



APRIL
2025

fao Casa gazette

Mensile - No 04 - 2025 - Reg. Trib. N. 574 dell'8/10/1990

- GIOIELLI NASCOSTI:
PASQUA NEI BORGHI DEL LAZIO

- AYURVEDA MASSAGE TREATMENTS

- RANGOON IN ROME

- CURIOSITY CORNER

- DOES SHIATSU HELP INSOMNIA?

- SUNFLOWER BUTTER CROSTATA

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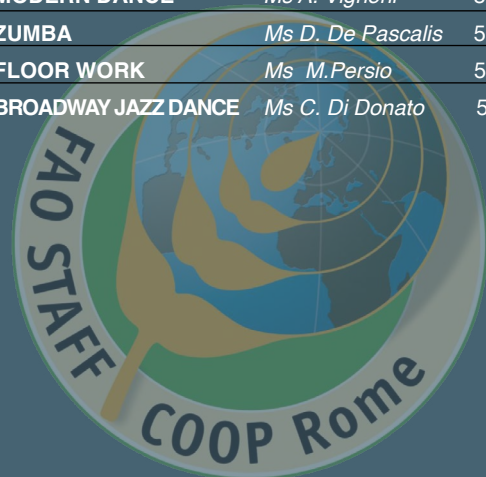
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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA
DELLE BELLEZZE DEL NOSTRO PAESE

L'Italia è il Paese della grande bellezza. Custodisce tesori paesaggistici e capolavori artistici di valore inestimabile, apprezzati in tutto il mondo.

La FAO Staff Coop Gazette attraverso questa rubrica vuole condurre i lettori nel cuore dell'Italia in una passeggiata nella storia alla scoperta di caratteristici borghi dal fascino antico. Storia, arte, natura, terra e mare saranno i protagonisti della nostra rubrica in cui vogliamo raccogliere curiosità, immagini, colori e bellezze da celebrare e condividere con i nostri lettori.

L'Italia è un paese di poeti, navigatori e paesini addormentati.

Probabilmente in qualsiasi punto dello stivale ci si trovi, nel raggio di un centinaio di chilometri c'è un borgo-gioiello ai più sconosciuto.

Nella nostra penisola la storia si è sbizzarrita con un tale entusiasmo da lasciarsi alle spalle villaggi ed uomini in un alternarsi inarrestabile di invasioni, saccheggi, guerre, terremoti, frane, siccità, povertà, cambiamenti nelle rotte commerciali.

Questi eventi hanno concorso a creare un'altra Italia, quella fuori dal tempo e dolcemente imprigionata in esso.

Un'Italia che si concentra soprattutto nel cuore del Belpaese.

E noi vogliamo partire da qui, dai borghi abbandonati, impregnati di un fascino antico che ancora resiste e che abbiamo il dovere di difendere e valorizzare.

Come sottolineato dall'architetto Paolo Portoghesi

“Questi borghi rappresentano la nostra verginità e conservarla corrisponde ad uno dei pochi ideali del nostro tempo.”



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino

PASQUA NEI BORGHI E NELLE VALLI DEL LAZIO VALLE DEL TURANO: ROCCA SINIBALDA

Suggestivo borgo medievale a due passi da Roma, dominato da uno dei più affascinanti e misteriosi castelli italiani.

Aprile, il cui nome pare derivare dal latino aperire (aprire) per indicare il mese in cui si "schiudono" piante e fiori, rappresenta il tempo ideale per godere di gite all'aria aperta, scoprire le tante bellezze artistiche e storico culturali immerse nella natura di cui è prodigo il nostro BelPaese.

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Quando si parla d'Italia, il pensiero corre subito a Roma, Firenze, Venezia... Ma l'Italia è molto più di questo. Esistono piccoli tesori a pochi passi dalle grandi città che meritano di essere esplorati.

Come l'incantevole Rocca Sinibalda a un'ora da Roma, situata a picco sulla valle del Turano.

In occasione della Pasqua, perché non organizzare un weekend fuori porta da concludere con il tradizionale picnic di Pasquetta? La valle del Turano è il luogo ideale per immergersi nella bellezza della natura e scoprire il sapore antico dei paesini che si affacciano sul lago.

ROCCA SINIBALDA

Il Castello delle Metamorfosi

A un'ora da Roma, a picco sulla valle del Turano, si staglia il Castello Sforza Cesarini di Rocca Sinibalda. Il maniero, divenuto monumento nazionale dal 1928, risale all'anno Mille ma nel Cinquecento venne trasformato in una potente fortezza militare e luminoso palazzo nobiliare dall'architetto Baldassare Peruzzi, il quale su incarico del Cardinale Alessandro Cesarini conferì all'imponente struttura la forma attuale.



