

Natural Healing Express Weekly

Column Volume 183 A Nourishing Kitchen

As many of you know, at Natural Healing Express, our lead “healing agent” is nutrition. Sure, we sell supplements, but first and foremost, we would like you to “eat” your way to health and wellness. So, how does this nutrition begin? When I cook and God knows some of you have witnessed the purported laser focus (which many times defies the measuring cup). I want to give whomever I am cooking for my best effort in providing what their body needs. I see this as balancing the body and providing the nourishment it desires and deserves.

Providing true nourishment involves a series of factors, number one, understanding what in particular the individual’s body is in need of according to their BIO-Individuality. We have discussed this philosophy many times, but in short BIO-Individuality contains the following aspects (Behavioral, Physical, Intellectual, Emotional and Spiritual) and as Naturalists, we believe that if one cog of the wheel is out of alignment, the whole (or person) is as well.

Secondly, a true “nourishing” kitchen must work within the boundaries of sustainability, nutrient density, ingredient-rich while prepared traditionally with compassion, empathy and purpose.

Just think about that for a second, how many batches of cookies have you made with a certain person in mind? OK and how many spoons of cookie dough have you eaten just thinking about yourself? Giggle. The point is if we are purposeful for those for which we are cooking, our focus changes to providing a nutrient and caring feast versus just throwing together a plate.

Sustainability isn’t something we think about a lot here in God’s country, primarily because we usually operate at a surplus. However, one thing we understand about agricultural is that we need to take care of the land that inevitably takes care of us. This means a balance of minimizing chemical additives, aiding soil reserves and nurturing the plants, animals and even people involved. When I say the people involved, what I mean is that the folks that are growing your precious food deserve a fair economic benefit. We cannot starve the farmers and expect to grow fat from their wares.

By balance I mean finding the delicate fulcrum between the guilty pleasure of food and actually eating what is good for you. Real food gives us nourishment and can be quite tasty if prepared in a healthy and balanced way. Expecting small children to consume raw kale because it is a super nutrient is a little like expecting them to like their “medicine”. Maybe one out of 1000 will surprise, but the majority will turn up their nose. So, that presentation is up to you – the owner of the nourishing kitchen.

We do not want to consume foods that ultimately lead to guilt and denial; we want to provide nourishing dishes with fresh flavors, great smells and perfected tastes.

Also in this regard, although I prefer raw or unprocessed and definitely unrefined and whole foods, I do not beat myself up over a home cooked, traditional item once in a blue moon. We still need our traditions. Obviously, moderation is the key. Or perhaps even further, true happiness is. You’ll know when to say when to Grandma after that second piece of pie.

So what do I mean by ingredient rich? One of my famous Cajun Chef friends taught me something I have never forgotten about a nourishing kitchen. Lionel said, "Take the best ingredients possible and do the least with them." See, if the food is an awesome whole food in the first place, the key is taking one or two extra special "spices" if you will and pairing it for an immaculate taste.

Here's a quick recipe that follows that theory. It can be served at breakfast or lunch. At lunch, I throw some fresh vegetables on the side.

### **FRESH HERB FRITTATA**

Ingredients – 9 eggs, 2 tbsp. heavy cream, 2 tbsp. fresh chopped parsley, 1 tbsp. chopped chives, 1 tbsp. chopped dill, 1 tbsp. chopped chervil (or basil) 2 tbsps. butter.

Preheat oven to 425 degrees. Mix eggs and cream in a large bowl. Whisk in Herbs. Melt butter in a skillet over low heat. When melted, pour in eggs, cooking approximately 5 minutes. Transfer them to a baking pan and bake for 5 minutes or until eggs are set. Flip frittata onto a plate and garnish with vegetables.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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