

## Blend your way to health and happiness

A general anaesthetic wouldn't normally hold any appeal but following weeks of upheaval after last month's puff-back (see previous missive) I felt a calm acceptance.

This is because I had chosen to schedule my knee repair to coincide with my annual Christmas break (see October missive).

It has to be questioned why I choose to a) have all my operations at Christmas time and b) why I only take one holiday a year – but that will be for another column or a therapist.

Anyway, the anaesthetic was blissful and administered beautifully by a gentle man in Lancaster whose name I can't recall. Trained to distract, not once did he say: "I am about to render you useless". Instead we talked (me on the table covered in lovely cotton sheets, toes tucked in) about our beloved pooches and he was just telling me about his Yorkshire Terrier that didn't care to be blow dried or even blown by the fan in the car when...

These things come at a price. My anaesthetic left me feeling – and this may sound dramatic – poisoned. Add to that being encouraged to do very little, I felt stagnant (like a pond) and nobody should have a stagnant body at any time of the year, least of all Christmas.

For some the thought of no demands would be bliss but I have never been able to a) sit still or b) do as I am told. Sitting motionless goes against every fibre of my being.

By day three I felt ready to explode in a sort of pressure cooker type of way. It was agreed with some negotiation and much 'on your head be it – or should that be knee' threats that I could go on my usual forest walk; the very one that got me in the pickle in the first place.

A couple of hours later and I felt renewed. Surely this 'do nothing' approach should be considered against the anguish it can cause. My feelings are that being in a happy state of mind has to help recovery.



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So with recovery being helped on its way I had to address my next task. Toxic me needed de-toxed.

Now before I elaborate, I have changed. Being de-toxed will not be about denial, involve sludge or any unnecessary purges. It will be a perfectly gorgeous experience, not least because I am going to bring to life my KitchenAid blender in all its beautifulness.

Smoothies and February are made to go together. The month of Valentine and love and fruitiness.

You may believe – and I was with you – that fruit in its simplest form is best. Well, we were wrong and it isn't often I will admit to that.

I am told, and I have no reason to question this, that blending is better. As is my way I will back this up with the science. The nutrients in the fruit are tightly bound within the cell walls so by blending them you are softening the fibre structure and releasing them, maximising nutritional absorption. No less. This also means you can reasonably request a KitchenAid blender to add to your kitchen needs.

Tempted? Then with your blender at the ready try my Detox Delight. To be enjoyed in all its greatness simply take

- A handful of strawberries
- One cup of pomegranate juice

- a banana
- ½ cup of cottage cheese
- a squeeze of lemon
- ½ cup of water

Throw them all in and blend until smooth (with the lid on).

To enjoy this smoothie at its best, drink it straight away and savour each mouthful. You will then radiate wellness and vitality and when love is in the air that you will find will make you magnetic. Be warned.

Happy Valentines' Day! ☺