Dopo un lungo restauro il castello è stato riaperto. Le sale, le corti, i sotterranei e i giardini possono essere visitati tutto l'anno. Il percorso delle visite guidate passa per la Corte Grande, molte delle Sale del Piano Nobile (ricche di collezioni ed opere d'arte di pregevoli affreschi risalenti al XVII e XVIII secolo), gli spalti altissimi, i sotterranei e i giardini che si affacciano su panorami mozzafiato.

Le sue caratteristiche singolari lo rendono un luogo perfetto per percorsi all'insegna della sorpresa e della meraviglia e cornice ideale per eventi di grande originalità ed esperienze creative.

Attività speciali, come trekking, cavallo, biking, teatro, musica, performance e laboratori trasformano le visite più lunghe in esperienze ricche ed interessanti.

Il castello offre anche gustose esperienze culinarie con le ricette del territorio preparate dalle donne di Rocca Sinibalda che mostrano come realizzare piatti tipici ed unici.

E nel silenzio della sera, quando il lago come uno specchio riflette lo splendore del cielo stellato, si può scrutare il firmamento attraverso i telescopi, o intrattenersi piacevolmente in questa location elegante ideale per concedersi momenti all'insegna del relax assoluto, e godersi un aperitivo ricco di specialità tipiche accompagnate da cocktails e vini locali.

LAGO DEL TURANO

Il Lago del Turano (anche detto Lago di Posticcioia) è un bacino artificiale situato ai margini occidentali della riserva naturale Monte Navegna e Monte Cervia.

Questa suggestiva riserva naturale è caratterizzata da sentieri escursionistici con corsi d'acqua, cascate e vista sul lago.



È consigliata l'escursione verso la cima del Monte Cervia. Dal Colle Pobbio si può ammirare un bellissimo affaccio sul Lago del Turano, che vi catturerà con i suoi colori.

Qui lo sguardo si perde tra le montagne che si affacciano sulle acque piatte color smeraldo di un lago simile ad un fiordo. Il Turano sembra quasi un placido mare che divide le terre e circonda i suggestivi borghi arroccati sulle creste delle colline.

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Automobile Club Roma
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MUSEO DIFFUSO DELLE TRADIZIONI CONTADINE ED ARTIGIANE DI POSTICCIOLA

Posticciola, il borgo delle tradizioni, dei musei diffusi, dei murales e dei fiori.

Posticciola, frazione di Rocca Sinibalda, è un posto da non perdere.

Questo micro paese circondato da boschi, arroccato su uno sperone di roccia che si affaccia sul lago, è abitato da poche persone innamorate del loro luogo natio. Non vi è uno sportello Enel che non sia stato dipinto dai suoi volenterosi abitanti che curano con amore ogni dettaglio impreziosendo il borgo con addobbi floreali, murales e installazioni ovunque, comprese le cassette del gas e dell'acqua. Dettagli che rendono unico questo luogo fuori dal caos dove il tempo sembra essersi fermato per ritrovare vecchie tradizioni, sapori e culture.

Piccole case traboccanti di fiori si affacciano su strette stradine splendidamente conservate. Attraverso una porta si entra nella parte vecchia del borgo ovvero il nucleo storico medievale in cui spiccano l'antico lavatoio e la chiesetta, e che conduce il turista alla scoperta delle viuzze e alla visita del museo diffuso dislocato in ogni angolo.

Il Museo diffuso per le strade del piccolo borgo mostra attrezzi e foto della vita contadina dell'anteguerra.

PASQUETTA A ROCCAGORGA (LATINA)

Centro storico vivibile, interessante e molto caratteristico per la sua piazza barocca tra le più belle del Lazio.

Questo piccolo centro di poche migliaia di abitanti, adagiato su uno sperone di roccia del Monte Nero (metri 547 s.l.m.) all'interno della catena collinare-montuosa dei Monti Lepini, è circondato da vigneti e splendidi uliveti.

È il posto perfetto per una gita fuori porta, per un'escursione tra storia cultura e paesaggi, per conciliare una bella scampagnata nel verde circostante ed una visita al suo centro storico da esplorare con calma per ammirare chiese, monumenti, piazze e vicoli....uno più bello dell'altro!





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Il disegno urbano del borgo è caratterizzato dalla barocca Piazza 6 Gennaio, intorno alla quale si sviluppano i vicoli che ricordano l'assetto bipolare tipico di tutti i centri italiani di origine medioevale. La storia del borgo è interessante. È una storia di contadini, diritti feudali e proteste sociali. La sua origine si fa risalire ai secoli VIII-IX d.C., quando i fuggiaschi della distrutta Priverno, capeggiati dalla matrona Gorga, fondarono un centro fortificato, l'odierna Roccagorga. Questa fu possesso della potente famiglia dei De Ceccano, che aveva feudi in tutta la zona, e che qui fece costruire una robusta torre quadrangolare.

