



- SEPTEMBER NEWSLETTER



For the Love of Gut



Weathering the South Florida Summer

This summer has brought us intense, inconsistent rain — days of soaking tropical waves followed by stretches of heat and dryness. While our plants and trees soak it up, this cycle has also brought:

- **Humidity and Mold Growth – Mold thrives in damp environments and can weaken our immune defenses.**
- **Increased Viral Activity**
- **When mold spores and toxins are in the air, the body spends extra energy defending itself, leaving us more vulnerable to illness.**

Supporting Your Body During Mold Season

Small daily choices make a big difference:

- **Indoors:** Run an air purifier (HEPA + charcoal filters work best) and keep air circulating. A simple mix of hydrogen peroxide and water in a spray bottle makes a safe, non-toxic way to wipe surfaces prone to mold.
- **Outdoors:** Earthing is powerful — walking barefoot in the grass helps regulate the nervous system and reduces inflammation. But protect your feet: rinse them after, or spray a gentle plant-based hydrogen peroxide solution to deter fungus.
- **General Support:** Keep immune-strengthening herbs on hand — echinacea, oregano, turmeric, and cat's claw are all allies this season.



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Garden Notes

The garden always tells the truth about the season:

Purple Hull Peas are thriving!

The garden keeps shifting with the season. The roselle is beginning to bloom, and soon its bright flowers will become hibiscus tea – one of the most refreshing and healing drinks you can make at home.

Cuban Oregano has taken over every space it can reach.

Avocado, papaya, and banana trees are thriving!

Basil has gone to seed – but the new plants that sprang up are lush and ready for harvest.

I'll be bringing some inside today to make a simple Fresh Pesto:

Pick and rinse a few handfuls of basil.

In a food processor, add basil, garlic, nuts (pine nuts or walnuts), olive oil, lemon juice, a wedge of parmesan cheese and salt.

Pulse until smooth.

Taste and adjust – more lemon for brightness, more oil for creaminess.





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Healing Update: Listening to My Body

After overextending myself with gardening and lifting pails of rainwater for storage, my body reminded me (loudly!) that it needs rest. I've been feeling inflammation throughout – which often happens when I don't listen to my bodies warnings. Inflammation can act as a protective shield, concentrating the immune system's energy around healing areas.

Here's how I'm supporting myself right now:

- **Rest + Gentle Movement:** No yoga or power walks for now. I'm moving slowly, sometimes walking an hour at a gentle pace.
- **Cold + Heat Therapy:** Alternating ice and warmth to calm muscles and protect from flare-ups.
- **Targeted Support:** Using pain patches from the ER, plus herbs like turmeric, boneset, and cat's claw.
- **Nitric Oxide Support:** Nitric oxide helps oxygenate the blood and support mitochondria, in some ways offering benefits similar to ozone therapy.
- **Nutrition:** Eating clean, avoiding processed food, cooking at home.
- **Kindness:** I'm not punishing myself for what I can't do. I'm asking for help, receiving it with gratitude, and spending time healing in the pool.



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Paleo Grain-Free Lemon Cake

Bright, fresh, and perfect for the tail end of summer. This cake is light, citrusy, and completely grain-free.

Ingredients

Almond flour

Coconut flour

Fresh lemon juice + zest

Eggs

Honey or maple syrup

Coconut oil

Baking soda + pinch of salt

Steps

Preheat oven to 350°F.

Whisk eggs, honey/maple syrup, melted coconut oil, and lemon juice + zest.

In a separate bowl, mix almond flour, coconut flour, baking soda, and salt.

Combine wet + dry ingredients until smooth.

Pour into a greased loaf pan or cake tin.

Bake 25-30 minutes, until a toothpick comes out clean.

Optional: drizzle with a simple glaze of lemon juice + honey for a little shine.



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Crispy Grain-Free Fried Chicken

Serve hot – crunchy outside, juicy inside.

Ingredients

- **Chicken pieces of your choice**
- **1 cup almond flour + ½ cup coconut flour (or cassava if you prefer)**
- **1 cup almond or coconut milk (unsweetened)**
- **2 eggs**
- **Seasonings: salt, pepper, garlic powder, onion powder, paprika, cayenne, turmeric**

Steps

- 1. Whisk eggs + almond (or coconut) milk for the wet mixture.**
- 2. In another bowl, mix the flours + seasonings.**
- 3. Double bread: dip chicken into dry → wet → dry again.**
- 4. Pan-fry in avocado oil, coconut oil, or tallow until golden. Or use an air fryer for a lighter version.**



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Closing Thoughts

There's so much noise out there telling us how to live. It's easy to get lost in the confusion. But healing doesn't come from outside voices — it comes from tuning inward.

This month, I invite you to:

- **Disconnect from the chatter.**
- **Close your eyes and turn inward.**
- **Notice which practices truly resonate with your body and heart.**
- **Follow what feels right. Protect your attention — it's your most precious resource.**

With love,

Laura

Next month, I'll be doing a Mailbag Edition of my podcast — answering your questions that come in from this newsletter. Simply reply to this email or comment on the post and I will get your questions answered!