



This Month's Newsletter

We apologize for getting out newsletter is so late this month. We are getting so busy that we now have a waiting list starting in Valencia, so please call if you have questions. If you were waiting for recipe ideas, we've had some extra time to put together some good ones—just in time for the Holidays! Among those, you'll find a vegetarian Shepard's pie which is delicious and very comforting. Also, a surprisingly simple-to-make pumpkin Thai curry, banana chocolate chip muffins, and an apple tarte tartin.



Thinking about MeRT or TMS? There's No Time Like the Present!

Speaking of being busy, if you have been thinking of starting MeRT or TMS therapy, now is the time to beat the rush! We are also extending our EEG special of \$300 throughout November and December! If you have been considering taking a look at your neurotransmitter activity, i.e., brainwaves, give us a call.

November Newsletter

Be a Source of Light to Others this Holiday Season

A lot of people feel stressed during the holidays, too much to do and to get ready for, or, not enough to do when it seems like everyone else is doing something. Some people (gasp) don't celebrate Christmas or Hanukah at all and feel a bit out of sorts.

It's not the end of the world if you do not give or receive gifts, but a well-placed word or call can go a long way. If you are hosting Thanksgiving, consider inviting that person that is on their own this year, or dropping off a treat to let them know that you are thinking of them. The pressure of the holidays can lead to stress, depression, and even injury and heart-break.

Please take it easy this holiday season, be a source of light to others and offer your kindness and empathy. Folks who have lost a family member, left jobs, or struggled with an illness may be at risk, so remind them you care.

The internet abounds with gift options big and small. Personally, I always like things that smell good, feel

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EEG special extended through December!



EEGs are \$25 Off!

November and December!

EEGs purchased for the month October are \$25 off! Call now to schedule: 661.583.6529.

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good, or taste good and try and give the same. If you are an artist, this is a good time to promote your work and introduce people to your unique talents. Handmade cards are so much more intimate than picking up a pack of cards at CVS. If you are home without a lot to do, maybe write down your thoughts or create some handmade cards for the people you have not reached out to in some time and send good wishes over the holidays.

Cookies are always appreciated, my friends and I have gathered to make cookies for almost 30 years, the same 4 of us. We have been through marriages and divorces, ill-

ness, death and everything in between. I did not create the event and there were years that I was a reluctant participant, but I always felt lifted afterwards and it has served to bring us together and became a treasured holiday event over time.

The togetherness can be extremely special, try and make time for togetherness during the holiday season, and possibly, start your own tradition with special friends. Something as simple as a holiday lunch or hike, it's not about the gifts, it is about connecting with one another. It is important to be open to connections and kindness.

New Developments in 2022

Brainstim is looking into providing an additional TMS machine, one that may not require an MRI and is excellent for children struggling with autism, and those who are generally uncomfortable with MRIs. We will keep you posted but wanted to let you know that we are looking at a 2022 start date.



Feeling Stressed?

The Cognitive Activation Theory of Stress proposes that when the homeostasis of an organism is disrupted, a stress response occurs in the body alerting the system that there is discrepancy between what is expected, and what is happening. This stress activation in the body sets off a number of neurobiochemical interactions and the organism either copes with the stress, thus reducing the neurobiochemical load, or strains against it, causing elevated and continuous neurobiochemical reactions in the body that, if sustained over time, contribute to numerous negative ailments such as hypertension, anxiety, myocarditis, chronic pain, and depression.

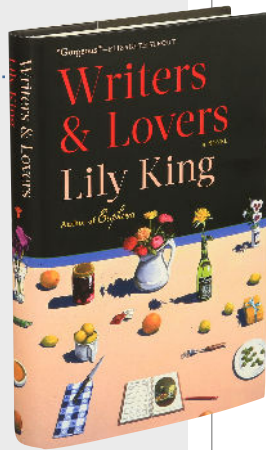
Should the organism adapt to the stress, or "train" themselves to manage it, long term negative impact is not evidenced. However, if they do not immediately show resilience, or if the trauma is too great to swiftly recuperate, the sustained reaction in the body can contribute to a constellation of ill effects as the organism attempts to reconcile expectations to current reality. Neural pathways can be damaged, and that damage can be difficult to impossible to change without the intervention of medical means. Pharmacology and therapy can help but they cannot restructure and heal neural pathways.

Transcranial Magnetic Stimulation (TMS) and MeRT can help heal damage to neural pathways and give an individual the ability to feel better without revisiting the same cognitive pain they have been in. Give us a call to discuss how this works.

