

Medicinal Holiday Treats

By Dr. Connie Hernandez

As holidays are times of feasting, ritual, and celebration, you may be on the lookout for healthy, healing, novel indulgences. We have a few favorites here at Pacific Naturopathic. Good for you, good for stocking stuffers.



Pili Nuts. New to Pacific Naturopathic and somewhat suddenly in the news, Pili Nuts (aka Pacific almonds or kenari nuts) are grown primarily in SE Asia and Australia. Free of aflatoxins, the nutritional profile of pili nuts compares favorably to macadamia nuts, and makes them a superb keto treat. Pili nuts are high in magnesium, and a good source of manganese, thiamin and other B vitamins. Check out our 1 and 3 ounce snack packs, as well as pili nut butter blends with turmeric and ashwaganda, or matcha and chlorella.

Nuts	Calories	Fat (g)	Protein (g)	Total Carbs (g)
Pili	719	79.55	10.8	3.98
Macadamia	718	76	8	14
Almond	576	49	21	22
Pecans	691	72	9.2	14
Walnut	654	65	15	14

*Nutrition facts per 100g serving – source: [USDA](https://www.usda.gov/)



Fruit Anthocyanins. Formulated by the esteemed Dr. Bill Mitchell, this refrigerated product contains organic concentrates of red grape, blueberry, pomegranate, marionberry, elderberry, and red raspberry. 1 T a day supports your immune system and strengthens your blood vessels. Delicious off the spoon or as a yogurt topping, we like it in carbonated water with a twist of lemon or lime, as a celebratory holiday drink.



Curcumin (from turmeric) is cherished for its anti inflammatory and anti carcinogenic properties. We of course carry several curcumin supplements, but we also have **organic turmeric from Hawaii in packets** with the Golden Milk recipe written out on the label. Golden Milk is a nourishing anti-inflammatory hot drink (an alternative to hot chocolate?). Another fun

addition is the **Curcum-Evail Chewables**, with 95 mg curcuminoids per chew. A tasty caramel like experience.



Ashwaganda is an Ayurvedic herb renowned for promoting physical and mental health, relieving stress, improving energy, supporting adrenal gland function. Our Ashwaganda paste comes from the same Hawaiian supplier who brings us our wildly popular turmeric paste (available in ghee or coconut oil, sweetened with raw organic honey). If you hanker for a little sweet treat after dinner,

these provide you with a fudge-like experience (in line with the spoon full of sugar makes the medicine go down idiom).

And let's talk about raw **organic honey**, enzymatically rich, bacteriostatic, and full of nutrients. Not appropriate for those for whom no sugar is appropriate, as honey does qualify as sugar. However, if you're someone who desires a teaspoon or so every now and again, we have honeys infused with herbs... specific honeys for libido enhancement, energization, immune defense, cognition.

Honorable holiday mention goes to the **many delicious medicinal teas available at any health food store**. Spearmint, licorice and chamomile come to mind with a host of others. Spearmint for digestion, hormonal balancing and possibly mental clarity. Licorice as an anti viral and adrenal support. Chamomile for calming the holiday frenzies. As with most things, moderation is the key.

Honorable holiday mention also goes to **saffron**, the spice, for the beauty it adds to holiday dishes, as well as for its recently researched medicinal properties. (Saffron has rivaled the efficacy of SSRI anti depressants in several studies!) So if the holiday is getting you down, perhaps you should try your hand at spicing up your dishes in the kitchen!

In any case, seek out those special, relatively healthful treats that bring you joy. And celebrate the holidays!