

# Graceful Living August, 2008

## Note from Grace

*With August being my birth month, I thought it appropriate to give birth to a newsletter that will be available once a month. We, at Graceful Living, will endeavor to keep you posted on upcoming events, as well as providing you with informative articles, testimonials and recipes. It is clear that the time to bring our lives into harmony with the Universe is Now... with the present being the gift that "keeps on giving." Please feel free to ask questions, make suggestions and contact us at will. 680-7344*



## Recipe of the Month

### BASIC SALAD

The versatility of salads is limitless. Whether used "on the side" or used as a main dish, the possibilities are as broad as your imagination. Basically speaking, the following is a list of possibilities that can be put together quickly. Your choices will be determined by the place of the salad within the meal. In other words, will this salad be your main dish or will it accompany other foods?

- 1) Salad Greens – Romaine, Red and Green Leaf, Endive, Spinach, Arugula, Bibb or Boston, Radichio and Chickory. If Iceburg is desired, please combine it with one of the more nutritious greens.
- 2) Sprouts – Alfalfa, Broccoli, Radish, Mung Bean, Clover, Lentil and Sunflower
- 3) Vegetables – Carrots, Onion, Radishes, Yellow and Zucchini Squash, Cucumbers, Celery, Tomatoes, Bell Pepper, Broccoli, Cauliflower, Seaweed, Mushrooms, Red and Green Cabbage, Corn, Green Beans and Peas, Snow Peas, Potatoes, Garlic, Avocado and other Fruits.
- 4) Nuts and Seeds
- 5) Beans
- 6) Grains and Pasta
- 7) Tofu and Tempeh
- 8) Fish and Seafood
- 9) Boiled Egg
- 10) Poultry

## 11) Fresh Herbs

The most simple dressing, and often the base for others, is made in the following way:

Whisk together: 2 tablespoons fresh Lemon or Lime Juice or a Vinegar of your choice (Apple Cider, White or Red Wine, Balsamic or Rice) and 4 tablespoons Extra Virgin Olive Oil.

Add: 1 crushed garlic clove (dried garlic is OK)  
½ teaspoon Dijon-style Mustard (Optional)  
Sea salt  
Pepper  
Fresh or dried Herbs.



## **CREATING HEALTH IN THE 21st CENTURY**

*“When health is absent,  
Wisdom cannot reveal itself,  
Art cannot become manifest,  
Strength cannot be exerted,  
Wealth is useless, and Reason is powerless.”*

*Herophiles, 300B.C.*

There is no doubt that life, as mankind has lived it, has changed more in the past one hundred years than in all of the years preceding. At the expense of those parts of us that yearn to harmonize with the natural world, our technology, though fabulously positive in its scope, has created circumstances that have not allowed for a balance between the two.

As a result of this imbalance, we are experiencing a rise, as a culture, of chronic pain and disease, mental illness and despair. Our food supply is inundated with foods that no longer resemble their natural counterpart and substances that are questionable, at best. The water we drink, the air that we breathe, these are components of health that also only resemble their ancestral heritage. It is our current and future challenge to address this issue of imbalance in order to stem the trend towards disease, which, in turn,

creates unhappiness, which, in turn, creates more disease, and the cycle continues.

Fortunately, there is a back for every front. In other words, there is a powerful move towards genuine health developing out of this imbalance as more and more people and families become aware firstly of its existence, which, in turn, promotes their quest for solution. As a culture, we are exploring a more natural approach to dietary and lifestyle habits that, when coupled with technologic advances, may prove to provide this missing balance.

Over the years I have witnessed hundreds of people experiencing the results of their efforts towards finding their own personal balance. Some of these people were experiencing the challenges of serious illness while others were looking for a change in order to prevent it. There were those living with chronic pain and children with learning disabilities. No matter what the situation, I have never seen this sort of conscious action have anything short of wonderful results.

I wish that I could say that there is a magic formula that would bring health and happiness to everyone; but, of course, there isn't as this quest for health is a really personal matter. I've heard it said, and found it to be so, that "There are as many roads to health as there are people." But there are certain factors that all healing regimens seem to have in common. These factors include the following:

- 1) Food is consumed in its most whole and natural state. This would include a diet rich in whole grains and fresh vegetables supplemented with protein foods from vegetable, fish and animal sources, fruits, nuts, herbs and many other delicious complements. All regimens recommend the use of organic foods, seasonal eating and locally grown produce when possible.
- 2) All healing programs recognize the need for a source of pure water. I have found it more efficient (and tasty), not to mention cost effective, when I filter my own water using a high quality filter.
- 3) Movement keeps the body moving. Exercise in some form is generally recommended for healing. This again depends upon the individual and should be addressed as such.