Reading List

What are you reading?
My list this month:

- *The Body Electric: Electromagnetism and The Foundation of Life* –Robert Becker, Gary Selden
- *Writers & Lovers: A Novel* – by Lily King
- *The Little Book of Hygge: Danish Secrets to Happy Living (The Happiness Institute Series)* – Meik Hiking
- *The Last Thing He Told Me: A Novel* – Laura Dave
- *Fruit of the Drunken Tree* – Ingrid Rojas Contreras



Something to Consider this Holiday Season

Please drive safely. This year has seen the most speeding related accidents. Even when it's hard, try and remember that everyone has challenges. There is something called the Fundamental Attribution Error that we all have. It is a human bias, a tendency to excuse our own behavior when we would attribute the worst to someone else for the same. For example, a thought process that goes something

like this, "if I am speeding just a little, I know it is because I must drop off my child in time, but if I see someone else speeding I think they are a jerk, or, "I am holding up a line because the cashier needs more information from me, but if someone else is holding up the line, they are not thoughtful".

We are all doing our best in challenging times and all deserve grace. Please give others the same appreciation you give yourself this season, that may be the best gift yet. If you are super hard on yourself, be kind to your inner child as well.

Holiday Recipe-palooza

As I write, it's pouring rain in California and it sounds so soothing. It's a great day to talk about cooking and this issue will be full of recipes. We have my nearly famous Vegetarian Shepard's Pie – a great dish for Thanksgiving, Pumpkin Thai Curry – a very quick satisfying Fall dish, Apple Tartin- extremely satisfying and simple to make, as well as Banana Chocolate Chip muffins, because why not have something around for a quick grab and go?

Comforting Thai Pumpkin Curry

If you have not made Thai food at home, this is a delicious, extremely healthy, and forgiving first time recipe that even my picky eaters surprisingly enjoy. It takes less than 30 minutes to prepare and with all those \$1 sugar pumpkins on sale, I had to offer this favorite.

I prefer to serve this with black pearl rice (I buy Lundberg organic) which is chock full of B vitamins and anthocyanin antioxidants, as well as naturally sweet, but any rice will do: Serves 4-6.

Ingredients

- 1-2 Tbsp coconut oil (can use peanut or EVOO if you prefer)
- 1 medium shallot, or half a sweet onion
- 2 Tbsp chopped fresh ginger
- 2 Tbsp chopped garlic
- 1 thinly sliced, red Thai chili or Serrano pepper, seeds removed, can omit if you do not like heat
- 1 large red bell pepper, thinly sliced lengthwise
- 3+ Tbsp red Thai curry paste (found in most stores)
- 3 1/2 cups peeled and cubed pumpkin or kombucha squash
- 2 14-ounce cans coconut milk
- 2 Tbsp maple syrup
- 1 tsp ground turmeric
- 1 healthy pinch sea salt
- 1 Tbsp+ tamari, soy, or coconut amino acids

- 1 cup chopped broccoli (or other vegetable like kale, carrots or zucchini)
- 2 Tbsp lemon juice
- 2/3 cup roasted cashews
- 1/2 cup mixed fresh herbs to garnish, cilantro, basil and mint



Thai Curry continued from page 3

Directions

1. Sauté shallot, ginger, garlic, and hot pepper for 2-3 minutes in coconut oil (medium low heat)
2. Add curry paste, bell pepper and pumpkin, stir another 2 minutes
3. Add seasonings - maple syrup, turmeric, tamari and coconut milk. Increase heat to bring to a simmer.
4. Once simmering, reduce heat to low and cover for 10 - 15 minutes. Stir occasionally and taste. You may need to add curry or tamari, ginger or garlic.
5. Add maple syrup and salt, stir and taste again. I like my curry thick, but you may wish to thin with broth.
6. Once the curry is where you like it with seasonings, add in your broccoli and cashews and cover for another 2-3 minutes.
7. Uncover, taste, add lemon juice and final salt if necessary and serve over rice.

Notes & Additional Options

- 1-2 cups broth to thin curry if desired
- Bamboo shoots
- Tofu - can add directly to curry or better - lightly drench tofu cubes in corn starch, fry in oil on medium high heat in a separate pan until crispy on all sides and add to top of bowl when serving
- Fresh basil, cilantro or mint to garnish- yum!
- Lemon juice to season
- Black pearl or other rice
- Thai curry paste is a common ingredient in the Asian food section of every grocery store, red or yellow will work well for this recipe
- Pre-chopped and frozen ginger and garlic cubes can be found in the frozen section of Trader Joe's and some grocery stores, but fresh is always best!