Nel 1431 Roccagorga passò ai Caetani di Maenza, che subito provvidero a far costruire una nuova cinta muraria per rafforzare le difese del paese. Nel 1512 le truppe comandate da Giovanni delle Bande Nere, inviate dal Papa Leone X su richiesta di Camillo Caetani di Sermoneta, misero a ferro e fuoco il paese, uccidendo molte persone e distruggendo alcune case. Nel 1617 Prospero Caetani vendette i suoi possedimenti agli Aldobrandini, creando così le premesse per una rinascita edilizia dell'intero centro. Gli Aldobrandini applicarono per Roccagorga i canoni urbanistici dell'arte barocca, realizzando uno dei più felici modelli esistenti nel Lazio. Con gli Aldobrandini il nuovo agglomerato ebbe sempre più l'aspetto di un centro abitato in cui la funzione residenziale – amministrativa prevalse nettamente su quella difensiva.

Nel 1722 il feudo di Roccagorga salì agli onori della cronaca nazionale, a causa di un drappello di soldati che sparò sulla folla in protesta per le cattive condizioni economiche in cui versavano, uccidendo uomini, donne e bambini.

Oggi Roccagorga è un paese ricco di memoria e tradizioni da scoprire anche attraverso la sua enogastronomia.

PIATTI E PRODOTTI TIPICI

STROZZAPRETI

Gli strozzapreti sono una pasta di acqua e farina. Lavorati a mano, sono lunghi quasi come gli spaghetti.



ZUPPA DI VERDURE “RAPPAGACORNUTI”

È un piatto che si prepara mescolando ortaggi di stagione prodotti esclusivamente in territorio rocchigiano, quali fave, zucchine, piselli, carciofi, fagiolini e cipolla fresca, cotti con abbondante olio d'oliva. Quando la cottura è quasi ultimata, si aggiungono uova battute. Il tutto viene versato su fette di pane tagliate sottilmente. La zuppa ottenuta viene insaporita da pecorino grattugiato e servita molto calda.

FORMAGGIO OVI-CAPRINO

A Roccagorga un tempo la pastorizia era un'attività fiorente. Ma oggi le poche pecore e capre rimaste danno un ottimo latte utilizzato per la produzione delle caciotte, dei formaggi e delle ricotte. Il processo di trasformazione del latte, completamente artigianale, prevede l'uso di strumenti semplici tramandati di generazione in generazione.

VITICOLTURA

La vitivinicoltura occupa una posizione di prestigio tra le attività agricole del territorio: i vini prodotti nella zona sono noti per la loro originalità e qualità.

I vecchi vigneti che compongono il mosaico del tessuto agricolo nei dintorni di Roccagorga sono testimoni della vocazione vinicola del territorio alimentata dalla passione dei suoi abitanti per il buon vino. Qui da generazioni tutti producono vino per il consumo personale, nonostante molti giovani di oggi non abbiano raccolto in eredità la cultura dell'autoproduzione.

Nel 2022 è nata la Cantina Fortuna con lo scopo di preservare la tradizione vinicola locale che ruota intorno al vitigno tipico del territorio cioè l'Ottonese (o Bombino bianco, dal punto di vista ampelografico), la cui uva ad alta resa, nella lavorazione tradizionale, conferisce al vino una intensa sfumatura dorata. I fondatori della Cantina Fortuna, coerenti con il loro spirito di ricerca, e supportati anche dalla maestria e dall'esperienza dei vecchi contadini, hanno cercato di valorizzare questo prezioso vitigno a bacca bianca che regala un vino di grande potenza, sapido ed avvolgente. Un vino che merita di uscire dai confini del territorio entro il quale è rimasto troppo a lungo.

Gli intraprendenti giovani che hanno fondato la Cantina Fortuna hanno come obiettivo quello di far conoscere le qualità dell'Ottonese (vino di punta della loro produzione) oltre i confini del territorio. Non possiamo che augurare alla famiglia Fortuna tanta "fortuna" ed il successo che merita questo prodotto vinicolo che è entrato nel mercato degli estimatori e della nicchia dei vini di qualità grazie alla lungimiranza ed all'impegno dei componenti di questa virtuosa famiglia che punta a rivalutare la vocazione agricola del territorio, a promuovere l'AGRI "CULTURA", cioè la difesa e la valorizzazione delle specie autoctone.

Per gli estimatori del buon vino siamo lieti di comunicare le date delle prossime degustazioni nel mese di Aprile.

