



# WINTER WARMERS

A Guide to Winter Wellness  
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# SELF-SOOTHE

"In the midst of winter, I found  
there was, within me,  
an invincible summer"

-Albert Camus  
French philosopher

The unknown

To be faced once again with the unknown in the midst of winter, now more than ever it is important to safe guard your mental health and lean into the discomfort of uncertainty.

Slow down. Take things as they come.

Resiliency requires a fierce tenderness in order to weather these periods of uncertainty and unknown. Can you begin each day with a gentle curiosity, hold yourself with tenderness and know that with resiliency comes vulnerability. In this short ebook I will provide you with a gentle guide for taking very good care of yourself during this season rather than wishing it away for summer.



Winter reminds us there is necessity in rest and stillness. Our infatuation with productivity is like expecting a flower to bloom all year. All of life needs time below the surface, rest is not a luxury but an essential act of self love we have severed ourselves from. Be like the tree in winter, let the old worn out ways of being fall from you like autumn leaves and realise your worthiness in the simplicity of just being.



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# HYGGE

'THE FEELING OF COZINESS AND CONTENTMENT EVOKED BY SIMPLE COMFORTS, SUCH AS BEING WRAPPED IN A BLANKET, HAVING GOOD CONVERSATIONS AND ENJOYING FOOD "

"THE LITTLE BOOK OF HYGGE" -MEIK WIKING

This Danish and Norwegian word is perhaps more of a concept or philosophy than it is an action or something to be done or be achieved.



Hygge is approaching life with a certain slowness and ability to consciously drop in and be present. The philosophical underpinnings of hygge were created to survive the cold, dreary boredom and sameness of the long winter days, a sentiment we currently share.

Creating simple rituals reshapes the way we see our lives and routines as a form of art rather than every day drudgery we desperately seek to escape from.

Ceremony and Ritual have been practiced throughout history in all societies. Rituals provide meaning and help us make sense of the world around us and within us. I encourage you to create your own rituals and private ceremonies to bring meaning to the mundane, joy to the ordinary and learn to find peace in simplicity. Here is a poetic, short meditation on [ritual](#).

Wherever you are, be all there. Feel the pages of a book, breathe in the aroma of food cooking. Savour your food. Light a candle. Take a deep soothing breath. Pause. Be here now.

Here is a short meditation on [presence](#).



# CHAPTER 1 RITUALS

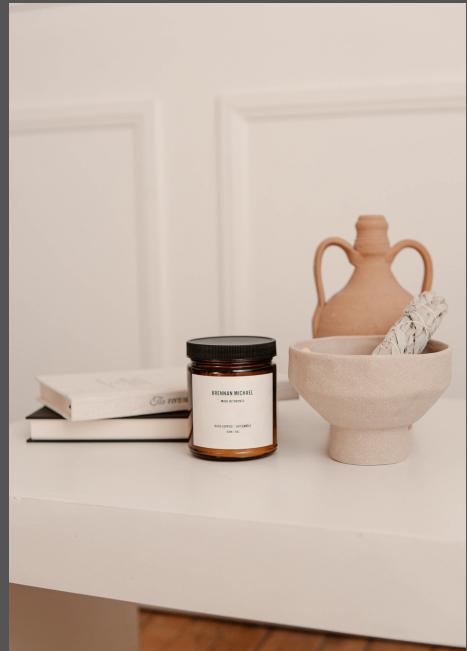


*Make your life sacred*

## MORNING RITUAL

How you start your day sets the mood for the entire day. Check in with yourself before your feet hit the floor and the phone's glare begins to remind you of all that's happened while you slept.

The morning often brings with it a sense of urgency with all we must achieve or do, or the dread of another day confined to four walls. Before being swept away by the waters of what you anticipate the day to hold, take stock. Be intentional with your days, how do you want to show up for yourself. Brew a tea or coffee or try my recipe for cup of calm and breathe first, drop in.



Starting our day in a calm state, ideally with meditation or mindfulness, helps to buffer the negative impacts of living under a constant state of stress.

Allowing us to begin to unwind from the tense knot of adrenaline and cortisol we have ourselves wrapped in. A simple practice working towards 20 minutes per day helps to reduce the size of the amygdala, the primitive part of the brain responsible for fear and anxiety which increases in size as we continue living under chronic stress.

[Here](#) is a guided meditation for starting the day by asking "what do I need to do to take very good care of myself?"



