



Blessed is the season which engages the whole world in a conspiracy of love. Hamilton Wright Mabi

LHHP News

Holiday 2009



From all of us here at Loudoun Holistic Health Partners, we wish you and yours a very Happy Thanksgiving.

As the holiday frenzy begins, remember to take some time to think about all you have to be thankful for. All of us here at the office are thankful for YOU our patients.

And thanks to everyone who came out to our screening of "Fresh" the movie. For those who missed it, it's a must see! There are more screenings in our area, just check www.freshthemovie.com and click on "find a screening". We feel very strongly about getting the word out about the importance of local food and sustainable agriculture. Speaking of food and sustainability, please keep reading for some seasonal recipes and green tips for the holiday!

As of January 1st 2010, the new rates for doctors visits will be \$300 for a one hour appointment, \$150 for a half hour appointment and \$80 for a 15 minute appointment. Our 24 hour cancellation policy will remain, however, and patients will be charged in full if they do not cancel prior to 24 hours. New patients will be charged a non-refundable \$75 fee in order to hold their new patient appointment. This will then be deducted from their bill at the initial visit. As a reminder, the minimum fee for any reprints of medical records (including old superbills) is \$25.

Lab Corner

Think about a Spectracell Analysis to check in with your health in the new year. The comprehensive FIA blood analysis can detect vitamin, mineral and antioxidant deficiencies that have been shown to suppress the function of the immune system. Weakened immune function can contribute to degenerative processes such as arthritis, cancer, cardiovascular disease and diabetes. The Lipoprotein Particle Profile (LPP) is an advanced test that accurately assesses your risk for heart disease by measuring the size/density and number of your LDL and HDL lipoprotein particles.

Call the office to schedule a blood draw for one or both of these comprehensive tests. With insurance, the out-of-pocket cost is \$110 for the FIA and \$65 for the LPP.

Green Corner Staci LaRue

The season of consumption is upon us again. For those who aspire to minimize their carbon trail, here are a few ideas to help you be "green" this holiday season.



Shop Locally

A gift made or grown locally can tell a story or share a unique product you have discovered in your own town. Your locally-sourced gift will save the environment from the emissions involved in shipping.

Keep it Natural

All natural Talulah holistic skin care products make great gifts for those who care about what's in their products.

For those who might enjoy (or desperately need) some pampering this holiday, give the gift of a luxury facial.

Organic Plum Studio in downtown Leesburg offers a non-toxic, truly organic solution for those who seek luxurious skin care treatments without the harmful chemicals that you find in most spas. They also carry a complete line of non-toxic make up as well. Visit www.organicplumskincare.com for more information.

BYOB



Spread the habit of Bringing Your Own Bag. Instead of gift wrapping, pack gifts in re-usable bags (such as the Chico Bag) tie it with some recycled ribbon and it's a gift within a gift! Chico bags also make great stocking stuffers. Continued on page 2

Recipe Corner by Staci LaRue CHHC, AADP

Grain Free Pumpkin Loaf

Great for breakfast or a holiday treat!

Ingredients:

- 4 large eggs or 6 small eggs
- 4 TBSP coconut oil or butter (melted)
- 1/2 cup pumpkin
- 1/2 cup rapadura sugar (use xylitol instead if on a sugar free diet)
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice (or nutmeg)
- 1/8 tsp cloves, ground
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp vanilla
- 1/2 cup sifted coconut flour (must sift!)
- 1/2 to 1 cup shredded carrots (zucchini would work too!)
- 1/4 to 1/2 cup chopped walnuts or pecans (optional)



Preparation:

Blend all ingredients except the last three well. Mix in sifted flour with a whisk until there are no lumps. Fold in carrots and nuts. Pour batter into greased loaf pan. Bake at 400 degrees for 20-25 minutes (keep checking, oven times may vary).

Chebe Dressing/"Stuffing"

Serves: 6–8

Cooking Time: 35 minutes + dry overnight, then cut into crouton shapes and let set on cookie sheet 1-2 days. Croutons may then be stored in airtight containers until use.

Ingredients:

- 2 packets of Chebe Garlic Onion Breadstick Mix
- 1 1/2 tsp salt
- 1 tsp. thyme
- 1 cup chopped celery
- 1/3 cup chopped onion
- 6 tbs. melted butter
- 3/4 cup gluten-free chicken broth
- Parsley, rosemary and sage to taste, preferably fresh pepper to taste

Preparation:

1) Mix the packets of Chebe Garlic-Onion Breadstick Mix* following the package directions. Pat dough into three to five flat rectangular shaped loaves, about 1/2 inch high.

