

The Integrative Mentor

SIMPLE IS THE NEW POWERFUL



**MIRACLE MORNINGS
FINDING YOUR #1**



**BUTTERNUT SQUASH
SOUP RECIPE**



**CLEAR VISION 2020
FINISH 2019 STRONG**

FALL NEWSLETTER



Hello from Dr. Ben!

Hope that today is an amazing day!

As I wrote this initially, it was before the fires in Sonoma County, California. Now we have been through another huge fire and these words are even more powerful for me to read...

This is a fantastic year of your life!

2019 - 2020

**Remembering Our
Original
Wholeness.**

No matter what is happening, it is an opportunity. An opportunity for what?

- To be more your best self in all circumstances.
- to get stronger.
- to learn what works for you and what does not.
- to grow.

We are all working on the same thing, and that 'thing' is closing the gap between our conditioned self and our original wholeness. It is a challenging journey filled with ups and downs, adventure, drama, and if you're lucky, perhaps a bit of romance. But, the key is to make definite progress closing that gap.

Here is this seasons newsletter to brighten your day and make this journey a bit more doable.

Enjoy! -Dr. Ben

Fall Top Tip: Miracle Mornings

For many people that I see, they wonder why they feel so out of control. Yet the way most people start their day is by looking at their cell phone and then racing to meet other people's priorities.

Checking the cell phone first thing in the morning is a curious culture shift, and I want to share some challenges with this approach and offer a better alternative.

First, a few questions.

Just put down your first thoughts:

- What is most important thing/area/focus in your life?
- What do you do first thing in the morning?
- Are they the same?

Why not start your day with some 'pre-input micro-wins' by taking action on your number one?

Potential Benefits of Starting Day with Your #1

- Guaranteed micro-win 365 times a year —> guaranteed progress on what is important to you.
- You have built yourself and your #1 priority into your day, every

Fall Recipe: Curried Coconut Butternut Squash Soup



Powerful Anti-Inflammatory Fall Recipe: Curried Butternut Squash Soup



Miracle Mornings are a way to start your day with your #1 priority everyday. The most important thing you can do is to do your #1 right when you get up.

(Power tip: wait to look at your phone until after you are done).

day.

- Success Breeds Success: when you change one area of your life, others follow.

Potential Hazards of Starting Off Day by looking at phone...

- You start your day focused on other peoples' priorities (not yours).
- The phone is a "Distraction Machine"...news, texts, feeds, etc. All of these are inputs that need processing. The research shows that these distractions have a cost that is more than just time, they get in the way of our relationship with others and our relationship with ourself (our inner peace).
- Solution: Use your phone (and all potential distractions) wisely. The phone can be used as a tool, let it serve you. It can also be used as a burden or a distraction and seem as though you serve it.



A few reminders:

- Actions = Votes for or against our identity.
- When you change one thing consistently, then the other things follow.
- Close the Gap one miracle morning a time. (Miracle Morning Course coming for 2020)



Fall Recipe: Curried Butternut Squash Soup

This is one of my all-time favorite dishes any time of the year, but especially in the fall. It has a rich nourishing flavor and is anti-inflammatory with all the turmeric and other anti-inflammatory spices. For those who appreciate Ayurveda, this soup is also pleasantly Vata-pacifying.

I recommend a pressure cooker for the veggies, my favorite is **Instant Pot**, you can load your squash and other vegetables in and they will be done in 7 minutes (after it gets to pressure).

I also recommend you have a strong blender and a large pot as this makes a lot. This freezes well too.



Here is the ingredient list/shopping list

- Medium Butternut Squash: organic, if possible, as you will use the skin and seeds. Just take off the stem, take off the thick part

at the bottom, slice it in half, and put in the pressure cooker. If you do not have a strong blender you can remove the seeds and peel before or after it cooks.

- Assorted Root Veggies: my favorites are parsnips, sweet potatoes, purple potatoes, beets (beautiful color addition), red potatoes, carrots, or whatever you have in the house or want to grab at the store.
- One large or two medium-sized onions (leeks also work, so does a little garlic if you have it)
- Celery: I like this sautéed with the onions and a little raw to top it as a garnish (adds a nice crunch for texture)
- Spices:
 - Ginger: approximately 1/2 thumb or full pinky sized piece
 - Curry Powder: 2 TBS
 - Cumin: there is some in the curry powder, but I like extra (1tsp)
 - Turmeric (I like a lot and makes this an anti-inflammatory soup as well), but you can adjust as you like. approx 1-3 TBS
 - Salt and Pepper to taste
- Vegetable Bullion: I get the brand, *Better Than Bullion*, Vegetable, this is one of the secret ingredients, don't skimp here if you can get the good stuff. It adds the umami flavor that makes this soup so yummy hearty! 2 TBS
- Optional:
 - 1 can Coconut Milk (I get the full fat, but some prefer the low-fat variety, and if you are on a reversal diet, leave it out).
 - Cilantro for garnish (an excellent addition)
 - Sautéed Shitaki mushrooms (only if you are feeling really fancy) can put on top at the end.



Put it all together.

The first time you make it, plan a little extra time, but after a while, this is a relatively simple process.

1. Wash Veggies and Cut off the parts you do not want to eat and put them in the pressure cooker with some hot water on the bottom for 7-8 minutes on high (mine is almost full).
2. Dice Onions and Celery and Sauté Onions and Celery with some coconut or avocado oil (or water if you are on reversal diet) in a large soup pot (so you can add the blended veggies to this same pot).
3. After the onions are mostly clear, add 1/2 spices to onion/celery mix and sauté while you blend the veggies.
4. Put cooked veggies from pressure cooker into the blender and add the bullion add the other 1/2 of the spices to the blender, a enough water to blend (1- 2 cups for most strong blenders)
5. Add blended mix to cooking onions. (usually takes me about three blender batches)
6. You can use more water for thin soup, less for thick, but I add the water at bottom of pressure cooker and approx 1 1/2 quarts with all the blending.
7. Now you have the blended veggies and the onions and celery and the bullion all together on the stove.
8. Heat it up on low while you and Salt and Pepper to taste. When it is warm you can add some squeezed Lemon to taste to bring up the flavor of the vegetables.
9. Add a little finely chopped celery and cilantro for garnish.
10. If you are feeling really fancy, some sautéed shiitake mushrooms on top
11. Serve and Enjoy!

Thanks for your stories and questions:

- I love to hear your stories, get your comments, and answer your questions.
 - Please, keep them coming! ben@benbrownmd.com
- One on One Consulting: If you are ready for some rapid acceleration and clarity, I have a limited amount of space for One on One coaching/mentoring?
If you are interested, send me an email to ben@benbrownmd.com

To your total health and
wellbeing!

Doctor Ben!