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SATTVICAMENTE MASSAGGI AYURVEDA ROMA



by Francesca Picozza

Traditional Ayurvedic Massage Therapist internationally certified at Atharvaveda, Institute of Higher Education in Ayurveda and Yoga based in Rome and recognised by the P.V.A. Ayurvedic Clinic of Kannur in Kerala. Practices in Rome at her own Ayurvedic studio SATTVICAMENTE Massaggi Ayurveda Roma in Piazza Vittorio Emanuele (Esquilino).

Getting Ayurveda massage treatments increases each individual's physical, mental and energetic well-being. Using medicated herbal oils facilitates toxin release so as to provide a sense of contentment, peace and calmness; it is this feeling that leads us to boost immune defenses and deal with all the complexities of our routines in a loving kindness, healthy detachment and grounding manner. On a subtler level, 'practicing Ayurveda' as a part of everyday life is exactly that: changing attitude towards life and its happenings. In fact, it is a shift in rhythm rather than in content. Our realm is not just the human body, it is the entire life, the thoughts we choose to nurture, the companionship we want to keep, our environment's energy, and ultimately each day's routine and rhythm. Ayurvedic massage treatments with medicated oils facilitate this process.

SATTVICAMENTE Massaggi Ayurveda Roma is a studio specialized in Ayurveda massages and specific treatments where clients can rely on the expert and empathetic touch of a therapist. Using several manipulation techniques, the masseuse connects with the receiving person by having shared care, as well as energy, presence, attentiveness and awareness. The treatments provided release accumulated painful tension by enabling individuals to reconnect with themselves. Once the psychophysiological state is rebalanced, the person receives new vitality, calm and strength to deal with the daily life challenges.

As Ayurveda teaches us, the well-being as well as the imbalance source originates within us and not in the place we belong and live in. In Ayurveda, it is known as Abhyanga, a massage therapy using specific medicated oils applied externally. There are also other treatments with dry powders and herbs, named Choorna.

Various manual movements and techniques applied here are carefully chosen and applied by the therapist according to individual peculiarities and any disorders they may present.

After an Ayurvedic treatment or even a single massage, a significant improvement in his or her current state of being can be felt, not only from the physical, mental and energetic perspective, but particularly by the high quality of his or her day-to-day life conduct and actions. External stress seldom affects a regenerated and rebalanced individual both in body and mind.

Ayurvedic treatments are frequently used to treat imbalances and/or illnesses in the body and their main goal is to deal with both changes, stabilize defensive energy, overcome illnesses and promote a person's mental and physical health and well-being.

Being vital and healthy is a human right. Ayurveda, which literally means 'science of long life,' enables us to lead a good, full, healthy and flourishing life in each season of our existence. An Ayurvedic treatment massage is a precious healing art that sets the right conditions for healing and/or sustaining one's well-being.

Various Ayurvedic massage techniques are applied by the therapist according to the psycho-physical imbalances within the individual to avoid their chronicization.

Ayurvedic massage therapy is highly recommended for those who want to preserve, promote and cure their health.



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*"Better to pay the man with the oil
 and spare the medical expenses"*
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AYURVEDIC TREATMENT, WHAT ARE THEY?

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SPRING ALLERGIES: SYMPTOMS, CAUSES, AND REMEDIES FOR EASIER BREATHING



*Dr. Blegina Shashaj,
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*Dr. Susan Levenstein,
Internist*



*Dr. Andrea De
Arcangelis,
Ophthalmologist*



*Dr. Luigi Cornacchia,
Dermatologist*



*Dr. Megon Bresciani,
Allergist*

Spring in Rome is a spectacle: the clear blue sky, the umbrella pines stretching toward the horizon, the scent of wisteria and orange blossoms in hidden gardens. But it is also the season when cypress, pellitory, and grasses release millions of pollen particles into the air, turning every breath into a challenge for those who suffer from allergies.

If you live in Rome, you probably know the discomfort of walking among blooming trees and feeling your eyes start to water. If you travel abroad, perhaps to Africa, you might discover new allergens, such as desert dust or tropical fungal spores. But how can you distinguish a cold from an allergy? What strategies can you adopt to avoid symptoms? Our specialists are here to help you make the most of spring!

Allergies in children: When should you be concerned?

"Sneezing, a runny nose, and coughing may seem like just a common cold," explains the pediatrician. "But if these symptoms return every year with the arrival of spring, it's time to investigate. The decision to perform an allergy test in children as a diagnostic aid should follow a specialized pediatric or allergology evaluation. What signs should prompt an allergy test?"

Can allergies really disappear?

"Allergies tend to improve over time," says the internist. "Allergic rhinoconjunctivitis is up to six times less frequent in people over 60 compared to young adults. About 80% of children outgrow allergies to milk and eggs, whereas only one in four overcomes a peanut allergy.