2) Bake until golden brown on top, about 35 min. Remove from oven and

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Green Corner by Staci LaRue

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Packaging gifts in a scarf or reusable box is another great way to reduce waste and make gift giving personal and creative.

DIY

Do-it-yourself gifts. Every year I make spiced nuts for friends and family and they are always a hit! (see recipe below) I package them in recycled jars and tins for a perfect presentation. Most people love getting treats to eat and you'll wind up spending less than you would on something they probably didn't even need.

Spiced Nuts

(adapted from Emeril Lagasse's 2003 recipe)

Ingredients:

- 2 tablespoons butter
- 1/4 cup organic sugar (can also use rapadura or succanat, have not tried xylitol yet)
- 2 tablespoons water
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 cups mixed nuts, such as walnuts, pecans, hazelnuts and almonds

Preparation:

Mix spices and reserve.

Heat nuts in a dry skillet and cook, stirring frequently, until begin to toast, about 4 minutes. Transfer to a small bowl and set aside. Add the butter, sugar, water and spices to the hot skillet and cook, stirring, until a glaze forms, about 1 minute. Return the nuts to the skillet and toss to combine with the glaze. Cook for about 1–2 minutes, or until the nuts are glazed and golden brown.

Remove from the heat and transfer to a baking sheet lined with aluminum foil, separating with a fork. Let rest until cooled and the sugar has hardened, about 10 minutes. Store in an airtight container.

Recipe Corner (continued)

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Chebe Dressing/"Stuffing" (continued)

let loaves dry overnight, uncovered. Slice into small cubes and spread across a cookie sheet. Let cubes dry, uncovered for 1-2 days to make croutons. Once dried, these croutons can be stored in an air-tight container until you are ready to make the dressing. Just finish it off with steps 3 and 4.

3) Place dried croutons in a large bowl. Combine with salt, thyme, chopped celery, chopped onion, and pepper to taste. Add parsley, rosemary and sage. Add melted butter. Toss mixture lightly with Gluten-Free chicken broth.

4) Place dressing in 2 qt. baking dish and cover. Bake at 400 for 25 minutes. Remove cover, mix dressing and bake 15 minutes longer until top is crispy.

You may use any of these Chebe mixes:

- Original, All Purpose
- Pizza Crust,
- Garlic-Onion Breadsticks
- Focaccia Flatbread

[Download recipes—PDF](#)

Notes from the Nutritionist by Staci LaRue CHHC, AADP

As winter rolls in so do the parties and the goodies with family and friends. It seems that around every corner there are more sweets and treats than you can say no to! It is all set up perfectly to lead you right into back into old habits. By the time January rolls around we have buried

ourselves right into what I like to call the "Sugar Blues". Sugar, gluten whatever your vice- temptation will be everywhere!

Do not despair. Join me for my final class of the year:

Health Through the Holiday's, Top 10 Tips for Holiday Eating (without the guilt!)

These simple guidelines for healthy eating will help you to enjoy this time of year (mashed potatoes and all!) without dieting or feeling deprived. Leave feeling better and more confident about your approach to food and this season of eating.

Tuesday, December 8th from 2:00pm - 3:00pm at [The Wine Kitchen](#) in Downtown Leesburg

\$45 includes the nutrition class plus a fresh and local lunch.

Class is limited to 9 participants.

Call (703)779-2801 to reserve your spot today!



LHHP News (continued)



Please note our Holiday Schedule:

Thanksgiving:

Wednesday, November 25th
(modified hours) 8:00am- 12:30pm

Thursday, November 26th- CLOSED

Friday, November 27th- CLOSED

Christmas:

Thursday, December 24th- CLOSED

Friday, December 25th- CLOSED

New Year:

Thursday, December 31st- CLOSED

Friday, January 1st- CLOSED

Regular Office Hours:

Monday- Friday 8:00am- 5:00pm, the office is closed from 12:30pm- 1:30pm

As a reminder our phone hours are:

8:00am-12:30pm and 1:30pm- 4:30pm



Please let us know if there is anything we can do to serve you better, and be sure to call our office with any questions or concerns you may have. We look forward to helping you seek optimal health!

Anne Stewart, M.D.
David Stewart, M.D.

Loudoun Holistic Health Partners, LLC
209 Old Waterford Rd, NW
Leesburg, Virginia 20176

Phone: (703) 779-2801

Fax: (703) 779-9733

Website:

www.loudounholistichealthpartners.com