

Healthy  
choices  
for  
balanced  
living

# Healing

*lifestyles & spas*

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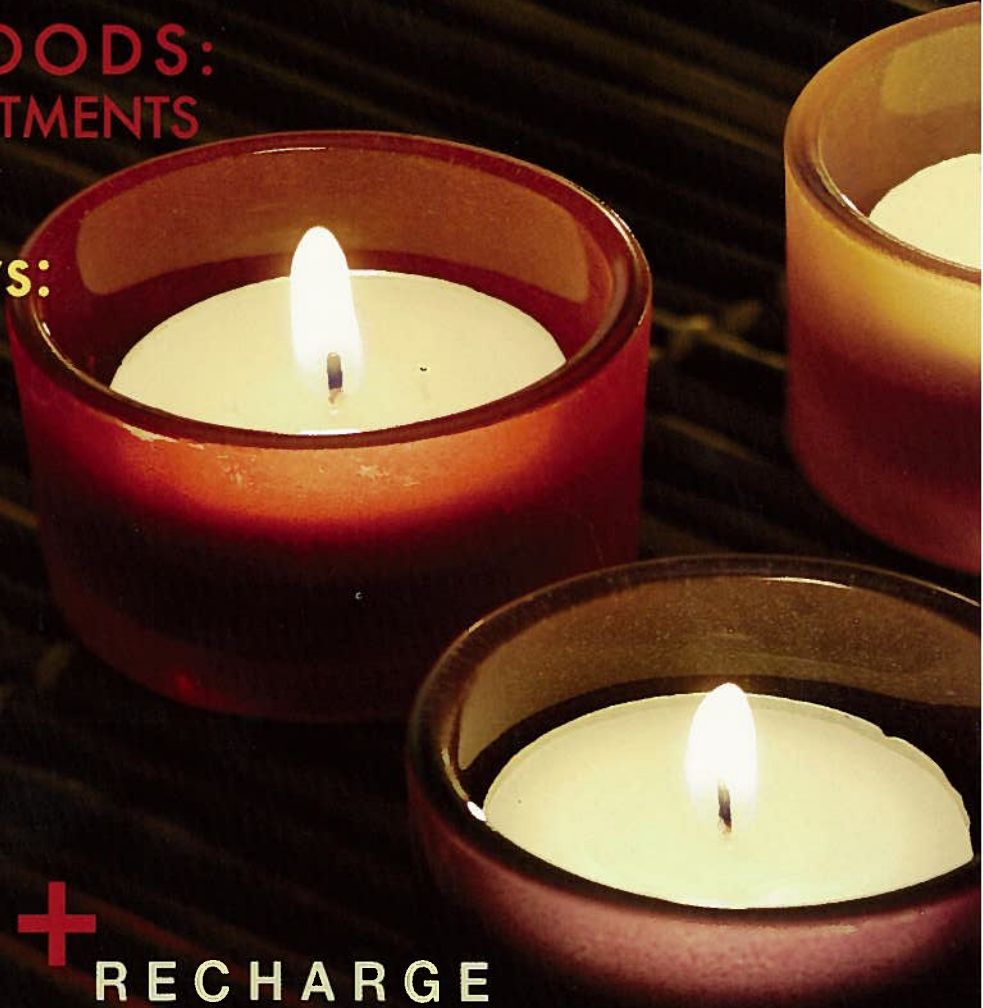
*Survive!*  
to survive flu season

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RECHARGE

retreats to nix  
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boost energy



# Brewing Up a Healthier Winter

Stock up on tea to shore up your immune defenses as we head into the cold and flu season. You can't go wrong with any of the true teas (including black, green, oolong, and white teas), which all come from the *Camellia sinensis* plant and show many benefits for improving your body's resistance to infection.

Several other immune-strengthening herbs can be brewed into tea, including ginseng in any of its forms. Consider keeping echinacea on hand, and sip this herbal tea during a cold to shorten your suffering. Brew up the very tasty elderberry and drink it throughout a flu episode to get you back on your feet faster. Another herb to consider stocking is mullein. If you can get over mullein's bitter taste, it can help break up and

expel mucus while soothing a sore throat and quelling a nagging cough. As added benefit, the entire process of preparing and sipping a cup of tea acts as balm for the soul.

To brew these medicinal teas: place a teaspoonful of the herb(s) into a mug or teapot then add a cup of boiling water. Cover and let steep for fifteen minutes before straining and drinking. (Note: when making mullein tea, strain it well to remove hairs from the plant that could be irritating to your throat.) Prepackaged teas make teatime even easier. The Stash Tea Company makes a lovely "Green Tea & Ginseng" bagged tea that combines the immune-boosting effects of these two herbs in a slightly bracing flavor.

—Victoria Dolby Toews, MPH



## THE Essence OF Nature ENCAPSULATED

With the recent \$160 million renovation of The Ritz-Carlton, Kapalua, luxury and ancient traditions coexist. The resort resides beside Honokahua, an ancient burial ground home to spiritual royals and chiefs, aligning the resort and all who stay there with the healing frequencies of those who lie beneath. To further root itself in the area's ancient mysticism, during the resort's renovation—particularly when it came to their new Spa, The Ritz connected with Kapiioho "Kahu" Lyons Na'one, a locally and internationally celebrated medicine man whose insight helped unite the hotel brand's established statement of luxury with the area's intrinsic healing wisdom.

The spa's concept and design are based on Waihua—the purest form of healing rainwater captured by taro leaves before ever touching the ground. As a whole, the spa captures the essence of raw nature. From the bamboo groves that greet guests upon arrival, to the curved hallways of pebbled walls leading to the treatment rooms, you can't help but leave your stress at the door. In the native tongue, *Ua noa* (All is sacred), *E ola* (Wellness), *E ola* (Peace), *E ole e* (Love) at The Ritz-Carlton Kapalua. For more information visit [www.ritzcarlton.com](http://www.ritzcarlton.com)

—L.H.