- 4) Understanding that the mind is a powerful tool, all regimens utilize efforts towards the creation of wellness with the goal being that the mind be an active part of the solution rather than a contributor to the problem.
- 5) All regimens also encourage an even closer look “within” in order to understand the emotional components of disease. Most consider this the spiritual part of the “mind, body and spirit” of all of us, and this too is a very individual journey.
- 6) All programs encourage the communing with Nature whether walking on the beach or in a park; working in a garden or merely sitting in one. These moments with Nature always increase a sense of well-being.

As we move further into our century I feel that it will become more and more imperative for these issues to be addressed on a large scale. Of course the large scale is created by each individual effort that finally culminates in a collective consciousness that enhances these sorts of understandings. With the growth of the organic market and the continued rise in the pursuit of natural healing methods, I truly feel hopeful that we will be able to turn the tide and offer our children more answers to the dilemmas that they will be facing. As George Ohsawa said, “The only way to create a peaceful world is to create peaceful individuals.”



### *Testimonial*

Grace came into our lives when my beautiful sister Joanne was battling breast cancer. After a mastectomy, chemotherapy, and radiation, we thought it was behind us. Unfortunately, her cancer resurfaced after a couple years in several areas of her body. It was after she had undergone a hip replacement and was in a nursing home for rehabilitation that the doctors told her to “get her affairs in order.” She, along with the rest of us, her family, was devastated. It was then that we met Grace who entered the scene as only an angel can with what we all needed most - hope. She patiently and gently counseled my sister and began educating us all, the whole family, on the importance and value of nutrition and what could be accomplished. She showed us all what we could do for Joanne, and for ourselves too. What followed in the coming weeks, months and years was

nothing short of a miracle - a beautiful and priceless gift. My sister, my best friend and favorite person in the entire world, began steadily improving, tumor markers going down and disappearing, strength returning, hope returning, and most importantly quality of life and life itself returning. How on earth can you thank someone for such a gift? Over the years, we have been blessed many, many times by the continuing gifts of Grace's amazing wisdom, knowledge and love. She is a true healer in every sense of the word. Another example of Grace's gift was when my eight-year old son Matthew suddenly developed a high fever and complete loss of appetite. His doctor spent two weeks sending us for tests, giving him stronger and stronger antibiotics, having his staff tell me each time I called that they were doing all they could and making me feel as if I was bothering them. Shortly thereafter, he broke out in an angry horrible looking rash over his entire body. After that, when we did go in to the doctor's office, his staff had me bring Matthew in through the back door so as not to alarm the other patients. All this time (two weeks!), my child lay there with a fever ranging between 101 and 103, not eating, not talking, not playing, and just drinking a minimal amount. I could see him wasting away in front of me and it seemed nothing was being done. I called Grace in a panic, who calmly said to bring him by so she could see him. She came out to the car, took one look at him and immediately told me exactly what to give him. Within six hours, his fever broke! Six hours!! This after two weeks of agony. By the next day, he wanted to eat! Later that week, the doctor's office called and said one of the tests revealed Matthew had the Epstein Barr Virus commonly known as "Mono." I later found out that with Mono, antibiotics should never be prescribed, yet in Matt's case, that's exactly what he had been given. This was the reason for the terrible rash. Needless to say, we never went back to that doctor. Matthew made a full recovery thanks to Grace and her skill, her intuitiveness, and her knowledge. I'll never ever forget the gift she gave me - my precious son's health. Grace is an amazing woman, teacher, healer and friend. Anyone who comes into contact with Grace immediately feels her soothing and healing energy and benefits immensely from her wisdom. I love Grace and I thank God every day for bringing Grace into our lives.

-Grace Stevenson



## *Recipe of the Month*

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*Graceful Living would like to invite you and your friends to our October 18<sup>th</sup> open house. The event will be held at Grace's house located at 1453 North Laura Street Jacksonville, Florida 32206. The event is scheduled to begin at 2pm and will run until 5pm. Please RSVP by return email or by phone at (904)350-1541. We look forward to seeing you there!*



*We also encourage suggestions, questions and comments about this publication.*