Shellfish and fish? These often remain lifelong triggers." But what factors influence this evolution? And when is it important to undergo closer monitoring? There is still much to discover.

Allergic conjunctivitis: How to protect your eyes?

"If after a walk in Villa Borghese or along the Tiber, your eyes become red and watery, you might be suffering from allergic conjunctivitis," explains the ophthalmologist. "Sunglasses can provide useful protection, as can eye drops ranging from chamomile to antihistamines, NSAIDs, and in more severe cases, corticosteroids. However, these only treat the symptoms—the root cause of the allergy must be identified and addressed."

Skin and allergies: What is the connection?

"Hives, dermatitis, itching—the skin is often the first organ to show signs of an allergy," explains the dermatologist. "But what are the most common allergens in Rome? And how can you protect your skin when traveling to different climates?"

What are the most effective treatments for spring allergies?

"Antihistamines, nasal sprays, but also natural remedies, daily precautions, and environmental strategies can help reduce allergen exposure and prevent symptoms," explains the allergist. "Immunotherapy is undoubtedly the only strategy that makes a long-term difference. What are the most effective approaches to enjoy spring without discomfort?"

Breathe easier, wherever you are!

Spring doesn't have to mean discomfort! Read more on our blog to discover useful strategies for both Rome and your travels, so you can enjoy the season allergy-free.



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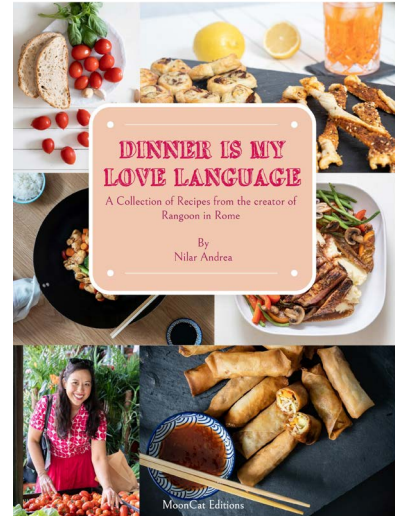
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RANGOON IN ROME PRIVATE DINING: FUSION CUISINE ELEVATED

Ready for tasting something new? Have a special dinner party coming up? Or a birthday but you don't feel like cooking? Or a group of friends & tourists coming into town but don't want to do the same thing? How about an elegant private chef fusion experience in the privacy of your own home?

New on the Roman culinary scene, RiR Private Dining is a new fusion offering specializing in Southeast Asian and European flavors, created by Nilar Andrea, a Burmese-American food writer and blogger based in Rome, Italy.



Her path to the culinary world comes after a 15-year career in international organizations including the IMF, World Bank, OECD and FAO. While working internationally, she always had one foot firmly in the kitchen, as a former Washington Post Food Section recipe tester, supporting weddings and events for the F&B team at the Ritz-Carlton (McLean, Virginia), which led to the creation of Rangoon in Rome, a blog platform where she shares her passion for cooking, entertaining and creating recipes. The next evolution on her culinary journey is the launch of RiR Private Dining, an exclusive private chef and catering experience. Recent events include private lunches and dinners, birthday parties and private cooking classes. Menus range from three to seven courses, with vegetarian and vegan options.

She recently published her first cookbook, “Dinner is my Love Language” which is available on Amazon. The book is an invitation to see cooking as an experience that goes beyond the traditional idea of a meal—it is about creating a space where relationships are nurtured, intimacy is cultivated, and communication flows freely over a shared table. Whether it’s a dinner with friends, a romantic evening with a partner, or a family gathering, her perspective is that the act of cooking and sharing food is one of the most delightful luxuries that can be experienced. The narrative is filled with relatable anecdotes, tips for creating unforgettable meals, and a deep understanding of how food shapes and reflects our emotions. Her background as both a culinary artist and a storyteller ensures that the dining experience is immersive, offering not just a meal, but an event where food becomes a medium for creating lasting memories.

WHAT MAKES RiR PRIVATE DINING DIFFERENT?

For anyone looking to add a special touch to their next gathering, RiR Private Dining offers a level of sophistication and warmth that is hard to replicate at a traditional restaurant. Here are a few reasons why you should consider indulging in this exclusive dining experience:

- 1. Personalized Culinary Experience:** Every detail is tailored to your preferences. RiR takes the time to understand your tastes, dietary restrictions, and any special request.
- 2. Intimate and Comfortable Atmosphere:** Unlike the impersonal feel of a restaurant, RiR allows you to enjoy an elegant meal in a private setting of your choice. Whether it's in your home or another venue, the experience is designed to create an intimate atmosphere where you can truly connect with your guests. We arrive, we cook, and we clean up! How easy is that?
- 3. Exclusive, High-End Experience:** With the focus on quality ingredients and expert preparation, this is not just a meal, but a luxury dining experience.
- 4. Create Unforgettable Memories & Connect:** The idea behind RiR is to create experiences that are more than just a meal—they are moments that will be remembered for years to come. It's an invitation to slow down, savor each bite, and enjoy the company of those around you.



