

Welcome to Fall!!

After a summer of adventures from Galapagos to California, I have settled down to Fall here in New England (well, sort of!). At Passiflora, we are ready to greet you with an exciting new chef, enticing new soups and entrees and a intellectually stimulating Fall events calendar. Some of my

favorite summer reads, including [Eat Pray Love](#) by Elizabeth Gilbert and [The Glass Castle](#) by Jeanette Walls, as well as candles, a fully stocked Dr. Haushka's skin care line, and our extensive bulk tea menu are all here to entice you.

We want to be your oasis from a busy world to seek out whatever vital health means for you. Fall is about to arrive with its airy, windy and cool qualities so here are some of our favorite ideas for you and your family. They are a mix of Ayurveda, the science of life which teaches us to live in harmony with the seasons, as well as Western herbalism, and a dash of common sense:

- **Remember to oelate**

The essential fatty acids in *Nordic Natural's Artic-D Cod Liver Oil* or , for vegetarians, *Udo's oil blend* help us to weather this season. These essential fatty acids allow our brains to think clearly, our skin to be beautiful and our circulatory to flow freely. They boost both our immunity so sick days are minimized. We recommend 1 teaspoon for children and 2 teaspoons for adults. Moms and Dads, remember to be a role model in your own self-nurturance.

- **Eat an apple or two a day (to keep the doctor away)**

Filled with fiber to aid digestion, apples pull out the heat that could cause dryness and over reactive mucus (colds). From now until the end of October, this is such a delicious health prescriptive.

- **Asleep by 10 pm**

Your immune system repairs between 11 pm and 2 am. Most adolescents and children need between 9 and 10 hours of sleep. As adults, it is easier to fall asleep if our head is on the pillow between 9:30 and 10:30. It is not productive for you to stay up past this time more than one or two days a week, because your productivity, health and mood during the day will suffer. To aid in sleep try a foot massage with sesame oil (warm and heavy) and Floracopeia lavender essential oil. Lavender essential oil is both calming and anti- microbial. Between 8 and 9 at night, drink a warm cup of our *Super Blue French Lavender tea* or our *Organic Egyptian Chamomile tea*.

- **A Warm, Healthy Whole Grain Breakfast to Start the Day**

Our Passiflora oatmeal recipe is the best--- pick up some to have at home.

- **Select a mix of preventative herbs to keep the immune system strong**

Astragalus and black elderberry are two of my favorites that I use within my own family. Both herbs support the adrenals and give deep immunity; building your resistance to disease.

- **Practice random or planned acts of kindness**

I look forward as always to welcoming each of you to Passiflora.