essential to limit exposure to the causative agent. The earth is awakening and along with it comes pollen and seasonal allergies. If you need help dealing with them, please contact the Ethos Primary Care office at 908-867-0060 or visit us at [EthosHealth.org](http://EthosHealth.org)

ASK ETHOS

# WHAT DO YOU DO THAT IS EARTH-FRIENDLY?



Karina LaMalfa, Wellness Program Coordinator, continued her Whole Foods, Plant-Based journey by becoming certified as a plant based chef. By bringing greens, vegetables, legumes, nuts and seeds to the forefront of her patient's plates, she happily lightens the load on the planet.



Cheryl Kennedy, Healthy Living Associate, began her journey with cooking and floral design which led to her mindfulness

of the connection between food and the planet. "You can't say you want to eat well and not care about the environment." For her part, she reads ingredient labels on her cleaning products and uses vinegar as a cleaning agent. It's great to see society's increasing awareness of the environment.



try lovage for allergy relief



# HOME GARDENER TIPS

from Farmer Nora

April is the time to prepare the earth for planting. **Farmer Nora recommends a broadfork with 4-6 tines** instead of a tiller to loosen and aerate the soil. Using a tiller kills earthworms, brings up weed seeds, damages soil structure and ultimately causes compacted soil.

To use a broadfork, step on the long bar, wiggle it and pull it towards you. This allows air, water and nutrients into the soil. It even benefits your health as a strengthening exercise. Once you've done the work to loosen it, don't walk on that ground. But do enjoy the wonder of plants that grow from the well-aerated soil.

**Farmer Nora also recommends organic seeds** that have safe coatings which are not pretreated with fungicide. Suggested brands are Johnny's Selected Seeds and High Mowing Seeds which are more expensive, however, will create a healthier seed bank not just for your one garden but for all of agriculture. And, that is good for the earth! 🌱

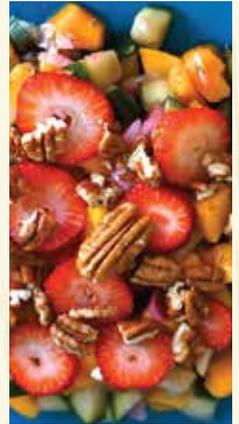


**Book your seat now!**  
**Earth Day - Meals on the Go!**

Sat, April 22nd | 10:00 - 11:30am  
\$50 per person | \$35 for members

**What is good for the Earth is good for you, too!** Join Chef Karina on Earth

Day to explore the gentle elegance and healing properties of a Whole Food Plant Based (WFPB) meal. We will explore three earth-and energy-restoring dishes that travel well for work, school, picnics, tailgates and parties, without the use of processed oils, sugar or salt. Lighten your footprint and learn how easy healthy can be!



**REGISTER FOR CLASSES AT**  
[EthosHealth.org/cooking-classes](http://EthosHealth.org/cooking-classes)



## What's Your Story?

Tell us your story about how a WFPB lifestyle led to a healthier YOU! We'd love to share your experiences from your personal journey in a future Seedlings newsletter.

**Please submit stories via email to:**  
[info@myethoshealth.com](mailto:info@myethoshealth.com) today!



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## MEDITERRANEAN GARBANZO BEANS

(makes 6-8 servings)

by Dr. John McDougall  
modified by the Ethos Health Team

### Ingredients

- 2 onions, chopped
- 3 cloves garlic, minced
- 1/4 cup vegetable broth (low salt organic)
- 2 (15-oz) cans organic garbanzo beans (no added salt), drained and rinsed
- 1 (28-oz) can organic (and no added salt) crushed tomatoes with basil
- 1 large fresh tomato, chopped
- 1 tsp dried oregano
- 1 tsp crushed red pepper flakes
- 2 tbsp lemon juice
- 4 cups chopped fresh spinach packed
- Freshly ground black pepper



### Method

- Place the onion and garlic in a large pot with the vegetable broth.
- Cook over medium heat, stirring occasionally, until onion is tender, about 4 minutes.
- Add beans, tomatoes, oregano and red pepper flakes.
- Mix well, bring to a boil, reduce the heat, cover, and cook for 30 minutes, stirring occasionally.
- Add the lemon juice, spinach and several twists of freshly ground black pepper.
- Cook for an additional 5 min, until spinach is tender.

🌱 For other recipes like this, you can browse through the book, *The Healthiest Diet on the Planet*, by Dr. John McDougall and Mary McDougall, found at the Ethos Primary Care Resource Library.