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THE PERFECT OPPORTUNITY TO ELEVATE YOUR DINING EXPERIENCE

Nilar Andrea's combination of culinary artistry and her understanding of the emotional aspects of food culminates in the creation of RiR Private Dining. Whether you're looking for a romantic evening, a fun gathering, or a meaningful celebration, RiR offers a unique opportunity to elevate your dining experience to new heights. If you're ready to experience something truly special, RiR Private Dining is the perfect opportunity to indulge in an extraordinary meal that goes beyond just food—it's about celebrating the people you love, creating memories, and enjoying an unforgettable culinary journey.



Recipe from Dinner is my Love Language Coconut, Basil & Chili Mussels

Ingredients

1 kilo/2 pounds of fresh mussels, de-bearded and rinsed
 1 teaspoon sesame oil
 1 teaspoon chili basil paste (you can add more later...)
 1 small box of coconut milk, I like Aroy-D (150-200ml or $\frac{3}{4}$ -1 cup)
 10-15 fresh basil leaves (I would not use dried for this recipe)

Directions

Clean the mussels and set aside. I usually clean them right before cooking. Toss any mussels that stay open or are already broken. In a large pot that you can cover, heat the sesame oil and chili basil paste over medium heat. Once it is fragrant, add the fresh basil leaves and stir for one minute. Add the coconut milk and stir. Taste the sauce - if you want a little more spice, add a bit more paste, a little goes a long way. I would not just throw in a whole tablespoon, or you will be eating fire. Bring to a boil and add the mussels. Cover the pot. After 4 minutes, give them a stir to ensure they cook evenly. Cook another 4 minutes and serve immediately.

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EASTER EGG SYMBOL

Symbol of life renewing itself, the egg was donated when Easter coincided with the Spring rites for fertility: the Persians, already 3000 years ago, considered the chicken egg an auspicious sign, symbol of nature renewing itself; the Egyptians gave painted eggs to friends and relatives at the beginning of Spring.



THE BLACK EGGS OF THE INDONESIAN HEN



The black Indonesian chicken, known as Ayam Cemani, is considered one of the strangest, most expensive and rarest chicken breeds in the world. Due to its unique appearance and value, it is often nicknamed the “Chicken Lamborghini”.

What makes this breed so special is its pigmentation: everything is completely black, without exceptions. The feathers, beak, tongue, nails and even the meat, eggs and bones have this distinctive feature.

Its uniqueness and charm make it a symbol of exclusivity and mystery, admired throughout the world.

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REACHING HIGHER: YOUR PATH TO BECOMING YOU

Ever feel like being pulled in different directions, caught between two opposing forces: on one side, what we truly desire, and on the other, what we believe we should do.

Psychosynthesis, a psychodynamic model developed by Roberto Assagioli in the early 1900s, offers a transformative perspective: our inner parts are not obstacles but valuable resources.

Instead of resisting them, we can integrate them into harmony, engaging our Will as the driving force of transformation.

By cultivating awareness, we gain clarity, make conscious choices, and turn challenges into opportunities for growth.

The more authentic we become, the deeper our relationships grow, fostering meaningful connections and collaboration.

Psychosynthetic coaching is a journey inward—a bridge between beliefs and soul, providing the tools to live with clarity, authenticity, and purpose, and to rediscover who you truly want to be.

WHEN THE MOMENT ARRIVES TO EMBRACE YOUR POTENTIAL, THE JOURNEY BEGINS

*In Memories***DANILO REYNA**

DANILO REYNA, un destacado y talentoso dominicano, no solo fue un excelente intérprete, sino también el fundador del “Grupo de la Ñ” en la FAO hace ya muchos años. Además fue gran filósofo, culto artista y maestro de vida.

Este abril se cumplen 3 años desde que Danilo se mudó a otra dimensión, dejándonos sin sus sabias disertaciones, sin sus valiosos consejos.

Lo recuerdo como si fuera hoy, cuando pasaba a mi oficina, a tres puertas de la suya en el edificio A, frente a los elevadores, y nos poníamos a conversar sobre mil cosas interesantes. Eran los años 90.

Siempre aprecié todos los mensajes que compartía en “la Ñ”, y algunos los imprimí y los guardé todos estos años. Recientemente me encontré uno (fechado 22 de enero de 2001), que considero merezca ser difundido, ya que aborda el fenómeno del uso de la palabra “americano”, un término tan controvertido hoy en día.