**Ingredients**

- 1 heaped tsp collagen powder (optional)
- 1/2 tsp maca power
- 1/2 tsp cacao powder
- Coffee (decaf or regular, pod or instant)
- Boiling water
- Pinch of cinnamon
- Splash of milk if desired

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*Method*

Boil kettle

Put maca powder, cacao powder, instant coffee if using and collagen powder in your favourite mug with a little boiling water to dissolve. Fill to brim if using instant coffee, if using milk add milk to desired 'milkiness'. Finish with a dusting of cinnamon.

If using a pod, dissolve powders in boiling water and then brew coffee into mug. Add additional water or milk as desired and finish with a sprinkle of cinnamon.





# REVERNCE:

verb. // to regard or treat with deep respect

“Above the cloud with its shadows is the star with its light.  
Above all things, reverence yourself.”  
-Pythagorus”

## Routine

Automated decisions aid in preventing decision fatigue and reserve our cognitive resources for those of greater importance. Exercise should be an automated decision, before you can talk yourself out of it, schedule it into your day. We move our bodies not just in an attempt to change their shape and form. Our bodies require movement to shift energy, build resilience and teach us how to sit with discomfort. Ask yourself what kind of movement you need, slow and steady for grounding or more intense to release nervous or anxious energy?



## Reward

In order to build a new habit we often need immediate reward. Positively reinforce daily actions toward a new habit, big or small. It's important that it not be food or alcohol related. We want to create new neural pathways where the brain associates a feeling or action with a positive reward.

Exercise → Netflix  
Exercise → open social media



## Rhythm

The body is rhythmic in nature. Cortisol and melatonin are like the sun and the moon. Cortisol rises in the morning and wakes us from our sleep, it drives our morning energy and like the sun, should set the evening.

Melatonin, our moon, rises in the evening as cortisol sets, preparing us for sleep. When we have endured chronic stress, alterations can be seen in this rhythm. Eating and sleeping to a regular schedule becomes the most rebellious act of self love.

Exposure to full spectrum light upon waking and avoiding exposure to blue light after the sun has set, using dim, warm lighting will foster this natural rhythm.





# CHAPTER 2 RECIPES



## Comfort food

Tune into your relationship with food during this time. Food is more than nutrition, it is nourishment and provides a sense of comfort and connection.

Allow yourself to enjoy food without labels or guilt. The Scandinavian act of taking pleasure in food is not accompanied by remorse.

Conditioned or problematic self-soothing with food is not about the food, it's about the emotion. Get to the roots of what aches.

Tend to yourself and your needs. Honour your hunger, connect with your food. Partake with reverence the abundance we have grown accustomed. Eat with the seasons, let the aroma of slow cooked and roasted foods fill your home and wrap you in its soothing warmth.



# STEWED APPLES

Stewed apple is the ultimate comfort food.

Stewing apples alters their fibre composition, they become rich in pectin, a prebiotic fibre. Prebiotic fibres are an important fuel source for beneficial bacteria in the gut responsible for maintaining the barrier and function of the digestive tract.



Ingredients	6 apples any variety 1 cinnamon stick or 1 tbsp ground 3 star anise 4 whole cloves or 1/4tsp ground 1/4 tsp grated nutmeg whole or ground 1 tsp vanilla 1/3c. apple cider vinegar sprinkle of sugar or maple syrup if desired (is sweet enough without)
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Method	Peel half of the apples. Chop all of the apples into desired shape and thickness. Add to a pot with a lid. Add spices and toss until evenly coated. Add the apple cider vinegar and bring to a gentle simmer. Cover and leave to cook for 3–5 minutes or until desired tenderness. Serve with natural yogurt, nuts and seeds or with granola or over a hearty bowl of oats. This can also be used as a dessert served with ice cream or made into a delightful crumble.
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# CHICKEN AND DUMPLING STEW

There is nothing more heart warming and hearty than a homemade chicken stew. Poaching the chicken first to create the stock yields more collagen for extra nourishment.

## Ingredients

### **Chicken soup**

- Whole chicken
- 4 carrots
- 4 celery sticks
- 2 brown onion
- 3 bay leaves
- 1 head of garlic
- 2-3 sprigs of fresh thyme
- Green of choice: silverbeet, kale, tuscan cabbage, spinach etc. (a good opportunity to use a green variety you might not others use)
- Chicken stock (not essential but will provide more flavour)
- Turmeric root (if desired)
- Salt and pepper

### **Dumplings:**

- 1c flour
- 2 tsp baking powder
- 1 egg
- 1/4 c milk
- 2 Tbsp. Olive oil







# PUMPKIN BREAD

Pumpkin bread, like banana but with a root vegetable twist, provides extra immune bolstering beta carotene, a precursor to vitamin A. Vitamin A is needed for the maturation and regulation of the immune system as well as to maintain the integrity of the intestinal wall and other mucous membranes which line all parts of the body in contact with the outside world such as the mouth, nose and lungs. Vitamin A is also essential for skin, the term 'retinoid' is derived from components of vitamin A, and is involved with skin cell turn over, elasticity and wound healing. Vitamin A is a fat soluble vitamin so it should be eaten with a dietary fat such as nuts, seeds, olive oil or avocado.