Sonja's "Showstopper" Vegetarian Shepard's Pie

We LOVE this dish but it takes time. Please read recipe ahead of making dish. Notes at bottom; makes 8-12 servings.

Stew Ingredients

- 1 ½ pound mixed mushrooms, sliced or quartered (leave chunky)
- ¾ pd carrots, peeled and chopped
- ¾ pd parsnips, peeled and chopped
- ¾ pd celery root, peeled and chopped (can sub celery if you prefer, but celery root has a great consistency)
- ¾ pd onions, chopped (I use sweet onions or yellow, you can also use half leeks if you prefer, leeks are traditional)
- ½ small cauliflower, roughly chopped
- 5 garlic cloves, chopped
- 10 oz fresh peas (can use frozen peas, but fresh are best if you can find them)
- 2-6 tbsp EVOO
- 12 oz Impossible hamburger meat (can use another vegetar-

ian meat or cooked lentils, or meat I suppose would work too. Buy the "ground" impossible version versus the patties)

- 2+ tablespoons fresh thyme leaves (or 3 Tbsp dry)
- 1 tablespoon finely chopped fresh rosemary, can use dry as well, add to taste, about 1 ½ tsp
- 1 (750-ml) bottle full-bodied red wine such as Burgundy or Côtes du Rhône
- 4 tablespoons unsalted butter, softened
- 4 tablespoons all-purpose flour
- 3 -4 cups vegetable stock or broth
- ¾ cup finely chopped flat-leaf parsley
- ½ tsp Worcestershire sauce
- Salt and pepper
- Optional seasonings: ½ tsp poultry seasoning, ½ tsp umami seasoning, 1/2 tsp Northwest seasoning, paprika on top, 1-3 Tbsp tomato sauce

Topping Ingredients

- 12 oz cheddar cheese
- 4 pounds Yukon Gold potatoes
- ½ stick butter
- 12 oz sour cream
- Salt & Pepper



*Shepherd's Pie continued from page 4**Directions**Make Stew*

1. Using a large pot, cook celery root, onions and garlic with 2 tbsp EVOO stirring frequently, until onions become translucent, about 2 minutes. Add more EVOO if needed.
2. Add mushrooms and 1/2 teaspoon salt and cook, covered, stirring occasionally, until they just begin to give off liquid, about 4 minutes. Add carrots, parsnips, thyme, and rosemary and cook, covered, stirring occasionally, until vegetables are just tender, 10 to 12 minutes. Add cauliflower. Turn to a very low heat while you work on broth.
3. Add wine to another pot and bring to boil until wine is reduced to about 1/2, 15-25 minutes. Careful this can splatter, have lid partially covering.
4. While wine reduces, make a *beurre manié* by stirring together butter and flour in a small bowl to form a paste.
5. Whisk in *beurre manié* in to wine, then simmer, whisking occasionally, until thickened, 3 to 5 minutes. Add 2 cups stock to wine and bring to a brisk simmer another 3 minutes. Pour into vegetable mixture and simmer, covered, 20 minutes. Taste, and add additional salt, pepper, and optional seasonings needed. I use salt fairly liberally with this dish and play around with seasonings as noted below.
6. In the empty wine pan cook your Impossible meat, until edges brown, breaking it up like hamburger meat, and seasoning with Worcester sauce. Add this and the peas to your vegetables and stir. If stew is too thin now, make a little more *beurre manié* and add, if too thick, add a bit more stock, up to 4 cups in total. You want a nice thick stew, not a soup, nor a paste, the veggies soak up some of the moisture with time. It

should be good enough to eat as is at this point, so get it there. Cover and gently simmer another 10 minutes while you jump to step 8. Cooking time may vary, if you need to simmer longer to reduce, go for it. Stick your spoon in there and taste it, if you say Mmm-mm, you are good to go. Add any final seasoning. This dish needs salt.

7. Turn off heat and stir in parsley. Transfer stew, which should be pretty thick but not pasty, into pans leaving space on top for potatoes. Spread cheddar cheese on top evenly among pans.

While stew simmers...

Make Potato Topping

8. These are simply creamy mashed potatoes, so make them as you prefer. You can peel them if you have company coming or leave them unpeeled for the nutrients. Chop and boil your potatoes in salted water until they are quite easily pierced with a fork, about 20-25 minutes. Reserve 1/2 cup cooking water.
9. My family loves their mashed potatoes with sour cream and butter. I prefer mine mixed with cream and herb infused milk, this recipe is the easier sour cream, family friendly version, but use the other if you know and prefer it.
10. Mash your potatoes WELL with reserved potato water sour cream and butter, salt and paper to taste. Some people prefer to rice their potatoes and admittedly the texture is lovely so do so if you prefer. Otherwise mash by hand or in a mixer until smooth and creamy.

