

Jewish Health



The Jewish E-zine for Holistic Health and Natural Nutrition

In this Issue

Welcome to our new bi-monthly E-zine. In this issue we will be focusing on **Rosh Hashanah and the year ahead**. It's time to review our health for the new year.

Issue 1, Rosh Hashanah

Planning ahead for the New Year

By Hannah Sommer

Once you've mastered the basics of healthy eating, whole grains, good fats, enough protein, fruits and vegetables and clean water, the major test for all of us is organization. This is a test I find particularly difficult. I know that if I don't plan in advance my choices are limited to second class foods. Pasta, baked goods, tinned and frozen foods become our fare. However it is a challenge I'm taking up for the new year. No more scrounging around the kitchen for something good and only finding junk for us!

Here is my plan, I hope it helps you too.

- 1.) Make a balanced menu plan in advance.
- 2.) Write a shopping list with **everything** on it.
- 3.) Set a regular day for shopping .
- 4.) Set a day for doing cooking in quantity and batch baking, making good use of my freezer.



I also bought some recipe and meal planning software to help me from [The Living Cookbook](#) which formulates shopping lists for you. You can also get a free basic meal planner from [Bella Online](#). Enjoy good food and good health.



What's New

[Which Therapy?](#)

[New Rosh Hashanah Recipes](#)

[Esther's EFT updates](#)

[Are you addicted to Carbs?](#)

[Jewish Meditation](#)

Recommended site:
www.livingcookbook.com

Meet the Team

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Forgiveness for Good Health

By Esther Haya Avinoam

Rosh Hashana is less than one week away and a feeling of excitement and anticipation fills the air.

Rosh Hashana is the beginning of a New Hebrew Year and Judgment day for the entire Creation. Indeed, on this day and based on our actions throughout the passing year, Gd decides whether or not to grant us health, wealth and life for the coming year.

For those of us who live in Israel, it is impossible to miss Rosh Hashana, the Apple and Honey, symbol of our wishes for a Shana Metuka, a Sweet Year are sported everywhere and now is the time to get your new calendars as well.

But Rosh Hashana isn't just about Apples and Honey, or pomegranates, or new calendars and clothing, or Judgment Day. Rosh Hashana is a time for Forgiveness. It is the time when we all look back at the passing year and ask for forgiveness from those we may have offended during the past year. It is the time when WE get to work a little harder on ourselves and grant our forgiveness to those who may have offended us. Rosh Hashana is a time of soul searching and cleansing, a time, when Human Forgiveness is no less important that Godly forgiveness for things we have done wrong.



Every year, before the New Hebrew Year starts, we have been requested to ask for and grant Forgiveness, an interesting fact, which leads us to ask: What is Forgiveness and what is its true value? From a holistic health viewpoint, I may not be able to give you a clear definition of Forgiveness and its true value, but I can tell you what happens wherever people FAIL to Forgive.

Picture the following: Someone hurt you.

Now two choices lie ahead of you: You may decide to forgive the person who caused you pain or you may decide not to.

Forgiving is about letting go. When you forgive, you really decide to let go of the hurt inflicted upon you and go on with your life and interaction with others. Pay close attention to what you just read, forgiving is about letting go of THE HURT, or THE PAIN inflicted upon you. It is NOT about losing your respect or something of the like, even though sometimes it may seem so.

If you decide not to forgive, you really decide to KEEP THE PAIN caused to you. Why would a person want to do that? Why would one absolutely want to hold on to a poisonous arrow thrown at him or her?

When someone hurts you in any way... you get hurt, but when you decide not to forgive and let go of your anger, you CONTINUE TO HURT YOURSELF!!!

You feel as though not forgiving will leave the offender "forever at your mercy", you hold on to a psychological advantage over the other person, but you CONTINUE TO HURT YOURSELF!

Studies have proved that people who have been resentful for years are more likely to develop cancer, Gd Forbid. Not forgiving is like drinking a slow poison and expecting THE OFFENDER to get hurt.

How many times have you continued arguing with others long after they were away from you? Have you ever felt good after an argument? Has it ever felt good NOT TO forgive?

Not forgiving ruins and sabotages all of our body and souls resources. Arguing and fighting are actions which literally DRAIN all of our energies! While at the moment we are very engaged in the action of fighting for our lost respect to prove how strong we are and that no one is allowed to offend us, years of unforgiving can damage us at every level of our existence. All in all, the ONE who is UNWILLING to forgive really amplifies the original hurt manifold. Instead of washing the "Injury" away, the unforgiving person constantly RE-OPENS his or her wounds.



Gd who has created us knows all about the obvious and hidden mechanisms of our souls and body. We offend Him nearly everyday, and He constantly grants us chances and opportunities to change for the better. Gd has THIRTEEN different attributes of MERCY. That is thirteen different ways of giving us the opportunity to change, thirteen openings through which, if we are sincere about bettering our ways, we can receive Forgiveness. One of the commandments we were asked to fulfill is to emulate Gd's ways of Being.

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We are less than one week away from the Big Day and this is a great opportunity for us to truly open a new page in our lives. We have the opportunity to rid ourselves of old hurts which do not serve us anymore and only bring us down. We have the opportunity to give others a new chance and a way back into our hearts. We have the opportunity to receive forgiveness for what WE may have done to others... We have the opportunity to HEAL our past wounds and start everything anew.

What is more encouraging and rewarding than knowing that we can rejuvenate at every New Year? If we really see beyond what we think is our reality and understand that whatever is being done to us by others no matter what is merely a Godly plan aimed to alter us for the better, we find it much easier to forgive and forgiving is one of the most powerful healing experiences.

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Ask the expert

Do you have a question for our team?

Q. Are there any food or supplements that I can take to make me less appetizing to mosquitos?

A. Many people have had success taking a B-complex vitamin or just B12 or B1. If you are planning to take this longer than a couple of weeks it's much better to take the B-complex. This will give you other health benefits in addition.

Alternatively you could try brewers yeast or garlic.

Aromatherapy oils work very effectively too. Citronella or Tea Tree oil will do the job nicely. Personally I recommend Citronella because I love the smell. You can apply it to your skin in a carrier oil or put a few drops on clothing. Citronella candles are also available and work well.



Wishing you all a happy and healthy new year!