## Ingredients

- 2 cups wholemeal plain flour  
(or half spelt flour & half wholemeal)\*
- 1/2 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp ground cloves\*
- 1 Tbsp cinnamon\*
- 1 tsp nutmeg\*
- 1 Tbsp. grated fresh ginger
- 1 cup butter (softened)
- 1 cup brown, coconut, or other raw sugar (its gives a more caramel depth of flavour)
- 2 eggs
- 2 cups roasted pumpkin (Japanese or butternut)

\*this recipe is very heavy on the spices and tastes a bit like ginger bread. If you would like a less punchy bread, use 1/4 tsp both nutmeg and clove and 2 tsp of cinnamon.

\*Using half spelt flour will results in a denser, slightly crumblier bread.

\*ground ginger will also work, 1-2 tsp depending on your preference for ginger



## Method

### Preheat oven to 180C

First, the pumpkin must be roasted. It can be drizzled with a little olive oil and roasted whole. This may take about 45 minutes, checking at 30 minutes to see if it pierces easily and is soft. Alternatively, it can be cut into smaller chunks to reduce roasting time.

Once pumpkin is roasted, set aside to cool. Reduce oven temperature to 160 C.

In a bowl add the dry ingredients: flour, salt, baking soda, baking powder, cloves, cinnamon and nutmeg. Stir to combine.

In another bowl add softened butter and sugar, mix until well combined. A mixer may be used to whip until light and fluffy, but is not necessary. Add the eggs, vanilla and mix until well combined.

Measure two cup fulls of the roasted pumpkin and add with the grated fresh ginger to the bowl of wet ingredients. Fold until just combined. It may look curdled at this stage, not to worry.

Add the dry ingredients and fold together until just combined. This yields 2 loaves or can be divided into one loaf tin and a six tin muffin tray.

Loaves will need to cook at 160 C for 60–75 minutes or until a skewer inserted into the centre comes out clean. You may need to cover with foil halfway through to prevent the top from burning.

If making cupcake size, the baking time will be between 20–30 minutes.



# SAVOURY PUMPKIN MUFFINS

Pumpkin two ways.  
The humble, versatile,  
pumpkin. These are nutrient  
rich and may easily serve as a  
breakfast or snack.



## Ingredients

- 2 Tbsp olive oil
- 2 c. of roasted pumpkin
- 1/2 c. spinach, fresh or frozen, thawed
- Parsley, chives, coriander (as much or as little as you like)
- A heaped 1/4 c pumpkin seeds or sunflower seeds or combination
- 1/2 a block of feta
- 1/4 c. Parmesan or cheddar cheese (optional)
- One heaped Tbsp wholegrain mustard
- 2 eggs
- 3/4c milk of choice
- 1 tsp baking soda
- 1/2 tsp baking powder
- 2 cups wholemeal plain flour\*
- 1 tsp salt
- Optional additions: bacon, sausage, chorizo, smoked salmon

\*half spelt flour and half plain flour can be used, it will result in a more dense muffin

\*gluten free flour may also be used as a substitute



**Method** Preheat oven to 180C and roast pumpkin whole, drizzled with a little olive oil for about 45 minutes or until soft. Alternatively, cut pumpkin into chunks to reduce baking time. Pumpkin can also be prepared ahead of time.

Once pumpkin is roasted, set aside to cool.

In a bowl add the dry ingredients: flour, salt, baking powder and baking soda. In a second bowl add 1 cup of mashed pumpkin, eggs, milk, multigrain mustard and mix well.

Add the dry ingredients to egg and pumpkin mixture until just combined. Then add seeds, feta, spinach, cheddar or parmesan if using, herbs and other protein if using as well as the final cup of pumpkin. Add this pumpkin in cubes rather than mashed. Mix until just combined.

Line muffin tins with paper liners, slightly butter or spray with olive oil cooking spray. Spoon batter into muffin tins and sprinkle with additional seeds if desired. Bake for 15–20 minutes until golden and cooked through.