Finish Pie

11. Preheat broiler
12. Spread potato mixture evenly over cheese topping on stew to cover. You can scoop it, or pipe it which is lovely.

13. Broil about 3 inches from heat until top is golden, about 5 minutes. Enjoy!

Notes and Tips

- These can be made ahead and heated.
- This is ultimately a stew, so take your time with it and don't be in a rush. It takes time to chop all of the veggies, unless you have a Breville chopper (Santa?). It is wonderful to make on a slow, leisurely day and fills the kitchen with rich Fall scents.
- Yes, it is awesome for Thanksgiving as well, I would suggest prepping the day prior.
- Veggies should be chopped chunky, not too fine.
- I do add other seasonings to my stew that are under options as they are not handy to all and the stew does not need it, but it does pick it up the flavor a bit. I add a bit of poultry seasoning, the mushroom umami from Trader Joes, and the Northwest seasoning from Penzeys. If you have seasonings you like to add, please go ahead.
- This amount is a lot, usually ends up giving me several 9" pies, or one deep lasagna pan pie and another small pie to gift.
- You do not need quite as much potato topping as I use, my kiddo loves mashed potatoes.
- Please be liberal with the salt and the thyme.
- The key to a successful Shepherd's pie is patience and good broth; this is not a perfect science, it is stew, enjoy it.
- You'll cook everything *before* the pies go in the oven, so you'll want a nice thick broth and the best seasoning before broiling, so taste as you go along.
- Use a really big pot!
- Save your veggie scraps in a bag in the freezer with a bay laurel leaf for your next batch of stock.





Recipes continued from page 5

Apple Tarte Tartin

This is an incredibly delicious and simple recipe with only a handful of ingredients. If you have spent time in France you will know it is ubiquitous to every restaurant – but, fair warning, it may not be pretty until you get the hang of it, although it will be delicious.

Ingredients

- A pinch of salt
- 4 tablespoons cold butter
- 8 medium or 10 small apples
- 1 cup granulated sugar
- Puff Pastry (pre-made)

Directions

1. Using defrosted puff pastry, cut a circle out the size of your pan, or a couple millimeters larger, and place on a plate in the refrigerator.
2. Peel and core apples, slicing in half
3. Using a stovetop to oven pan (I use 9" seasoned cast iron) melt butter on medium low heat
4. When butter is melted, sprinkle sugar evenly on top
5. Nestle apple slices with the cut side up, round side down. Sometimes I lay them side by side, do it as you wish but arrange prettily, they will shrink while cooking so tuck them in tightly and know the

- bottom will eventually be the top (the part that shows).
6. Cook without stirring for 30-45 minutes until the caramel is brown and apples soft, the sugar will bubble up in between. You can shake the pan to be sure the apples do not stick but do not stir.
7. Set oven to 425degrees
8. Set the puff pastry on top of the pan, tucking the apples in the pan like a blanket at the edges.
9. Place in hot oven for 20-25 minutes until puff pastry is brown and puffy
10. Remove and let cool on rack for 15 minutes



11. Using a flat pan or cutting board with parchment paper, (I prefer weight of cutting board) place board over pan of apples. Take a deep breath and quickly flip pan and board over so tart transfers to board. Momentarily make a wish and remove pan. Ideally your apples are all on your puff pastry, but if not scrape from pan with caramel on to the pastry crust. Let cool.
12. Serve with vanilla ice cream and enjoy!

Banana Chocolate Happy Muffins

Quick delicious recipe for those overripe bananas. Keep everyone fed while cooking. Makes 12 and only takes 30 minutes to prep.

Ingredients

- 4 bananas or 1½ cups of mashed banana
- ½ cup melted butter
- ¾ cup sugar
- 1 egg
- 1 tsp vanilla
- 1 tsp baking soda
- 1/8 tsp salt
- 1 ½ cups flour
- 1 cup semisweet chocolate chips

Directions

1. Preheat oven to 350.
2. Grease muffin tins
3. Peel bananas and mash with melted butter until creamy and smooth.
4. Add sugar, egg and vanilla and mix just until combined.
5. Stir in salt and baking soda.
6. Add flour and chocolate chips and mix until just combined. Do not overmix!
7. Divide into muffin tins.
8. Bake 18- 20 min until knife or toothpick test is clean.