



**Autumn delights~ New practitioner! Olive oil! -
October 2025**

In Chinese medicine, autumn is the season of the Lungs and Large Intestine, organs that teach us about receiving and releasing – taking in what is nourishing and letting go of what no longer serves us. These qualities can be applied to the microcosm of our bodies as well as the turbulent world at large. Autumn invites us to release grief, tension, and unhelpful habits in order to create space for reflection and clarity.

This is a time to support the lungs with deep breathing, gentle movement, and foods that moisten without cloying: pears, root vegetables, hearty stews with ginger and seaweed; a delightful hawthorn-cranberry sauce for your feasting meals (recipe below); and olive oil! **Yes, the annual sale of first-press, organic, unfiltered olive oil is ON.** Orders due by November 3--read on for details!

Practitioner Highlight



We are delighted to welcome Ellie Blom as our newest practitioner!

Ellie studied Dietetics, Nutrition, and Food Science as an undergrad, then pursued a Doctorate in Acupuncture and Herbal Medicine; the combo makes her a natural in treating digestive ailments. Ellie has extensive experience working with kids, and loves helping soothe bellies in all stages of life.

Ellie first encountered Chinese medicine as a child when her best friend fell ill with Lyme disease. Raised in a family of Western medicine physicians, Ellie found the earthy aroma of Chinese herbs that filled her friend's home both unfamiliar and captivating—sparking a lifelong curiosity about a different kind of healing.

Years later, when Ellie faced her own chronic health challenges and found little relief within the conventional medical system, she turned

toward holistic healthcare. The profound shifts she experienced inspired her dedication to help others on their own journeys toward wellness.

We're so excited to have Ellie on board offering her expertise in Digestion & Nutrition; Mental and emotional health; and the full spectrum of Women's health – from menstruation to fertility, pregnancy, postpartum, and beyond!

Cranberry Sauce + Hawthorn Berries = a better feast!

Fall is officially here, with turkey time fast approaching. We love a good feast, but aren't fans of the "OMG, I feel gross" food coma that tends to follow the typical Thanksgiving meal.

Enter stage right, Hawthorn Cranberry sauce! The Chinese Hawthorn Berry, or Shan Zha (Fructus Crataegi) is a medicinal food that *resolves food stagnation, especially helping to digest meat and fat.*



Chinese Medicine processors lightly toast the Shan Zha in order to bring out its digestive properties. (vs untoasted, which is more beneficial for cardiovascular health. So many uses!)

Shan Zha is sweet and sour, blending perfectly with cranberry's flavor profile. Adding it to cranberry sauce both enhances the flavor *and* helps with digestion. This cranberry sauce pairs well with turkey, duck, pork, or lamb. So give it a whirl at this year's feasting table, and let us know if your post-feast belly feels a little lighter than in years past.

We have toasted Shan Zha/Hawthorn portions for sale and ready to use! Pick up a pack and follow this simple recipe!

Cranberry & Shan Zha/Hawthorn Sauce —Happy Belly Version:

Ingredients:

- 1½ pounds Fresh cranberries, washed and picked over
- ¾ cup Shan Zha/Chinese Hawthorn Berries, soaked for 1 hour in room-temp water until soft; drained, and **de-seeded***
- ¾-1 cup Sugar
- Juice from one orange, freshly-squeezed (~½ cup)
- ½ cup Water (reduce or omit if you like a thicker sauce)
- 2 teaspoons Grated orange or lemon zest

Place all ingredients in a large saucepan.

Cook, uncovered or partially covered (if splattering is an issue), over medium heat until most of the cranberries pop open and the mixture is somewhat thickened, 7 to 20 minutes.

Let cool and serve or store refrigerated for up to 1 week. Enjoy!

*The Shan Zha we use is de-seeded, but stray seeds may remain. The seeds are VERY HARD and could hurt if chomped. BE SURE to check each piece after soaking, and remove any seeds before adding to the saucepan. It's easy to do, and very important that you check! We are not liable for dental work related to this meal!

And finally...New Olive Oil + Old Vinegar = true happiness



This is our 10th year of hosting a special sale by our favorite [California olive farmers](#). Calivirgin's *first-press, extra-virgin, organic unfiltered Nuovo olive oil* is the real deal! The olive harvest, pressing, and bottling is under way *right now*; when it gets to us, the verdant haziness will be proof of all the polyphenols and antioxidants that make olive oil such a nutrient-dense goldmine. Plus, it's *incredibly delicious*.

Olio Nuovo is unfiltered, therefore doesn't have a long shelf life. It should be used within 6 months. You could consider sharing a gallon with a friend, or separating into smaller bottles as a sure-bet holiday present. Amateur tip: save clean, dry, dark glass bottles (Pellegrino, kombucha, wine bottles etc.) to pour oil into, cap well, then store covered in a cool, dark space.

And of course, we love gobbling up the oil with Calivirgin's crazy-good 18-year barrel-aged [balsamic vinegar](#) from Modena, Italy. Drizzle it on roasted turnips or chicken and wild rice soup. Eat a spoonful as a satisfying dessert and digestive tonic. Use 1:2 vinegar:olive oil (+ pinch of salt) for the most simple and satisfying salad dressing. After one taste you'll agree that it's the only balsamic vinegar worth eating.

Nuovo Olive Oil: \$108/gallon (MHS special bulk rate is \$17 less than Calivirgin's normal gallon price, plus the shipping is on us!)

18-year Balsamic: \$48/liter (similar quality vinegars at specialty stores are \$43 per *1/4 liter*!)

Place your order between now and November 3:

Call 919.286.9595 or email info@meridianhealthnc.com to place your order with the front office. *Your order is not confirmed until payment is received.*

We hope to have the yum in time for Thanksgiving, but no guarantees as shipping matters are out of our hands. We will contact you when it's in!

Happy Autumn, y'all. Love yourself and those around you!

-Meridian Health Solutions