# SHAKSHUKA

This is an adaptation of Yotam Ottolenghi's version from his cook book "Plenty". Shakshuka is perfect for slow mornings and is great for leftovers. This recipe has a hearty tomato base rendering it rich in lycopene, most famously known for its beneficial affect in mens prostate health. Lycopene is a powerful antioxidant which serves to protect cells from damage and has protective effects across numerous body systems when consumed regularly. Lycopene is to thank for the flush red hue of the tomato.



Ingredients	1/2 tsp cumin seeds Olive oil 2 yellow onions 2 red capsicum 2 tsp coconut sugar, brown sugar or molasses 2 bay leaves 6 sprigs of thyme Fresh chopped parsley and coriander 1 tin of diced tomatoes 1 jar of tomato passata Pink of cayenne pepper if desired 1 cup of water or stock as needed 4 eggs
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- Method**
- In a large heavy bottom sauce pan with a lid, dry roast the cumin seeds for 1–2 minutes. Slice the onions and add to the pan with a drizzle of olive oil and sauté until they have a nice golden colour, about 5 minutes. Slice the capsicum and add to the pan with the sugar and cook until they also have a nice colour and are fragrant.
- Add the tinned tomatoes and half the jar of passata, bay leaves, cayenne, seasoning with salt and pepper. Reduce heat to low and simmer for a minimum of 20 minutes. Here you can add more passata and/or more water/stock to achieve the desired texture, more or less saucy, it is a very flexible dish.
- Remove the bay leaves, reduce to a low, gentle heat. Make a little well in the sauce and carefully break the egg in, repeat this 3 more times to serve two with left over sauce. Cover and let gently cook for 10 minutes or until eggs are set. Sprinkle with chopped parsley and coriander, feta or goats cheese are also nice additions. Serve with crusty bread, The remaining sauce can be reheated for an easy left over, just add more eggs.



# EATING SEASONALLY

Eating with the seasons is a beautiful way to connect with the cycles of nature and promote intake of a variety of foods to foster a robust microbiome. Eating seasonally is also more sustainable with less environmental impact by way of transport and storage and allows us to support local farmers.

## Fruits

apple, avocado, cumquat, custard apple, feijoa, grapefruit, kiwi fruit, lemon, mandarin, nashi, orange, pear, persimmon, pineapple, quince, rhubarb, tamarillo, tangelo



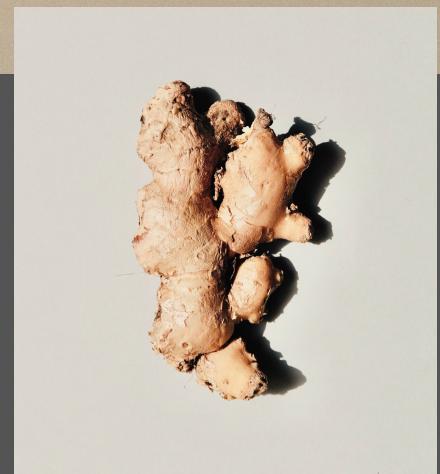
## Vegetables

asian greens, broccoli, broccolini, broad beans, brussels sprouts, cabbage, capsicum, carrot, cauliflower, celeriac, celery, chokos, cucumber, eggplant, fennel, horseradish, kale, kohlrabi, leek, mushrooms, okra, onion, spring onion, parsnip, potato, pumpkin, radish, shallot, silverbeet, spinach, swede, sweet potato, turnip



## Herbs & Spices

ginger, coriander, dill, mint, oregano, parsley, rosemary





# LET GO & REACH OUT

"A soft reminder:  
not everything that weighs you down is  
yours to carry."

-Juansen dizon

## Let go

Let go of expectation and any preconceived ideas about how you should be showing up during this time. Free yourself from the need to constantly be productive, striving and hustling. Can you practice contentment and let where you are right now be enough? It's not that we stop working towards our dreams and desires, but understand that happiness does not live there. Here is a guided meditation to help with surrender.

Santosha//*sanskrit* for:  
contentment  
"to detach from our desires  
and cultivate inner joy that is  
not dependent upon what is  
happening in our lives"



## Reach out

If you are not coping well, this is where fierce vulnerability comes in. Surrender to the discomfort and let others help you, you are no less fierce. The cracks are how the light gets in.

Tend to your being. Listen if your body and mind need care and attention. Look upon your aches with curiosity, what are they begging of you to hear and acknowledge. Naturopathy is a tool that you may lean on for support, to be heard and tap into the source.  
I'll be here if you need me.

'I love myself.'  
the  
quietest.  
simplest.  
most  
powerful.  
revolution.  
ever.

-ism

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