

# PALM BEACH ILLUSTRATED®



## A PALM BEACH TREASURE

MEHMET AND LISA OZ'S MIZNER MASTERPIECE

## HOUSE PROUD

DESIGNERS UNVEIL THEIR FAVORITE ROOMS

# HOME & DESIGN

**A GARDEN AFFAIR**  
FALL STYLE IS IN BLOOM

## GOOD NATURE

# From the Ground Up

TIPS FOR HOW TO FEEL ROOTED, IN EVERY SENSE OF THE WORD

BY TAMMY FENDER

This time of year, when I harvest the ginger and turmeric in my kitchen garden, is all about roots. All summer long, it looked like nothing was happening in those garden beds. Did the plants even survive the heat? And then comes the happy surprise of pulling these little gems from the soil, a mass of beautifully twisted gnarled treasures.

Just like the fall season here in South Florida, roots have so much potential. The root is where a plant stores its vital energy. But the metaphorical connection goes even deeper. Come fall, I often see clients in my treatment room who are pulling deeply from their own energetic reserves—their roots—and may be close to depletion. This is an important time to replenish the inner resources we all draw upon, regardless of whether we are feeling challenged, carefree, or somewhere in-between.

One of the ways I love to stay rooted once the pace picks up includes being in nature, where I can quite literally feel more grounded by kicking off my shoes to walk barefoot in the sand or on the grass. This natural sense of support can come through the hands as well. Connect with the soothing elements all around you by trailing



your fingers in the water, digging in the soil, or even building a sandcastle.

Nutritionally, roots are powerful, providing a rich abundance of nutrients that benefit us in so many ways. Root vegetables such as carrots, sweet potatoes, and beets are full of vitamins A, E, and C, which are great for not only the skin but the entire body, boosting our recovery and detoxification pathways. Carrots can be juiced, sweet potatoes are a wonderful addition to any breakfast, and beets taste delicious in a salad or even thinly sliced on a sandwich.

Then there are ginger and turmeric, which grow so well here and are full of circulation-boosting fire. In the Ayurvedic traditions of ancient India, each is a source of immune system strength and soothing care. At home, I combine the two to make an elixir, steeping them in boiling water with clove, lemon, and cinnamon bark by the gallon, then cooling the blend in the fridge to drink throughout the season with local raw honey. This is my secret weapon, a combination that helps keep me even-keeled and ready for anything. ◀◀

**THIS FALL, TAP INTO THE FULL POTENTIAL OF ROOTS BY CONSUMING ROOT VEGETABLES, GINGER, AND TURMERIC FOR MYRIAD NUTRITIONAL AND THERAPEUTIC BENEFITS.**

