Natural

From Page 1B day, gulping down Gasic's dreaded high fructose corn syrup that's a staple of soft drinks and myriad food-like

Too many pills

Too many pills
There is no pill for the problems those products are suspected of prompting, though more and more prescriptions are being written to treat of the industrial disease class. Gasic said he pitch gradient of the industrial disease class. Gasic said he prefers medication to immediately attack symptoms, but with a goal to diminish the role of drugs in a long-range plan encompassing older traditions.

Think medican of the principals of homeopathic medican developed the principals of homeopathic medicine as well, "he said." Typically, we need to get into the details of their det. We need to achieve balance between using the right medicine and allowing the patient to take control of their health.

Heard's amment, a control is key to Heard's amment, a control is key to Heard's amment, a company to the control of their health.

Tabling control is key to Tabling control is key to Heard's approach, something she practiced before she preached. In 1996, Heard saw more than 20 doctors before being diagnosed with fibro-myalgia, a neuromuscular disorder characterized by chronic pain and futique, and Migraine headaches, ir-ritable bowel syndrome and arthritis beset the 1969 Pine Tree alumnus. Depression

ritable bowel syndrome and arthritis bose the 1968 Pine Tree alumnus. Depression was not far behind. Heard's personal mission for her own wells across Tanger led to the wells across Tanger led to the well across Tanger led to the control of the state o

and Teitonhard for two years, knockinghard for two years, knockingon doors.

She also has taken a hiro
tot of several condumentary projects including the
rest Market that opened this
past summer and continues
sturrdays. Heard Will speak
in January during Longvise
sturrdays. Heard Center's
Regional Medical Center's
working demonstrations for
sworking demonstrations for
""so, churches and

Sories. She also conducts cooking demonstrations for cooking demonstrations for civic groups, churches and other local audiences.
Heard is quick to point out she's no dector; and her chemis all have regular does. In the characteristic share the characteristic share to be considered to the characteristic shared to be characteristic shared points and Brenda Buck, a client since March 2008. "But, I was in such a desperate place. Thad gone through several years of different things. I was just becoming drivnically ill. So I thought what, really, do I have to loose".

Journaling

Heard asks clients to keep a diet journal, two or so weeks recording everything going through the lips and over the gums (look out stomach, here it comes).



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Danielle Heard is a 1986 Pine Tree High School graduate who started Artemis in the City in New York.

"I wasn't esting nutrient-deme food," buck said." was putting a lot of these said." was putting a lot of these participation of the said to see a lot of the said properties of the said to see a lot of the said to see a lot of the said to said the said to said the said to said the s

diet.
"I definitely tell people
I've been healed," he said.
"There is help. You've got to
get beyond our traditional
Western way of thinking. This
summer, I've been mountain
biking, I've been horseback
riding. I have gotten my life
back."

back."

He described his new diet

no fast food er restaurant
fare, raw or seldom-cooked

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dishes — as simplicity on a

"Tm simply eating fresh," he said. "It's not brain sur-gery: don't eat anything that you haven't fixed yourself."

Adzuki Beans with Kombu

1 cup dried Adzuki Beans soaked 4 cups of Water 1 piece of Kombu cut into small

see sait. Cut the Kombu into small pieces with ecisors and add to the pot. Bring the pot of beans and Kombu to a boil then turn the heat down to medium low. Beat down to medium low. Beat down to medium low. Beat so a special proportion of the pro

and adjust sea salt to your own taste.
Once done, turn the heat to low or off and serve hot. Adzukl beans are great as a side dish or a main entrée with brown rice, steamed greens and other vegetables.
Serves: 6.

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Source: Danielle Heard/ www.artemisinthecity.com

Grapefruit & Avocado Salad with Candied Pumpkin Seeds & Cilantro Lime Dressing

Salad 2 grapefruits supremed (peeled and inner skin removed) 15 lbs. Fennel Bulb washed and sliced

thin
5 ounces baby spinach, washed,
stems removed
4 ounces Chevre goat cheese
1 avocado sliced thin
Candied pumpkin seeds
1/2 cup raw pumpkin seeds
2 tablespoons maple syrup
1/2 teasroops \(\frac{1}{2}\) Lessyon cinvanor \(\frac{1}{2}\) \(\frac{1}{2}\) Lessyon cinvanor \(\frac{1}{2}\) Hessyon valida \(\frac{1}{2}\) Pinto fees as alt \(\frac{1}{2}\) Clianto lime dressing \(\frac{1}{2}\) Lessyon police oil \(\frac{1}{2}\) Lessyon from time Juice \(\frac{1}{2}\) Lablespoon honey \(\frac{1}{2}\) Lessyon on ground cumin \(\frac{1}{2}\) Lessyon ground croinder \(\frac{1}{2}\) Lessyon fresh clianto chiader \(\frac{1}{2}\) Lessyon fresh clianto chiader \(\frac{1}{2}\) Lessyons on fresh clianto chiader \(\frac{1}{2}\) Lessyons on fresh clianto chiader \(\frac{1}{2}\) Lessyons on fresh clianto chiader \(\frac{1}{2}\) Lessyons fresh clianto chiader \(\frac{1}{2}\) Lessyons on the chiader \(\f

In a mixing bowl, add the

in the refrigerator unusual to serve.

Next make the cilantrolii lime dressing Place the olive oil, lime juice, honey, ground comin, ground corning, ground corning ground coming ground coming the control of the control of the control of the control of the chopped cilantro and lightly blend a few seconds. Pour the dressing into a serving container and place in the refrigerator until ready to serve.

serve.
Once ready to serve, toss
the baby spinach and fennel
in a bowl with the amount
of dressing you prefer. Plate
individual servings on salad
plates and top with the grapefruit segments, avocado slices,
crumbled chevre goat cheese
and candied pumpkin seeds.
Serves: 6

Serves: 6 Source: Danielle Heard/ www.artemisinthecity.com get MOYE

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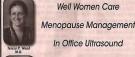






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