

## Winter '05

## Recipe

## White Bean Soup

*Yields 24 servings, 25 calories per serving*

**Ingredients:**

- ½ tsp. canola oil
- 1 clove garlic, chopped
- 1 cup onion, medium diced
- 1 cup carrots, medium diced
- 1 cup turnips, medium diced
- ½ cup celery, medium diced
- 7 cups water or basic stock
- 1 ½ cups white beans, cooked and rinsed
- ¼ cup sun dried tomatoes, chopped
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ tsp. salt
- 1 tsp. sage

**Instructions:**

- 1 Heat a large stock pot, add canola oil and coat the bottom of the pot.
- 2 Sauté garlic, onions, carrots, turnips and celery for about 10 minutes or until onions are soft.
- 3 Add water and cook for about 5 minutes.
- 4 Add half of the cooked beans to vegetable mixture and blend using a blender or an immersion blender.
- 5 Add remaining, sundried tomatoes, cumin, chili powder, salt, and sage.



*Paulina Tracz*

**WINTER CLEANSE**

Look great, feel great. Experience the buzz. Reap the benefits of juice fasting: clarity, cleansing, rejuvenation and much more! Join us for a juice fast mini week. You'll receive guidance from our trained staff and feel a sense of community with the other fasting participants. In addition to fresh, custom blended juices you'll enjoy a satisfying potassium broth, our special blended soup and wheatgrass juice. You'll enjoy a stress-free, supportive environment and many relaxing and restorative activities and services. The mini-week package also includes your choice of two spa treatments, valued at \$160.

**Juice Fast Mini Week**

**January 22-27, 2006**

Also, be sure to visit our web site for other healing programs offered by the nutrition department in 2006. Events such as fasting yoga weekends and weight loss focused mini-weeks have been just some of the innovative programs we've been working on! ■

**WATER**

*By Brenda Jaeck, certified nutritional and lifestyle counselor at New Age Health Spa*

We have all heard about the need to drink 8 glasses of water a day. Water serves so many purposes in the body:

**Keeps us moving:** Water helps to distribute nutrients throughout the body. It also facilitates the elimination of toxins in the form of urine, sweat and bowel movements. Think about constipation, it is dryness, lack of water. Increasing water consumption often drastically improves elimination functions.

**Keeps us energized:** Water gives us energy. Think about a houseplant that you forgot to water, how dreary and wilted it looks. When you water it, it perks back up almost immediately. Our bodies are the same. If we don't drink enough water, we'll be droopy too, low in energy, fatigued. Sometimes sugar cravings act as the body's way to fix the low energy created by lack of water.

Other problems associated with lack of water include: diabetes, heart disease, migraines, allergies, arthritis, back pain, kidney stones, various forms of cancer, PMS and menopause issues and many others.

Why water and not tea, coffee or juice? Other beverages contain fluid, but unlike water they also contain SOMETHING for the body to digest and/or eliminate, whether it is caffeine, alcohol or calories. Water is the only beverage that provides simply hydration, without creating another process for the body to complete. ■

**HOLIDAY PROGRAM****New Year's Eve  
Native American Heritage Celebration**

Join us this New Year for a breathtaking performance by the Redhawk Indian Arts Council that will make one's heart soar with an explosion of color and sound.

The Council educates the general public about Native American heritage through song, dance, works of art and other cultural forms of expression. ■

**11-12pm, December 31, 2005**

**A GREAT HOLIDAY GIFT:**

Order our Seasons Cookbook(s) today for \$20.00 each, or \$60.00 for a complete set of four. Call 800-682-4348 or log on to [www.newagehealthspa.com](http://www.newagehealthspa.com)!