Esta su disertación me parece encierra una profunda reflexión, no solo práctica y geográfica, sino también filosófica e iluminadora. Hoy en día muchos latinoamericanos, y sobre todo muchos europeos, siguen refiriéndose a los nativos de los EE.UU. como los únicos “americanos”, cuando en realidad todos los que hemos nacido en ese gran continente somos americanos. Según se afirma, este continente, en sus 42,55 millones de kms², alberga 35 países soberanos y alrededor de 20 territorios dependientes de otros países.

Es curioso que alguien haya decidido dividir ese vasto territorio en América del Norte, América del Centro, América del Sur. Es un tema que invita a la reflexión. Imaginemos por un momento que alguien decidiera dividir Europa en partes, como Europa del Norte, Europa Central, Europa del Sur, y llamara a todo este territorio “las Europas”... Cómo se llamarían sus habitantes? Seguirían llamándose todos Europeos, o no?

Ahora bien, supongamos por ejemplo, que tres o cuatro países europeos decidieran unirse y llamarse “Estados Unidos de Europa”, y para abreviar, se llamarían simplemente “Europa”, y sus habitantes europeos, claro, obvio, pero... y los demás países de Europa, entonces como se llamarían? Dejarían de ser también europeos?

En fin, en la a próxima edición de la FAO Casa Gazette, compartiremos un mensaje de Danilo, el que nos incita a seguir reflexionando sobre esta palabra tan controvertida: AMERICA.

por

Susana Moraleda Guerrero



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DOES SHIATSU HELP INSOMNIA?

Let us take a general look at some elements of insomnia. Insomnia can be classified in two ways, as acute or chronic. Acute insomnia is characterised by events that recur over a period of less than three months, may be related to periods of stress and disappear as soon as these have resolved.

On the other hand, one speaks of chronic insomnia if it occurs for at least three nights a week and over a period of three months or more. It is a disorder that affects one in ten people, is more frequent in women than men and can occur at all ages, although adults are more susceptible. Among the main causes of the onset of insomnia, stress, inadequate sleep hygiene, the presence of medical problems or even unfavourable environmental factors play a major role. Predisposing factors: older age, female gender, familiarity with the disorder, tendency to be hyper-vigilant.

Precipitating factors: a stressful or traumatic event such as a bereavement, family, work or health problems, presence of worries in general.

Perpetuating factors: non-functional behaviour put in place in order to be able to sleep, mistaken beliefs about sleep and what can promote it, fear and anxiety about the thought of not being able to sleep, worries about losing sleep.

This helps us to understand how SHIATSU can help us in this situation.

Shiatsu, through pressure applied with the relaxed weight of the practitioner (using thumb, palm, elbow and knees), promotes the rebalancing of the autonomic nervous system, particularly the parasympathetic system, responsible for relaxation. This process helps to restore inner balance, promoting well-being and harmony throughout the body and mind.

Shiatsu therefore helps us and favours the release of two important substances, serotonin and endorphins, both responsible for physical and psychic well-being. These are in fact two neurotransmitters that induce a feeling of well-being and calm, thus decreasing stress and promoting sleep. Shiatsu also uses acupressure to work on and rebalance the meridians (energy flow lines), re-establishing a correct flow of Qi (energy) in the body and internal organs. Often, in traditional Chinese medicine, insomnia problems can be related to liver energy imbalances.

Furthermore, Shiatsu eases muscle tension and helps to improve pain related to incorrect posture. It promotes deeper breathing, allowing the body to relax and the mind to clear itself of thoughts and worries, preparing for a healthy and restorative night's rest. Shiatsu is a very powerful form of acupressure, an invaluable ally for our well-being, both in preventive and specific situations, always measured and adapted to our needs.

INSOMNIA CAUSE



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SUNFLOWER BUTTER CROSTATA



by **Pasqualina Raspaolo**

Pasqualina is a chef, nutritionist, and founder of Culinary Genes, LLC. She hosts annual Culinary Experiences in Italy, sharing her passion for food and culture. On her blog, she transforms authentic family recipes into gluten-free alternatives. Her heartfelt cookbooks, 'Pasqualina's Table, Our Italian Family Traditions...The Gluten-Free Way' and 'Pasqualina's Table, Our Family's Traditional Desserts...The Gluten-Free Way' reflect her dedication to bringing happiness back to the table. Her philosophy revolves around love, laughter, and living – key ingredients in both her personal and professional life. Pasqualina's culinary creations are a true testament to her vibrant spirit. www.culinarygenes.com

