

Hill Top Health & Wellness

monthly newsletter September 2022



let's talk Long Covid this month

Following the Covid-19 Pandemic, we were told that vaccines would prevent or reduce the incidence of Covid-19.

Unfortunately, however we are now seeing a rise in long Covid cases.

Long Covid is defined as a post acute sequelae of symptoms following an initial diagnosis of the SARS CoV-2 virus, occurring within 3 months, post virus. This appears to be occurring in 1 out of every 7 Covid cases.

Symptoms & ongoing effects:

- Fatigue (sometimes debilitating), dizzy, vertigo, tinnitus.
- Shortness of breath, chest pain or pressure
- Cognitive dysfunction (Brain Fog, memory loss, poor concentration)
- Re-recurrence of past diseases, like Glandular Fever, Shingles, Herpes.
- Altered immune responses to other illnesses.
- Long term inflammatory responses throughout the body
- Increased menstrual flow in women, and reduced fertility in men

How to reduce the effects when you get Covid:

- Preventative- take 2000 IU Vit D, 10mg Zinc, 60mg Vitamin C.
- Increase to 4000 IU of vitamin D (upon contracting Covid)
- Increase to 15-40 mg of Zinc (upon contracting Covid)
- Increase to 200 mg of Vitamin C (upon contracting Covid)

See Lainie McTackett for a herbal mix to prevent long covid, if your symptoms last more than 3 weeks, or if your experience severe fatigue.





Recipe of the month

Immunity Soup

ember

The perfect soup for fighting Covid

Prep time: 20 min, Cooking time 30min, Serves 8



INGREDIENTS

- 6 cups organic preferably chicken broth
- 2 cups water
- 2 chicken breast, or 4 thighs (organic preferred) cut into chunks
- 5 large garlic cloves chopped finely
- 1 inch piece of ginger minced
- 1 x brown onions chopped finely
- 1 tsp turmeric
- 1 tsp black pepper
- ¼ cup fresh lemon or lime juice
- 2 heads of bok choy
- 4 cups chopped spinach or kale
- 2 tsp olive oil
- 1¼ cup chopped parsley
- ¼ tsp- ½ tsp cayenne pepper (to taste)
- Salt to taste

INSTRUCTIONS

- 1) Finely chop garlic, leave aside, mince ginger and leave aside.
- 2) Heat oil in stockpot a little, add turmeric powder, pepper and sizzle for 10-20 seconds stirring. Add chopped onion, garlic and ginger.
- 3) Add just a small amount of the broth and let the onions sweat until soft. Add remaining broth and chicken pieces. Allow to simmer until chicken is cooked and tender.
- 4) When chicken is cooked, remove it, and shred it with 2 forks. Return chicken to pot and salt to taste.
- 5) Add bok choy or cabbage. Once tender, add lemon juice, cayenne, pepper and simmer.
- 6) Next add spinach/kale, and turn off the heat. Add freshly chopped parsley leaves just before serving.

TIPS

- Freeze or refrigerate serving sizes in jars for easy reheating





The Garden in September



Cool Climate

Before the Full Moon:

- plant grain crops, lettuce, radicchio and rocket directly into beds, as well as a Cabbage, celery, fennel, leek, silver beet and
- spring onions can be sown after frosts.

During First Quarter phase:

- capsicum, cucumber, leek, suitable pumpkin, some rockmelon, summer squash, tomato, watermelon and zucchini can be sown after frosts.

During Full Moon phase:

- Jerusalem artichoke, carrot, potato and radish can be sown directly into beds. Asparagus seed and globe artichoke can be sown after frosts.

Temperate Climate

Before the Full Moon:

- some Chinese cabbage, lettuce, mizuna, rocket, Celery, leek, lettuce, silver beet and spring onions, coriander and dill sown direct after frost.

During First Quarter phase:

- bush and climbing beans, and sweet corn can be sown directly into beds, in frost-free areas. Capsicum, cucumber, eggplant, pumpkin, rockmelon, tomato, summer squash, watermelon and zucchini can be sown after frost.

During Full Moon phase:

- Jerusalem artichoke, carrot, potato and radish, asparagus seed, beetroot, sweet potato and chives can be sown in a cold frame. In frost-free areas, banana passionfruit, passionfruit and tropical guava can be planted. After frost, avocado, blueberry, citrus, cherry guava, macadamia, olive, marjoram, oregano, sage, rosemary, French tarragon, thyme and evergreen trees, shrubs and vines can also be planted.

Warm Climate

Before the Full Moon:

- suitable cabbage, suitable lettuce, silver beet and NZ spinach, parsley, spring onions and sweet basil.

During First Quarter phase:

- bush and climbing beans sweet corn, capsicum, cucumber, eggplant, rosella and watermelon can be sown or planted out.

During Full Moon phase:

- beetroot, carrot, radish and sweet potato, banana passionfruit, passionfruit and pawpaw can be sown or planted out. Avocado, banana, citrus, tropical guava, macadamia, passionfruits, lemongrass and mint can be planted. Also plant marjoram, oregano, sage and thyme where they won't become waterlogged.

