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foods year-round, just out of habit, or maybe because they're your favorites, isn't always the best for you. It's to your benefit to consume produce that's grown in your area (climate zone), and change it up as the weather changes. Chemicals and hormones in our body naturally have to adjust to short-

er days and less sunlight. If it doesn't, it's called SAD (Seasonal Affective Disorder). You may notice changes in your skin or hair. You name it; you are adjusting to the new seasons whether you notice or not.

Cold salads made with raw tomatoes and raw cucumbers, both known as cooling foods, can now be exchanged for heartier cabbage, carrots, and beets—your root veggies that are more warming foods.

Stick-to-your-ribs soups, stews, and chili will definitely keep you warmer on a cold winter's night. Summer's fruity desserts may be exchanged for nutty, healthy-fat, fuel-burning protein balls or bakeless cookies. Sweet potatoes and winter squashes are also good heat-producing foods.

So, listen to your body, and enjoy the variety. **Happy Holidays to You!** ■

— Dr. Ma

Dear Dr. Ma,

*Every year at this time, I get tired of eating salads and I want something... different. It always happens in Autumn, but I know salads are supposed to be good for me. What do you suggest?*

— Janet

Dear Janet,

**H**ave you ever considered that your body is asking for something different... because its needs are different? Yep, that's right. It's telling you in the only way it can. The leaves are falling (or have fallen). With the changing of the season, so does your daily routine, including your intake of food and drink. All animals adjust their seasonal eating based on what's available in their environment, and we are no different. This is normal.

Always eating the same

## Recipe:

### Apricot Almond Protein Balls

- Dried apricots (1 cup)
- Soaked, drained & rinsed (sprouted) almonds (1 cup)
- 3-5 dates
- A little maple syrup (opt.)

**S**lip the almond skins off between your thumb and fingers. Put in a food processor. Add in dried calendula flowers, roman chamomile flowers, and dried mullein leaf, or dried dandelion leaf to add color, flavor and nutrients (opt.). Pulse it. (You can leave it chunky or process it to a smooth texture.) Form into balls. Roll in dried coconut. Serve and enjoy! (It's OK to make ahead and freeze.)

Send your questions to Dr. Ma La Shomb, N.D., LMT, P.Tr., by text, along with your name & phone number, to (406) 224-5425. Email to [jumpstartyourhealth@gmail.com](mailto:jumpstartyourhealth@gmail.com). Marlenea passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind, and soul through natural therapies and education.