Prep Time: 25 minutes

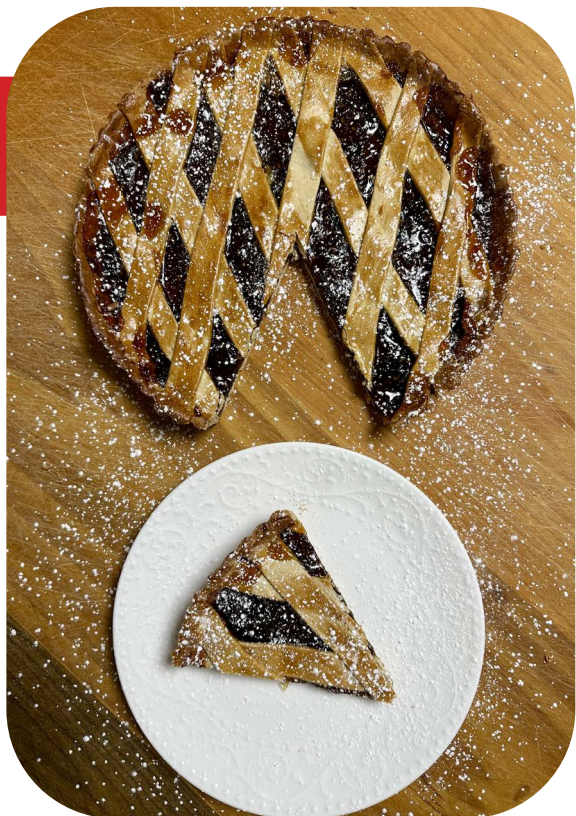
Baking Time: 35 to 40 minutes

Yields: 6 to 8 servings

A rustic tart with a nutty base, perfect for showcasing seasonal marmellata.

Ingredients

- 1 ½ cups (190g) all-purpose flour (or gluten-free flour blend*), sifted
- ⅓ cup (60g) sugar
- ¼ teaspoon (1g) salt
- ½ cup (120g) sunflower butter dolce
- 1 large egg**
- 1 teaspoon (5g) vanilla extract
- 1 cup (250g) marmellata (fig, apricot, or your favorite jam)



Instructions

1. Preheat and Prep: Preheat the oven to 355°F (180°C). Lightly grease a 9- inch tart pan.

2. Make the Dough: Using the bowl of a stand-up mixer with paddle attachment, add flour, sugar, salt, and mix ingredients. Add sunflower butter and mix until crumbly. Add the egg and vanilla, stirring until the dough comes together.

3. Roll Out***: Transfer dough to a working surface and knead until you have a smooth, round dough. If dough is too soft, add a bit more flour as needed. Roll the dough into a circle approximately 10-inches (25 cm) in diameter. If your dough ends up more rectangular, don't worry - as long as it can fit and cover the tart pan, it will work perfectly.



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Carefully transfer the dough to the prepared tart pan and gently press the dough into the bottom and up the sides of the pan, smoothing it evenly with your fingers. Trim any excess dough above rim using your fingers or a rolling pin, and set aside to use for the lattice strip pattern.

4. Prepare the Strips: Roll out the remaining dough on a lightly floured surface to a thickness of about 1/8 inch (3-4 mm). Use a knife, pizza cutter, or pastry wheel (for a decorative edge) to cut long, even strips about 1/2 inch (about 1.5-2 cm) wide.

5. Spread the Filling: Prick the bottom of the tart shell with prongs of a fork and set the pan on rimmed baking sheet.**** Spread the marmellata filling evenly over the crust.

6. Lay Down the Lattice: Start by laying half the strips parallel across the filled crostata, spacing them evenly. Lay the remaining strips diagonally or perpendicularly to form a lattice or diamond-shaped pattern. Trim the ends of the strips so they fit neatly within the tart shell and press gently to seal the edges. Brush the lattice with a light egg wash for a golden, shiny finish.

7. Bake: Bake the crostata for 35 to 40 minutes, or until the crust is golden and the filling is bubbling. If the lattice begins to brown too much, cover the top loosely with aluminum foil, shiny side up.

8. Cool and Serve: Let the crostata cool before slicing. Serve on its own, or pair with whipped cream or gelato for an extra treat.



Notes:

For Gluten-Free Version:

** Use 2 large eggs.

*** Roll dough into a ball, transfer dough onto a sheet of plastic wrap and flatten into a disk. Wrap dough tightly in plastic and refrigerate for 30 minutes. Continue with step 3.

**** Prick the bottom of the tart with prongs of a fork and set tart pan on rimmed baking sheet. Cover with foil paper, shiny side up to prevent from burning, and bake for 10 minutes. Cool tart before filling, then bake for 40 to 45 minutes or until crust is browned. Remove from oven and cool completely in pan before removing.

Store in an airtight container and refrigerate for up to 4 days.



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